

# PHYSICAL CULTURE

DEVOTED TO HEALTH, STRENGTH, VITALITY, MUSCULAR DEVELOPMENT, AND THE CARE OF THE BODY

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## THE EDITOR'S VIEWPOINT

**W**HAT would it be worth to the average individual to feel, at all times, immune from disease of every character? The value of this assurance could not be adequately measured, and yet this immunity could be secured and retained on to the very end of life. The fear of disease is universal. To most people it is a grim spectre. It assumes even a fearful aspect. It is frequently associated with dangling skeletons, coffins, cemeteries, etc.,—not pleasant visions by

### IMMUNITY FROM DISEASE

any means.

I am satisfied that almost any broad-minded individual can be freed entirely from the fear of these gruesome possibilities. Not only can one be freed mentally from the fear, but one can develop and maintain such a high degree of vital strength that disease can never secure a hold upon the body. I realize that to many this may seem to be a greatly exaggerated statement, but to those who have lived in accordance with the rules that have been advanced in this publication from time to time, and have indulged in a degree of reasoning on the subject in their own behalf, the conclusions advanced are facts, and are truthful in every respect.

Disease cannot attack a perfectly healthy body. Disease germs can never secure a foothold in healthy tissue. The entire medical world is continually searching for some means of rendering the body immune to disease. They are delving deeply into apparently impenetrable mysteries in their endeavors to solve this important problem. Their investigations, however, have been more or less confined to the study of disease itself and the symptoms and detailed characteristics associated with it. For instance, medical scientists have discovered germs or microbes in the pus or other matter discharged from the inflamed surfaces of the diseased tissues, that are the results of various complaints. Great importance has been attached to the discovery of these germs, and the conclusion has been reached that in all cases these particular minute organisms are the cause of the disease with which they have been associated.

These deductions have been accepted as the result of experimentation. One experiment, for instance, has been to inject the germs of a definite disease into the circulation of a healthy animal. These germs usually cause the disease with which they have been associated. Even this experimentation, however, does not necessarily prove that the germ is in all cases the cause of the disease, for if these same germs were placed in contact with the mucous membrane which is said to be the seat of infection, they will produce the disease for which they are considered responsible only in those cases where the vital resistance has been lowered, or where the mucous membrane provides fertile soil for them—in fact, in those cases where poisons or impurities have accumulated to such an extent in the body that they are actively seeking a means of

outlet. Then such germs may be able to produce the disease with which they have been identified.

Practically every advanced student of medicine is now prepared to admit that disease germs are innocuous or harmless to those who possess what might be termed a high degree of vital resistance. Such persons are classed as immune, and it has always been an unsolvable riddle to me why the germ-seeking scientists do not turn their attention to the study of the how and why of this immunity. They are seeking a method of insuring immunity against disease. Why do they devote so much time to the study of the minute details of disease itself, instead of learning something of the nature of the forces within the body which can render it practically immune from all disease?

Almost every physician will tell you that the severity of the attack of any acute disease will depend upon your vital resistance; in other words, upon how much functional strength or general bodily vigor you may possess. For instance, in a circular distributed by the Indiana State Board of Health we find the following:

"Diphtheria may be so mild as to pass as a 'simple cold.' We know this to be true because microscopical examinations of children's throats have again and again discovered the germs to be present when the diagnosis was 'a little cold,' or 'a mild tonsillitis.'

"Diphtheria germs are frequently found in the throats and noses of children when no complaint is made, when there is no fever, and when no sign of illness can be discovered. Why all the symptoms of diphtheria do not appear under such circumstances may be due to the child's resistance (good health), or because the germs themselves are weak. It is found that diphtheria germs from the throats of apparently well persons, when cultivated, produce a poison which will kill guinea-pigs and rabbits. It is further found that if 'weak germs' are transferred from one child to another they frequently grow strong and produce unmistakable diphtheria. Before this discovery was made the doctors thought it was necessary for spots or a membrane to appear on the tonsils and the walls of the throat before the case could be diphtheria. Only not-up-to-date physicians think so now. Very frequently the mistake is made of diagnosing a case as tonsillitis when it is diphtheria. The fact is, hundreds of cases of diphtheria are called sore throat, tonsillitis, or something else, and all such wrongly diagnosed cases may, and frequently do, spread diphtheria. This is how it happens that people frequently say, 'I can't see where my child caught diphtheria, for there have not been any cases around here,' while many undiscovered cases were on the streets or in school all the time."

Remember these statements are made by a specialist, who emphatically believes in the germ theory of disease. "Diphtheria may be so mild as to pass as a simple cold." There must be some definite reason for the mildness of such an attack, and would it not be easy for an advanced student of the healing art to discover this "reason why?" And, "It is found that diphtheria germs from the throat of an apparently well person, when cultivated, produce a poison which will kill guinea pigs and rabbits." Now if germs are in all cases the cause of disease, how could one remain well with diphtheria germs in his throat? In fact, do not the statements of this authority prove absolutely beyond all possible controversy that disease, even in accordance with his own theories, is made possible not by the so-called germ, but by the condition of the body itself? In other words, when the vitality of the body is lowered, which usually means that it is overloaded with poisons or impurities, which frequently assume the form of mucus or pus seeking an outlet from the inflamed membrane, then disease is easily acquired, for under such circumstances the body actually needs disease or some means of cleansing it of accumulated poisons. Such a disease may assume the form of diphtheria, scarlet or typhoid fever, or any one of a thousand other symptoms for which the medical profession have high-sounding, and often unpronounceable names. Let us quote further from the same authority:

"Diphtheria germs have been frequently found in the throats of persons who were quite well and who were not afterward brought down with the disease. Some

people seem not to be susceptible to diphtheria, and the germs, although present, do not grow and cause the disease. A high authority tells of a nurse who carried diphtheria germs in her throat for a long time and introduced the disease into five families. This fact explains in a degree how it is possible for diphtheria to appear when there seems to have been no exposure, and it also teaches us to be very sure that recently recovered patients are free from diphtheria germs before they are allowed to go out."

You will note the statement: "Some people seem not to be susceptible to diphtheria." If the germs are found in the throats of persons who are not afterwards brought down with the disease, and if it be true that the germs are in all cases the cause of the disease, how can anyone come in contact with them without suffering from the complaint? The advocates of the germ theory themselves, thus prove in a very forcible manner that the proper way to make yourself immune from disease is to maintain the vitality at high-water mark. In other words, the dangers on which advocates of the germ theory of disease lay stress offer not the slightest menace to an individual who will so guide his habits of life as to maintain a superior degree of health at all times. Our contention, therefore, that disease is, after all, not a thing to fear, but that it is actually bodily "house cleaning," and cannot come to you unless there is need for eliminating impurities that have accumulated in your system, is to a certain extent upheld by the medical men themselves.

The medical scientists should turn their investigations to another channel. They should learn something of the powers of resistance possessed by the body, they should learn why health itself practically makes one immune from all diseases, and instead of going deeper and deeper into the unfathomable depths of the germ mysteries, they should begin to learn how to teach rational methods of building the vitality needed to insure freedom from all disease.

Disease is not an enemy! It is a friend! It comes as a means of bringing relief. It is an effort on the part of the body to right a wrong. It shows that the body is struggling for life and health, and on many occasions, if it were not for the diseases that come as a means of ridding the body of the vile accumulations of poisons, death would unquestionably ensue. Therefore, disease in many cases actually saves life. To be sure, if there is but a small amount of foreign material in the circulation and tissues of the body, the attack of the disease will be slight in character, though the authority we have quoted refers to this physical characteristic as "resistance or good health."

All this reasoning brings us back to the question: "What is the cause of disease?" The medical scientist takes the disease itself, with all its minute symptoms, and attempts to solve the problem then and there, but it is far back of this. The cause of an acute disease, for instance, may have begun years before the body is finally attacked. The simple and yet magnificent truths that have been brought forth and emphatically advocated in the columns of this publication will yet be recognized in every detail as the prime rules of the art of healing that is now so grandiloquently termed the science of medicine.

Medical men are slowly returning back to Nature. They are beginning to abandon the use of drugs; they are realizing that the body itself must be depended upon to right physical wrongs, that drugs and poisons are useless. And the day is not far distant when they will all have to fall in line and commend in every detail the conclusions advanced by that famous physician, Professor William Osler, now of Oxford University, England, who has endorsed practically every rule of living this magazine has upheld.

Professor Osler, in a lecture before the Pathological Society in Philadelphia, stated that "he is the best physician who knows the worthlessness of the most medicine." He stated there were four drugs of inestimable value in the practice of medicine, and when he said he would decline to name them a roar of laughter went up from more than two hundred physicians, who were his auditors.

Dr. Osler said that the prevention of disease has now become quite as important as a cure. "Who would have thought only ten years ago," he asked, "that malaria and yellow fever could be prevented and their cure made unnecessary? The discovery

of the germ of tuberculosis had brought no cure for that dread disease, by drugs, but it had brought an amelioration, and sometimes cure, by fresh air and diet."

Drugs have had their day. They belong to the mystery and superstition of the past. Along with the full understanding of disease and a reasonable method of cure has come the full realization of the curative powers lying within the body itself. No drug ever cured disease. It simply changes symptoms.

**C**IVILIZATION, so-called, seems to bring with it many evils. The minds of some men seem to be continually at work contriving means that will increase the weakness and degeneracy of the race. Accompanying the enlightenment of modern times, we usually find fearful types of degeneracy. Frequently the mentality of such creatures is besotted, the moral nature partially or entirely obliterated, and man stands out a creature void of all honor, a perverted human beast seeking his prey with the same reckless abandon as the man-eating tigers of the jungle. How and why the human mind can fall to such a pitiful depth, furnishes a problem that we may never be able to solve. When a civilization arrives which can retain the homely virtues, the high ideals, the wholesome and strong bodies that come with pioneer life, and can at the same time bring the polish and the enlightenment and the progress which is so desirable, then I suppose the millenium will be at hand.

#### A DEVILISH BUSINESS

There seems to be no depth too great for creatures of debauched minds to reach, but among all the nefarious occupations that you will find throughout the world there is none that is so devilish, there is none that is so dastardly in character as the infamous white slave traffic. Mrs. Amigh, the superintendent of the Illinois State Training School for Girls, states that the trains to Chicago and other large cities, and city stations, are "worked" as systematically for girl victims for white slavery as they are for the bus and the transfer companies. If this statement is true, then where are "safeguards" of modern civilization? If a diabolical business of this character—an occupation representative of the work of Satan himself, can freely ply its trade in our public stations and on the arriving trains, is not the enforcement of the laws supposed to govern these crimes, but little more than a farce?

The professional murderer is a decent, respectable citizen compared with these beastly degenerates. When you kill a man, he is "done for," this world will hold no more that is of value to him one way or another; but when you take a human soul, when you torture it with the knowledge of a life that is wrecked; cause it untold agony, and figuratively sear it as with a red-hot iron, then there is no crime on the criminal calendar that is more devilish in character.

Young girls are taken, mind you, by these emissaries of what can rightly be termed the outposts of Hades on earth, and are inveigled into a life of sin and shame. Innocently they become the victims of these human fiends. What is a human soul to these horrible monsters? With persuasive words and frequently with polished manners they lure their victims into the hell that has been prepared for them.

There is no punishment that is too severe for men of this character. They represent a species of degenerates that the human race should be rid of at any cost. Men who will stoop to a business like this for a livelihood are past all redemption. And here again is a terrible product of prudery. The easiest victims for these miserable scoundrels are innocent girls. In many cases they come from refined homes, they come to the cities to earn a living. They are often ambitious, and in many cases are superior representatives of their sex. But the demoralizing, blighting effects of the alcoholic liquors and other dope that are used on these poor victims in many cases leaves them hopeless and even willing slaves to the dictates of their environment, after they fully realize the depths of degradation to which they have fallen from contact with these infernal representatives of the shameless life.

A few representatives of this horrible business have received some severe lessons recently, and it is to be hoped that every effort will be made to give these monsters in human form their just deserts. When a girl has gone through the degradation which young women are forced to bear by these human pirates, she often feels that it is impossible for her to resume a respectable occupation. This fact is undoubtedly used as a club to force their victims to continue their degraded life. If these girls had been properly trained in early life, if they had had some knowledge of themselves, first of all they would not be so easily inveigled by these shameless scoundrels, and second, should they make a misstep they would not feel that their lives were beyond reform. It would be possible for them to see some hope in the future, and though laws may be enacted, and officials may be ever so vigilant, this terrible business will no doubt continue until an anti-prudery campaign has spread the knowledge of life and health and sex into every home throughout this broad land.

Innocence is all very well when it is not necessary at any time to cope with evil, but when destructive influences, when the devil himself in human guise is liable to approach you with pretensions of friendly interest, there is need for warnings so emphatic and so definite that no one can mistake their true meaning.

Evil should be branded clearly and definitely. It should be recognized at a glance, not that we may become familiar with or be willing to accept it, but that we may avoid it. With the spread of the knowledge that stands for a higher and truer manhood, that promulgates higher ideals, that makes women stronger and nobler, this monstrous evil will slowly but surely disappear. Prudery is the principal feeder of houses of prostitution. This vile view of the human body has caused more degeneracy, has made more crime possible, has brought about more weakness and suffering and deaths, than any other evil that we have to combat at the present time.

May the real men and women of to-day awaken to the insidious character of this blighting force. May they spread the good news that the body is not vile, that it is not unclean, that in reality it represents the noblest work of God, and that a clear and definite understanding of this marvelous human machine is an imperative duty on the part of every boy and girl. Then and not till then will this shameful traffic be entirely and completely annihilated, for under such circumstances there will neither be a demand nor a supply in a business that sells human souls into the infernal regions of an earthly hell.

**A** MAN must have unlimited confidence in his theories when he is willing to prescribe for himself. For instance, if surgeons everywhere who believe so emphatically in the theory that the appendix is a useless and dangerous organ would in all cases have it removed from their anatomy, we would have more confidence in their pretensions. It is a well-known fact that many prominent surgeons refuse to operate on members of their own families. They are not so sure of their conclusions when the lives of their own flesh and blood are at stake.

**A SURGEON TAK-  
ING HIS OWN  
ADVICE**

It is pleasing indeed to note an exception. Dr. Herman G. Neirman, a young and wealthy physician, of Fort Wayne, Indiana, had a new theory of his own, and what is better still, he believed in it. He had confidence in himself—a good thing to have under any and all circumstances, particularly if you are responsible for the lives of other people. When a man has anything to sell, whether it be doctrine or merchandise, he ought to be able to point to himself as an example of the value of whatever he may have to offer.

Now Dr. Neirman was conscientious. He wanted to be able to say to those who might be interested in his conclusions: "Look at me." If he had followed the usual custom and applied his theories in the treatment of others, no doubt the cemeteries would have had a large number of acquisitions as a result of his reasoning. As it is,

only one grave has been dug in consequence of his lack of faith in the intelligence of the Omnipotent Power, who must bear the responsibility for the construction of the human body.

Dr. Neirman argued that the colon or large intestine was not only unnecessary to health but served as a breeding ground for disease, and was, therefore, harmful. He honestly believed in his contention. He believed in it so thoroughly that he desired to have an operation performed upon himself for the elimination of this portion of his alimentary canal. He found great difficulty in securing a surgeon to undertake the operation. He finally persuaded one to do so, however, and his colon was removed. A day or so thereafter his life came to a full stop. A daily paper in commenting upon the incident says: "Medical learning is a fine thing, and a certain degree of latitude and speculation has its use, but physicians who think they can improve upon Nature are immensely conceited. It would be well if their revolutionary operations could always be confined to themselves."

To every one of these sentiments the readers of this magazine will undoubtedly say "Amen." Physicians who feel that their intelligence is greater than that of the Creator Himself are worse than conceited, they are but little less than egotistical fools, and the public really ought to be protected from such fanatical nincompoops.

The astounding results that are being achieved in the building of bodily powers in the cure of disease by those who have read and followed the doctrines of this publication are chiefly accounted for by unlimited confidence in the accuracy of the reconstructive powers of the body itself. We believe that the intelligence of the power responsible for the construction of a human body, whether you call it God or Nature, is greater than that of a thousand of the greatest scientists, medical or otherwise, that ever existed or ever will exist, and with this conclusion as a foundation, one cannot go very far wrong in trying to solve the problems of cure that are presented by weakness, sickness and disease.

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# Developing a Powerful Physique

## The Science of Physcultism

THE DEVELOPMENT OF THE BODILY POWERS BY MEANS  
OF PHYSCULTISM, THE SCIENCE OF ACQUIRING STRENGTH  
THROUGH EXERCISING THE SPINAL REGION

By Bernarr Macfadden

LESSON No. V.

THE reader will find that the exercises illustrated in the supplement to this issue will constitute a valuable addition to those that have been heretofore presented. As in previous issues I have given special attention to the development of the muscles around the spine, and this feature of this course of lessons will be represented in practically every installment.

Many inquiries have reached us requesting information as to whether or not each lesson should be taken by itself—in other words, whether exercises from previous lessons should be added to the lesson each month. I would say that those who possess sufficient strength may add to the current lesson some of the exercises in previous issues, which seem to be of special value. Of course, it would be impossible for one to take all the exercises given in previous issues, unless one has a great deal of time to spend, and furthermore the value of a policy of this kind is questionable.

As a rule, it is not difficult for one to pick out his physical defects, and it would be well, of course, to give special attention to those movements that are inclined to remedy such defects, keeping in mind that any exercise which uses that particular part of the body which exhibits a defective development, will be inclined to add to its symmetry and strength.

As a matter of fact, defective development of the muscles of any portion of the body may be said to indicate that these muscles have not been given sufficient

use to acquire the proper strength and contour. Nature may seem to endow some parts of the body with a development disproportionate to the rest of the physique, but usually this fault may be ascribed to the individual in whom general development is lacking.

One who is really sincere in his desire to improve his physique must be prepared to persevere in his efforts to better himself physically, even if the results are not encouraging at the outset. While the muscular tissue of no two individuals is exactly similar in consistency, it is certain that there are determinate muscular formations, just as there are certain types of forms and features. Thus we find that the muscles of some individuals respond to systematic exercise with a promptness that is gratifying, and in these cases the size and contour of muscles used vigorously and consistently may be materially improved within a very brief time.

This condition, however, does not always obtain, and there are some persons who find themselves unable to recognize any considerable degree of improvement even after performing regular exercise for an extended period. The latter class, however, should not permit this fact to discourage them. Regardless of whether the effects of systematic exercises are apparent in the beginning, it will be found that the general system is greatly benefited by a proper degree of muscular activity. The great vital organs, on which the human economy depend for the performance of the most

important functions of the body, are strengthened through exercise to a degree of efficiency which they cannot possibly possess while the muscles are permitted to remain continually inactive.

One of the most marked of the advantages offered by this series of articles is the fact that movements are prescribed for many groups of muscles which remain unused in the course of ordinary exercises. This is particularly true of the muscles and ligaments of the back and shoulders, and readers will do well to familiarize themselves with the movements, so as to perform the exercises in such a manner as to secure the greatest benefit possible.

Exercise Number 24. This is a comparatively simple movement and it is of especial value for stimulating the spine in the neck and upper dorsal region. It is also especially valuable for developing the muscles on the front and side of the neck. As will be noted from the illustration, you simply place the hands on the forehead with the head far backwards. Now make an effort to push the head still further back. This exercise should be repeated until there is a marked feeling of fatigue of the muscles affected. The backward push given to the head by the hands will, of course, vigorously tense the muscles on the front part of the neck without any especial mental effort on your part.

Exercise Number 25 is especially valuable for developing the muscles of the upper thigh and calves, and is also a splendid exercise for securing a proper poise of the body. It can in some instances also be recommended for increasing the height, as almost any stretching exercise similar to this is valuable for this purpose. Bend the knees in a crouching position as shown in 25A. Now keeping the hands clasped above, pull slightly outward, the body erect from the hips upward. Raise slowly to a standing position, after which raise high on the toes, stretching upward as high as possible. Be sure to remember the importance of stretching and reaching upward on every occasion. It is well, in this particular movement, after raising as high as you can to make one or two

efforts to raise still higher and stretch still further. This is also a splendid exercise to combine with deep-breathing. Draw in a deep breath as you rise to a standing position and exhale the breath as the body is lowered.

Exercise Number 26 is a splendid movement for the muscles on the posterior portion of the neck and the upper part of the back. It very noticeably stimulates the activity of this part of the spine, and will, of course, materially assist in remedying any defects that may exist at this part by strengthening the muscles and ligaments and thereby assisting in pulling and holding each vertebra in its proper place. Secure an ordinary bath towel, grasp the ends firmly in the hand, and while pulling forward vigorously to position shown in 26A, move the head far backward to position shown in 26B. Remember to pull forward vigorously with the arms while this movement is being made. Repeat the exercise until there is a distinct feeling of fatigue.

Exercise Number 27 is especially for strengthening that part of the spine, which is ordinarily termed the "small" of the back. It is especially important that this particular part of the spine possess the strength essential to hold every vertebra in a proper position. Strength in this region of the back gives one at all times a proper poise of the body, and furthermore it gives one the feeling of vim or energy which is needed to carry the body in a proper position. The first position is assumed by simply seating yourself on the floor with the hands placed on the floor a short distance in the rear. Now raise the central portion of the body with the arms rigid, resting the weight on heels and palms of hands. Be sure to raise the body as far as possible, and make one or two efforts when it has reached apparently the highest point to raise it still farther. The object of this additional effort is to very strongly tense the muscles of the posterior portion of the hips and the small of the back, and thereby bring a greatly increased influx of blood to the parts. Return to the original position and repeat until there is a distinct feeling of fatigue.



# Beauty Gained Through Health Building

By Charles Merriles

BEAUTIFUL FORMS AND FEATURES MAY BE ATTAINED BY CULTIVATING THE SUPERIOR VIGOR RESULTING FROM THE PRACTICE OF PHYSICAL CULTURE METHODS.

THE statement that beauty is influenced by health cannot be gainsaid. Any intelligent person will admit that this is true. There can be no real, lasting beauty without health. It has often been said that beauty is only skin deep, but this is false. Beauty is more than skin deep; it is as deep as the body itself. In fact, beauty is nothing more than an external manifestation of an internal condition. Therefore, when one possesses perfection in figure and features to a certain extent one might say beauty can be found in the form and texture of all the internal tissues and organs of the body.

Many inherit unusual beauty, but it is well to remember that even under such circumstances environment largely influences the development of their attractive appearance. For instance, if you inherit more than average beauty, and if your environments are of a superior nature, you will have a much larger share of the comeliness that has come to you from your forefathers than would be the case if you were compelled to

come in contact with all sorts of devitalizing influences.

The development of the beauty which is zealously sought for by nearly every woman depends upon healthful environment and habits of life. You cannot be beautiful unless you are healthy. Disease will produce its mark upon the most beautiful face. It will stamp its cruel lines upon the most symmetrically formed body. Disease and weakness are

beauty's worst enemies. They have no consideration for rank or wealth or family pedigree. They will ruin the most magnificent specimen of human perfection that the eyes of man ever looked upon. Those who desire to be beautiful must seek real beauty through health-building methods. Health of a high degree, which seems to radiate its wholesome influence through every part of one's being, is in itself an important factor of beauty.

Many will say that beauty of the highest type means something more than health. It means the possession of a certain indefinable magnetism—a charm that is separate and



Vivacious type of feminine beauty—witty and agreeable.



An example of the sensuous type of beauty, with features indicating possession of a motive temperament and reserve force.

distinct from the comeliness that comes through health. There may be an atom of truth in this statement, but nevertheless the magnetism associated with beauty could not exist without its accompaniment, health. In fact, the mere possession of magnetism presupposes the existence of super-abundant vitality in the person so endowed. Magnetism might be termed a bubbling over of the vital forces. It might be said that this exhilaration is largely produced by the stimulation of an excess of energy.

To a certain extent one possessing magnetism might be compared to an electro-magnet. When the metal is charged with a sufficient amount of magnetism, it has an irresistible, indefinable attraction for certain elements. A woman possessed of beauty and magnetism, exerts an influence just as mysterious and indefinable. Such a woman is

charged with the physical magnetism that comes from the strong sexuality that accompanies superior vital forces. It indicates the possession of a super-abundant supply of what could reasonably be considered human electricity. For instance, human bodies are charged with energy or electricity just as in the case of an electric storage battery. One who has a large supply of this human electricity, is termed magnetic. To a certain extent this power is sometimes classed as hypnotic or mesmeric in nature. Almost every strong, healthy well-sexed man or woman possesses a power of this character. Of course, to a very large extent it is controlled by nervous force, which in turn is largely controlled by will power. Any well-sexed man or woman, with a strong will, who possesses superior physical energy, is naturally magnetic.

It is of course, possible to be beautiful without being magnetic. The outlines of the figure and features of a marble statue may be perfect, but it is cold and lifeless—there is nothing about it to stir one's emotions. But if we could imbue such a statue with life, if it would exhibit the possession of the superior powers that come with sexhood, a cultivated intellect and a magnificent body, then we have a power that could inspire us, that could arouse our ambitions, and enthuse our energies, and this is beauty of the alluring, inspiring type. It is far more than mere beauty, for its powers are as mysterious and as unsolvable as a human soul itself.

Though beauty is frequently inherited, it can in many cases be developed. Its development depends upon the attainment and retainment of a high degree of health. Imagine a beauty if you can, with the coated tongue and the foul breath that often accompany digestive disorders. No matter how beautiful a complexion one might possess, long-continued symptoms of this character will destroy it, because they ultimately fill the blood with all sorts of impurities, and the blood is the material from which the exterior parts of the body secure their nourishment. Your complexion, for instance, is colored by your blood. A beautifully colored skin cannot be made

from blood that contains all sorts of impurities.

If you realize the truth of these statements, there is no more need to tell you that beauty is more than skin deep—that it depends upon the perfect performance of the functions of the entire body. Carefully study the particular indications of beauty that please you most. Take, for instance, bright, expressive eyes. Could you imagine that the blood that keeps their liquid depths free from defects contains poisons or foreign matter of any kind? Must these eyes not be supplied with superior nourishment? Perhaps there is too much physiology in this to sound romantic, but if there was more physiological knowledge, beauty in all cases would be more lasting and more complete.

You sometimes hear enthusiastic comments on red lips and pearly teeth. Now these indications of beauty are associated only with a healthy body. The brilliant red color of the lips, for instance, shows the superior quality of the blood that is circulating beneath their membranous surface. Pearly teeth are another indication of a well-nourished body. The hair is said to be a woman's crowning glory, and its condition depends to a very large extent upon cleanliness and bodily health that is only preserved through intelligent efforts. The hair must be nourished with pure blood, and certain elements are required in order to give it a beautiful lustre.

The well-rounded cheek and the beautifully-tinted complexion are both signs of health—indications of superior digestion; and these characteristics of beauty disappear when the vigor and vitality of superior health are absent. As for the body itself, the strength and the beauty of its contour depend absolutely upon superior health. You cannot possess a beautiful body unless you have a superior digestion. A well set up, symmetrical figure may be inherited, but it cannot be retained except for a limited period, unless the nourished and cared for in such a manner as to maintain a high degree of health and strength. Even those whose physical inheritance is meagre in character, can through in-

telligent efforts develop beauty and strength of the body that might be termed far above the average.

Heretofore I have referred largely to physical characteristics. Magnetism itself might be termed a physical characteristic, though it is largely influenced by one's strength of will, which is, of course, a mental characteristic. There is no question, however, that the influence of mind on the character to a very large extent affects the countenance. If you are able in some manner to change your character, slowly but surely your physiognomy will change accordingly.

The life story of a man or a woman, after a certain age, is clearly portrayed in the outlines and general character of the face. As your character develops, your expression is influenced. If you become a victim of dissipation, or if your mind dwells to any great extent on those things that are destructive to mind and soul,



A mirthful countenance, with indications of vitality and resourcefulness.



A young woman of the Hebe type, who is blessed with health, self-possession and intelligence.

the existence of this perversion will be plainly indicated. The features of a woman are the reflection of her soul. Many find it necessary to wear a figurative mask, with the object of hiding their true selves. They may be successful for a period, but the time always comes when their true character shows through the veil. An extraordinarily strong character is necessary to enable one to go through life unscathed by the evil influences that are all around us.

There is usually a careless gaiety about those who possess youth and beauty, which has much to do with leading them toward quick destruction. Beauty, to be maintained beyond the early flush of youth, must be wisely protected. One must know something of the evils with which she will surely come in contact, and she must erect a bulwark of worldly knowledge to avoid succumbing to evil influences.

Beauty depends on health, but all women cannot be beautiful. However, nearly all can possess that wholesome attractiveness that comes with a fine, beautifully developed body. Though the cultivation of health may not make the features more regular, it will improve the quality of the blood, it will redden the lips, it will make the eyes clear and expressive, it will give the complexion that warm, lifelike tint which is an important factor of beauty. Every woman can develop an attractive personality if she wishes to acquire such a desirable characteristic, but she must begin by recognizing the importance of physical perfection; she must realize the value of a physical foundation, and



A popular feminine type of beauty—appealing and domestic.

then, with the expanding of the mind and unfolding of the character, she will have opportunities for viewing the mysteries of an awakening human soul. Life holds vast possibilities for each human being, and every woman should truly ask herself whether or not she should go upward and onward and forward, instead of being diverted from her true sphere by the foibles of fashion or the diversions that cramp the soul and ultimately destroy body and character.

Beauty is worth working for. It is worth all the efforts that may be made for its attainment. It is a godlike gift, and when the efforts towards its attainment are made for the purpose of fulfilling more perfectly woman's true sphere—that is, wifehood and motherhood, then life will fulfill all the promises that have been given even in the dreamy anticipations of early youth. Life is not a humdrum existence unless we make it so. Life is glorious to those who determine to fill it with the superior powers and talents that can be easily developed by the average human character.

I say to every woman, strive with all your might for beauty. A woman has no right to allow herself to become commonplace or unattractive. She commits a sin against herself and future generations in allowing such a perversion of her true nature. Every woman should be at least wholesomely attractive, if not beautiful, and if she is willing to strive for these rewards, they are usually within her reach. In the next issue will appear

an article under the title of "Rounding out Unsightly Hollows." In the article detailed instructions will be given for remedying various physical defects, giving special attention to suggestions for changing angles into rounded outlines.



A coquettish damsel, who is also artistic and impressionable.

### Cozy Nest or Jail—By Paul Thieman

We all know the aggressively healthy man who sleeps in a cold room with windows wide open, and tubs in icy cold water and walks five miles before breakfast, preferably in rain or snow.

He enjoys it because he's doing what he wants to do.

This man is proud of himself, and holds his body erect and squares his shoulders and walks briskly.

But suppose this same man were obliged to sleep in a cold room and do without hot water because he was poor, and walk a couple of miles every morning because he couldn't afford to pay carfare—possibly he'd look disgusted and be round-shouldered and shambling in his gait.

The simile is too well recognized to be argued away.

It proves that when health is sound the relationship between the way of living and happiness is a thing of the spirit.

The woman who takes pleasure in keeping house for herself and her husband and the baby or babies will do a lot of work and thrive on it.

Her little home is a cozy nest.

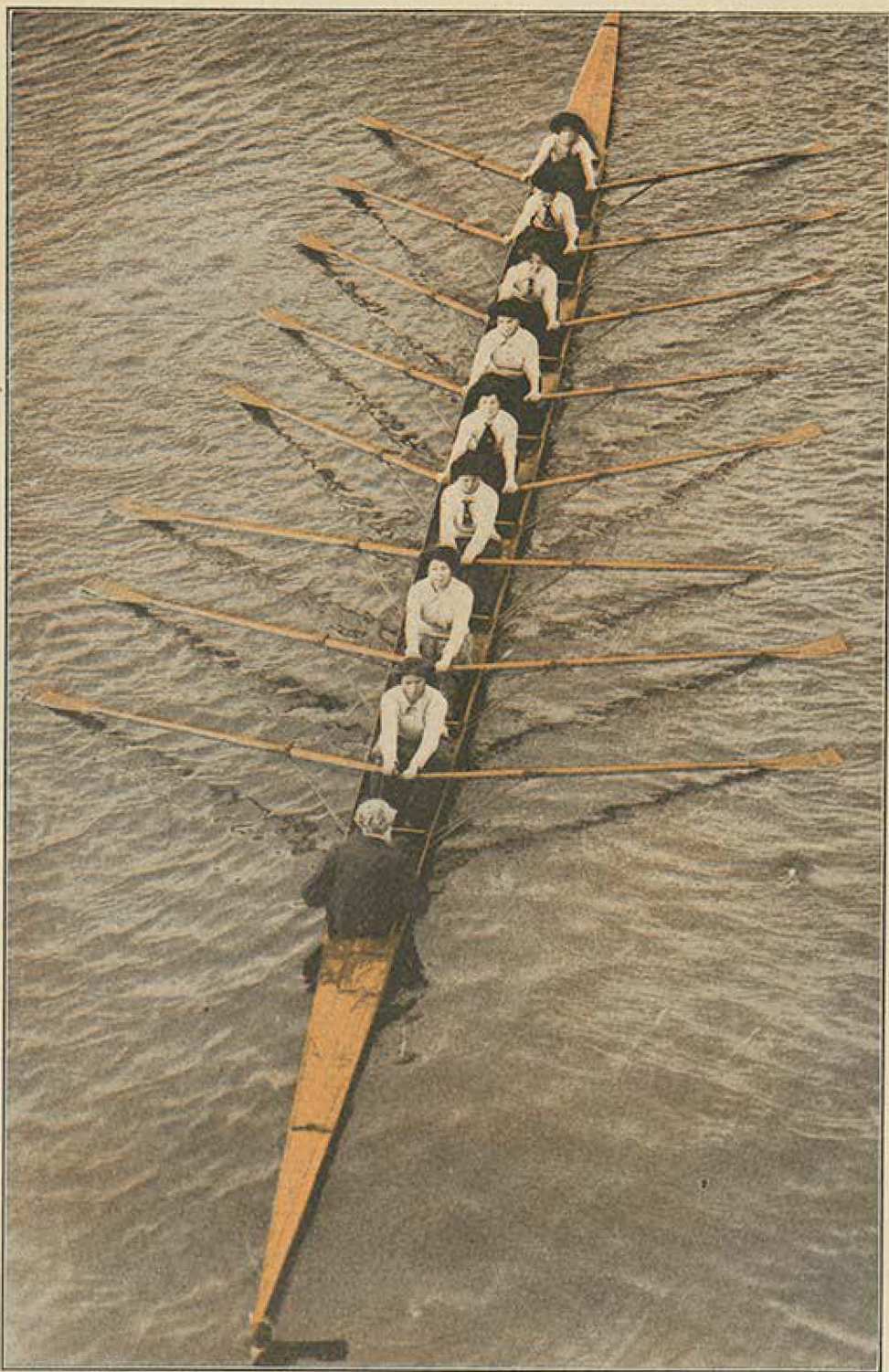
And her husband is not run down at the heel, with his trousers sagging from an old belt. He is not fashionable, but spruce and fine.

And her fingers don't stick out from broken gloves, either.

This simile of the woman who lives in a cozy nest, versus the other woman, who beats at the window of her modest home, screaming that it's a jail, can't be argued away.

Cozy nest or jail—according to the spirit.

—Chicago American.



A splendid view of a crew of young women from the Hammersmith Girls' Sculling Club, passing under Barnes Bridge, near London.



Bringing down the sculls.

## Rowing as An Exercise

By Marie J. Blakely

BOATING AFFORDS A SPLENDID METHOD OF UP-BUILDING THE STRENGTH OF THE ARMS, CHEST AND BACK, AND OF ADDING TO THE GENERAL VITALITY

IT would be difficult to select an exercise for the summer season that is more pleasant or more beneficial than rowing. It will not only develop important groups of muscles, but it will very materially add to one's general physical vigor. One cannot perform vigorous exercise of this sort without indulging in deep breathing. To advise those who row to breathe deeply is hardly necessary, for the long sweep of the oars, the vigorous efforts demanded of the arms and back, make it absolutely essential for one to draw in full deep inspirations, which naturally expand the chest to its fullest capacity. A well-developed chest is absolutely essential to a good physique. It provides room for the lungs and the heart, and then, too, the capacity of the chest to a very large extent affects the contour and general vigor of the abdominal region, which contains the most important vital

organs of the body. One of the especial advantages of rowing is that it takes you in the open air. It is not a hot-house exercise. You are not forced to confine the exercise to any one particular point. Wherever sufficient water may be found, one can indulge in this superior sport.

Rowing is a splendid exercise for either sex. In a man it helps to develop the particular vigor that he so much desires. It will add to his muscular and vital strength, and to his manhood, from every standpoint.

There is perhaps no country in which rowing is more popular than in England. During the summer season you will find vast numbers of boats moving hither and thither, in every one of the numerous streams throughout the "tight little isle." Indulgence in this splendid exercise, is not confined to the sterner sex. The girls seem to enjoy rowing as much as the young men, and in nearly every



Eight sturdy young women whose broad backs and square shoulders clearly indicate the benefit they have secured from this splendid exercise.

instance a capable oarswoman is found, it will be noted that she possesses a physical development that is far above the average. Cycling and walking and most of the exercises that one can take without competing in a game or sport of some kind, involve the use of the muscles of the lower part of the body only. With rowing, on the contrary, this is not true. It is a splendid exercise for bringing into play the muscles of the back. The important muscles and ligaments surrounding the spinal column are exercised vigorously and thoroughly while rowing. We have emphasized again and again in these pages, the value of a strong back, and the necessity of properly developing those muscles whose function it is to hold the spinal column in a proper position.

Here is an exercise which can be made keenly enjoyable, and which at the same time will strengthen and straighten and materially improve the general vigor of the spine.

Recently young women everywhere seem to have become interested in this splendid exercise. This fact is attracting considerable attention because of the various rowing organizations that they have recently formed. One of the most notable of the rowing organizations in England is the Hammersmith Girl's Sculling Club, founded by Dr. Furnivall, in 1896.

Dr. Furnivall early recognized the value of rowing in building up the health of young women, and the organization of the Hammersmith Girl's Club is the out-



An eight about to enter their boat. Dr. Furnivall, trainer and coxswain, at the right.



come of his investigations. Every year he has organized an eight oared crew of girls, and has had several squads out on the river practicing in light shells. Each year he had a regatta with races between the different eights. Then he organized four-oared crews and had a Ladies' Doubles race. Three of the members of the Club won cups at Sunbury, in 1905 against another crew, and sculled at Walton. Then annual races were held with the Polytechnic Rowing Club (of men), and lost. In 1906 the Furnival eight defeated the Cobden Rowing Club in the Hammersmith Regatta. Besides

four. Then George Bernard Shaw, the playwright presented the girls with two half-outriggered double scullers with fixed and sliding seats. Canoes and whiffs, or "rumtums," as they are called, were also used.

Besides the rowing pursuits of the club outing parties of children are taken out on the river to the Kew Gardens and afterwards given a tea at the club, during the summer. The Club helped largely to organize and carry out the annual outing for poor children at the Workingmen's College. Among other teams of girls organized by the club are swimming



Another view of an eight from the Hammersmith Girls' Sculling Club.

crews of girls only, Dr. Furnivall organized mixed crews of men and women. Another innovation was the double-sculls or barge crew.

Besides training them for regular crew work, he encouraged his protegés to take long boat trips. Among the styles of boats used by this club are large half-outriggered double-sculler, the randan, a double in-rigger skiff, and an outriggered sliding seat

teams and tug-of-war teams. This season crews from the Club, including girl's eights and fours will be prominent in the Henley Regatta and other big English aquatic events. The girls only have to pay two shillings (fifty cents), a month membership fee and are entitled to many privileges. Any deficit in running expenses is made up through outside help.

### Questions and Answers—By Carl Evers

Q. Kindly give me full instructions for taking milk.

A. Milk should always be taken through the mouth.

Q. How can I get rid of cold feet?

A. A surgeon would be more serviceable in your case. One of the large circular saws commonly used in lumber mills would also accomplish your desire very quickly and neatly.

Q. I am a long distance runner. Please advise me how I could remedy a running-sore on my right leg.

A. Stop running.

Q. I often exercise before breakfast. Would you advise jumping on an empty stomach?

A. I would suggest that you first consult the owner of the stomach on which you propose to jump.



Maud Odell, the famous English physical culturist.

# Building a Physical Culture Girl

By Maude Odell

## HOW HEALTH AND WEALTH WERE ATTAINED BY AN ENGLISH GIRL, AND THEIR FINANCIAL AS WELL AS PHYSICAL REWARDS

Miss Maude Odell, a young Englishwoman, is said to possess a "perfect form," and she declares that her health and symmetry are alike due to her practice of the principles of physical culture. In the article which follows, she tells of the miracle which physical culture wrought in her own case, as it has in the cases of thousands of others.

The statement has been made in the public prints that Miss Odell was in the habit of indulging in alcoholic liquors, that she smoked cigarettes, and in various other ways showed but scant respect for physical culture theories. She has most emphatically declared each and every one of these statements to be false, and that they were circulated for malicious purposes.—Bernarr Macfadden.

I AM that which I am, solely through practicing physical culture. As a child, I gave no promise of unusual development; in fact, I was lanky, had most of the maladies which people seem to think all youngsters ought to have, and in other ways wasn't a bit different from my small playmates. I and my brother, who was a few years older than myself, were orphans. We passed our childhood in charge of a housekeeper, who was very good to us and did the best she could to take the place of father and mother. My brother was a born athlete and was always doing "stunts" of some sort or the other, which called for muscular prowess. But to tell the truth, I didn't take much interest in what he did until one day he brought home an exerciser or developer—one of those that you fasten to the wall and pull on it. Incidentally, I was just fourteen years of age at this time.

With the arrival of the developer, there began a new era in my life. I fell in love with the apparatus at once, and every day found me working at it zealously. Only a few weeks had gone by when I first noticed a difference for the better in my arms. Before, they had been flabby, thin and unshapely. Now, they were beginning to be firm and symmetrical. My legs too, showed signs of improvement, and my general health was excellent.

All this decided me. I determined to

not only stick to the exerciser, but in addition, to do whatever else I could to develop myself. In short, I made up my mind that I would see just what I could make of myself in a physical way.

Well, I carried out the programme as best I could. I read up every thing that I could lay my hands on which had a bearing on physical culture. I exercised in-doors, and out-doors. I practiced deep breathing and saw to it that I had lots of fresh air by day and by night. I even went so far as to make certain changes in my dress; this being done secretly though, for our dear old housekeeper would have frowned disapproval on any "such nonsense." All this time, I never told a soul—not even my brother—what I was doing for I had a child's fear of being laughed at, you know.

It wasn't long before people began to notice the change in me. They would remark, sometimes in my hearing, "How well, Maude is looking." Or perhaps, "I never saw a girl improve so in all my life." Or, "What a well-developed youngster Maude is getting to be." Naturally, this kind of thing prompted me to continue in my well-being. But I never said a word to anyone but continued to work away at my exercises with renewed zest. Also, I grew out of my clothes almost faster than they could be made.

Next, aided by the hints given me by physical culture books, I began to invent

exercises of my own, for the purpose of developing those parts of my body, which I thought were not as they should be. My efforts in this direction were successful as a rule, in spite of the crudeness of some of them. Whatever physical proportions I possess, had their foundations laid in these early days of my earnest study of physical culture principles, so I think.

Here let me say a word about exercise. I do not believe in "general exercise." I have no use for hit-or-miss athletic work. In my opinion, every exercise should be for a well-defined purpose. It is the individual exercise which counts. Mr. Macfadden's teachings are in this direction. In my own case I have an exercise for practically every muscle in my body. I can bring into action the muscles of my arms, legs, neck, back, abdomen, waist—everything—and every day I see to it that these muscles have their due need of work.

At the end of three years of this self-constituted labor, I felt that I was in a condition when I could present myself to an expert. So I went to Sandow. He said many complimentary things to me, and finally asked me if I seriously contemplated making physical culture my profession. I said "Yes," with much enthusiasm. So he then placed me in his school. In a short time I became an instructor in his establishment. Later, and in the belief that if I could show women just what they could do for themselves by practicing physical culture, I decided to go on the stage. That is the reason that I now am before the public.

Space will not permit of my telling of my exercise in detail, but I would like to say that those which have to do with keeping the muscles and organs of the abdomen in a healthy condition are, to my mind, the most necessary for women. Abdominal troubles are usually the ones from which women suffer. Your sallow, nervous, irritable woman is almost without fail, a victim to some malady of this nature. Hence the importance of her

seeking to correct them by proper exercise.

Corsets I abhor. Stimulants, including tea and coffee are not for me. In the matter of diet, I eat when I am hungry and do not shun meat once a day if I feel like it. If I have a late bite, it is always something very light, say, a sandwich. I always have my windows open at night. Sleep and plenty of it is, so I believe, a necessity to health, so much so indeed, that I never allow myself to be awakened until Nature calls me. Outside of my special exercises, I walk, ride and swim whenever I can. The virtues of the skipping rope are many and are overlooked by the average woman. I skip a great deal and find much benefit in so doing.

Only those who live the physical culture life know what it is to really *live*. And the joy of so living, amply repays one for the incidental effort which, as a matter of fact, is no effort at all except in the early stages of the life natural. I may add that my stage appearances are netting me a very handsome sum annually, which is another thing for which I have to thank physical culture. In one of the western counties of England, is a dear little villa standing in its own grounds that belongs to me and that certainly would never have been mine if I hadn't made physical culture my means of livelihood. So that you see, I have every reason to be grateful to the science, not only for what it has done for my body, but for my purse also.

Some of my friends have very kindly credited me with being the possessor of a "perfect form." However that may be, it may interest some of the readers of PHYSICAL CULTURE to know just what my measurements are. Here they are, then: Age, 25; height, 5 feet, 8 inches; weight, 140 pounds; chest (natural), 38 inches; bust, 42 inches; waist, 25 inches; neck, 12½ inches; wrist, 6 inches; ankle, 8 inches; hips, 39 inches; stretched height, 5 feet, 9 inches; I wear a number 4 boot and a number 6½ glove.

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We have a thousand mythology-schools for one gymnasium; the importance of physical culture, and the interdependence of soul and body, and the moral influence of health, have hardly begun to be realized.—Dr. Felix Oswald.

# The Perfect Man Contest

By Bernarr Macfadden

## FINAL AWARDS IN THE CONTEST FOR THE SELECTION OF THE MOST PERFECTLY DEVELOPED MAN

WE are finally able to render a decision in our Prize Contest, to which we have referred on so many occasions. It has been an exceedingly difficult matter to select the winner and at the same time do justice to all the splendidly developed competitors, who have entered this competition. It has been clearly shown that there is no dearth of well-developed men, notwithstanding the evils that one must come in contact with everywhere in these days as he grows to manhood. It has seemed, however, that one man stands out very prominently, at least as far as we could see from the photographs presented and the measurements furnished, inasmuch as development is concerned.

In making selection of the prize-winners in a contest, which depends entirely upon photographs and measurements, there is naturally a possibility of making a decision that might be altered if the men were to be compared side by side. Still, we have done the best we could with the material furnished, and after very careful examination of all the various contestants we have decided to award the first prize of \$100.00 in gold to Mr. Theodore Combis, of Del Monte, California. We present herewith a reproduction of a photograph of the winner, and a careful examination of his splendid development, together with his measurements, will show that he is a very superior specimen of manhood. In addition to this, he is a splendid all-round athlete and a very strong man, as his feats of strength prove. He has lifted 218 pounds twice in succession with one arm, and he has raised a man weighing 177 pounds high over head with one hand. His measurements are as follows:

Neck, 15 $\frac{3}{4}$  in.; arm flexed, 15 $\frac{3}{4}$  in.; forearm flexed, 14 in.; chest, expanded, 43 $\frac{3}{8}$  in.; waist, 32 6-8 in.; hip, 37 $\frac{1}{2}$  in.; thigh, 23 $\frac{1}{2}$  in.; calf, 14 $\frac{3}{4}$  in.

After careful examination, it was found almost impossible to really choose the other prize winners in their proper order. We have, therefore, made a selection of a number of contestants, who deserve especial mention, and we are giving to each one what we would term a reward of merit. These rewards have taken the form of copies of the works of Bernarr Macfadden, especially inscribed by him for the purpose. Those whose names are not mentioned in this article have received no award. Please note, however, that in some instances photographs have been miscarried or mislaid, and if, after looking over the various winners, any reader feels that he is entitled to a prize, we would be pleased to have you take the matter up direct with the editor of this publication, heading your letter, "Prize Contest." The following contestants have been given rewards of merit:

Photograph Number 1, portrays the development of Mr. Reuben Eaton, Peace Dale, R. I. Mr. Eaton, is a clarionet player by occupation. His measurements are as follows:

Weight, 159 pounds; height, 5 feet, 8 $\frac{1}{2}$  inches; neck, 16 in.; chest, expanded, 41 in.; arm, flexed, 14 $\frac{3}{4}$  in.; forearm, flexed, 11 $\frac{1}{2}$  in.; waist, 31 in.; thigh, 21 in.; calf, 15 $\frac{1}{2}$  in.

Photograph Number 2, is of Harold Tollefsen, of Seattle, Washington. He states he secured his development from following the suggestions contained in this magazine. His occupation involves out-door work, and he sleeps in a tent every night. He belongs to the Norwegian Turner Society, and has appar-



Theodore Combis, of Del Monte, Cal., the winner of the first prize in the perfect man contest, who has been awarded \$100.00 in gold.

ently been able to secure a very superior development.

Photograph Number 3, is of Peter Jaconi, Los Angeles, California. He has been interested in our publication about two and a half years. He lives entirely on vegetarian dishes. His exercise is confined mostly to calisthenics and his measurements are as follows:

Weight, 133.5 pounds; height, 5 feet, 4.2 in.; neck, 13.3 in.; chest, expanded, 39.4 in.; forearm, flexed, 11.6 in.; arm, flexed, 11.7 in.; waist, 28.9 in.; hips, 35 in.; thigh, 19.8 in.; calf, 14 in.

Photograph Number 4, is a reproduction of a photograph of A. E. Charleston, of San Francisco, California. He is a total abstainer, and has been a reader of this magazine for the last eight years. He is thirty-two years of age, weighs 132 pounds stripped, and his measurements are as follows:

Neck, 15 $\frac{3}{4}$  in.; biceps, flexed, 14 $\frac{1}{2}$  in.; forearm, 11 $\frac{1}{2}$  in.; chest, expanded, 42 $\frac{1}{2}$  in.; waist, 30 in.; hips, 37 in.; thigh, 21 $\frac{3}{4}$  in.; calf, 14 $\frac{1}{4}$  in.; height, 5 feet, 7 $\frac{1}{4}$  in.

Photograph Number 5, depicts George M. MacKie, of Chicago. He has been a reader of this magazine for six years, and lives entirely on a non-meat diet. He performs many remarkable feats of strength, has been married for six years, and is the father of two children that are splendid representatives of physical culture. He has won altogether one hundred and fifty prizes in football, running and wrestling. His weight is 158 pounds, and his measurements are as follows:

Height, 5 feet, 7 in.; neck, 17 in.; chest, expanded, 46 in.; waist, 30 in.; biceps, flexed, 15 $\frac{1}{4}$  in.; forearm, 14 in.; thigh, 24 in.; calf, 16 $\frac{1}{2}$  in.

Photograph Number 6, shows W. F. Blackburn, of Newcastle-on-Tyne, England. He has been a student of physical culture since 1898. He takes a great deal of what might be termed all-round athletic exercise, is fond of swimming, football, and running, and his development shows the splendid results of the régime he has followed.

Photograph Number 7, portrays N. C. Hardin, of Louisiana, Missouri. Occupation, attorney. Mr. Hardin has been a reader of this magazine for the past few

years. He is fond of all out-door sports, though especially interested in boxing, and bag punching. He was a very delicate youth, and is especially proud of the results that he has achieved. When he first began the building-up process, he weighed 114 pounds. He now weighs 155 pounds, and there has been a corresponding increase in his measurements. For instance, his former and present measurements are: neck, 12 $\frac{3}{4}$  in., now 15 in.; arm, flexed, 11 $\frac{3}{4}$  in., now, 15 in.; chest, expanded, 34 $\frac{1}{2}$  in., now 43 in. He is certainly a remarkable example of what can be accomplished through scientific body building, and deserves great credit for his splendid improvement.

Number 8 is a photograph of John Hetzel, of Wichita, Kansas. He states his muscular development was obtained largely from farm work and in the football field. His weight is 170 pounds, age 23, and his measurements as follows:

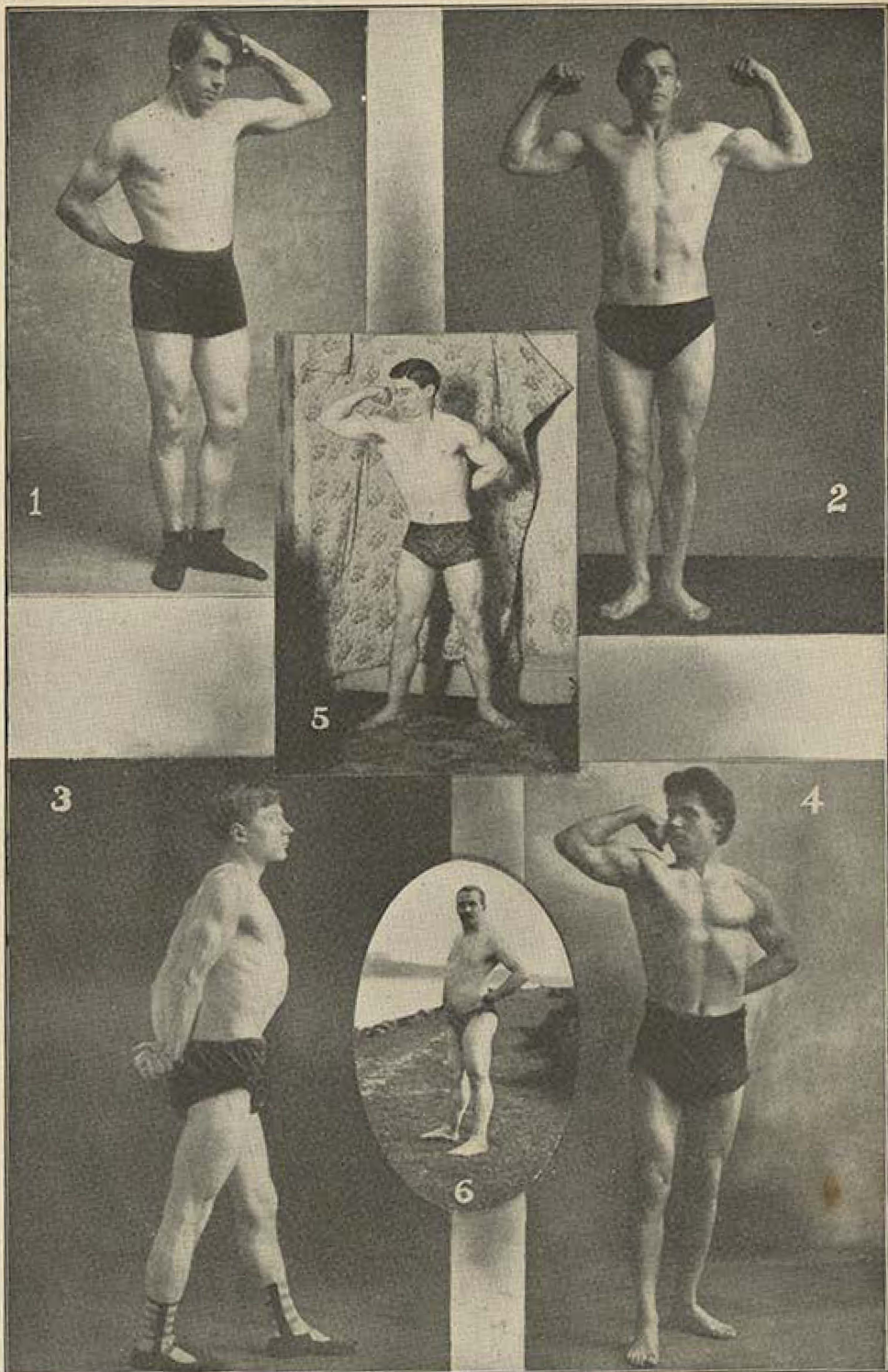
Neck, 15 $\frac{1}{2}$  in.; chest, expanded, 42 in.; arm, flexed, 14 in.; forearm, flexed, 13 $\frac{3}{8}$  in.; waist, 32 in.; hip, 38 $\frac{3}{8}$  in.; thigh, 23 in.; calf, 15 in.; height, 5 ft., 9 in.

Photograph Number 9 shows Charles F. Shock, of Huntington, Indiana. He states he has been a physical culturist for the past three years. He gives considerable attention to out-door athletics and has run a half mile in 2 minutes, 7 seconds; ten miles in 70 minutes. Has raised a 50-lb. dumb-bell overhead 50 times, although only 18 years of age, thus indicating that there is considerable improvement still in store for him. His measurements are as follows:

Neck, 15 $\frac{1}{2}$  in.; arm, flexed, 15 $\frac{1}{2}$  in.; forearm, flexed, 13 $\frac{3}{4}$  in.; chest, expanded 43 $\frac{1}{2}$  in.; waist, 32 $\frac{1}{2}$  in.; hips, 37 in.; thigh, 22 $\frac{1}{2}$  in.; calf, 15 in.; height, 5 ft., 9 $\frac{1}{2}$  in.

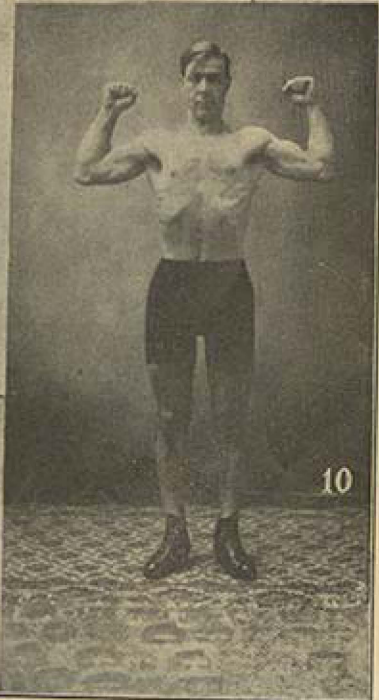
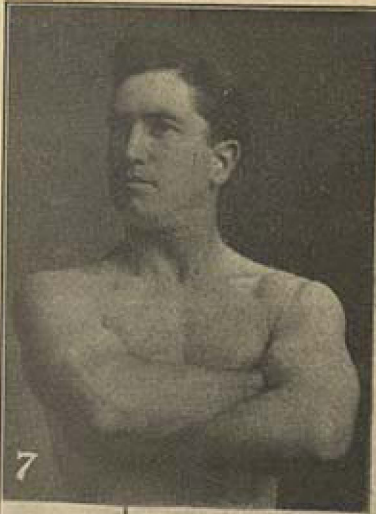
Photograph Number 10, shows W. R. Smith, of Milwaukee, Wisconsin. Mr. Smith has been a devoted reader of this publication since the first copy was issued. He is fond of swimming and athletics of all kinds, and has been able to swim 75 feet beneath water. His weight is 175 pounds, his measurements as follows:

Neck, 16 in.; chest, expanded, 39 $\frac{3}{4}$  in.; forearm, flexed, 13 in.; arm, flexed 14

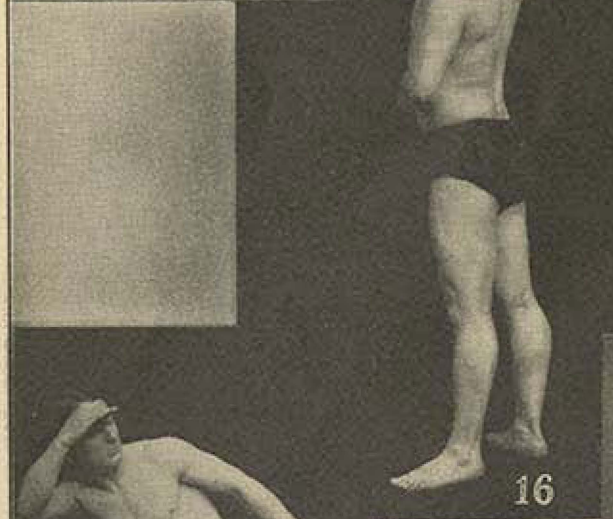
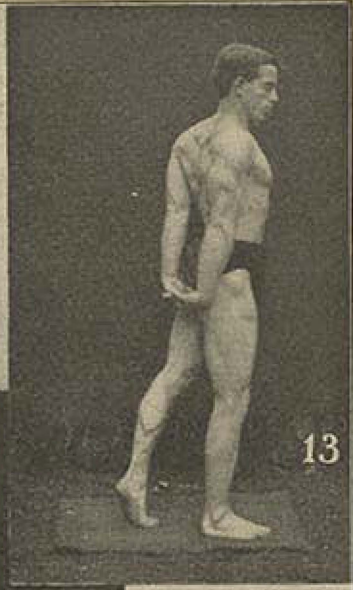
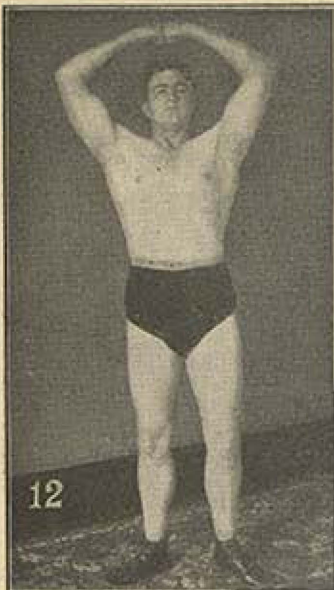


No. 1, Reuben Eaton, Peace Dale, R. I.; No. 2, Harold Tollefsen, Seattle, Wash.; No. 3, Peter Jaconi, Los Angeles, Cal.; No. 4, A. E. Charleston, San Francisco, Cal.; No. 5, George M. MacKie, Chicago, Ill.; No. 6, W. F. Blackburn, Newcastle-on-Tyne, England.





No. 7, N. C. Hardin, Louisiana, Mo.; No. 8, John Hetzel, Wichita, Kansas; No. 9, Charles F. Shock, Huntington, Indiana; No. 10, W. R. Smith, Milwaukee, Wis.; No. 11, Anson A. Abel, Hoosick Falls, N. Y.



No. 12, W. A. Boyd, St. Louis, Mo.; No. 13, F. W. Down, West Briton Ferry, Eng.; No. 14, Geo. Birks, Sheffield, Eng.; No. 15, Ernest Heatly, Birmingham, Eng.; No. 16, L. E. Porter, York, Nebraska.

in.; waist, 31 in.; hip, 40 in.; thigh, 22 in.; calf, 15 in.; height, 5 ft., 11 in.

Photograph Number 11, is that of Anson A. Abel, of Hoosick Falls, New York, a splendid specimen of superior manhood. He has been a reader of this publication for four years. When he first became interested in physical culture his occupation was sedentary. When he started his improvement was very slow, but he determined to win out, and has been able to secure the remarkable development which is indicated in the photograph we have reproduced. His weight is 178 pounds. His height, 5 feet, 10 inches, measurements as follows:

Neck, 16 in.; chest, expanded, 45½ in.; arm, flexed, 16 in.; forearm, flexed, 14½ in.; waist, 33 in.; hip, 39 in.; thigh, 24 in.; calf, 16 in.

Photograph Number 12, shows W. A. Boyd, St. Louis, Missouri, a farmer by profession, who has lived on a farm his entire life. He never saw a gymnasium until he came to St. Louis, was always athletically inclined. Boxing, wrestling, weight-lifting, was especially enjoyed by him. He tosses 150 pound dumb-bell with one hand above his head, and 235-pounds with both hands. His diet is confined almost entirely to vegetarian dishes. He is a teetotaler and an abstainer from tobacco. His weight is 180 pounds, height, 5 feet, 10 inches, measurements as follows:

Neck, 16 in.; arm, flexed, 15 in.; forearm, flexed, 14½ in.; chest, expanded, 45 in.; waist, 32 in.; hip, 41 in.; thigh, 22 in.; calf, 16 in.

Photograph Number 13, shows F. W. Down, of West Briton Ferry, England. Measurements as follows:

Neck, 15 in.; chest, expanded, 41 in.; arm, flexed, 14 in.; forearm, flexed, 11½ in.; waist, 28 in.; hip, 33 in.; thigh, 19 in.; calf, 13 in.

Photograph Number 14, depicts Geo. Birks, of Sheffield, England, who has been a reader of this magazine for three years, and is actively interested in advancing all sorts of athletic sports. He is 25 years of age, is a member of various athletic clubs, and has posed for a number of artists. His measurements are as follows:

Height, 5 ft. 4¾ in.; weight, 135 lbs.;

neck, 14½ in.; forearm, flexed, 11 in.; arm, flexed, 12½ in.; chest, expanded, 37 in.; waist, 27¾ in.; hip, 33 in.; thigh, 20½ in.; calf, 14½ in.

Photograph Number 15, is that of Mr. Ernest Heatley, of Birmingham, England, who has been interested in physical culture for four years. He is not a strict vegetarian, though he eats but little meat, as he has never cared for it. His occupation is that of a clerk. He is 20 years old, is 5 feet 5 inches high, and weighs 136 pounds, and his measurements are as follows:

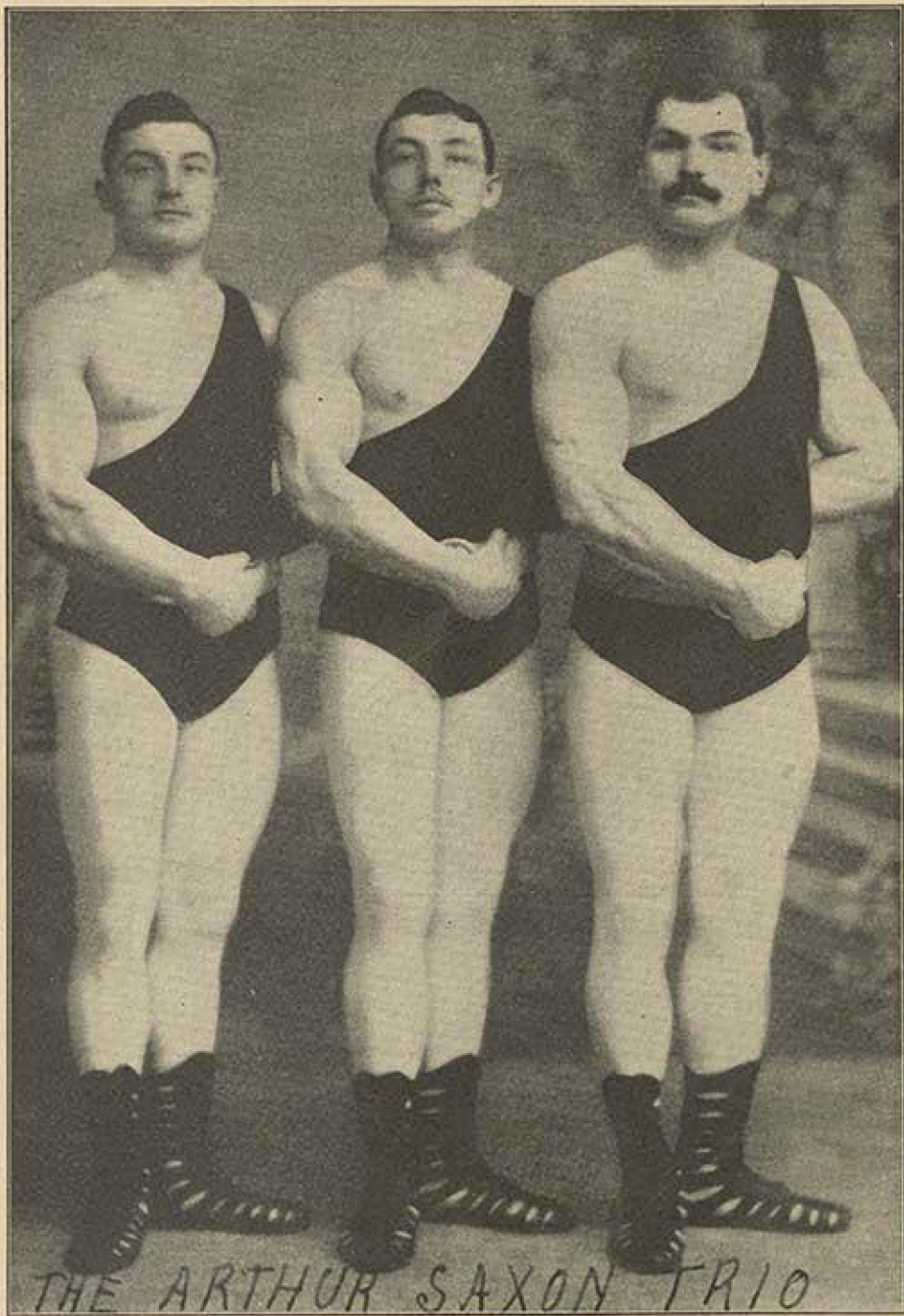
Neck, 14½ in.; chest, expanded, 41 in.; arm, flexed, 13½ in.; forearm, 11 in.; waist, 26½ in.; hips, 33 in.; thigh, 20 in.; calf, 13¾ in.

Photograph Number 16, shows Mr. L. E. Porter, of York, Nebraska, who has always been interested in athletic sports. He has not eaten breakfast for twelve years. He eats but little meat. He was married five years ago and has a four-year-old daughter who is a splendid representative of the value of physical culture. His weight is 210 pounds, his height, 5 feet, 11¼ inches, his age, 36, and his measurements are as follows:

Neck, 17 in.; chest, expanded, 43 in.; waist, 37 in.; hips, 41 in.; thigh, 26 in.; calf, 17 in.; arm, flexed, 16½ in.; forearm flexed, 13¾ in.

The following is a list of contestants whose photographs have been previously reproduced and who have been given awards of merit:

H. J. Spanger, Chicago, Ill.; Dayton W. Bielman, Seattle, Wash.; Frank Ransom Douthett, Lincoln, Neb.; Harlan E. Chamberlin, North Abington, Mass.; Miss Margaret Claire Edwards, Oakland, Cal.; Mr. Aram Salisian, Utica, N. Y.; Norris L. Bull, Plainville, Conn.; Eugene Frizzell and Wendelin Kneller, Jr., of Utica, N. Y., Endurance Contest; Harry J. Klein, Buffalo, N. Y.; Vac Randa, Verdigre, Neb.; W. Davies, New Westhorses, Linc., England; Jerome Day, Jr., age (11 mos.), Washington, D. C.; Hugh Elmer Nair, Lake Brady, Ohio; Tommy Greenwell (age 14 mos.), Durham City, Eng.; J. S. Heath, Berkeley, Calif.; H. T. Guilfooy, Berkeley, Calif.; Knut Christenson, Northfield, Minn.; Reg. G. Shorthose, Adelaide, Australia; R. Schinzing, New York City; Miss Winifred Booth, Sheffield, Eng.; W. N. Kerr, Dublin, Ireland; Rudolf Mawritzen, San Francisco, Cal.; Ralph T. Lewis, East Boston, Mass.; Albert E. Bogdon, San Francisco, Cal.; K. Clements, Chicago; F. J. Shaw, Peterborough, Eng.



Three athletes who are regarded as the strongest men in the world. These remarkable men are better known in England than America, although they are now touring America with Ringling Bros.' Circus.

# The Wonderful Feats of Three Marvellous Physical Culturists

By H. M. Lome

**D**URING the period in which the writer has been interested in physical culture as a theory and a practice, he has had the good fortune to become acquainted with many of its products in the shape of magnificently developed men and women. The mentality of these were in accord with their physical equipment in the majority of such cases. But until he met the Saxon brothers, he did not fully understand the possibilities of the science in developing both mind and body. These men—three in number—seem to have not only attained the limit of muscular power and endurance, but at the same time, they have cultivated their intellectual forces. The result that while they are giants in stature and strength, they are quiet, entertaining companions in a conversational and social sense. The combination is as striking as it is unique, and as suggestive as both.

Just now, the brothers are with the Ringling Brothers' Circus, and their performance consists of a series of feats of strength of a really astounding nature. Some of these feats will be spoken of in detail later on. The point about them and their work which will be of especial interest to the readers of this magazine is, that in the matters of diet, training, clothing and general hygiene, they are to all intents and purposes, consistent physical culturists.

The given names of the trio are Arthur, Herman and Kurt, of whom the first is the eldest and the last the youngest. They were born in Leipzig, Germany, of parents of sterling stock, who however, had but little to give their boys except the health and strength which now distinguish them. From their childhood, the lads showed a fondness for out-of-door life and constant exercise, and it was during these early days, that the foundation was laid for the marvelous powers which later gained for them an

international reputation. Speaking of his school days, Arthur Saxon said some things which will not be without value to the seeker after strength.

"In my boyhood days" he remarked, "I practically lived in the open air. I was especially fond of long, rambling walks. Then too, I and my companions ran and wrestled. We also made a practice of climbing trees, which in itself is a splendid exercise, calling into play every muscle of the body; and it takes a cool head and steady nerves to excel in this sport, if it may so be called." It may be remembered in this connection, that some time ago, the editor of *PHYSICAL CULTURE* published an illustrated article on the advantages of tree-climbing as a muscle-developing exercise.

At the age of seventeen, Arthur weighed 189 pounds and his brothers were proportionately heavy. In the meantime, the lads had taken up athletic exercises and sports appropriate to their weight and strength. All of them practiced weight-lifting, and Arthur studied wrestling. That he was successful in both sports is shown by the fact that he took prizes and gold medals at Leipzig, Werdau and Chemnitz.

Before anything further is said about the theories of the brothers in regard to developing strength and endurance—they hold that no man is a true athlete unless he possesses both of these qualities—just a word about their present feats before the public. One of these—performed by Arthur—is the supporting of twelve men on a plank which is balanced on the soles of his feet, he lying on his back. At the same time, he lifts a 300 pound dumb-bell in his arms and on this three other men take their seats. He also lifts, or supports, while in a standing position, dumb-bells bearing his two brothers, the total weight aggregating 1450 pounds. Raising a dumb-bell weighing 350 pounds high over head

with one hand is another of his performances. Herman and Kurt do equally notable stunts with dumb-bells, including the two-handed lift to the shoulder with the bell on end; the "bent press;" one hand "snatch"; single-handed swing; two bell simultaneous lift overhead; double-handed bar-bell lift overhead; double handed "slow push"; single-handed push overhead; holding heavy ring weights at arm's length; double-handed bar-bell lift on back, combination ring and bell lifting and so forth. These weights vary from 561 pounds all the way to 350 pounds. The ring-weights are the lighter masses, while the bar-bells are the heavier. The combinations which the brothers make in connection with their lifts, are as ingenious as they are astounding.

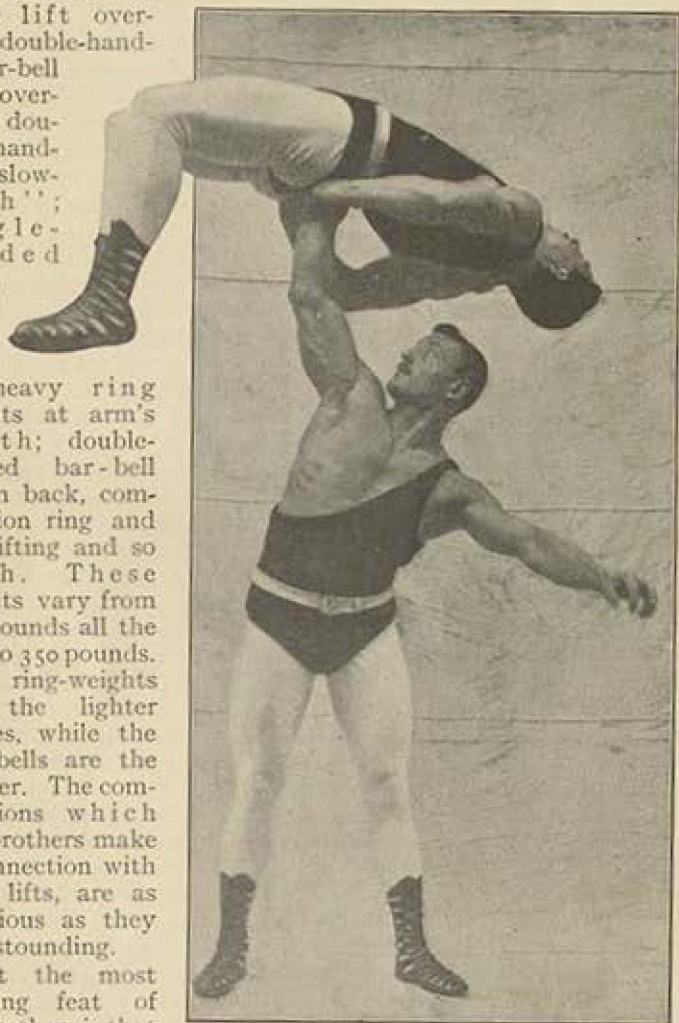
But the most thrilling feat of the brothers is that performed by Arthur and Herman. Across one of the rings of the circus is built a bridge of solid construction. In the first instance it lies flat, with just enough room for a couple of men to crawl under its central section. Under this section, the two athletes wriggle, lie on their backs and proceed to

elevate the bridge on the soles of their feet. Then appears a big automobile which, when the writer witnessed the feat, contained eight passengers. With a honk-honk! of its horn, the auto heads for the bridge and proceeds to cross it at

a lively rate of speed. As to the total weight thus sustained by the feet and bodies of the brothers, the reader of this must do a little calculating of his own. But there is this much to be said, the lifting of the bridge alone is an achievement, even if the automobile were not made an added burden. Small wonder that Arthur and Kurt when they let down the structure with a crash and emerge from beneath it, look hot and—if the truth must be told—somewhat tired.

That the dumb-bells and the other apparatus used, weigh all that is claimed for them, and that there is nothing resembling a "fake" about the performance in general, was proven to the satisfaction of a dozen or so prominent physical culturists who were recently invited to witness a private performance of the

men, during which the weights were tested. After each exhibition, the writer was asked to note the physical condition of the men which he did with the aid of a physician who was present. In every instance, the heart action was normal, the



Feats of strength of this character, putting up one another with one hand alone, are mere child's play for any one of the remarkable Saxon trio.

breathing but slightly accelerated and there were absolutely no signs of strain or fatigue.

"How do you manage it?" was asked of one of the brothers.

"By paying attention to diet, by being temperate in all things and by exercising regularly. Then too, we cultivate cheerfulness. No man can ever hope to be a really fine athlete unless he learns to have a healthy mind as well as a healthy body." Which is the wisdom of physical culture.

Feats of all kinds are based on correct ideas. This axiom stands good in every instance. Columbus discovered America because his idea that there was an undiscovered continent to the westward, was a sound one. Galileo demonstrated the rotation of the earth for the same reason. And the strong man attains his strength because he works on an established principle. Listen to what Arthur Saxon has to say on the subject:

"The usual idea about strength is wrong. A man does not prove himself an all-round strong man just because he is able to lift a heavy weight, especially when the weight is lifted only once. My definition of *real* strength is this: it should include not only the ability to make a passing and single effort, but also that much more valuable kind of strength known as endurance. This means, if you are a bicyclist, you can jump on your machine and ride for a hundred miles without undue fatigue; or, if you are a wrestler, you can have a hard bout with a good man without intermission for rest and without becoming exhausted. Apart from sports, enduring strength means that the business man shall stand, without a break-down, cares and worries; that he shall be capable, if necessary, of working morning, noon, and night with unflagging energy, retaining meanwhile, a clear mind and untiring energy of the body and the brain. All this is to be gotten by the aid of the practice of sensible physical culture, such as is followed by myself and my brothers.

"He who possesses endurance is more entitled to be considered a strong man than the one who exhibits temporary strength. 'Strength' so-called, in the latter case, simply suggests a muscle

test; but it does not guarantee sound internal organs, without which no one can be the owner of endurance. The man who can endure, will find his powers of more avail in every day life than he who has sacrificed his vital strength in the endeavor to add an eighth of an inch or so of muscle or gain the power to raise a few more pounds in a weight lifting contest. To repeat: strength is admirable, but unless it is allied to endurance, it is of little real use and, in the long run, is likely to do its possessor more harm than good. So then, it is the combination of muscular power and endurance which makes the really strong man.

"Neither would I consider an individual a 'strong man' who had certain parts developed out of proportion to others. If a man has tremendous arms and chest and weak legs, he is only half a strong man. If he has powerful arms and legs and weak lungs, he is by no means entitled to be called a strong man. Some day when the inevitable breakdown occurs in such a case, carping critics will sneeringly remark: 'Here is a proof of the harm done by physical culture.' The truth is, that the man has misunderstood the teachings of physical culture and has developed one part of his body at the expense of the other, at the same time, neglecting those parts which stood in need of the most attention. Of all the teachings of Bernarr Macfadden none has excited my admiration more than his insistence that 'all-round development' is a necessity to the athlete as well as to the man who would keep in health without desiring to win prizes on the track or in the field. Such versatility is absolutely necessary, not only to the amateur or the professional who would avert the dangers which wait on one-sided development, but also for the business man who realizes that steady exercise is an essential to his health and success."

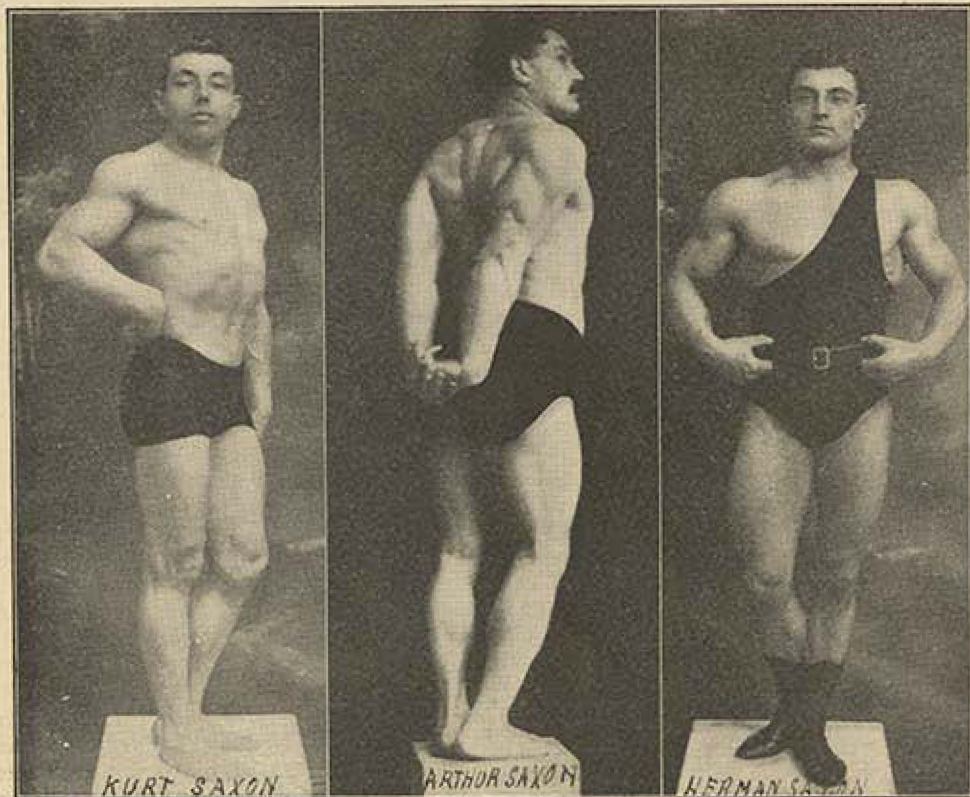
Arthur is a great believer in wrestling. He also thinks that weight-lifting is the best of training for the sport. "Some of the best wrestlers in the world were weight-lifters" he said to the writer. "They wrestled with the heavy bells before they did so with human antagonists, and benefited thereby. The development and strength which they found to

be of so much service on the mat, were often gained by weight-lifting. Look at George Hackenschmidt for instance. Besides that, such lifting is good training for throwing the weight, putting the shot and some forms of gymnastic work. Of course, not every man is built for such strenuous work, but where the physical ability exists, I strongly recommend wrestling, as a blood-stirring, exhilarating, muscle-making exercise. And as a preliminary or accompaniment to it, handle the weights."

The views of the Saxon brothers on athletic training coincide with those expressed in the pages of this magazine. In brief they are as follows:

The true idea of training is *not* to develop muscle at the expense of health or strength. It is impossible to prescribe special exercise or time limits for individuals, without knowing somewhat about the peculiarities of such, because of varying constitutions and differing

staminal powers. As a rule, the amount and type of exercise must be in accord with the needs and possibilities of the novice, and where personal advice is not possible, he must be taught to gauge his requirements by himself. Monotony must be avoided at all hazards. Shape the amount of your efforts by the "form" in which you feel. Don't force yourself when you do not feel "fit." Never exercise up to the point of absolute fatigue. Choose the exercise or sport that you most enjoy—but do not attempt to become a specialist in it. Never lose sight of the value of an all-round development. Without regularity of exercise, good results cannot be expected. If you find that you are going "stale," or in other words, that you are overdoing it, an immediate and entire rest is imperative. If you have a sedentary occupation, involving mental work only do not be surprised or disappointed if you do not reach the full goal



Another view of the development of the Saxon giants.



of your athletic ambitions. You may become a fair specimen of athletic manhood, but you can hardly expect to compete in this regard with the man whose muscles are attuned to manual labor by reason of his daily tasks. On the other hand, brain-work is a constant strain on the whole system. This explains why the brain worker is more likely to suffer more from "staleness" than the professional athlete. In the case of the latter, his muscles are attuned to meet the demands on them; but the physique of the former calls for careful and watchful treatment. In short, you must be sane and sensible, and never forget that you may as easily run to excesses in athletic matters as you may in regard to food and drink.

Speaking of food, this trio of strong men are frugality itself when it comes to diet. Their meals consist of wholemeal bread, eggs and milk in plenty, a little meat and lots of fruit. Sometimes, but rarely, they follow the German custom of taking a glass of beer. Smoke they do not. They sleep in plenty, insist on fresh air, and are lovers of the cold bath.

As their pictures show, the muscular development of these athletes is not of the bulging or knotted sort. On the con-

trary, it is smooth, well distributed and free from the abnormality that characterizes the appearance of a good many "strong men." It goes to prove that a well-balanced development is a thing of beauty instead of being a spectacle of a freakish sort.

The measurements of the men are as follows:

ARTHUR SAXON: Height, 5 feet 10 inches; weight, 200 pounds; chest (normal), 46½ inches; chest (expanded), 49 inches; biceps, 17½ inches; forearm, 14¾ inches; thigh, 24 inches; calf, 16¼ inches.

HERMAN SAXON: Height, 5 feet, 8 inches; weight, 168 pounds; biceps, 16½ inches; forearm, 13¾ inches; chest (normal), 44 inches; chest (expanded), 47 inches; waist, 32 inches; thigh, 23¾ inches; calf, 15¼ inches.

KURT SAXON: Height, 5 feet, 8½ inches; weight, 168 pounds; biceps, 15½ inches; forearm, 13½ inches; chest (normal), 42½ inches; chest (expanded), 46 inches; waist, 31 inches; thigh, 23¼ inches; calf, 16¼ inches.

As the brothers say, the measurements just given, go to prove that one need not be a Colossus of flesh and muscle in order to be able to perform striking feats of strength.

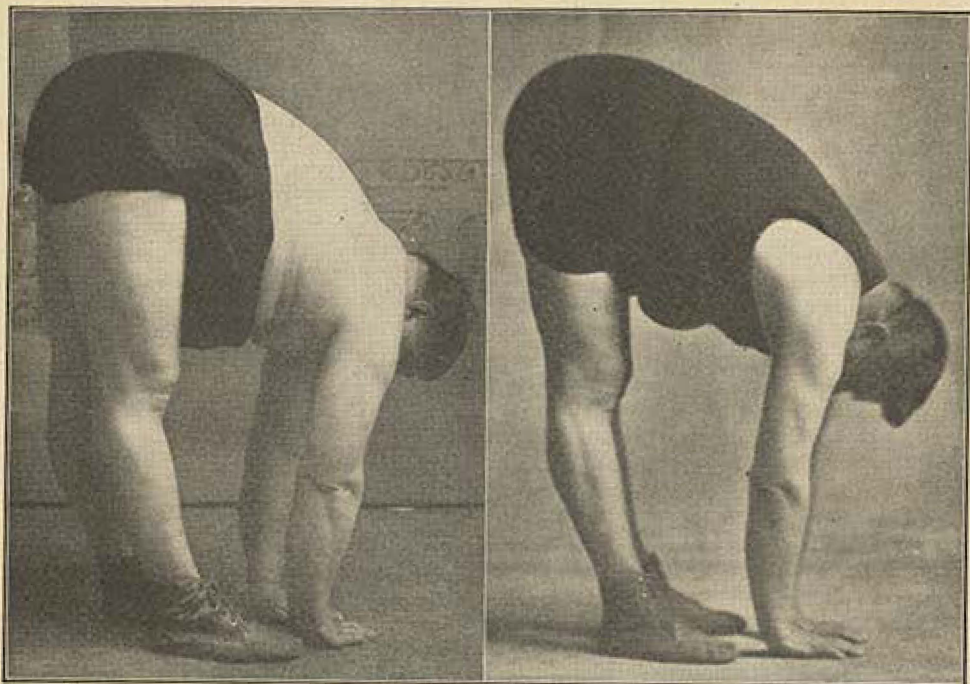
## The Meaning of Purity

The Bishop of Vermont, some time ago gave expression to some splendid ideas on the above subject, that were published in *The Living Church*. He apparently views the body from the right standpoint, and realized that real purity comes from knowledge. We quote the following from him:

"Then, again, the need of plain speaking has been brought home to me by a twofold discovery. I have been appalled to find widespread prevalence of the grossest impurity and immorality—not mere indecency—in connection with some of our public schools, where perhaps it might least have been expected; and then to find how in very large measure this was due to ignorance of the nature of the wrong and of the consequences

involved; to the fact that girls from fourteen to seventeen years of age had never received from their mothers a word of warning about dangers and temptations, nor of instruction about the dignity of their bodies—about the sacredness of womanhood.

"The mothers, I suppose, would ascribe this silence to modesty. I call it prudishness, and worse; it is a foolish and wicked neglect of a solemn responsibility. Let mothers, to whom the duty naturally belongs, tell their girls what they ought to know about themselves—physiological facts—that show the dignity of the body and the sacredness of its functions, and not leave them to pick up knowledge through evil curiosity, or from bad companions, or from bitter experience."



Comparison photographs of Mr. Richard Fausel, before and after the reduction of his weight.

## Reducing a Fat Man's Weight 130 Pounds— Dangers of a Big Stomach

A DISTENDED ABDOMEN INDICATES DEPLETION OF VITALITY—HOW THIS UNSIGHTLY AND DANGEROUS DEFECT MAY BE REMEDIED.

By Bernarr Macfadden

THIRD ARTICLE—(CONCLUSION).

**N**O one except a fat man realizes the annoyance and discomfort resulting from the burden of an excessive accumulation of fatty tissue. It represents so much surplus weight, which hampers one's every movement. Not only does it hamper voluntary movements, but it also accumulates around the various vital organs and seriously interferes with their functional processes. In fact, this inclination of the fat to interfere with the action of the organs of the body is really the most serious symptom of obesity. When the vital organs are hampered in their activ-

ity in this manner, it is easy for one to understand that they are not able to properly perform duty. Slowly but surely they are weakened, and the death of the man overburdened with fat comes about through the absolute inability of one or more organs to properly perform its duties, because of the excessive accumulation of fat around it. One might say that the organ most affected is actually smothered. Slowly but surely the fat crowds upon it, until finally it is compelled to give up further effort, and naturally, under circumstances of this nature fatal results ensue quickly.

Mr. Richard Fausel, of Doland, South Dakota, whose photographs were used to illustrate the various exercises that were advised for the reduction of a large stomach in our last issue, furnishes an astounding example of what can be accomplished through following our methods for reducing weight. The remarkable reduction that he has made in his weight is proven in a very emphatic manner by the comparison of the photographs that we are giving our readers in this issue. Mr. Fausel, before he became interested in Physcultopathy, was a burden to himself and his family. He was in the hotel business in his home town. Naturally while following his occupation there was a much greater inclination to taste various articles of food, and he indulged his appetite freely at all times. He was not the kind of a man to deny himself anything, and he began to "take on weight." Slowly but surely the girth of all parts of his body increased, especially the abdominal region. He had quite an experience with various medical men who endeavored to help him, but all their efforts were fruitless. In fact, he gradually increased in weight and, as he grew heavier, decreased in strength, until finally, as he expressed it, he was flat on his back. After going through the hands of numerous advisers, he finally reached a point where he concluded that his case was hopeless.

The story, will however, be more interesting if told by Mr. Fausel himself, and his version of his troubles and final victory over disease and death follows:

"Well, how would you like to be a fat man? Now a fat man usually minds his own business, though there is always some little fellow ready to give him plenty of advice gratis. He can hardly ever go on the street without being annoyed. What I always especially hate, is to run into a 'bevy' of young, gum-chewing girls. Why, they would laugh at me right in my face, and small boys—ah, me! Again and again they will fire at me, 'Say, Mister! Do you know whether you're going or coming?' But these are only some of the woes of a fat man. I wanted to be cured, I wanted to be rid of my useless burden. I was continually looking for a remedy. I first

tried the medicine that a doctor gave me. It looked nice, and was put up in a colored bottle. I was instructed to take three drops in a glass of water. It



Try this for suppleness. One of Mr. Fausel's feats.

colored up like wine. I drank it for a week in accordance with instructions, increasing the quantity each day until I was taking ten drops. At the end of that time I was not able to walk across the street. I lost some weight, but the next week, while trying to get the poison of the drug out of my system I gained as much as I lost. I next took some medicine of a St. Louis doctor. It consisted of pills this time. I took this remedy until I was not able to move. I could not get out of my chair, and the ordinary chair would not hold me, for I weighed 365 pounds at that time. After that, I tried another remedy that consisted of pills. I took them for two months and lost thirty pounds, and lost my appetite at the same time, and concluded that was about enough for me. After thirty days I started in eating in earnest again, and I gained sixty pounds. I was certainly in a serious condition.

"As the doctors were unable to help me, I finally concluded to try a remedy of my own. I went to a harness shop and ordered a great big strong heavy belt. I put the belt around my waist and laced myself like a woman with a corset. Well, that was the limit, for the pressure of the belt, which had produced a black mark, had apparently also caused blood poisoning. I had to go to bed because I was too weak to stand up, and when I wanted my feet moved, I had to call my wife or my son. I called in a doctor at this time, and he left me some medicine. I began to take his stuff, as I did not know what else to do. It did me no good, and he changed the remedy two or three times. I secured no benefit through him and I tried another doctor. He gave me various remedies with

about the same result. I learned that one of the previous doctors had given me strychnine. As I seemed to get no better, the last doctor one day said that he thought it was about time to try something else. I told him that I did not care to try anything more.

"At that time I was running a hotel, and I had my couch put back in the office so I could see what was going on. Many of the travelling men who were my regular patrons, bid me what they thought was their last good-bye. One day a travelling man gave me a copy of *PHYSICAL CULTURE*. He said, 'I have something here for you. Maybe you will find something in this magazine that will do you some good.' I began to read the issue that had been given me, and the first thing I saw was an article on curing disease without drugs. It recommended fasting. I said, 'That's me. I can stand it.' So I began to fast. After three days I was able to walk around, so I continued to fast. I finally got so I could walk seven or eight miles. The people thought I was crazy. Maybe I was, for I certainly was crazy with delight to think that at last I had found something that would help me. I continued my fast that time twenty-two days. I was also running a lunch counter, and I used to go behind the counter and pass out all the good things to those who could eat them.

"Well, after I broke the fast, I went back to my old habits. I gained in weight until I got up to 335 pounds. My old ailments came back and the gout with them. I became very ill at this time, and I called in a doctor. I had big pouches under my arms. I was then smoking about twenty Havana cigars a day. The bunches under my arms grew bigger. I was next

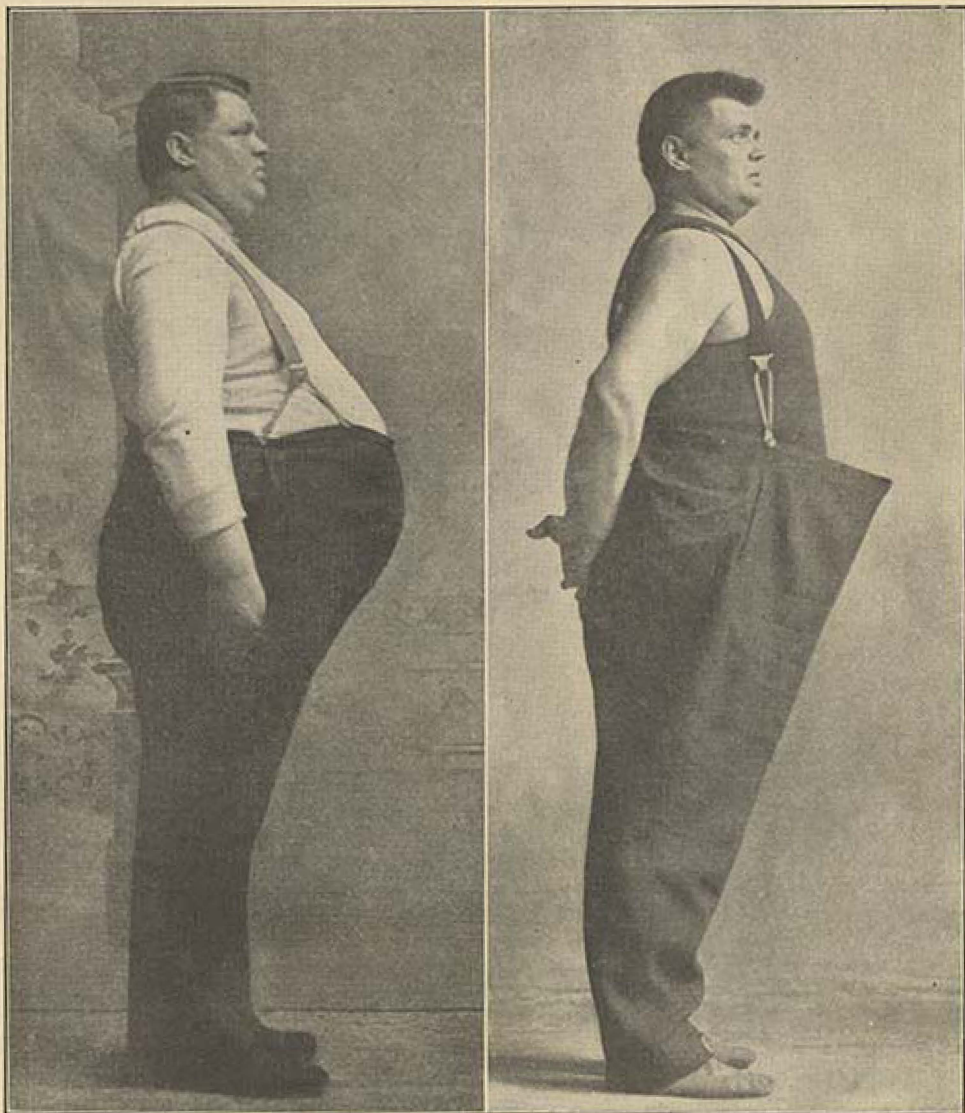


A good stunt performed by Mr. Fausel, showing how supple he has become since his reduction of weight.

attacked by fever that was so severe I hardly knew who I was. At last the doctor said I had to die, though he suggested that he operate, but I would not consent to it.

"I finally came to my senses, however, and concluded to go back to the old methods that had been of so much value to me, and under the advice of an expert I began to fast. This time I knew it was no experiment. I started out with the settled determination to fast forty days.

It was really astounding, the gradual increase in my strength day by day. I had no trouble continuing the fast, I was not in the least hungry, and did not care for food. I simply got out of the habit of eating, and began to think after awhile I could fast the balance of my life. After I had fasted thirty days, I began to feel as young and frisky as I did when I was a boy. I went through all sorts of exercises and walked many miles every day; in fact, I was walking a larger part of the



The same pair of trousers before and after reduction of weight.

day, and mind you, getting stronger every day. I continued the fast forty-two days. During this one fast I lost 72 pounds, altogether making a decrease in weight of 130 pounds since I first began the methods advocated by this publication. It is now four weeks since I broke my fast. Although I followed a very careful diet, I gained seven pounds at first, but by a change in my régime I managed to lose four pounds, therefore, I am only three pounds heavier than I was when I broke my fast. I expect to decrease my weight further, though I have concluded it would be better and safer to reduce moderately. I want to be as light and strong and capable mentally and physically as when I was a young man. I still have at least twenty or thirty pounds of flesh that I can lose to advantage.

I want to say to every fat man that there is no need of being burdened with useless fat. The methods advocated by PHYSICAL CULTURE will quickly and easily reduce your weight, though there is absolutely no use of one trying to decrease the weight when it is being piled on by filling the stomach three times a day. There is only one way to destroy fat while continuing to eat the usual amount of food, and that is by taking some drug which will actually create a disease of some kind. This disease will, of course, lessen the general vital strength and naturally decrease the weight. When weight has been lost in this manner, there is really no gain of advantage. When you lose weight by following the methods that I have successfully followed, however, there is a marvelous increase in general vitality. You feel yourself just bubbling over with

strength, you will experience a clearness of brain that you may not have experienced for many years. This method of decreasing weight simply depends upon the increased vitality of the body, to effect its purpose, while the ordinary drug methods depend on the lowering of the vitality in order to reduce the weight. In any event, how foolish it is for one to expect to decrease an accumulation of fat while he is at the same time adding to the tissues of the body by eating three meals daily. To reduce weight you first of all have to lessen the amount of nourishment you are taking. A fat man has a vast storehouse of nourishment, and there is no need of adding to this by feeding.

"To those who are not willing to fast, a very strict dietetic régime can more easily be followed. Eating, one must remember, is to a very large extent a matter of habit—some men eat twice as much as others, and do not secure half as much nourishment. Those who insist on guzzling food at all times must expect to continue to suffer from surplus weight. You have to develop enough will power to avoid overeating before any benefit of value can be secured, and I know that with many fat men this means that they will continue on until they become so weakened from suffering and disease that they will be willing to try this extreme method. I have certainly had my lesson, and I know very well that I will not need another. The lightness and the buoyancy of exhilarating health can easily be possessed by every fat man who is willing to develop his general vital strength by the exercises and various methods recommended in PHYSICAL CULTURE."

### Superfluous Hair. A Beauty Doctor's Secret Sold for about \$25.00

TO THE EDITOR:

Replying to the query made you by the lady who suffers from superfluous hair, I think she has used the batteries too strong. If she tries it again let her anoint the part with zinc ointment at the time of treatment, it will render the hairs more amenable to treatment.

If she does not care to try electrolysis again, I have been told by one lady similarly afflicted,

that she lathers the part with soap, then shaves it each day with pumice stone. This certainly acted perfectly in her case. This was the secret which a beauty doctor charged five guineas for revealing to this lady. I hope I am not doing wrong giving it away, so I leave it as a gift to you for the cause of humanity. Use it if you like, but you need not credit me with having supplied it.

Balham, London, S. W.

A. S. B. M.

# Feeding the Roosevelt Party

THE VARIOUS FOODS THAT THE FORMER PRESIDENT'S EXPEDITION WILL BE COMPELLED TO SUBSIST UPON IN AFRICA

By Peter MacQueen, F.R.G.S

It is quite evident that the Roosevelt party will have to subsist on a different dietetic regime while in Africa than that to which they were accustomed in this country. Table d'hôte dinners will be scarce. However, there is no sauce like hunger, and as there will be plenty of plain food, no doubt there will be no lack of the keen appetite necessary to its enjoyment. Though this is a hunting party, its members will be forced to carry with them a large part of the food necessary for their commissariat, and they may at times consider meat a luxury.—Bernarr Macfadden.

**T**HE task of providing food for the party who are to accompany ex-President Roosevelt on his much-discussed hunting trip through the Darkest Continent, offers many interesting and unusual problems. Natives of temperate climes rarely find food that they regard as palatable and nutritious while making extended journeys into the tropics, however well the natives may be able to maintain life on their domestic food-stuffs.

The difficulty of securing a suitable diet is even greater in the interior of Africa than in other lands. The richness of vegetation which in some parts of the tropics takes the form of food-producing trees, shrubs and plants, would seem to be confined, in Africa, to a rank growth of jungle, thicket and undergrowth.

As there

is so much big game hunting in British East Africa, however, there is no trouble in finding a man or a firm, either at Mombasa or Nairobi, to procure all the necessary food, porters, tents and ammunition for a party going into the wilds. There are several mercantile firms which make a business of supplying hunting parties, and there are men who will take charge of everything at so much per month.

The caravan for one sportsman if he intends going far from the railway is

usually made up as follows, the exact numbers depending upon various considerations: one headman, one cook, one gun-bearer, one "boy" (personal servant), two askaris (armed porters), and thirty porters. If there are five or six men in the party double the number of porters must be



Photograph by Underwood & Underwood, New York.

How the native porters will cure strips of antelope meat after a hunt. Contrary to popular ideas, there are large sections of the African jungle where food materials of every sort are scarce and must be planned for before hand.



Photograph by Underwood & Underwood, New York.

**Wakamba women employed as water-carriers on safari.** All hunting parties must carry a water supply through certain sections of East Africa.

employed, porters and a gun-bearer and a personal boy added for each hunter. Thus if the ex-President has a party of six, he will need about seventy men altogether. The food for the caravan is mostly rice, of which the headman gets three pounds per day, the cook, gun-bearer, "boy" and askaris

two and a quarter pounds, and the ordinary porters one and a half pounds each per day. This would necessitate providing about one hundred and fifty pounds of rice a day. It is three days across to Kilimanjaro, for example.

The sportsman is obliged to provide each porter with a jersey, blanket and water bottle, while the gun-bearer and "boy" get a pair of boots in addition. A cotton shelter tent and one cooking pot must also be furnished for every five men.

It is the duty of the headman to keep discipline on the safari (caravan journey) both in camp and on the march, and to see to the distribution and safety of the loads, the pitching and striking of camp, the issue of posho (food), to the porters, etc. He always brings up in the rear of the caravan and on him depends the general comfort of the sportsman.

The cook is also an important member of the caravan, and a good one should be procured if possible. It is wonderful what an experienced native 'peshi (cook) can turn out in the way of a meal in a few minutes after camp is pitched.

In camp the duties of the askaris are to keep up the fire and watch at night, and to pitch and strike the Bwana's (masters') tent. On the march one leads the caravan, the other brings up in the rear; they give assistance in the event of any trouble with the loads, see that no desertions take place, allow no straggling, and generally do what they can to protect the caravan. Usually they are each armed with an old Snider rifle and ten rounds of ball cartridge, and are generally very dangerous men to their friends when they take it into their heads to fire their weapons.

The ordinary porters will carry their sixty-pound loads day in and day out, without complaint, so long as they are well fed; but stint them of their rice and they at once become sulky mutineers. In addition to carrying the loads they pitch and strike camp, procure firewood and water, and build grass huts if a stay of more than a day is intended to be made at one place. On the whole the Swahili porter is one of the jolliest and most willing fellows in the world, and I have nothing but praise for him.



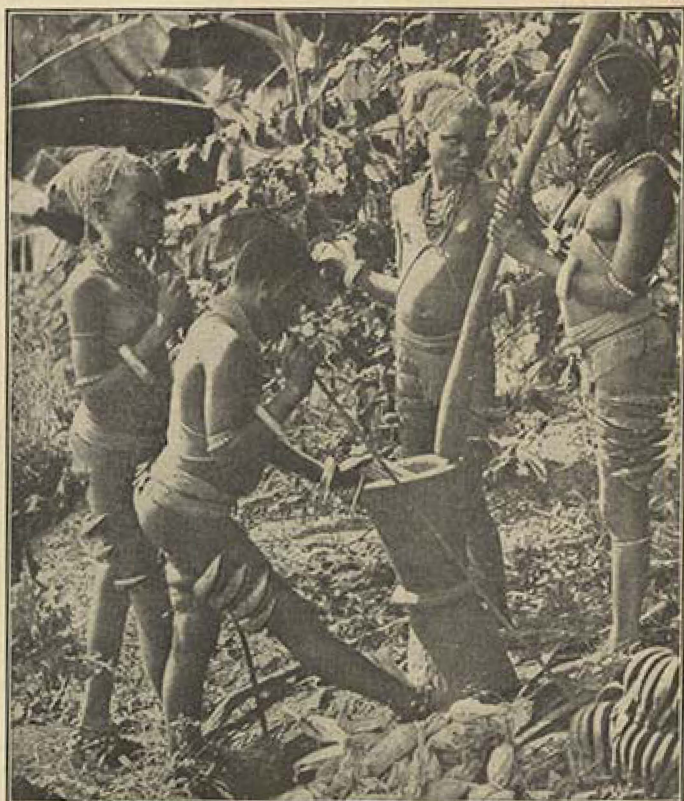
In crossing from German to British East Africa on the Voi-Kilimanjaro roads, one of the first considerations in the outfit of a party of say seventy porters will be the water supply. Water will have to be carried across the Serengeti desert between Burra and the Lumi river at Taveta, a distance of fifty miles. When we were crossing this Yaru, as it is called, I told one of my boys to keep the water clean and he went and put soap in it to make it clean, making soap suds. There is no water at all in the Yaru.

A hunting party usually carries a bountiful supply of rice, which can be bought in many of the Indian stores at Mombasa. Chop boxes, containing sixty pounds of canned goods will also be purchased at Mombasa. Among these canned goods will be found pears, peaches and apricots from California; pickled tongues, from South America; corned beef, from Australia, and devilled ham or chicken, from Chicago. Extracts of beef must be a favorite food with the hunters, for I saw many of the natives, whose ears lobes are, as a rule, abnormally pierced, wearing a condensed milk can in one ear and an extract of beef jar in the other; an abundant supply of condensed milk is necessary for the journey and plenty of tea, coffee and cocoa, especially tea.

When starting from large towns like Mombasa or Nairobi, the party will carry as food for the porters, a large quantity of bananas, cocoanuts and long stalks of the sugar cane. Some of the native tribes, like the Wataveta, the Wachagga and the Kikuyu, can live almost entirely upon a

few heads of common coarse maize or corn a day. Along the way they will purchase from native vendors round balls, resembling pop-corn balls, made from a mixture of white ants and cassava flour. This cassava flour is beaten up in mortars and is made from the cassava root, which grows in all the gardens. The natives eat these puff-balls with eager voracity.

For the white travelers there will be plenty of chickens, which can be bought for eight cents a piece throughout the country. Of course, in such a party as the one ex-President Roosevelt will take, there will be no want of delicious viands such as antelope steak, for there are hundreds of Grant gazelles, Thomson gazelles, kongoni (Jackson's hartebeest), Chandler's reed-buck and the little paa, smallest of all deer, which forms a very toothsome morsel to the hungry hunter.



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Wachagga women pounding corn in a wooden mortar. Much of the bread used by the hunters will be prepared in this manner.

The natives will eat all the disjecta membra of any of the wild game killed. They are especially fond of the entrails of the animals, which they roast over fires without removing the offal.

Zebra steak is palatable to the white man, and wild boars may be killed in abundance. Elephant steak looks something like corned beef, but it is very tough. The flavor is not very good. It always reminded me of a combination of stewed cobblestones and sawdust. When a band of German hunters with us last year shot over ten tons of elephant meat in the Kilimanjaro region, the natives came for two hundred miles, and almost every ounce of available meat was eagerly devoured by them. The natives draw the line at eating the head lions, and the Mohammedan portion of the safari will eschew the pig in all its forms. My Swahili tent boys absolutely refused to eat anything cooked in pig lard, when they discovered the picture of a pig on the Chicago tins.

When the ex-President starts from Kisumu for the Mandi plateau and the Elgon district, his attendants can buy their food in the market-place of the Kavirondo, the naked natives on the shores of Lake Victoria Nyanza. The Masai will sell them curdled milk in long gourds. In districts where English farmers have settled, the white men of the party will be able to procure good milk and butter. At Nakuru, near the railway, in the region of the Rift valley, there are five hundred Boer farmers, and good fresh meat will be easily obtained for expeditions towards the Mau Escarpment and the Eldana ravine. In the neighborhood of Nairobi there are nearly a thousand Englishmen and at such farms as that of Mr. Heatley, nearly all the familiar English cereals and vegetables can be bought. The potatoes of

the Nairobi district are becoming famous throughout East Africa. They cost about \$2.50 a bushel. The Hindoos have splendid vegetable gardens at Nairobi, where celery, Brussels sprouts, potatoes, tomatoes and nearly all the garden vegetables of the temperate zones are grown.

In the wilder districts around Mount Elgon there is plenty of honey to be had from the wild natives of Bukedi. Native sheep and goats will be found in nearly all the villages, even in the wildest parts. The natives, however, do not like to sell any of their domestic cattle, because such animals are used in the purchase of wives and are regarded as a sign of wealth.

In the Uganda country there are good Indian stores, both at Kampala and at Entebbe. There are also English and Italian merchants in both of these Uganda towns. Plenty of rice and canned goods can be purchased for the ex-president's hunting trip through the Uganda to the Congo forests. There is a rickshaw line being established, for 1909, across Uganda nearly two hundred miles to Lake Albert Nyanza. All the country abounds in game and there are plenty of wild guinea fowl and plantain eaters, besides abundance of partridges and pigeons. Among the animals they will be able to shoot in Uganda are Speke's tragelaph (a water loving animal), of a dark mouse brown or chestnut color, the Pallah antelope, Baker's roan antelope, the white-eared kob, or unyoro, the

steinbuck, and the Duyker antelope of the unwooded plains. These are some of the game which will provide the party with food on its journey through Uganda.

It is said that the ex-president's party will need to pay \$40.00 per day for each white man of the party. This, I think, is an exaggeration. My friend Mr. Dutkewich and



Photograph by Underwood & Underwood, New York.

A Kikuyu woman preparing maize and grain for hunters in East Africa.

myself traveled very comfortably through most of the country over which Col. Roosevelt is going, and it did not cost us over \$10.00 or \$12.00 a day apiece. I should say then that \$20.00 per day for each of the white men of the party would be ample allowance, even if the price of chickens went up to sixteen cents apiece, which they are very likely to do with such a distinguished party. Eggs may even attain the unusual price of three cents apiece, and potatoes may cost five cents per pound. A good deal of the food will be supplied by the native chiefs, who will expect rather elaborate presents in return. However, I remember receiving a very handsome goat from Sultan Sulima, of the Wachagga tribe, for which, at the advice of a German officer I gave him three cans of condensed milk and a half pound tin of Van-Houten's cocoa.

Along the Nile, there will be a steamer connection from Lake Albert to Khar-toum, except for a six days' march from Wadelai to Gondokoro. On this trip there ought to be good antelope hunting. There will be plenty of lions and hippo-

potami and the ex-president may even shoot an okapi. This strange animal, seemingly coming in between a zebra and a giraffe, is eaten by the natives. But it will not do for the ex-President's party to depend on okapi meat for a six days' safari, since only one or two specimens of this animal have ever been seen by white men.

These then, are some of the foods which the party of Colonel Roosevelt will consume during his year in Africa: There will be rice, chickens, chutney, and some kind of rough bread as the staple for the white men in camp. Greek bakers in Mombasa now supply hunters with bags of hard biscuit which are extremely good upon the march, because insects cannot pierce their indurated surface. Potatoes and garden vegetables will be available at Nairobi, Nakuru, Kisumu, Ehtebbe, and Jinja. Salt, tea, coffee, cocoa will be taken from Mombasa. For the rest the hunters will have to supply themselves with fresh meat from the gazelles, antelopes, wild birds and other game that exist on every side in this rare last resort of big game.

### A Sturdy Infant

TO THE EDITOR:

I am sending you a photo. of a friend's baby boy. He is a fine healthy boy and his parents think this is due to their being physical culturists themselves. The boy's father is a splendid wrestler and boxer and the mother, a champion runner.

The boy's name is Jeffrey Jules Mather, and he is aged seven months. He was born in Port Melbourne, Australia.

MARGARET BLAIR GRAY.

53 Johnstone street, Port Melbourne (Victoria), Australia.



Jeffrey Jules Mather, a young Australian Physical Culture Baby. Age, seven months.

# Emasculated White Flour

THE EDITOR OF THE "NORTHWESTERN MILLER" TAKES OFFENSE AT STATEMENTS RECENTLY MADE IN "PHYSICAL CULTURE"—THE AUTHOR OF THE ARTICLE ATTACKED EFFECTIVELY REPLIES

By H. Mitchell Watchett

Some time ago we published an article making some very plain statements about the so-called food-stuff that is sold throughout the country in the form of white flour. The editor of a publication representing the Millers' Association, proceeded—so he thought—to "tear it to pieces." The author of the article attacked has replied to his self-appointed critic, and we have added to his reply a communication from a miller who has had half a century of experience. The next time this editor concludes to attack statements made in this publication he will probably give the matter more thought than was evidenced in his last diatribe.—Bernarr Macfadden.

ONE of the axioms of a certain type of lawyer is to the effect that when a client hasn't the ghost of a show in a legal sense, the only thing to be done is to abuse the opposing counsel in the hope of befogging the issue. Something of the same kind of thing appears to have occurred to the alleged intelligence of the editor of an obscure trade organ known as the *Northwestern Miller* in connection with an article that was published in the February issue of *PHYSICAL CULTURE*, which was relative to the recently promulgated order of Secretary Wilson, of the Department of Agriculture, forbidding the milling trade to manufacture any more white flour. The *Northwestern Miller*, of March 10th, takes the trouble to quote the article in question—at length, editorially characterizes the statements embodied therein as "point blank lies." That, according to one of the primary rules of logic, an assertion is no proof, does not appear to appeal to the sapient mentality that dictated the philippic. As a matter of fact, the statements to which exception is taken, were based on the exhaustive inquiry made by the Department into the methods of producing "white flour," on facts known to every chemist, and on the effects of such stuff on the human system as reported by physicians and dietitians, Dr. Wiley among them.

To repeat somewhat, white flour even when honestly made, obtains its whiteness by the elimination of a portion of the wheat berry, which contains a good

deal of nutritive matter. The berry, devoid of its superfluous bran, is a perfect food and any tampering with it robs it of elements which are essential to its function—that of furnishing the human body with a well-balanced nutrient. That modern faddism alone is responsible for this meddling with the intent of Nature, students of the history of wheat admit. Time was, when brown bread was the rule and white the exception, the latter being a comparatively expensive article. This situation naturally wrought a desire on the part of house-wives to have white bread on their tables at every opportunity for the purpose of vouching for their social standing. Also, it created the manufacture of white flour by the questionable means which the Department of Agriculture has now seen fit to squelch. In the meantime, the milling interests had installed elaborate and expensive plants for the purpose of turning out the stuff in large quantities and it is because these plants and the capital invested in them will be alike useless and lost after June, 1909, that the subsidized organs of the trade are publishing tirades against those individuals and publications which have protested against "chemically made white flour" on the score of the harm which it works to the public health.

Readers of *PHYSICAL CULTURE* need not be reminded that since its first issues, it has consistently protested against the use and manufacture of such flour. It is probably for this reason that the *Northwestern Miller* has singled it out for attack in spite of the fact that, to quote the former's precious screed, "mendaci-

ously slanderous stuff with white flour for its target, is now filling the columns of the newspapers and fake fad magazines." In other words, the press as a unit, is following the lead of PHYSICAL CULTURE in its denunciation of the attempts of a combination of men to rob the bodies of the people of needed nutrients to say nothing of the incidental ruining of their health.

In regard to this question of health, the *Scientific American* of a recent date has this to say: "This flour (white flour), is bleached by chemicals just as our straw hats are bleached by sulphur fumes; nitrous and nitric acid fumes as well as oxides of nitrogen being employed. Professor T. H. Shepard has recently shown that flour so treated, retards digestion." And the professor at some length goes on to show why and how the flour is harmful to the human system. The publication significantly adds that the elements of "yellow" flour are highly nourishing and that white bread is in the main, the result of "cheap flour." In other words, the contention of PHYSICAL CULTURE that such flour or much of it, leaves the way open for the miller to foist an inferior article on the public, is fully sustained.

Dr. Wiley, who was written to by the editor of another milling organ in regard to his attitude in the matter replied: "I heartily concur in the decision rendered by the Secretary of Agriculture, which refers to the bleaching of flour . . . the point of this decision would apply to any form of food into which an injurious substance is introduced, or where damage or inferiority is thus concealed." Which proves the assertion made in my original article to the effect that damaged or inferior flour can be made to look like white flour of fine quality by the aid of chemicals.

Persons of ordinary intelligence—and the editor of the *Northwestern Miller* doesn't apparently belong to this class—will readily understand that when a substance has been subjected to the influence of chemicals and a change takes place in the character of the former, such change must be due to the chemicals entering into combination with it. So that the result is, the substance, plus a

portion of the chemicals. It was a recognition of this principle, which led to the enactment of the Pure Food Laws, and incidentally, the attempts on the part of a multitude of professional food adulterators to "down" Dr. Wiley. In regard to this phase of the subject, the *Miller* man does me the honor of declaring that I "discourse with a pompous pretence of scientific wisdom." Thanks. As to the "pretense" I have only to say that I have studied chemistry to a modest extent, sufficient to capture one or two prizes in certain branches of that science, and that my knowledge in this respect is sufficient to enable me to recognize the dangers of the chemically made white flour, of which the editor man is so ardent a defender. It is amusing to observe that the gentleman in question declares that I am not even "informed as to the nature of the gas used for flour bleaching." The falsehood is obvious, but the point is, that he admits that "gas" is used to give the stuff the unnatural whiteness which it possesses. Let me ask the housewife what she would think of a food which she had to submit to the action of a "gas" before she used it? Either the food itself must stand in need of disguising, or she must prefer "chemically treated" viands to those which are natural and healthful.

The whole matter simmers down to this; the Department of Agriculture, after a long and thorough investigation, during which testimony was taken from both sides, came to the conclusion that the white flour business was a menace to the public health, to say nothing of the strain which it placed on the public pocket. Therefore, it declared that no more white flour should be manufactured after June next. That it did not enforce its demands forthwith, is to be regretted. But a mistaken sense of kindness on its part allowed the millers to dispose of their accumulated stocks in the interval. My article in the March number of this magazine was simply a recapitulation of the causes which led to the decision of the Department. The quarrel of the *Northwestern Miller* and its cronies is then, not so much with myself and PHYSICAL CULTURE as it is with the authorities at Washington, who in the

discharge of their duty have seen fit to protect the public against the interests whose motto apparently is; "the public be d—d, as long as we make the ducats." And the erudite critic to whom I have alluded more than once in this article is, judging by his utterances, a fitting tool for the sordid individuals whom he represents.

Naturalists state that the bray of an ass is due to hunger, the craving for a mate, or sheer content. In each instance it is, to use the words of Shakespeare, "harmless and necessary." Therefore it would be doing an injustice to the animal to compare its voice to that of the *Northwestern Miller*. But the bray of this organ as cited, is by no means harmless or necessary. It is uttered for the purpose of defending an article of diet—save the mark,—which the collective wisdom of the Department of Argiculture has put on the same footing as other adulterated and pernicious food-stuffs. And when the slow moving wheels of officialdom finally decide to crush a menace to the nation, as in this instance, such menace must be very real indeed.

Following is a communication from a miller of repute in regard to which, little need be said. Its tenor is such, however, that it goes to show that there are still honest and conscientious men in the flour-making business in spite of the attempt of the *Northwestern Miller* to prove to the contrary.

#### TO THE EDITOR, PHYSICAL CULTURE:

I was most forcibly struck by an editorial in a recent issue of *Northwestern Miller*, a reply to an article by H. M. Watchett that appeared in a recent issue of PHYSICAL CULTURE. Such criticisms it seems to me should not go altogether unnoticed, hence I offer the following remarks.

I am a miller. I manufacture flour and aim to have it as white as the whitest. I have to, in order to keep my mill running; because, there has been a demand created for white flour by the milling fraternity. They have flooded the country with their literature, setting forth in the brightest and most glowing colors the excellence of snow white flour, not only as a thing of beauty, but also as

the most wholesome, nutritious and health-giving form of bread-stuff. Thus the public has been so educated that it now demands it. While I would gladly return to the old historic millstone and make flour a little darker, or rather of a more creamy whiteness, because I am not only fully persuaded but am in possession of positive evidence that it is more nutritious and healthful than the modern roller process flour, so refined, bleached and electricuted that it is almost as white as the driven snow and for food almost as valueless. As it is, we are compelled to fall into line, in order to keep our mills running.

Now when the editor of the *Northwestern Miller* attacks and dissects H. M. Watchett's article and brands it as a pack of lies and altogether mendacious, I think he goes altogether too far. He is either grossly ignorant or regardless of the truth himself. I am compelled to say from my knowledge of facts that at least the greater part of Watchett's article is truth and I think I am justified in endorsing the greater part of it.

The accomplished and astute editor of the *Northwestern Miller*, in his dissection of this article, made out what he chooses to call "Eight Lies." We will notice them briefly:

In Lie No. 1, as set forth by Mr. Watchett is represented as saying "Peroxide of hydrogen is the agent used in bleaching flour;" and in Lie, No. 4 he says the entire paragraph is written in regard to the use of peroxide of hydrogen and its use as an agent for bleaching flour. I would like to know of the *Northwestern Miller* if peroxide of hydrogen is not the principal agent employed, while alum, mineraline, nitric acid, etc., are not also employed. If so, then wherein are Watchett's statements false, and will the person who attacks him undertake to disprove that these agencies are not employed and that peroxide of hydrogen is not the principal agent? This being a fact it follows that Mr. Watchett's Lie No. 2, viz., "that this process of making flour is one which may tempt the adulteration and reward the fraudulent (if he choose to resort to it), with results disastrous to the public," possible. Is it not true that the purpose and meaning of

bleaching is to make flour whiter? The degree of whiteness is the standard of excellence and so if you can raise one grade by bleaching, why not another? Why can't a lower grade, *i. e.*, one that is off in color, be made whiter, and so a lower grade be raised to a higher grade, thus making the purchaser pay a price above what that grade would naturally bring? Is it not the aim to produce all the "high patent" possible and as little low grade as possible, and would not any miller put that low grade into his patent if he could?

"Lie No. 3," in which Mr. Watchett says wholesome whole meal should be the rule in a dietetic sense, and the pallid and emasculated stuff of the average bakery, the exception, and this, the *Northwestern Miller* asserts, is a lie. If it is a lie that wholesome meal, graham whole wheat flour, etc., is not better from a dietetic standpoint than the pallid fine flours, I should very much like to have some one demonstrate the fact; and if they attempt to do so, I think I am quite prepared to prove the contrary.

And so in "Lie No. 6," in which Mr. Watchett is set forth as saying the bleaching which follows, upsets Nature's balance and leaves the food charged with a strange and harmful compound." I should be equally pleased if the *Northwestern Miller* would make his charge good and prove it a lie.

Now, if Watchett's article is a pack of lies, as the *Northwestern Miller* would have us believe them to be, why has the Federal Government and different officials of State Governments taken it up and gone into this matter of the millers bleaching flour and appointing a commission for that purpose? A commission of the ablest and most conservative minds on the subject was appointed by the Government; this commission inviting all millers to come with all the evidence they could gather in favor of bleaching and this they did, sparing no pains nor money to prove bleaching harmless. Yet after the most exhaustive examination and consideration of all the evidence adduced pro and con, the commission pronounced against it.

"Of Lie No. 5," as I am not a chemist and am not sufficiently posted to give a

scientific chemist's analysis, I will not give an opinion, but from a common sense standpoint and from the general premises of the whole article I have no doubt of its correctness.

Of "Lie No. 8," I can say nothing, as I have not the data and do not know.

But at the conclusion ("Lie No. 8") the *Northwestern Miller* goes on to say: "Of course, no one cares who or what or why H. M. Watchett is and then berates the whole article, and Mr. Watchett as ignorant and mendacious. As no one cares I wonder why it is that the *Northwestern Miller* is so stirred up over it and makes such drastic efforts to refute it.

Then the *Northwestern Miller* is not content with its stigma and unwarranted attack of the article in question and its author, but goes further and gives a most ungentlemanly slap at PHYSICAL CULTURE Magazine and its editor—I don't know why, but perhaps, for presuming to give said article place in its columns; of which the following quotation is a sample of what he says:

"As for PHYSICAL CULTURE, the cheap publication which stands sponsor for his stuff, it seems to be quite worthy of its god-child. Its text matter seems to be of the slushy variety, chucked in between advertising sections in which everybody has his fling; all the way from the quack to the form developer and old Doctor Gripenuts, with a liberal sprinkling of mail treatment, how to grow tall, vibrators, psychic treatment and electric rejuvenation, of such is PHYSICAL CULTURE and its choice records," etc.

Briefly I feel it but just to say that such unscrupulous and wholly unwarranted attack on PHYSICAL CULTURE and its editor is deserving the reprimand of all respectable and fair-minded people. We, who know Mr. Macfadden, know him to be a man above reproach and the good work he is doing, the clean life that himself and those all around him, and the pre-eminent success of his institution at Battle Creek, "The Macfadden Sanatorium" is sufficient evidence of his sterling worth. More anon.

I beg to subscribe myself a miller of one-half century of experience in milling.

E. N. KING.

Leonidas, Mich.

# Strengthening Weak Lungs—Curing Consumption

## Vitality-Building Through Physcultopathy

HOW WEAK LUNGS CAN BE STRENGTHENED AND THE DREADFUL SCOURGE CONSUMPTION AVOIDED. HOW THE DISEASE, IF ALREADY CONTRACTED, CAN BE CURED

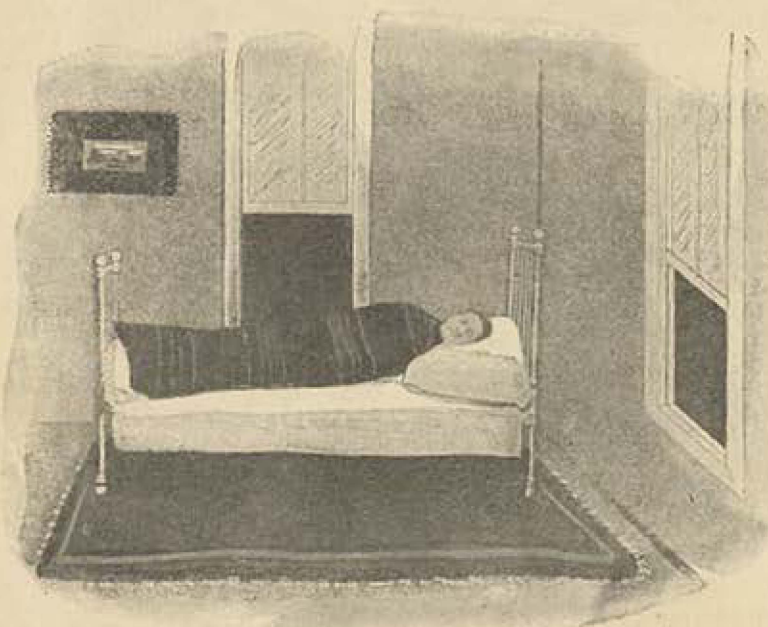
By Bernarr Macfadden

This is the fourth of a series of articles in which is clearly pointed out the nature and cause of consumption, and in which are indicated methods by which the complaint can be cured, if not too far advanced. No scientific terms are used in these articles, and every statement is equally as plain to the layman as to the scientist. The cure of consumption depends upon the building of increased vitality. Therefore, anyone interested in obtaining increased physical vigor will find much of interest in these articles.

ARTICLE IV.—OUTDOOR AIR IN THE CURE OF CONSUMPTION—SUGGESTIONS AS TO CLOTHING AND BREATHING EXERCISES.

**A**UTHORITIES of every kind have finally agreed that the outdoor treatment is the only reliable treatment for the Great White Plague. The same statement can be made of one who is suffering from weak lungs and is desirous of strengthening

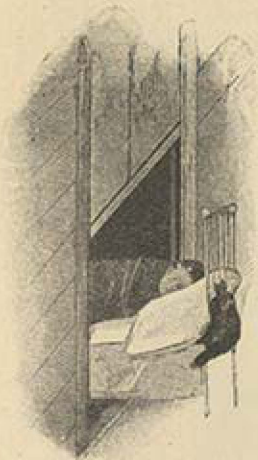
these important organs. Impure, confined air interferes with the functional processes of the lungs. The carbonic acid gas is not properly replaced by oxygen, the great life-giver, which cannot be absorbed in proper quantities. As has frequently been stated in this



Showing one method of ventilating a room to insure purity of air almost equal to the outside atmosphere. Please note, however, that if there is not much air stirring that the windows should also be opened two or three inches at the top.



magazine, with every breath you draw there is a wave of energy sent throughout the entire human organism. You can call it electricity or not, but the



Showing how a small iron single bed or divan can be placed outside of the window in order to secure the advantage of sleeping out-of-doors, without leaving your room. The bed should extend about a foot and a half out of the window. If it extends much farther than this, there is, of course, a liability of the foot raising and landing one on the ground. If living in a thickly populated district, an awning can be placed over the window, or a large umbrella can be fixed over the bed to obscure the view of the curious.

crowded with arguments, that the breathing of pure air has a wonderful influence in toning up and increasing the functional and vital vigor.

Pure air is necessary to life, that is, to real life, for to my mind the shallow-breathers who live in over-heated and un-ventilated rooms do not live, they merely exist.

Now the very first move for one who is desirous of strengthening weak lungs, or who is endeavoring to recover from an attack of consumption, is to prepare to live out-doors. Over-heated, confined air is injurious at all times, and under all

truth of this statement can very easily be proven by anyone who has experimented to any great extent with breathing exercises. Naturally much better effects result from breathing exercises when pure air, rich in oxygen, can be secured than when the air is loaded with various impurities. When the air is richly laden with oxygen, a few deep breaths bring exhilaration, which thrills the body with energy and indicates, more emphatically than a library with shelves

circumstances, no matter how healthy one may be, but it is an actual poison to anyone suffering from this disease. Naturally where one possesses a large amount of vital vigor, there may be no immediate signs of the evil effects of this sort of coddling.

If you are suffering from poor circulation, which is usual when one has been attacked by this complaint, then the mere breathing of pure out-door air instead of confined air will slowly but surely remedy this defect. In endeavoring to cultivate the habit of living out of doors, you may find it difficult at first to maintain warmth. I would not say that one will be benefited when seriously suffering from cold. The body should be kept warm and comfortable, but please note that this does not mean that one should indulge in the coddling habit. You should slowly but surely inure the body to what might ordinarily be termed exposure. Don't wear any more clothing than is necessary to maintain bodily warmth. Remember that the amount of clothes that is usually considered necessary to maintain warmth is largely a matter of habit. In other words, you can gradually lessen the amount of clothing you are wearing, and in nearly all cases the body will slowly but surely adapt itself to the change—that is, the blood will supply the increased warmth necessary for comfort if you have been wearing superfluous clothes and determine to gradually discard them.

The principal feature of this strength-building process, however, is to breathe out-door air. No matter where you are, don't breathe confined air. If you can sleep out-doors at night and maintain a satisfactory degree of warmth, so much the



Showing another method of securing pure air. Widely open the window and sleep as near it as possible. Do not adopt this extreme method too suddenly.

better. If this cannot be done, there are various methods you can adopt that will enable you to maintain the body at a comfortable temperature. For instance, if you find it difficult to keep the body warm while sleeping out-doors, you can place a hot water bottle at your feet. If your circulation does not maintain a comfortable degree of bodily warmth, even under these circumstances, you can also place a hot water bottle at the hips.

I would, however, especially direct your attention to the increased heating power of the blood, after adopting a vitality-building diet, which is absolutely necessary in treating consumption or strengthening weak lungs. If the circulation is so poor that the body does not retain a comfortable degree of warmth, even when thoroughly covered, it indicates either that the vitality is greatly depleted or that blood-making foods are not being consumed.

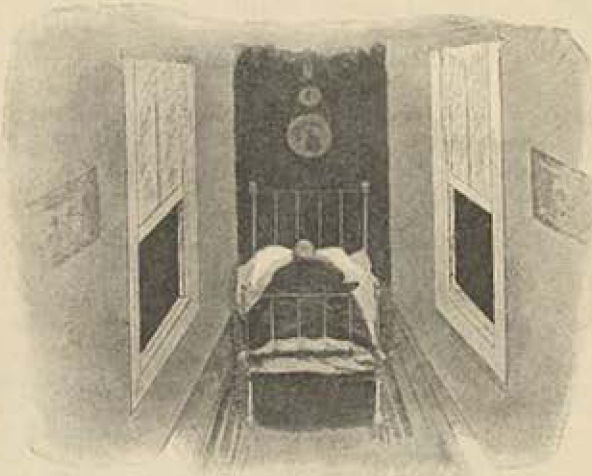
Remember also that too much bed-covering will sometimes defeat its real object, because of its excessive weight. As a rule, one double blanket and a comfortable are all that is necessary to maintain bodily warmth in ordinary winter weather, though in extremely cold weather two comfortable might be used, and where the circulation at the extremities is poor an extra covering may be thrown over the feet.

An ordinary feather pillow will also aid in maintaining the warmth of the feet. Feathers seem to absorb and hold the warmth, and a pillow placed in this manner will usually maintain warmth far better than an ordinary comfortable or other heavy covering, and is at the

same time much lighter in weight. Remember that the clothing worn during the day and the bed-covering that is used at night should be simply sufficient to maintain a comfortable degree of warmth, and no more. If you feel that you are weighting yourself down with bed-clothing at night and that you are wearing too much clothing during the day, you should gradually lessen the amount used. This will begin what may be termed the hardening process—the stimulation of the circulation in the performance of its duties throughout all parts of the body.

For those who are so placed that they cannot live out-doors, there are various

suggestions which will undoubtedly be of very great value. The accompanying illustrations show various means that can be adopted in ventilating an ordinary room. In this manner you can secure almost as much oxygen as if you were out-doors. I say almost, advisedly, however, for indoor



Another method of ventilating a room so as to secure pure air.

sleeping, no matter how many windows you open, is not the same as sleeping out-of-doors. There is a decided difference in the effects of sleeping in a room, even when it is properly ventilated, to the effects of out-door sleeping. One sleeping out-of-doors nearly awakes at daylight and is thoroughly awake in a moment, and as a rule one feels rested, not sleepy and tired, which is not at all unusual when one is sleeping indoors. Under the circumstances, I would naturally advise that the sleeping room be out-of-doors or at least that the head be kept out-doors.

In one of the illustrations, a method is suggested whereby one can sleep in an

ordinary bed room, but at the same time so arrange the bed that one is practically out-doors. There are various methods of accomplishing this, though the manner illustrated is perhaps the simplest. To accomplish this object almost any small bed can be used. The head of the bed should be placed outside an open window until about a foot and a half beyond the window sill. After retiring the window can be partially closed and this, of course, practically permits the sleeper to be out-of-doors as far as breathing is concerned. An awning or a large umbrella can be used for privacy if one lives in a thickly settled community. A contrivance of this kind is also valuable in case of rain or snow.

There are various contrivances which enable one to secure a full supply of pure out-door air without lowering the temperature of the bedroom to any great extent. These tent-like or awning-like arrangements are simple and easily adjusted and can be highly recommended. In fact, any means that one can adopt, which will freely supply out-door air for breathing purposes are very useful. One should never re-breathe air which has once passed through the lungs. Every breath of air should be richly laden with oxygen and when the air has been breathed once it contains a certain amount of carbonic acid gas and naturally some of its oxygen has been absorbed. It might reasonably be termed partially dead air, and air of this kind will soon pass a sufferer from diseased lungs on to the other world.

Various methods of ventilating are also illustrated, and when there is a strong breeze blowing the purity of the air that is secured under circumstances of this nature is almost as good as that which would be found out-doors. When there is but little air stirring, however, even in the coldest weather, this method of ventilating a room will not be found satisfactory. When circulation of the air is at all lacking, the windows should be opened as much as possible at the bottom and two or three inches at the top, thus giving access to the largest possible volume of air and allowing the heated air, which rises to the top of the room, to escape.

To revert to clothing, I would especially advise those threatened with consumption or those suffering from it to avoid wearing woolen underclothing next to the skin. The fullest possible activity of the pores of the skin is absolutely essential to the cure of this disease, and woolen underclothing, because of its lack of absorbing qualities, is about the most unhealthful underwear that can be worn. Wear either cotton or linen next to the skin. Linen underwear is the best, because it absorbs the moisture and impurities eliminated from the pores of the skin more readily than any other fabric, but cotton can be used where linen cannot be easily or inexpensively secured. If you find you are unable to maintain warmth with underwear of this kind, you can wear woolen clothing over the cotton or linen garments, but it should not be used next to the skin. Remember also the necessity for changing underwear at frequent intervals. Never wear underclothes that are dirty. When the underclothing is removed at night, it should be hung where the air will have free access to it, thus assuring you a dry, cleanly garment for wear next morning. Never, under any circumstances, if you value your life wear undergarments at night. Have other clothing for use at night.

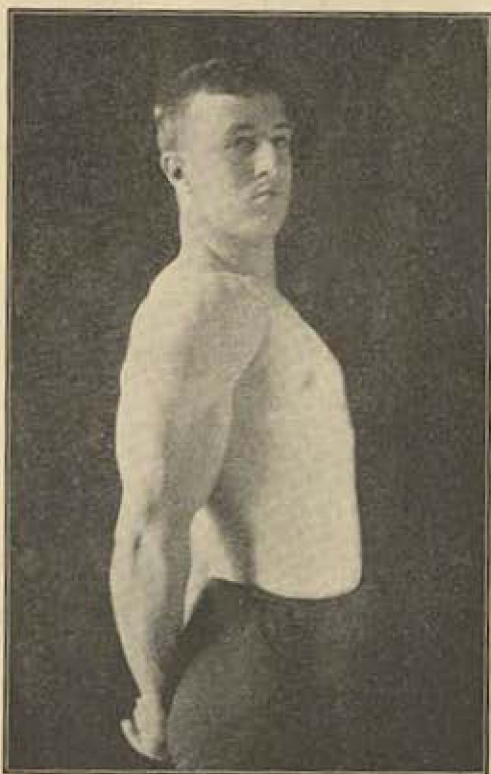
The value of breathing exercises when taken in the open air can hardly be too strongly emphasized. Many physicians are inclined to question the value of such exercises, as they maintain that the inflamed tissue of the lungs is irritated by vigorous breathing exercises. However, when there is any irritation, it is always plainly indicated by pain. When no pain is experienced there is no irritation, and breathing exercises can be taken with decided benefit for expanding the lungs. If there is a distinct feeling of discomfort or actual pain then the lungs should be expanded only to the extent that is possible without pain. As a rule, if these exercises are continued day after day, the painful symptoms will slowly but surely be relieved and will ultimately disappear entirely.

It is difficult for one to secure too much oxygen at any time, and when suffering from a disease of this character the more oxygen one can secure the more

vitality is secured for the building-up process required to cure a serious disease of this character. Nearly all sufferers from consumption are shallow-breathers, that is, they do not use all the air cells of the lungs. They take little short gasps instead of breathing fully and deeply, as they should. When taking the out-door treatment, do not forget the necessity of securing all the oxygen you can through the aid of deep-breathing exercises. If you expand the chest on each occasion as much as you can without pain or discomfort, there is no possible chance of your being harmed. Of course, if you do not know how to take breathing exercises, it would be well for you to take some lessons or to read some books that will give you many valuable details on this important subject. I will simply give the reader one valuable hint, and that is, that the expansion of the lungs should

always begin in the abdominal region and gradually extend up to the chest. When a breath is taken in this manner, the air is carried down to the lowest parts of the lungs and gradually, as the chest fills and expands thereafter, all other parts of the lungs are expanded and strengthened.

The next issue will contain the final article of this series. It will refer especially to exercise as a means of building the vitality necessary to remedy or throw off the yoke of consumption. Bear in mind, however, that practically the same means of adding to the general strength of the body will be almost equally valuable in curing other chronic diseases as it will be in remedying consumption. As the reader will no doubt have noted, we depend upon increasing the vitality for a cure, and a proper degree of vitality renders the existence of almost any disease difficult.



Horace Bull, Plainville, Conn.

## A Phenomenal Development

TO THE EDITOR:

I consider your magazine an invaluable guide to the growing youth, as it will distract attention from less profitable literature. I am a professional gymnast as well as physical director in a local gymnasium, and hold the weight-lifting record in this locality, for the 150- to 160-pound class. I hold records equal to Mr. Reg. G. Shorthose and others for a one hand snatch lift from the ground. I have raised overhead and retained 126 pounds, and can make a one-hand press from the shoulder of 180 pounds. I herewith enclose my photograph and principal measurements.

Chest, expanded, 45 inches; waist, 32 inches; forearm, 14 inches; biceps, 17 inches; neck, 18 inches; thigh, 20 inches; calf, 14 inches; height, 5 feet, 9 inches; weight, 160 pounds.

HORACE BULL,

Plainville, Conn.

# How to Choose a Mate

SOME NOTABLE STATEMENTS ON THIS IMPORTANT SUBJECT RECENTLY MADE BY TWO FAMOUS ACTRESSES

By Charles Merriles

**B**ECAUSE of her connection with plays which have been considered somewhat unsavory, it would be hard for the public to take seriously any opinions Olga Nethersole might express on such an important subject as marriage. In an interview recently published in the *St. Louis Republic*, however, she has given us many splendid ideas on this mooted question.

The principles that she has set forth will be appreciated by every intelligent student of the matrimonial problem. She is apparently in the habit of doing some thinking on her own account, and though she has selected acting as a profession, she has no doubt been able to realize what she has lost in sacrificing home life for the stage. No woman could give voice to the ideals so emphatically expressed in this interview without realizing the possibility of rounding out the human career in all its completeness through the in-

fluence of a happy home. She warns us of superficial good looks. A life-mate should be chosen for fitness, rather than because of any physical charms that might be possessed. It is quite apparent that many of the writers' articles on "Theatrical Honors *vs.* Love and Home," are heartily commended by Miss Nethersole. I quote the following extracts from the statements made in Miss

Nethersole's recently published interview:

"American men and women enter into matrimony from the wrong point of view—for personal pleasure, gratification and satisfaction. Now, marriage was ordained by nature—not by the church; it was before the church came into existence—for the continuity of the race—the continuing of life unto eternity.

"I think that in marriage a woman should choose a man not as to whether he pleases her, but whether she would wish him to be the father of her children.



Autograph Photo

Miss Olga Nethersole.

So likewise should the man choose his wife.

"He should not take her because she is pretty, has red lips, pink cheeks and fluffy hair, and knows how to salve his vanity and please his conceit. He should consider whether he would wish this woman to be reproduced for all ages.

"I believe if the woman were educated along broad lines; if she were taught that the most vital concern of her marriage was her children, instead of an incidental possibility; if it were not a silly impropriety for her to discuss these things with an understanding of their importance before she undertakes the responsibilities of motherhood; if ignorance were not applauded for innocence, such knowledge would be her safeguard and the arms with which she fights the battle—the battle of choice.

"I believe that when it shall be realized marriage was primarily ordained by Nature, for the continuity of the race, there will not be need for divorce, and I doubt if there would be for marriage even.

"If men and women knew this vital principle of life for which they are responsible they would choose the right mate; if they knew the real aim of their union, the I and the Thou would not be the only element, but the 'They' would have some concern.

"In some other countries they are beginning to see this, but in America it is all 'I' and 'Thou,' children incidental and better not at all."

In a recent issue the writer quoted from an interview with Margaret Illington, concerning her determination to secure a divorce from her husband, Daniel Frohman, the well-known theatrical manager. Since that time this celebrated performer has expressed herself even more strongly on the subject of her proposed divorce than in the former interview. The following further remarks on the subject have been attributed to the actress by the *Chicago American*:

"I don't care to state what the charges will be, or talk about the divorce, except to say that I am going to get it just as soon as I possibly can. I want to be married to the man I really love and settle down to domestic life. I am going

to have eleven children every year," said Mrs. Frohman with a merry laugh.

"I am going to San Francisco to-morrow to meet Mr. Bowes. I want to be near him until I get my divorce.

"I hate the stage. I hate everything connected with it. It is all sham and hypocrisy. I want to live myself. I want to be real. I do not want to be living as other people all the time.

"The stage is no place for a real woman. The hotel is no place for a woman. Look about you there. What do you see? You see sham, hypocrisy.

"All the women think of is dress. Look at the big hats. They are hideous. The gowns are hideous. These are the women who do not care for home and children. What they seek is show.

"It is the same with the stage. It is all show and ambition. My husband broke me down by his ambition for me.

"As soon as I am freed I shall settle down with the man whose ideals accord with mine. He is wealthy, but he is a charitable man.

"We shall have our own little home and I shall try to forget there is a world. I want the world to forget there ever was a Margaret Illington.

"What I want is babies, my own little babies, to nestle at my heart and call me mother. I have been cheated out of my home and babies for so long that I want all of them I can have. I am hungry for them." Her voice shook with the emotion that characterized her success on the stage.

"I have been told that my talent should not be hidden, that I have no right to leave the stage. It is all nonsense. I am no genius. I made my success through hard, conscientious work.

"But whether I were a genius or not I consider I have a right, the right of any woman, to make what she thinks the most of her life.

"I have a right to be happy, I was not happy on the stage. I yearned all the time for the simple joys of domesticity.

"Who says I haven't the right to motherhood?" she said fiercely. "I tell you every woman has that right if she wishes it. It is the heritage of woman. I long for it and I will not be cheated out of it."

# The Life-Story of a Woman

By Grace Potter

We want readers to send us life stories describing their actual experiences. Literary merit is not essential. We want stories from real life. We do not care for fiction. We want descriptions of the heart-throbs of living, breathing, human beings. Here is a recital that is a sample. If you have a story to tell that rings with life and truth, we would like to have an opportunity to read it. If your story is accepted, we will place you on our subscription list for one year, but please note that we do not want you to write for pay, we want you to feel that you have a message to give to the world that will teach others to avoid the stumbling-blocks that may have been the cause of errors in your own life. —Bernarr Macfadden.

WHEN I was twenty-seven years old I left my husband. I was unhappy because I thought he did not give me the consideration that a loving husband should. He was an artist. I often acted as his model. We had been married two years, when, after a great deal of thinking and tearful admiration of some of the women in modern fiction and plays, who "assert their independence," I bade my astonished, but tired husband good-bye. Two years later he got a divorce without seeing me again.

I would walk through fire if I could to have him now. I have cried night after night, I have longed with all my soul, to have a chance to show him what I have learned since I was away from him. But he was re-married as soon as he secured a divorce and I shall never see him again. He married a woman he had known years before he met me, and whom I am sure he would have married first, had he not met me and been fascinated with my beauty.

I was petulant, childish and disorderly as to dress and the care of our little studio apartment. We were the same age, but he had perfect control of himself. Although he was an artist he loved order and cleanliness as well as beauty. He said it was a part of beauty. I thought he should pay more attention to the fact that I was beautiful and loving, and less to my untidy gowns and littered rooms. He insisted on trying to teach me to be neat, and I was fool enough to think that meant he didn't love me any more. So I went away.

I was sure I could make a living in the world that would leave me independent of criticism and free to "be myself."

What a poor despicable, conceited creature I was—full of egotism, despite my ignorance and insufferable untidiness!

The first work I did was as a model. I found no trouble getting engagements. I had left New York for Chicago, where I was unknown and would not meet my husband's friends. If I had not gone so far away, perhaps we might have come together again. When he applied for a divorce and I heard he was visiting his old sweetheart again, I was too proud to do anything but let him court her. Then I was taken sick with brain fever. After I had been in the hospital two weeks I was moved to a private room, where every luxury was given me. After I left I learned that my former husband and his wife had learned I was sick through friends of mine and paid for my care. He is that kind of a man. And in the seven years I have been away from him I have learned that he is a rare kind of a man, too.

When I recovered from my illness my beauty was much impaired, so that at first the idea of posing was out of the question. I studied shorthand and stenography, and have since done work of that kind. I have learned to be all that my husband tried in vain to teach me to be. But I have learned it in sorrow and pain and shame and humiliation.

I want above everything else the shelter and care and comfort that a husband could give me. I know, you see, because I had it once. Now I go to business every day, whether I am well or sick. I sometimes have tolerable employers, who regard me as an employee rather above the average—to be treated considerably, providing it doesn't cost a cent in waste of time or money. More

often they are men who have no more care for my well-being,—nor as much,—as for that of the typewriter machine I operate for them. For it costs to get a machine fixed or to buy a new one, but if anything happens to me there are many to take my place with hardly a day's inconvenience to the employer.

There is another kind of man one meets in business. I have learned to avoid this sort. They are considerate, polite, attentive, suave. They bring bunches of violets to your office. Then they begin to send flowers to your home. They give you invitations to lunch, and then to dinner—and then you find out what they are. Every woman in business knows them, a divorced woman most of all, if she happen to be young and pretty.

I used to think only shop-girls and those occupying inferior positions were troubled by unwelcome attentions from men. I know better now. Once when I had left a place where a man had been like that, I had trouble in getting another situation, because my former employer refused me a recommendation. Finally a large department store was in need of an assistant to the advertising manager. I heard of it and applied for the place. I had three interviews by appointment with the manager, a very pleasant, well-educated young man, of seeming refinement. He said I would do, and my salary was to be twenty-five dollars a week. But for some reason, which I did not understand he kept putting off the final settlement of my employment. He had never asked me for a recommendation. After my third interview with him I began to get very uneasy. I had accomplished nothing except to explain to him what I liked to read, what plays I had seen, etc., and to learn that I was to call again. His conversation was about what one would expect from a social caller. Finally, the third time I saw him, I told him, as I rose to go, that I did not understand why we could not reach a definite arrangement one way or the other at once without my coming again. He looked a little amused and, to his credit, a good deal embarrassed when, after he had said good-naturedly, he asked me to permit him to speak frankly.

I assented, although rather surprised at the request, and he proceeded, "I do not quite understand whether you are aware what would be expected of you here. And I do not want to hire you until I am sure you will not mind an invitation now and then . . ." He may have said a great deal more, but I was on the other side of the door by that time. After two or three like experiences I have learned to give employers who are too courteous a wide berth.

I have an apartment with a girl friend, but we keep our friendship on rather a formal basis. I could not have it otherwise. After a woman has once known a man's companionship she can never enter into the confidential girl-friendships which were satisfying before. So my troubles and cares and disappointments go unsoothed and uncomforted. And worse yet, my joys go unshared.

My mirror tells me that I am even better-looking than I was when I left my husband. I have cared for myself physically with religious zeal, since having the fever. I have eaten wholesome food, taken exercise and had all the sleep I need. This latter was very hard to accomplish, and it was only by a realization of the evil effect of worrying and its harmful effects on myself that I was able to enjoy sweet, refreshing slumber.

At thirty-two years of age I am frankly hoping that the disappointments I have suffered and what I have learned from them may be the means of not only helping me to find someone else I may care for but help me very much to make such a man happy after he is found. I have learned to be politely regretful when an employer calls angry attention to a misplaced comma in a letter. I have learned to be serene under unwarranted fault-finding. I have learned to dress as if I came from the hands of a French maid. I have learned to get a meal in my apartment and at its end have a dainty pretty little place where I need not be ashamed to ask a dinner guest to sit while I take out the roast, and I am proud of my good-temper, my dainty dressing, my systematic house-keeping. And since disappointment and sorrow can teach one what it has taught me, I cannot wholly regret that it came.





Looking down Fifth Avenue from the famous "Flatiron" Building, at Twenty-second Street. Hudson River and harbor in the distance. A photograph will disclose an unclear and dusty state of atmosphere more perfectly than the naked eye. The little white clouds, however, consist of escaping steam, not smoke.

## Health Conditions of New York City

By Willard H. Blackmere

**T**HE City of New York is the heart of the United States, commercially and financially, and stands as the representative of America and American civilization. Accordingly, the it will be interesting to consider the health conditions of this, the greatest city of an entire half of the world.

New York City is provided with a Board of Health. And is must be said that with all of the failings of the men in charge, this body has accomplished much in the way of improving the health of the people at large.

The past twenty-five or thirty years have seen a most remarkable decrease of the death rate and a corresponding improvement in the health of the city. For instance, the year 1881 was marked

by a death rate of 31.04 per thousand inhabitants, which rate steadily decreased, until in 1907 the official figures showed a mortality of only 18.76 per thousand, while in 1908 it had fallen to only 16.52 per thousand. The conditions existing in a great city like New York bring about many strange results, when life and death statistics are summarized. Thus, for instance, it is said that there is a death in Greater New York City every seven minutes, and that a child is born every six minutes. The difference of one minute between each birth and death results in a balance in favor of the births which is responsible for the growth of the city augmented by immigration.

During the same time the death rate from pulmonary tuberculosis, a disease



"Swell" apartments for the wealthy, on Central Park West. This photograph, taken before sunrise, and before the rising time of the sleepers, shows only two or three windows open in an entire block. In these quarters, there is occasional ventilation, though it is far from the rule.

pre-eminently caused by bad conditions and habits of living, decreased from 4.27 per thousand to 2.10 and less. But, impressive as this improvement may be, we are still confronted by the consideration that a mortality of even eighteen per thousand is appalling in the face of what it might be and should be. Even at present there are always between thirty and forty thousand cases of tuberculosis in

the City of Greater New York, while roughly speaking, ten thousand persons die each year in this one city of this disease. Obviously there is something wrong. There are many things wrong. Tuberculosis is mentioned here because the degree of its prevalence may generally be taken as a fairly good test of the conditions of health or ill-health in any community.

Among the first of the factors requiring consideration in an inquiry of this kind is the character of the water supply. It may be remarked at the outset that the task of supplying water for a population of about four and a half millions, to which should be added an additional million and a half when we consider the immediate suburbs, including those of New Jersey, is no small matter. New York City proper consumes over 450,000,000 gallons of water per day, while the total population of the metropolitan district uses upwards of 600,000,000 gallons each twenty-four hours. However, north and north-west of the city are great water sheds, which, with other sources of water supply, are quite sufficient to supply the needs of this great population, and will be adequate no matter how large the metropolis may grow. Staten Island and Long Island are equipped with natural facilities to supply water for the Boroughs of Richmond and of Brooklyn and Queens respectively, while New Jersey can easily accommodate the cities of that State which are so closely situated to New York and so intimately associated with the life of the Greater City as to be practically speaking, a part of her. Altogether there are nearly a hundred sources of water, including lakes, rivers, wells, ground waters filtered, and surface and ground waters mixed. Approximately, 75 per cent. is unfiltered surface water, with 15 per cent. of ground water and perhaps 10 per cent. of filtered surface water. It may be said briefly that the entire supply of water for Manhattan and for a part of the Bronx is derived from the Croton River. The new Croton Dam is probably the biggest piece of masonry on earth, and its capacity is estimated to thirty thousand millions of gallons of water. The Croton system, also contains other dams and lakes.

It is possible that the water supply of New York may compare fairly well with that of other cities, but that is not saying a great deal, and there is no doubt that proper filtration would result in a remarkable improvement. Some of that which is filtered subsequently passes into an open reservoir in Central Park, which partly offsets the advantage of its previous treatment. Generally speaking, however, the Croton water, supplying Manhattan, is not filtered, and at times, especially after rains, is more or less turbid and high colored, as any unfiltered surface water is apt to be. During the summer months the water becomes more or less odorous on account of the growth of microscopic organisms in the storage reservoirs. It seems that the stripping of the reservoir sites has not been generally practiced in the vicinity of New York before flooding them, with the result of regular growths of algae of various kinds in all of them, but especially in Croton Lake.

In this connection it is worth while to quote a few words from a report of the Merchants' Association of New York, who not long ago made an investigation of the city water: "Much of the territory (the Croton water shed), is used for farming and has a considerable population living upon it. Although many restrictions exist against the pollution of the streams, it is impossible to prevent surface washing from heavy rains from causing the water to become turbid and from introducing some polluting elements. In the autumn, vegetable matter frequently gives the water a slightly unpleasant taste. (A very mild statement.) . . . The evidence on hand connecting certain diseases with water supplies exposed to occasional pollution, as are the Croton, the Bronx and populated parts of the Long Island water sheds, is now so strong that it is no longer questioned. Although this pollution is at present not great, it is sufficiently great, in our opinion to warrant the purification of these waters as soon as it can be brought about." As a matter of fact, a number of whole villages and towns have grown up on the territory which is embraced in the Croton water shed.

The quality of a city's water supply is frequently judged by its typhoid fever death rate, and if we apply this test to the City of New York, the advantage of an improvement in the water supply quickly becomes evident. It is true that the typhoid fever death rate in and about New York is not high, on the whole, and yet, without going into detailed and tiresome figures, it can be said that the death rate from typhoid fever in these sections supplied with filtered water or ground water has been found to be about



To the left is the towering spire of Old Trinity Church, with the mountains of masonry with which it is now surrounded. To the right is St. Paul's Chapel, once attended by Washington, with its present day background of sky-scrapers.

fifteen per hundred thousand, while in those parts supplied with unfiltered water, the death rate is about twenty. Furthermore, vital statistics from other cities invariably indicate a remarkable decrease not only in the typhoid fever death rate, but also in the total death rate of the community, as a result of improved water supplied due to proper filtration. This applies particularly to various forms of diarrhoea and other complaints of childhood, in view of which it is significant that in New York City, the death rate of children under five years is especially high.

The Croton water is naturally far less unsatisfactory in the winter time, and consequently the accompanying analysis, made in January, will hardly indicate the quality of the water supplied in the summer months. As one notes the low temperature of the water, it is hardly to be expected that a high development of bacteriological life would be present. It is also likely that an analysis would not convey a very clear idea of the state of the water to the average reader, not versed in its technicalities. However, every one knows what unfiltered surface water is,

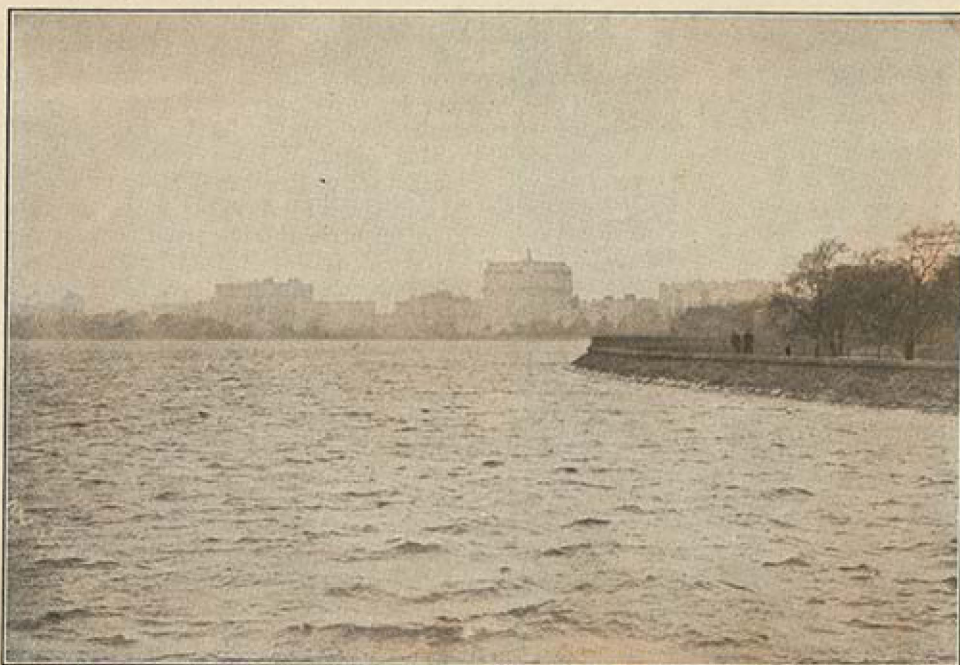
coming from great, uncovered reservoirs.

The disposition of sewage is another matter of vital importance in the consideration of the health of a city. Considering the millions of people living in Greater New York, it might reasonably be expected that some provision would have been made long before this for carrying the sewage far out to sea, or for making some other effectual and sanitary disposition of the same. However, the patient waters of the Upper New York Bay are saddled with the entire burden, in other words, the very waters with which Manhattan is partly surrounded. It is evident that with such a population the amount of sewage is tremendous, certainly enough to have its influence upon even the generous waters of the Bay; and while the evil has not yet assumed the proportions of a serious menace to the city, yet the rapid growth of the city indicates that within a very few years some radical measures will be necessary to protect the health of the community.

It happens that this sewage is discharged into the Hudson River, the East River and the Upper Bay, not from a few

#### ANALYSIS OF NEW YORK CITY WATER.

ANALYSIS MADE JAN. 16TH, 1909, MOUNT PROSPECT LABORATORY	Croton Aqueduct	Central Park Reservoirs			Tap at City Hall Square
		New	Old		
			North Division	South Division	
<b>PHYSICAL EXAMINATION:</b>					
Temperature (Fahrenheit).....	40.0	33.0	33.0	33.0	40.0
Turbidity (Silica Scale).....	2.	3.	2.	2.	1.
Color (Platinum Cobalt Standard).....	16.	14.	16.	15.	13.
Odor.....	2 V	2 V	2 V	2 V	1 V
<b>CHEMICAL ANALYSIS:</b>					
(Parts per million)					
Nitrogen as albuminoid ammonia.....	.132	.082	.108	.100	.102
Nitrogen as free ammonia.....	.004	.012	.006	.002	.008
Nitrogen as nitrites.....	.002	.002	.002	.002	.001
Nitrogen as nitrates.....	.10	.10	.15	.15	.10
Total residue on evaporation.....	.68				
Hardness.....	35.				
Alkalinity.....	32.				
Chlorine.....	2.2				
Iron.....	.20				
<b>MICROSCOPICAL EXAMINATION:</b>					
Microscopic Organisms (Standard units per cubic centimeter).....	1965.	1680.	1735.	2280.	1030.
Amorphous Matter.....	525.	325.	275.	345.	245.
<b>IMPORTANT GENERA:</b>					
Asterionella.....	165.	105.	275.	230.	130.
Melosira.....		130.	125.	140.	
Synedra.....	225.	275.		150.	130.
Labellaria.....	190.	135.	165.	215.	
Collopharium.....		200.	100.	170.	
Oscillaria.....	1025.	460.	900.	1250.	400.
<b>BACTERIOLOGICAL EXAMINATION:</b>					
Number of bacteria per c. c.....	325.	325.	115.	165.	105.



Section of the reservoir in Central Park, New York, a part of the water supply system of the great city.

outlets, but from scores of them, as a result of which a very thorough dilution is accomplished, a very favorable consideration, on the whole. Otherwise the condition of the Bay would be unspeakable, unendurable.

With the further growth of the great American metropolis, it is to be hoped that plans will be made and carried out for a comprehensive system for ocean disposal of the sewage. The increased pollution of the harbor, which is inevitable, must before long reach the limit of discoloring the waters of the Bay, including the mouths of the Hudson and East Rivers, also making them offensive to smell and dangerous to the health of the City. Practically speaking, however, there is no material peril from this source as yet.

For a city of such magnitude, New York is very fortunately situated as regards natural advantages in the supply of air. The city is long and comparatively narrow, being surrounded by broad rivers and enjoying the advantage on the south of the beautiful bay and, at a few miles' distance, the breezy Atlan-

tic. No matter from which angle the winds may blow, they reach New York City fresh and pure. Nature could not have been more considerate and kind. But man, with his ingenuity in building and with his rapacity for rents, has contrived in great measure to counteract all this. Nowhere else in the world are there such high buildings for business purposes or such miles and miles of crowded five or six-story tenements, all tending to vitiate the air of the streets. It is true that in most of the up-town neighborhoods there is little to complain of in the way of air, and it is also true that the use of soft coal is now practically unknown in the city, but even with this advantage, it is impossible that such congestion of the great business sections, and even of miles of the downtown and "East Side" residence quarters, would fail to pollute the air to a considerable degree, not merely because of the density of the population but also of the immunerable fires maintained, even burning the most ideal of fuel. It may be that other cities are even worse off in this respect but it is doubtful.



Exchange Place, a representative street in New York's great financial district, a canyon, twenty stories and more deep, between two cliffs of granite and glass.

In the financial districts there are buildings varying between twenty-eight and thirty-five stories high, with one or two towering from forty to fifty stories above the earth, over six hundred feet, and perhaps several stories underneath the ground. There are entire streets dominated by buildings averaging in height twenty-stories, and these streets, absurd to say, mere lanes, not

even half the width of the ordinary street. The conditions for light and air provided by this insane arrangement must be obvious. It is true that the hundreds of thousands of men employed in this gigantic honeycomb of dingy offices, do not live in them, but they do work in them all day, and only with the aid of electric light. No matter what sanitary provisions might be attempted, such quarters at their best must inevitably be stifling, dusty, nerve-wracking and utterly incompatible with health.

Ignoring for a moment the matter of vitiated air, the continued use of artificial light, and particularly the harsh electric light, it a serious evil in itself, causing a serious drain upon the nervous system, and frequently giving rise to headaches of great severity.

Space will not permit of dwelling upon the working conditions of these places of business, which are such that even the blessings of a suburban residence cannot prevail against them. And it would be only to tell what most every one already knows, to refer in detail to factory conditions. But in respect to the homes in New York, conditions are such that it is necessary to speak. And the "homes" of the masses of the people of New York City are provided only by the tenements. The worst are "slums;" the others are tenements. And it is always the poorer classes who suffer. Those with means are in a position to pay for anything they want, and they want what they pay for. In a general way, their conditions in the finer apartment hotels and uptown sections are quite tolerable, even if not ideal. But the great middle classes are none too well provided for, though some of them could get air which is not so bad, if they would open the windows of their steam-heated rooms, or rooms supposed to be warmed in this way. There is little doubt that one potent cause of the lack of ventilation in many homes is the stinginess of the heat supply, the greed of landlordism here again operating against the health of the community. To open the windows in very cold weather in perhaps ninety-eight per cent. of the tenements would mean that the rooms would be so cold throughout the day as to be practically uninhabitable.

On the "East Side," however, the conditions are unspeakable. True, very recently a law was passed providing for a certain amount of air space among new tenements, but most of these on Manhattan Island are old buildings, put up apparently without the least consideration for the requirements of life or health. The so-called "air-shaft," for instance, is one of the most abominable of all building devices. It is a miniature court, from the ground up to the open air, entirely enclosed, and may be six or seven stories high, or deep, according to the height of the building. There are thousands of these in New York City only six feet wide, and from sixteen to twenty-four feet in length, and there are many much smaller than this. Into such an air-shaft, or "stench-shaft" may open the windows of twenty or twenty-four bath-rooms or even more, together with an equal number of kitchens or of bed-rooms. It is in precisely such quarters as these that the population is densest, the unfortunate victims of such conditions of living being absolutely ignorant of sanitary sense or science, and without the least conception of what is fit for them in a dietetic way. No wonder that disease is common and death frequent. A great part of them work as well as live in such quarters.

The tenement house invariably has front and rear apartments, those fronting the street getting some air, such as it is, from the two or three windows opening upon the street, though the other rooms are either absolutely without outside opening, or may be "ventilated" through an air shaft. The rear tenements have only the air-shaft and a narrow open court at the rear, across which, at a distance of only twenty feet, one is confronted with the brick walls and squalid windows of the rear tenement, having its entrance upon the other side of the block. It should be said that the air-shaft of which dimensions were given above is not characteristic merely of the "East Side," but is found up-town, throughout Harlem and the Bronx.

A settlement worker reported the case of a young Roumanian Jew dying of consumption in a rear tenement on Clinton street. Two families occupied the two

little rooms of the apartment. The room of the dying consumptive was only ten feet square, and in it with him slept six other people, with only two small windows opening on a court twenty feet wide and five stories deep. Even at the best, with windows open, there were scores of other similarly crowded rooms opening upon the same court, from every floor. And in the other room, a mere closet six feet by seven, slept four other persons, three in a bed, and one in a



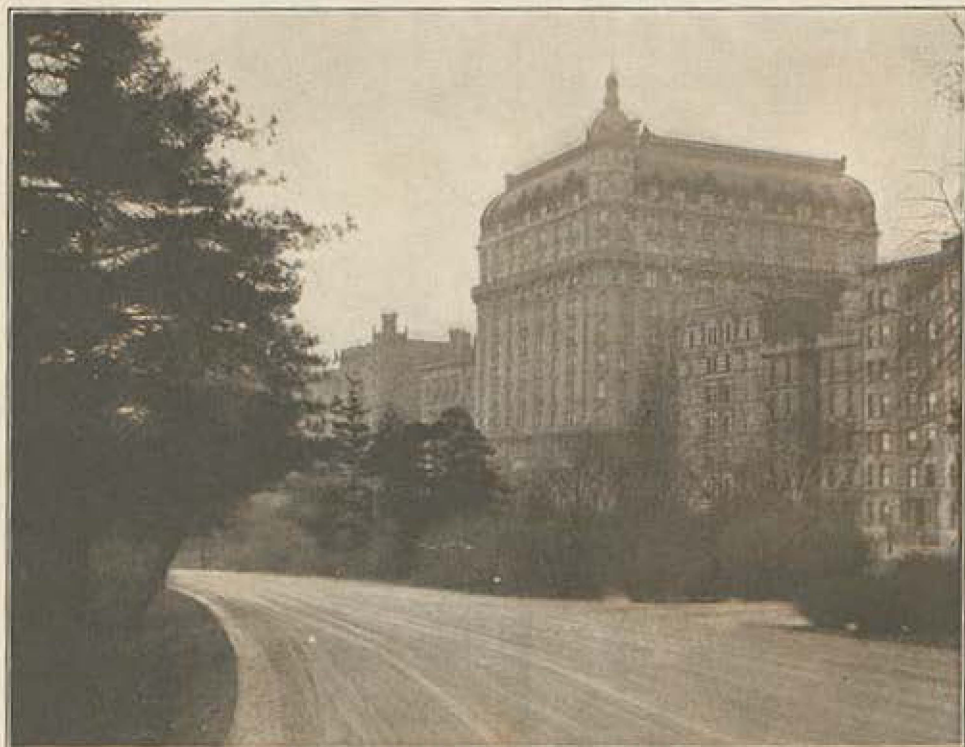
This photograph of the rear of a "flat-house" shows the unsatisfactory provisions for light and air even of the "new law" tenements. Lower floors, in rear, are hopelessly dark and poorly aired. When the foreground is built up similarly, the buildings, back to back, will have only a narrow space between, as indicated at the right of the picture.

cradle, while this closet only had one little grated window opening high up upon an air shaft, eighteen inches wide, also five stories deep. In many cases also, there are rooms opening on air shafts only six feet long, twelve inches wide and six stories deep. But even this is not all. Of entirely dark rooms, that is, inside rooms with no windows whatever, with nothing but a door opening into some other badly lighted, unaired kitchen or hall, there are said to be 175,000 in the City of New York.

But many other rooms are quite as bad as this because of the ignorance of the people. The bed-room of one home which the writer investigated had one square little window opening on the average air-shaft, but, fearful of the winter's cold, the little German lady had taken shreds and strips of old cloth and carefully plugged up the cracks about the tightly closed window. No attempt was ever made to air the room, and here she slept, with two little boys, and with

the gas light burning all night, though somewhat turned down. It is true that this ignorance and perversion of the people themselves, applying also to dietetics and all other matters connected with health, tends to make matters much worse than they need be, but it is apparent that even at the best such conditions are antagonistic to life and health. The death rate from consumption in cities is more than twice the rate of small towns and villages. Its stronghold is the tenement. There's a reason.

In some of the more congested blocks of New York City, the population averages nearly five hundred people to the acre. One block alone, between Cherry and Hamilton streets has been found to contain nearly four thousand human beings, not to mention dogs, cats and parrots. Worse still, it is reported that one block, in the "San Juan Hill" section of Manhattan Island, shelters between six and seven thousands of people—a greater population than is possessed by scores



A healthy part of the city, for those who know how to live rationally, but limited to the wealthy. Looking out from Central Park, westward.



of cities which are factors in manufacturing and commerce in our less populous States.

In considering the entire city, a similar objection, though in a lesser degree, will be noted in connection with tenements or so-called apartment houses recently built or at present building all over the city. Even the "new law" tenement is bad enough. One is lucky to get air in New York and a little bit of daylight. But actual sunshine, a commodity so free over all the earth, is almost impossible. The new tenement law provides that the apartment house shall not cover more than four-fifths of the ground enclosed in the lot on which it is built. But with a building standing five or six stories above ground, and surrounded by countless blocks of other densely packed buildings of the same height, this does not relieve the situation much. The result is a long, but very narrow court, sometimes ten or twelve feet wide, between buildings, and opening at the rear, instead of the old style air-shaft. It is true that this is an improvement, but even this is bad enough, and except for the top floor, renders the apartments dark and admits of a very poor air supply.

But perhaps one of the most insufferable features of New York life is the transportation evil. The business activities of the metropolis require that one or two millions of people should travel either a few or many miles twice a day between their homes and their places of occupation. The crowding and congestion of traffic is almost incomprehensible. Besides the great four-track underground railroad known as the "Subway," with one terminal in Brooklyn, running up through the center of Manhattan, and then dividing into two great branches through the West and East sides of the upper city, there are four systems of elevated railroads running north and south in Manhattan, with others in Brooklyn, and innumerable surface trolley lines. Then there is the Pennsylvania Tunnel under the Hudson River to New Jersey, with another subway running up two or three miles through the downtown part of the city, together with frequent ferries plying the waters on both sides of the

city, two great bridges between Manhattan and Brooklyn, and other bridges and tunnels in course of construction.

All of these lines are so crowded as to give rise to frequent scenes of violence, particularly at the Brooklyn Bridge approach and at the subway and elevated stations, while the cars themselves are stifling. Even the condition of the trolleys and elevated trains borders on suffocation, with the crushed masses of humanity jammed within them, and when forced to travel in one of them it is not difficult to fancy the famous "Black Hole" of Calcutta, with its disaster.

Words fail to convey adequate conception of the condition of the air to be breathed, or rather should we say, the conglomeration of gases. The subway, which could easily have been provided with some scheme of forced ventilation, was apparently constructed absolutely without thought of the requirements of human lungs. It is a brilliant and wonderful piece of engineering skill, and yet in this respect an example of almost unparalleled stupidity.

It is true that New York City has a great many parks, and that many of them have open air gymnasiums and playgrounds for the children. But even these are pitifully inadequate when one considers the size of the city and the congestion that prevails in most quarters. Another effort in the right direction is shown in the institution of a number of public baths and a few recreation parks, built over the great rivers, and very valuable in the summer time. But these also are woefully insufficient for the needs of such a population, and certainly cannot avail much against the multifarious evils of tenement life.

It is indeed difficult to determine just what should be done with such a population confined within a single city, but if everything possible were done, a greater part of the evils from which New Yorkers suffer could be done away with. At the same time, it is evident that to a considerable extent the difficulties in question are inherent in the very nature of city life, even at its best, and that they cannot altogether be overcome except by getting away from the city.

# Revised Edition of the Physical Culture Directory

NAMES INTENDED FOR THE SECOND EDITION WILL BE INSERTED IF RECEIVED BEFORE JULY 1st.

WE have received many commendations of the first edition of the PHYSICAL CULTURE DIRECTORY, and the second edition will doubtless be even more satisfactory to subscribers than the first. The edition of the DIRECTORY already published, being the first work of its kind, although offering room for improvement will afford a valuable nucleus for future editions. We earnestly advise our readers to have their names and addresses listed in the DIRECTORY, in order to prove to those interested in the movement that they have many fellow physical culturists, and to point out to the skeptical the growing strength of the physical culture movement the world over.

In order to afford those whose names were not entered in the first edition of the work an opportunity of being represented in the DIRECTORY, we have decided to issue this second edition. Names for the forthcoming issue of the DIREC-

TORY will be inserted until July 1st, and the book will be delivered to subscribers about August 1st.

Both editions of the DIRECTORY are sold at twenty-five cents each (special cloth edition twenty-five cents extra), including insertion of name and address only. Either edition will be sent prepaid, together with a year's subscription to PHYSICAL CULTURE, for \$1.10, including insertion of name and full description. The reader will note that it is necessary to forward a subscription in order to secure insertion of full description in DIRECTORY.

As will be noted in advertisement, a special combination offer has been made to enable those who subscribe to second edition to secure the first edition at a reduced rate, both books being sold, together with a yearly subscription to this magazine, at \$1.20. Those wishing a description of themselves inserted in the second edition may use coupon on this page.

## Coupon

(PUT A CROSS OPPOSITE PROPOSITION YOU ACCEPT. WRITE VERY PLAINLY.)

Please find enclosed \$1.10, for one year's subscription to PHYSICAL CULTURE Magazine, and insertion of my name in PHYSICAL CULTURE DIRECTORY, No. 2. Subscription to begin with..... Number.

I enclose 10 cents extra (\$1.20, in all). Please send DIRECTORY No. 1, as well as No. 2.

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 Do you believe in the physiological laws of sex as advocated by Bernarr Macfadden?.....

## Menus and Recipes for Three Days

Please note that the recipes we are presenting here have been secured through elaborate experiments made at the Bernarr Macfadden Sanatorium, at Battle Creek, Michigan, where from 250 to 400 people are fed at each meal. On this account these recipes are of especial value. They are not selected from books without a trial. They are all the results of the many experiments carried on in this mammoth institution. The dishes included in these menus are composed of those foods which best serve to supply the highest possible degree of nutrition. Readers will please note that all the foods embraced in the Menus, as well as the products represented on our advertising pages, are given our endorsement as not only being of first quality, but as complying with the Pure Food Law in every respect.—Bernarr Macfadden.

### FIRST DAY.

#### *Breakfast.*

Grapes	Raw Wheat Flakes	Ripe Olives	Cream of Tomato Soup
New Peas	Whole Wheat Bread	Entire Wheat	Pudding with Dates
Sliced Hawaiian Pineapple, with Whipped Cream		Bran Biscuits	

#### *Dinner.*

Grape Fruit	Strawberries	Cream of Rice Soup	Celery
Vegetable Salad	Creamed New Spinach	Grated Carrots with Nuts	
Banana Custard	Whole Wheat Bread	Dates	
Nuts	Sumik	Milk	

### SECOND DAY.

#### *Breakfast.*

Apples	Sliced Peaches	Dates	English Walnuts
Spring Vegetable Soup	Buttered Beets	Entire Wheat Bread	
	Bran Biscuits	Salted Butter	
	Strawberries and Shredded-Wheat	Short cake	
	Cocoa or Postum	Sumik or Milk	

#### *Dinner.*

Bananas	Oranges	Figs	Brazil Nuts	Cream of Asparagus Soup
Celery	String Beans	Lettuce and Tomato Salad		
	Unfired or Whole Wheat Bread	Peanut Butter		
Sliced Bananas	Welch Grape Juice	Sumik		

### THIRD DAY.

#### *Breakfast.*

Sliced Peaches and Cream	Bananas	Raw Wheat Flakes	Figs
Raw Peanuts	Cream of Onion Soup	Radishes	Water Cress
	Celery	New Potatoes in Cream	
Asparagus on Triscuit	Entire Wheat Bread	Unsalted Butter	
Fruit Salad	Apple Juice	Sumik	

#### *Dinner.*

Cream of Spinach Soup	Ripe Olives	Rice with Cheese
Sliced Cucumbers	Endive Salad	Baked Tomatoes
Banana Custard	Figs	Brazil Nuts
Milk	Strawberries and Cream	

*New Peas.*

Heat new shelled peas in butter until they begin to fry a little. This will improve their flavor, and cause them to retain their bright, green color. Add sufficient water to barely cover them. Salt slightly. Add a very little sugar, and allow to simmer until tender. If desired, thicken a little with corn starch.

*Entire-Wheat Pudding with Dates.*

Take thoroughly clean wheat grain. Wash. Put to soak in hot water. Allow to soak for thirty-six hours, in covered vessel, by which time it should be soft enough to masticate and should have absorbed all the water originally placed on it, which should be about double the volume of wheat. For each pound of wheat take a half pound of pitted dates. Grind them fine with food-chopper, and mix with the wheat. Consistency should be about that of an ordinary pudding. To be served with cream or whipped cream.

*Cream of Rice Soup.*

There are two methods of preparing this soup. One is to cook the rice in the milk in a double boiler, using about two ounces of rice to one quart of milk. When thoroughly soft, rub through a sieve. If too heavy, dilute to consistency desired with hot milk or cream. Season to taste with salt and butter. This, however, has the fault of hardening the casein in the milk from the long cooking necessary to cook the rice until tender. By cooking in barely sufficient water to enable the rice to swell until tender, and then adding rich milk, or half cream and half milk, heated to a scalding point, and process followed as above, the hardening of the casein in the milk will be avoided.

*Spring Vegetable Salad.*

This consists of the new spring and summer vegetables, in combination with each other, cut into narrow strips or "shoe-string shape; served with dressing of olive oil, lemon juice and salt, the proportions varying according to the taste of the various individuals. Two parts of olive oil to one of lemon juice are the usual proportions, but this may be varied to suit the individual taste.

*Grated Carrots with Nuts.*

Run carrots through a meat-chopper. Add equal quantity of walnut meat, grated and mixed together. This may be pressed in a small mould, turned out on a lettuce leaf, and grated nuts sprinkled over. Just a little melted butter and salt should be added to the mixture.

*String Beans.*

String beans should be cooked in slightly salted water, put in when the water is boiling; slightly covered, and kept to a gentle simmer until tender.

*Cream of Asparagus Soup.*

Like all other cream soups, wherein the chief constituents are not of a starchy nature, this should be made of a cream sauce, and a puree of the flavoring element may be made by cooking same until tender and rubbing through a sieve, mixing with the cream sauce. Take the inferior stalks and the butts of new asparagus and thoroughly wash. Cook in barely sufficient water to cover. When fairly tender, add an equal proportion of cream sauce made as follows: Take a large spoonful of butter. When melted, add sufficient flour to make it in a slightly thickened mass. Stir over the fire until it bubbles up. Add boiling milk, and continue stirring until you have the sauce of the desired thickness for the purpose. This cream sauce should be made rather heavy, as it is diluted by the other ingredients of the soup. As a cream sauce for potatoes, or other vegetables, it should be made heavy enough to add the water in which the vegetable was cooked; as in order to preserve certain food elements the water in which they are cooked should be served with them. Should your sauce, however, be too thin, after adding this water, it may be thickened to the proper consistency with corn starch dissolved in milk. Season with butter and salt to taste.

*Sliced Hawaiian Pineapple.*

If fresh pineapple is used, it must be pared, and all eyes and outer skin should be removed. Cut in quarters lengthwise. Remove the core from each section, and slice across. Add scant quantity of sugar. Allow to stand for a few hours. Serve with whipped cream.

# A Pious Hypocrite

THE PRETENDED vs. THE REAL CHRISTIAN—THE CLOAK  
OF RELIGION USED TO SERVE MATERIAL PURPOSES

By S. Wardlow Marsden

**SYNOPSIS.**—Samuel Jonathan Walker, is a self-satisfied individual, aldermanic in proportion and firmly imbued with the wisdom of his opinions, who has for years received a comfortable income as the chief official of the Society for Moral Promotion. At the opening of this story he has been much offended by an entertainment at the local Y. M. C. A., at which Charles Warner, a splendidly developed young man, has greatly pleased the audience by an exhibition of his skill as a gymnast, and the grace and symmetry of his form. Mr. Walker's daughter, Emily, attends the entertainment, and when she later meets Charles Warner, at a church festival, the young people become much interested in each other. This causes much dissatisfaction to Horace Horton, a young man to whom Emily has become affianced, at the behest of her parents, but in whom she finds little to admire. The meeting with Charles also comes to the ears of her father, who forbids her to acknowledge the acquaintance of the young man, on the ground that Charles has proven himself low and vulgar by his exhibition at the Y. M. C. A. gymnasium. Emily Walker is persuaded to visit the Warner home with other lady-members of her church. She becomes acquainted with Mrs. Warner, and strikes a warm friendship with little Edna, Charles Warner's crippled sister. A coolness gradually occurs between Emily and Horace Horton; her regard for him becomes even less friendly than formerly, and his attentions grow distasteful to her. She visits the Y. M. C. A. on Ladies Day, and Charles requests the privilege of calling upon her. This she declines, and her failure to explain her action mystifies Charles. At a meeting of the deacons of the church attended by the Walkers, an application for membership in the church is received from Charles. Mr. Walker objects strenuously to his admission, but is overruled by the vote of three fellow-deacons, no one voting in his favor except Mr. Horton, at whose house the meeting was held. His resentment and hatred toward Charles Warner aggravated by his failure to prevent Charles from joining the church, Mr. Walker determines to injure the young man's reputation. Emily Walker overhears her father declare this intention to her mother, and also hears them voice their fears that she will not comply with their desires and become the wife of Horace Horton. A man calling himself Dr. Jordan introduces himself to the Warners as a specialist, and promises to cure little Edna's lameness. Emily Walker is extremely anxious to warn Charles Warner of her father's intention to ruin his reputation, but finds herself unable to accomplish this end. Charles and his mother suddenly discover that Dr. Jordan's pretended treatment of little Edna is merely a pretext to enable him to obtain information concerning the past history of the Warner family.

## FOURTH INSTALLMENT.

### CHAPTER VIII.

ON the evening of the day that Charles Warner and his mother became convinced of the double character of Dr. Jordan, Samuel Jonathan Walker wended his way homeward in a gratified frame of mind. Occasionally a malicious smile flitted over his features. His tried and trusted detective had returned that morning and had brought him details of Charles Warner's life that had filled him with elation and self-satisfaction. His shrewd suspicions had been confirmed. Had not his experience in dealing with crime and criminals given him an insight that enabled him to form a correct conclusion as to the character of a man? Charles Warner was a vulgar fraud—a miserable pretense. He had proof now which satisfied him as to the accuracy of his judgment.

Mr. Walker's nerves, though dulled with heavy feeding, thrilled with pleasure at the thought that now Charles Warner would be out of the way. No doubt Emily could now be easily persuaded. Her affections would again revert to Horace Horton. Emily's attitude had recently been a mystery to Mr. Walker. That she should hesitate for a

moment to marry a man possessing Horace's splendid pedigree was beyond him. To be sure, he realized that Horace himself was not prepossessing, but as he had often said to his daughter: "Look at his father's enormous fortune, consider the magnificent mansion that will some day be your home, and these are only a small part of the splendid advantages that will come to you as a result of such a union."

These were the thoughts that occurred and recurred to Mr. Walker on his way home that evening. A great weight had been lifted from his mind. The possibility of Emily refusing to marry Horace Horton was fearful to him. The mere thought had kept him in a mental turmoil, but now he had the evidence that would put Charles Warner where he belonged. He felt sure that when his daughter knew the facts that had been presented to him by his hireling, Charles Warner would be discredited and disgraced.

He had laid his plans definitely. He would say nothing to his wife until at the dinner table that evening. He could then present the details to her, and Emily would have the full benefit of hearing everything. He knew that Horace Horton was to call that evening,

and he had arranged to have his detective call later, so Horace would realize the efforts that he was making in his behalf.

Mrs. Walker noticed as she greeted her husband that he was unusually good humored, but as she was occupied with various duties she had no opportunity to make any comment. When he sat down to dinner, his face literally beamed. He could hardly contain himself. His wife and daughter could not fail to observe the great change that had come over him within the last twenty-four hours. He had been taciturn and easily irritated ever since the meeting with the deacons. As a rule, the family meals had been eaten in silence, for he would hardly deign to say a word, and his wife was afraid to speak to him for fear of receiving a sharp retort. However it was plain that the events of the day had been much to his liking. That he had news of importance to give them, his wife and daughter instinctively realized before he said a word.

"You have heard good news, Samuel, haven't you?" Mrs. Walker finally inquired.

"Splendid news. I could not have better, although I have expected it to turn out as it has."

"You've expected it! Don't keep us in suspense. Tell us all about it."

"Well, I have the facts about that fellow, Charles Warner."

"Ah, that's good," was his wife's rejoinder.

Emily's face flushed at the manner in which her father referred to Charles, and she was prejudiced in advance against his supposed evidence. She felt sure there was too much malice, too much self-interest in her father's opinions, and she had some difficulty in controlling her feelings while listening to his story.

"Yes, we've got him," said Mr. Walker. "Got him with the goods. I knew Binwell would be able to ferret out something that would expose that fellow, but he managed to get something unexpectedly rich, and when we put this evidence before the Y. M. C. A. secretary and the deacons, I think Warner will have to seek pastures new."

"I know, Samuel, but tell us about it."

"Well, Binwell pretended to be a doctor," chuckling at the thought, "and he gained the confidence of the family, and secured their former address from the crippled child whom he was pretending to treat."

Emily's cheeks burned with indignation in spite of herself, as she listened.

"They had formerly lived in Galena. The town is not very large, and after making several inquiries, the detective was directed to a man who had known Warner well. He was lucky to find this man, because Warner and he had quarrelled over some business deal, and the man was glad of an opportunity to even up an old score. He told Binwell that Warner had left there in bad repute that there were some stories about Warner's father, which he had never been personally able to verify; the details of which he had never been able to secure. However he believed that Warner's father had committed some serious crime, and he gave Binwell data upon which we expect to prosecute a more careful investigation later. But what he discovered right there in that town is sufficient. He and his mother and sister had been living there nearly four years, and about a year previous to their departure, Warner had become engaged to a very estimable young woman, and it was arranged that they were to be married in six months. Just previous to the date set for the ceremony, it was announced that the engagement had been broken. This news created quite a sensation in the small community, and you can imagine the amazement of the citizens when it was announced that the young lady had brought suit for breach of promise. The trial brought many very unpleasant things to light, but the surprising part of the proceedings was Warner's refusal to testify. The jury took it for granted that he was guilty and brought in a verdict against him. Attorneys for the plaintiff tried to force him to take the stand, but they were unsuccessful, and on account of their efforts the verdict probably was more severe. A few months after that, the Warner family disappeared, and no one there knew where they had gone. Now that very clearly shows just what sort of a

man he is. Here he was engaged to this woman who seems to bear an excellent reputation, and he gave no reason for refusing to carry out his part of the agreement. He paid the amount that the jury allowed his former fiancee, but at all times refused to discuss the matter."

"Then, father, how can you say that he is guilty? There may have been some cause for this silence," interposed Emily, her face still flushed somewhat in spite of her efforts to control herself.

"Didn't his attitude prove his guilt? If he was guiltless he would never have remained silent. It would be impossible for a man who was guiltless to remain silent under such circumstances."

"I can't see it," said Emily.

"Well, anyway, the jury brought a verdict against him, and any man who will promise to marry a woman as he did and fail to keep his word is a downright scamp," insisted Mr. Walker.

"Right you are, Samuel, and Charles Warner will be getting his just deserts if he is punished for his past."

"I'll do that all right, Martha. You can depend on me."

"But, father, hasn't Binwell gotten most of his information from this enemy of Charles'? Did he try to verify the statements?"

"Yes, he secured all the verification that was needed. Anyway, I expect him here to-night and we intend to form our plans with a view of ousting this man from our church. He belongs with the rowdies."

Emily had very little appetite for dinner that evening. She did her best to control the emotions that stirred her as her father continued his tale. It was indeed difficult for her to avoid making a sharp retort on several occasions when her father's malice was apparent to her. She finally left the table and hurried to her room as quickly as she could find a reasonable excuse.

What was she to do to protect Charles from the enmity of her father? She felt certain that Charles was not guilty of dishonorable conduct. No reasonable explanation came to her for his attitude, but she felt sure that he was not at fault. His manly bearing at all times had won her confidence, and she could not imagine

him as guilty of a low or a mean action, and she felt personally responsible for her father's enmity towards him. To a certain extent also she felt indebted to him for awakening her to the defects of her fiance, Horace Horton. Through her acquaintance with Charles, she had broadened her view of life, but how was she to meet these new emergencies? How was she to help him to defend himself? These were the questions that came to her again and again. As the reader has no doubt suspected, the anonymous letter received by Charles had come from her. Would an anonymous letter be sufficient in this case? She felt that immediate action was necessary, and yet she shrank from directly identifying herself with anything in his behalf against her own father.

Later in the evening, after she rejoined her parents, she played her part to the best of her ability. When Horace Horton arrived she tried to be as agreeable to him as possible. She was glad, however, when the detective came, as she knew her father wanted Horace to be present during their interview. The problem as to what effort she should make was, however, still unsolved when she retired after her father had asked Horace to join the detective and himself.

Binwell—or Dr. Jordan, as he had been known to the Warner's,—was closeted with Mr. Walker and Horace Horton for some time. The subject was apparently of the keenest possible interest to both of these gentlemen. They listened to every detail of the story told by Binwell with bated breath.

Horace had not been especially impressed with the value of Emily, until he was confronted with the possibility of losing her. But now he was thoroughly aroused, as he had been much worried about the outcome and he was intensely interested in any efforts that would result in belittling the man whom he recognized in his own heart as his rival. Naturally he would not have made an admission of this kind to another, for Charles Warner to him was a low, vulgar individual, a man without refinement and with no family pedigree, simply a vulgarian, nothing more than a common plebeian, who had sprung up from the gutter of

humanity. It is needless to repeat the long details of the evidence gathered by the detective. Mr. Walker had presented the main facts of the story to his wife and daughter that evening at dinner. It was, determined, however, after a prolonged conference, that Mr. Walker should interview the secretary of the Y. M. C. A. next day, and try to have Charles immediately discharged from his position. After reviewing the evidence carefully, Mr. Walker thought there was some doubt of his being able to accomplish this, but at the same time it was his intention to try.

"And," said the detective, "if you will bring the weight of your influence to bear, I am satisfied the secretary will accede to your demands."

"True, true," said Mr. Walker, swelling up in his pompous way, as he always did whenever his own importance was referred to.

"I think we have got him this time all right," interposed Horace.

"You can rest assured we have," said Mr. Walker.

"And if we haven't," said the detective, "there is something more behind all this. I could not secure any exact facts, but it would be interesting to know what has become of the father of this family. It will take considerable money to make the investigation, but whenever you say the word, I am ready."

"What do you suspect?" asked Horace.

"Well, that's the trouble. I could not get anything definite. It was merely hints that I chanced upon now and then that seemed to indicate something was wrong. I tried to get more information, but no one seemed to know."

It was late in the evening when this conference broke up. Horace and the detective left the Walker home together. The detective resided in the same direction that Horace was going, and he was invited to occupy a seat in the carriage which was waiting at the door.

"You feel that this ought to fix him, don't you," said Horace to the detective, as the carriage rolled away.

"Yes, I do."

"But suppose the secretary refuses to

discharge him? Suppose, for instance, he has some good defense?"

"Then try to destroy his popularity with the active members of the Association."

"What have you to propose?"

"Oh, many things could be done. I understand he is said to be a great athlete. We could secure the services of some good man to go there, and prove that he is merely commonplace, as far as his athletic ability is concerned."

"Yes, that would be good. All the Y. M. C. A. members seem to swear by him. They think he is a wonder."

"They do, eh? What are his athletic specialties?"

"Oh, I believe he is a gymnast and a wrestler. He has a large class in sparring and I understand they think he has great ability in that line."

"Sparring, eh? Why, I know Jimmie Murphy, the champion of the Northwest, who arrived here a few days ago, and if I could get him to go up there, he would make Warner look like thirty cents."

"Say, that would be a bully scheme. How could you work it?"

"Oh, easily. Nobody knows Murphy in these parts. He can go up there and join the gymnasium and pretend to take lessons, and when there is a big crowd around he could sail into Warner and give him a fearful trouncing."

"Say, Binwell, you're great. That's just the idea. By Jove, that would simply put him in his place. It makes me mad when I see him walking around with his chest all swelled out as though he was somebody."

"Well, we'll fix him."

"Suppose you see Murphy anyway, and in case Mr. Walker fails to influence the secretary in our favor, you can be ready with your man."

At this juncture the detective's home was reached and he alighted, leaving Horace greatly relieved at the new developments. He felt that Emily would realize her mistake and renew their old relations, though it is needless to say that one of his shallow nature could never fathom the depths of Emily's character.



## CHAPTER IX.

The secretary of the Y. M. C. A., of which Charles was physical director, was a small, quiet and modest-looking man. He was the reverse of pretensions or bombastic. He had had charge of this branch of the Association, for several years. He made friends everywhere. He was in love with his work. He was alert and active, and the splendid success of every department was largely due to his untiring efforts.

The morning following the events just recorded, Mr. Walker could have been seen pompously mounting the steps of the Association building. He had made an appointment by telephone with the secretary, stating that he wanted to see him about especially important business. He was ushered into the secretary's private office, almost immediately after his arrival, and was greeted pleasantly. Mr. Walker was especially indulgent, and beamed upon the secretary unctuously.

"I have come to do you a favor."

"You are always welcome, Mr. Walker, and I assure you that you will have my personal appreciation for anything that you might do for our Association. You have helped us in the past, and I take it for granted you will continue to render us valuable aid."

"I am always ready to help the splendid work you are doing, and it is because of my personal interest in the work of your Association that I am here to-day."

"Well, I am at your service," said the secretary as he pointed to a chair at the side of his desk.

"I have come to talk with you about your physical director," comfortably adjusting himself in the chair indicated.

"Well, I hope you appreciate his efforts, for I hear nothing but good words of him everywhere."

"I am sorry, Mr. Wilder," but I haven't anything good to say about him. I feel that you have been imposed upon, and it is my opinion that the moral character of your members who deal with this man, will be materially influenced for the worse, because of his presence here."

"Why, Mr. Walker, you surprise me.

You must be laboring under mistaken impressions, for we know nothing against Mr. Warner. In fact, I hear nothing but praise for him."

"That may be true, but, as I have said before, you are laboring under false impressions."

"False impressions? Why, he has been here now for nearly a year, and you can learn something of a man in that time."

"And you know nothing against him?"

"Absolutely nothing against him, and everything to his advantage."

"I am surprised. Nevertheless I repeat that he is sailing under false colors, that he is not an honorable man, and I came here for the purpose of proving this statement."

"I'm ready to hear anything you have to say, but I should be sorry to learn of anything against Mr. Warner. It would be a blow to this Association to lose him. He has more than doubled the attendance and the interest in our gymnasium since he has been here."

"But suppose he does double the attendance and interest, if it is not the right kind, if it does not add to the moral strength of your membership, is that an advantage?"

"Certainly not, but as far as I can see, he has added to the moral strength of our members. They are not only stronger physically because of his influence, but the moral principles that he has advocated, and that he has followed himself so far as I know, have been of the highest character."

"All pretense. He is playing the part of a hypocrite."

"Now, Mr. Walker, I don't like to hear you say that. You will have to have some very strong evidence against him to convince me."

"Well, I have the evidence. Just give me your undivided attention and I will unfold to you a tale of perfidy that I believe will change your opinion of this man."

"It is certainly my duty to hear what you have to say."

Mr. Walker proceeded to give him the details of the information secured by Binwell, his detective. The secretary listened carefully to every word. Mr.

Walker seemed to feel as he ended his tale that he had not impressed him as he would have liked.

"Now, all this can be proved in every detail," said Mr. Walker, studying the face of the secretary for some favorable sign of appreciation. "He was engaged to this young woman and he refused to marry her without even giving an excuse."

"And solely on this evidence you have convicted him in your own mind of being a dishonorable man," interrupted the secretary.

"Yes, what more would you want? And then, look at his actions around here;" becoming angered at the secretary's failure to appreciate his story. "Why, here some time ago, you had an entertainment and he posed for your audience without clothing."

"Why, Mr. Walker, you aren't really serious," gazing calmly into the angry countenance of his caller.

"Serious! Why shouldn't I be serious? I was here, I had my daughter here."

"Now, look here, Mr. Walker, our ideas as to propriety of certain things would hardly concord. You say Mr. Warner posed without clothing. He was clothed from head to foot in ordinary tights."

"In tights! And you actually endorse such a vulgar display?"

"I highly commended the display before it was given, and have heard many complimentary references to it since the evening of the entertainment."

"What? Has no one complained of its vulgar character? Has no one been able to recognize its vicious influence?"

"Vicious influence? Why, Mr. Walker, you surprise me. Do you call an influence vicious which interests a young man or a young woman, for that matter, in building a stronger, a more wholesome and a more beautiful body? Why, do you know the influence of that entertainment has brought in a great many members, and if you were to see the fine specimens of manhood we have here that have been developed from miserable, emaciated weaklings, I really feel that you would have occasion to change your mind."

"It would not change my mind about

Charles Warner. He is a contaminating influence here. I see you are prejudiced in his favor, but if you were to do your full duty you would discharge him without notice."

"Mr. Walker, you are excited. You are not weighing your statements. If you can furnish me actual proof that he has been guilty of dishonorable conduct, I will, of course, do my duty as a secretary and discharge him, but you come here with mere rumors. In fact, your evidence may be nothing more than the gossip of enemies."

"Then you refuse to discharge this man?"

"How can I do otherwise?"

"Can't you recognize dishonor in his conduct?" persisted Mr. Walker; his face flushed with anger and resentment.

"There may be a possibility of dishonor, but your mere statement is not sufficient proof."

"What! Not sufficient proof? Do you know who I am?"

"Now, why get excited?"

"I am not excited. You are occupying a responsible position. I am presenting evidence to you, and you have refused to take action."

"I want more proof."

"My reputation and my word ought to be sufficient proof for you."

"Not in this instance, Mr. Walker."

"Then you can blast the reputation of this Association. You can keep this man in your employ, and you can reap the harvest of immorality as a result," declared Mr. Walker angrily as he strode to the door.

"I will investigate your charge, but I cannot act without further evidence," was the secretary's reply as the irate visitor slammed the door of his private office, too angry to make any further comments.

Mr. Walker was boiling with indignation as he descended the stairway leading from the Association building. He had expected more desirable results. He felt, however, that he could depend upon influencing the deacons of his church, and, at least, he would have the satisfaction of putting Charles out of the church. He believed that the young man would no doubt continue his policy of silence

when the charge was brought to his attention, and silence under such circumstances to him meant an admission of guilt.

The secretary was more perturbed than Mr. Walker imagined as a result of the interview with Mr. Walker. He realized the great value of Charles' work. The latter had aroused extraordinary interest in the physical department, and was a general favorite with everybody. He did not believe there was any truth in Mr. Walker's interpretation of Charles' conduct; but at the same time, he wanted to satisfy himself. He sent for Charles immediately thereafter.

"I have something of a very serious nature to discuss with you, Charles," said the secretary, as Charles entered his private office.

"I am at your service," the physical director replied, gazing frankly at the secretary, with a smile upon his open countenance.

"Mr. Walker was just in to see me, and he has made some damaging statements to me about you. He says we ought to discharge you."

"Why, Mr. Wilder, what can he have against me?"

"Well, for one thing, he doesn't think you wear enough clothes," said the secretary smiling.

"He doesn't! Well, let me know the next time he comes around, and I'll put an overcoat over my gymnasium suit."

"But seriously, Charles, he has made some statements that I think you ought to know about and have a chance to refute."

The secretary proceeded to give him the details of the statements made by Mr. Walker. Charles listened attentively, and his expression became serious, as he realized that this was no doubt one of the results of Dr. Jordan's work. He remained silent for a few moments as the secretary finished his tale.

"I hardly know what to say, Mr. Wilder. I was silent at the time of that trial for a double purpose. I had a good reason for breaking the engagement, a reason that justified me in every way. I hate to talk about it," a pained expression appearing on his features, and hesitating. "But you're my friend,

aren't you?" gazing down at the secretary.

"I am, Charles," reaching out and firmly grasping the hand that was extended to him.

"Well, I'll tell you the truth. You won't repeat it, I know. It's in the distant past, and no harm can come to the girl or to me from what I might tell you."

"No, you can depend on that."

"You're a married man, you've been in love, you know what it is, no doubt, to give everything in life, your very soul, you might say, to a woman. Well, that was my position. I trusted this girl above and over everything. She was my goddess, my very life. It is distressingly painful to bring all this back," hesitating momentarily as he endeavored to control his rising emotions. "I have tried to forget it and I have been partially successful. Well, one day some information was brought to me by a friend of mine against my intended. I knocked him down the moment the incriminating words came from his lips. I did not believe him. He promised to furnish proof. I scorned his proof. He left me with the blood running from the wound that I had made in my fury with the statement that he would prove the truth of his charge in spite of my efforts to the contrary. In spite of my trust, his words and his insistent attitude influenced me, and although I made no personal effort to learn the truth, the proof of the lack of fidelity of my fiancée was furnished to me in a most striking manner. All the time she had pretended to love me, she had been under the influence of another man, and I finally discovered the character of her relations with him, and immediately broke the engagement. The only way I could defend myself at the trial was to take the stand in my own behalf. I would have been compelled to blast the girl's reputation in order to defend myself, and I refused to do this. There you have the story. I hope you believe me."

"I certainly do, Charles, and I'll stand by you to the last ditch," grasping and strongly pressing his outstretched hand.

After remaining in the secretary's office for some time, Charles finally went

back to his duties satisfied that the secretary had unlimited confidence in him. This was indeed gratifying under the circumstances, as he realized that later it might be necessary to test his friendship in a much more emphatic manner than was required in this particular occasion.

Charles was an enthusiastic worker. He seemed to take a personal interest in every one of his students, and this, to a large extent accounted for their appreciative attitude towards him. He had not only succeeded in winning friends, but because of his extraordinary athletic ability his strength was a frequent topic of conversation by the various members among their friends. This was one of the principal reasons for the marked increase of attendance in the gymnasium. Charles was giving a great deal of attention to sparring and wrestling, feeling that these were most valuable for developing the strength that he considered necessary to real manhood. He had a large class in sparring, and some of his pupils had developed marked ability. The Association had secured a

number of members, who had come there especially for sparring lessons. He was, therefore, not surprised when he was accosted a few days after his conversation with the secretary by a well-built young man about his own size, who stated that he had joined the gymnasium especially for the sparring lessons.

"You look like a strong man. Have you been doing any athletic exercises?"

"Nope. My trade is brick-layin', and that developes some muscles, you bet."

"You'll find sparring will be far better for development."

"I'm willin' to give it a try. Fact is, I want to get into the fightin' business."

"We don't train fighters here, but we can teach you all you want to know about sparring."

"All right, boss, that's what I come for."

The supposed bricklayer winked his eye and smiled very broadly to himself as he went out the door of Charles' private office, and Charles went about his duties in the usual manner, oblivious to this new move on the part of his enemies.

*(To be continued.)*

## Some Information about Bananas as a Food

### TO THE EDITOR:

An article published in your magazine some months ago, entitled "The Banana as a Food," written by Charles Merriles, is by no means entirely correct. It is true that most bananas are eaten too green, but if Mr. Merriles has never seen a banana plant in its native tropical state he is lacking in actual knowledge.

A banana that ripens to full maturity on the plant is no better to eat than those that are imported into the United States or England. In fact the rind or skin of the banana will burst open when it ripens on the plant, and the fruit will get sour and somewhat woody, and will decay. Mr. Merriles claims that the best banana comes from Jamaica, but if he will ask some one who knows—the United Fruit Co., for instance—he will learn otherwise. Banana-flour, banana-coffee and evaporated bananas are still in the experimental stage. I do not know where one could buy the flour, coffee or evaporated bananas. It is very nice to write about these things, but let us have the whole truth in the matter. The banana is all

that is claimed for it, and when cooked in its green or ripe state, is a good, wholesome and nutritious food.

The natives of the tropics make more use of bananas in their green state than in the ripe. The principal foods of a native in the tropics, are bananas, beans, rice, pork and coffee—not coffee made of the banana peel, but from the coffee bean, and not boiled, but dripped so as to get every particle of strength out of the coffee.

Bananas are taken green, with both ends cut off, and soaked in a strong salt brine for twelve hours, then the skin is peeled off and the fruit is fried by dropping it in hot lard as one would to make French fried potatoes. There is much that could be said about the banana and modes of preparing it, but suffice it to say, that the banana fully ripened on the stalk by sunshine is no better than the banana fully ripened in a dark cellar with the gas burning brightly to put the banana through a sweating process.

Detroit, Mich.

W. J. BRAND, M.D.

# General Question Department

By Bernarr Macfadden

Our friends will please note that only those questions which we consider of general interest can be answered in this department. As we can only devote a small portion of the magazine to matters of this kind, it is impossible for us to answer all the queries received. Where the letters, however, do not require lengthy replies, the editor usually finds time to answer by mail. Where an answer of this kind is required, please enclose a self-addressed, stamped envelope.

## Eliminating Uric Acid

**Q.** Would you kindly advise me what diet will assist in eliminating an excess of uric acid from one's system?

**A.** Almost any cleansing, purifying diet would help materially to eliminate poisons of this nature from the system. As a rule, by merely avoiding meats of all kinds and using pure drinking water quite freely, you will be able to free your system from uric acid. In fact, the neglect to drink a sufficient quantity of water is one of the principal causes of an accumulation of this poison. Where this cause does not exist, then you would have to consider whether or not you are eating too heartily of meat. In some cases, however, the trouble is so deep-seated that even the changes advised do not remedy the trouble. In a case of that kind, fasting is usually advised, and an exclusive milk diet will also be of a great deal of aid, especially when following a fast.

## Cracking Joints

**Q.** My bones crack dreadfully, although I exercise regularly night and morning and have done so for two years.

**A.** The symptom that you mention indicates the lack of the lubricating fluids that are normally furnished to the joints. As a rule the active exercise of all parts of the body will slowly but surely remedy these unpleasant symptoms. Perhaps you are not taking a sufficient amount of water. You may be using water that is too hard, that is, containing too much mineral matter. In fact, most any condition that would be inclined to lessen general vitality will in some cases have a tendency to dry up the fluids of the body which furnish lubrication for the joints.

## Standing on the Hands

**Q.** Is walking or standing on the hands injurious? I have been taking this exercise for a number of years without feeling any ill effects, but I have been told that it will eventually lead to some injury to the brain.

**A.** You can rest assured that no injury to the brain will result from the exercise mentioned. Some self-styled authorities are gifted with a wonderful imagination. When they have no knowledge of a subject they pro-

ceed to make use of their imagination. Instead of being injurious, an exercise such as you name would help to keep the body supple, add to the strength of the spine and very materially increase the general vigor and vitality of the body.

## Running

**Q.** How far could the average man or woman run without becoming exhausted? Is running a short distance advisable?

**A.** The average man usually finds himself exhausted after running from one to three blocks. The average woman is usually exhausted if she attempts a quarter of this distance. The ability to run a considerable distance without exhaustion usually indicates more endurance than is possessed by the average individual, and you should remember that endurance is another name for vitality. If you will add to your ability to run a distance, you will also materially add to the functional strength of the body. Of course, this does not mean that one should go cultivate the endurance to the extent of that possessed by Marathon runners. Such extremes probably mean the loss of vitality, though I must admit these long distance runners seem to retain their powers to an age that might be termed fairly advanced. Most any man or woman can very materially increase this capacity to run at a moderate gait by persistent practice, especially so, if they will inhale and exhale harmoniously, that is by counting the steps and taking the same amount of time to inhale that you do to exhale the breath. Empty the lungs as much as possible during exhalation and thoroughly fill the lungs during inhalation.

## Treatment for Blackheads, Flesh Worms, Pimples, Acne

**Q.** I have been troubled for several years with fleshworms, pimples, acne, etc., on the face. Is there any efficiency in securing cleansing foods and blood purifiers? I have noticed others who endeavor to lead a physical culture life who are continually troubled with blemishes of the above nature.

**A.** The defects of the skin referred to are simply an external manifestation of an internal condition. The blood is endeavoring to eliminate foreign matter or impurities which have accumulated, through the skin, in the

form of these various manifestations. There are two methods of treating these symptoms. One is what might be termed local or direct treatment of the affected parts, and the other is constitutional treatment, that is, treating the trouble through the blood. It is a good plan to use both methods in order to get quick results. The best local treatment is the thorough use once or twice daily of a complexion brush, brushing the affected parts back and forth and in all directions until the skin is pink from the increased circulation induced by the friction. The best method of purifying the blood is usually limiting the quantity of food that is used and being careful to see that it consists of only those articles known to be wholesome and nourishing. A fast of one day occasionally is usually of considerable value, though the activity of the bowels is especially essential in remedying troubles of this kind. The free use of some pure drinking water and the avoidance of meats, pastries and rich food of all kinds, is usually necessary.

#### Diet of a Travelling Man

**Q.** I am travelling most of the time and find it impossible to secure a physical culture diet. Can you make any suggestions?

**A.** In making suggestions for a wholesome diet that can be used when travelling, one would have to consider how far the enthusiast has advanced in the study of physical culture. If he is following an uncooked diet, fruits and nuts with milk occasionally will furnish a satisfactory menu. These articles of food can, of course, be easily obtained. If he is looking for the ordinary cooked meatless diet, he will find some difficulty. The vegetables that are served in the average hotel in many cases have had a large part of the flavor removed. They are cooked by the boiling process and the water poured off, thus not only removing important nourishing elements but very materially injuring the flavor of the food. As a rule, if you will insist on using whole wheat bread, or rye bread, or if these cannot be secured, eat some health foods that are made of the whole grain such as Grapenuts, Triscuit, etc., you can be thoroughly nourished. In fact, the various prepared foods that are made from the whole grain of the wheat or corn would nourish one entirely if it was found necessary to live on such a strict régime, though if you do not care to restrict your diet in such an extreme manner, as a rule, a physical culturist can simply confine the diet mostly to plain foods and use but a moderate quantity of meat fasting one or two meals whenever the appetite becomes fickle. In this manner, one can usually maintain a satisfactory degree of health while travelling.

#### Remedy for Stoop Shoulders

**Q.** Will you kindly advise through your magazine some remedy for stoop shoulders?

**A.** This question has been answered frequently in our publication, though repetition of the advice is not out of place, because of the defect being so universal. As a rule, all those various exercises that use the muscles between the shoulders on the back will be inclined to remedy a defect of this nature. The mere act of bringing the shoulders back as far as possible two or three times a day, continuing the exercise until tired, will usually have an advantageous effect. Another very splendid exercise is to stand with the back against the wall, feet out about eighteen inches from the wall. Now bring the elbows up until on a level with the shoulders, then push backward vigorously, forcing the body outward, repeating the exercise until the muscles are thoroughly tired.

#### Sandals or Bare Feet?

**Q.** Do you consider the wearing of sandals equally beneficial to children as going barefooted?

**A.** As a rule, I would say that more benefit would be secured by allowing the bare feet to come in direct contact with the earth. Of course, sandals are a marked advance compared with the average almost airtight shoe, and are certainly a move in the right direction; but where one can go barefoot without causing undue annoyance, the practice can be most highly commended. I would like to see some of our readers follow a suggestion made by Mr. Williamson some time ago and form a barefoot club in many communities this coming summer. This can be especially advised in various summer resorts.

#### Curing Flat Feet

**Q.** Can the defects of flat feet be cured? Is the wearing of a steel arch advisable? If not, what methods would you recommend for remedying this complaint?

**A.** When the arch of the foot has been broken, it is sometimes impossible to ever remedy the defect. The support can be worn in many instances with advantage, though in order to entirely remedy the defect it is necessary to strengthen the muscles and ligaments on the bottom of the feet, which hold the arch of the foot in position. For instance, the exercise of bringing the toe of the foot downward as far as possible will very greatly strengthen both the ligaments and the muscles of the under part of the foot. I do not mean the exercise of pointing the toe, but the arching as much as possible of the instep of the foot. If this exercise is continued two or three times a day until the muscles are thoroughly tired, it will sometimes do a great deal towards helping to hold the bones in a proper position. Of course, it is better to take the exercise when in bare feet, as it is difficult to bend the foot in the manner mentioned when one is wearing a stiff-soled shoe.



## THE VIRTUES OF OUR METHODS PROVEN

### Cured of Long-standing Rupture

TO THE EDITOR:

For a period of about three years I have been a constant reader of your magazine. To say that I have benefited greatly both physically and morally, would be stating the facts of the matter in a mild way.

To begin with, a year ago I was cured of a long-standing rupture by following out your instructions on that subject. Then last winter I contracted a cold, which developed into what the doctors call la grippe. I got rid of that disease in four days by fasting and staying in bed. The next thing for me to undertake was the treating of my hair by natural methods. I reasoned that the cause of so many men being bald was due to the hat habit; so I discarded the hat, and though it seemed odd at first, the longer I remained without it the better I felt; and the healthier my hair became.

Why do men and women wear hats? There are perhaps three reasons why we should wear clothes. First, for decency; second, for warmth; and third, for display. None of these reasons, it seems to me, apply to the wearing of hats. The Esquimaux needs his seal-skin hood, of course, to keep his head and ears warm; but as a rule, there is no real warmth in the conventional hats worn by either sex. When a woman pins a ridiculous structure of straw and artificial flowers on the top of her hair, she does not imagine that it will prevent her from taking cold. Then, too, the ordinary man's hat is certainly hot on a warm day, and it is very far from warm in cold weather.

The photo shows the writer clad in a pair of overalls and Mexican sandals. It may have an odd appearance, to some, and to others decidedly "crazy" appearance. This I know: It is comfortable, even though it is not "stylish."

HARRY HERMANN.

212 S. Audubon Road, Indianapolis, Ind.

### Given up to Die—Now has Perfect Health and a Fine Figure

TO THE EDITOR:

I was given up to die with consumption some years ago, and cured myself in two years time through physical culture and deep breathing, using foods with the proper proportions of phosphates, carbonates and nitrates, to sustain the body equally. My splendid figure, fine bright complexion and perfect health I owe to right living.

ROSE GOTWALDT.

### Saved from a Needless Operation

TO THE EDITOR:

For the benefit of readers of your magazine I would like you to publish the following little experience of mine, showing how physicians of to-day soon resort to the knife at the poor human beings' expense. I was living in New York a few years ago, and during an exceptional hot summer I had an acute attack of indigestion, and consequently a general breakdown. This was followed by a pain in my right ear, that soon became unbearable, and at a friend's suggestion I went to an eye and ear hospital. After three weeks treatment I was getting worse instead of better, until one day I was told that an operation was necessary to relieve me of my trouble.

Feeling very weak at that time, and afraid of not being able to withstand the operation, I decided to pass a few weeks in the country, hoping to get stronger and be ready for the knife. But think of my surprise, after only a few days of country life, when I found that I was quickly regaining my health, and my earache was fast disappearing, and after three weeks of early rising, and taking the all-round work on the farm, as an exercise, I went back to New York, well and strong, not ready for the knife, but ready to fight against it.

I would like to know if those so-called specialists were aware of the nature of my ailment, or if they would have simply made me a tool for their own experience.

San Francisco, Cal. JAMES SCHIANTARELLI.

### Cured of Epileptic Fits

TO THE EDITOR:

I am about twenty-six years of age and used to take epileptic fits.

Since reading and taking the exercises in your magazine, I have cured myself. I have gained more than six inches within the last two months in my measurements through your exercises. Some muscles have gained a half inch, others one inch in that time.

818 State street, Boise, Ida. WM. B. DUNCAN

### Helps to Build a more "Beautiful" Life

TO THE EDITOR:

I owe much to PHYSICAL CULTURE in having learned from its pages the things that make for purity and the building of a more beautiful life, strong, yet pure. In its teachings I find principles of life we need to know of every day.

Your articles on raw food and inexpensive diet are especially valuable. May there be more of them. Yours for continued success.

Kansas City, Mo.

A READER.



Frederick J. Shaw, a prize contestant, of Peterborough, England.

Mr. Shaw says that he has read our magazine for years and has learned many valuable points from the information gained therein. He is a great believer in fresh air, and sleeps as nearly out-of-doors as possible. He is fond of swimming and rowing, and has made a special study of physical culture and frequently gives exhibitions, illustrating the remarkable results he has attained through interest in this subject.

**A Sandal Club—Underwent Operations She now knows were Needless**

TO THE EDITOR:

Since reading the article about the Girl's Sandal Club, I have often thought that a club of that sort would be a fine thing in Chicago. I have lived in this city for almost a year, but I have heard of no organization of this kind, I am sure that if one were started it would soon grow to be the most popular club in Chicago.

I have found that a walk of five miles, in the ordinary foot-gear approved by Chicago, tires me out, while fifteen miles is a thoroughly enjoyable walk when wearing comfortable shoes.

I hope these few words will reach some physical culturist, who is also tired of being uncomfortable for fashion's sake, and that by the time the warm weather comes a club will be organized here.

Your magazine has brought more health and happiness into my home than mere words will express. After my baby boy was born two years ago I underwent several operations, which at the time I thought necessary, though I now know that they were needless. Since then I have read your magazine and have become practically as strong and well as I ever was. My baby, too, is sturdy and happy and can walk three miles without stopping.

You have the most sincere wishes of my husband and myself for the success and reward you deserve for your noble work.

Mrs. V. R. SHORT.

409 E. 57th street, Chicago, Ill.

**Cured Herself of Catarrh—Age Seventy-one**  
TO THE EDITOR:

For many years I have been striving to carry out the ideas advocated in your magazine, but have met with opposition and want of sympathy, I am pleased to find so much that is helpful and useful in PHYSICAL CULTURE.

I am seventy-one years old, have not drunk tea nor coffee for nearly fifty years, and some of this time lived on two meals, and eat no meat, I grew fleshy eating twice a day of rice, apples and graham bread, and cured myself of a bad case of nasal catarrh. I have never worn corsets. Take dry rubs night and morning. Take deep breathing exercises, retire early. Sleep with windows open summer and winter, rise early, bath once a week, in winter, oftener in summer.

I do not eat stimulating condiments and do not use drugs, Read Dr. R. T. Thrall's works many years ago. Believe that stimulating food has done much toward causing the tobacco and alcohol habits. I am as active as I was thirty years ago. I live in the country, and avoid excitement or society.

Needham, Mass.

M. COBURN.

**Saved from a Life of Vice**

TO THE EDITOR:

I have been reading your literature for three years. It was the means of awakening me to the needs of a clean moral life. I have been saved from a life of vice and sin by following the high principles that I have found advocated in your publication.

Keep up the fight as long as you possibly can, and do not get discouraged. The benefit I have derived from your literature is worth my life to me.

I am enclosing you a clipping from *Hemlander*, a weekly Swedish paper, of what a doctor of London has to say about constant cleanliness. I am now of an entirely different opinion.

ALBERT L. SWENSON.

R. F. D. No. 2, Farwell, Minn.



### Gave Him Information Worth One Million Dollars

TO THE EDITOR:

I am a subscriber to PHYSICAL CULTURE and shall be as long as I am able to see. I am an old man, sixty-six years old, and I have been taking your magazine since last July or August. I recollect that the first one I got had a description of the sand cure in it, and also letters from persons who had been cured of bad cases of dyspepsia by taking sand. I am sorry to say that I lost track of it, but not till after I had taken about two pounds of sand. I have been troubled with indigestion all my life and for the last five years, up to the time I began the sand treatment, my stomach was so weak that I couldn't eat anything without using a dollars' worth of Pepsin each week. The last month before taking the sand I never went to a table and the only thing that went into my stomach was three glasses of buttermilk a day. After the third day I took the sand cure, my appetite returned and everything tasted good; nothing hurt me, and it doesn't now.

I can swallow anything that will go through my shirt collar. If one were to offer me a million dollars, they could not hire me to be placed back where I was before reading about the sand cure in PHYSICAL CULTURE. You can imagine how grateful I feel towards you, by the amount the information I gleaned is worth to me. It also cured me of constipation, which has bothered me for thirty years.

Hastings, Neb.

D. ROBERTS.

### Commendation from a Pastor

TO WHOM CONCERNED:

This is to certify that Samuel S. Everett, of Lynnport, Pa., a man of good family, prominent in his community, followed your physical culture methods under special advice.

Mr. Everett was suffering from eczema and dropsy, and was cured. While writing this letter, Mr. Everett, now eighty-one years of age, is sitting in my home in good health.

Previous to this, Mr. Everett was a very sick and helpless man. He had been treated by four different doctors, and a fifth, Dr. John Mack, of Slatington refused to treat him.

Jacksonville, Pa. J. M. MENGEL, Pastor,  
Reformed Church, U. S.

### Will Testify before God as to Value of Our Literature

TO THE EDITOR:

Not until I came across one of your magazines about six years ago did I see life in its full light. Now I have perfect command of myself, and I am trying to live right. I was subject to a habit which is worse than drinking, smoking cigarettes, or chewing tobacco.

I never knew the whole truth until I was seventeen, when I read one of your great magazines. I stand ready, at any time to testify, before God and man as to the physical and spiritual uplift of Mr. Macfadden's great work.

CHESTER E. THOMPSON,  
Box 365, Freeport, Me.

### A Young Hercules

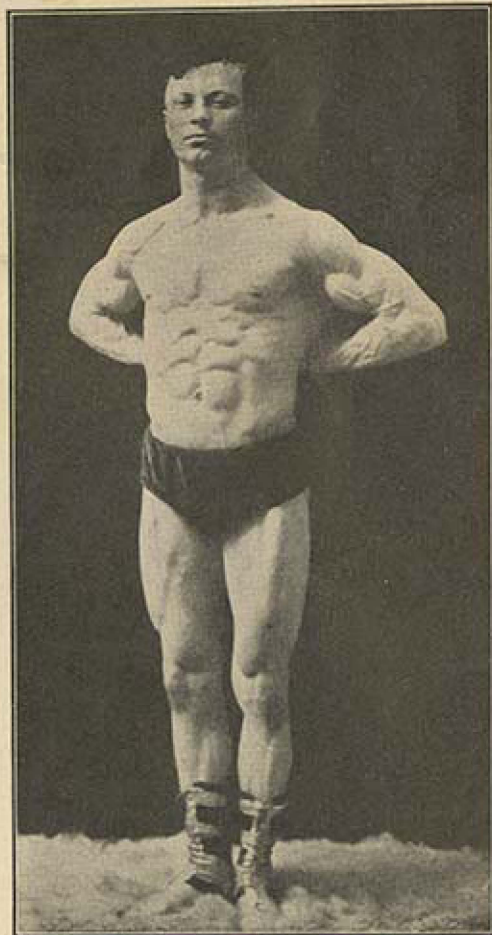
TO THE EDITOR:

I have been a reader of your magazine for almost three years, and would like to inform you how I have improved under your system of training. I have taken exercises since fifteen, but never got very strong until I started training according to your teaching. I have eaten only two meals a day for the last two years, and am feeling stronger every day since. My meals consist mainly of nuts, fruits, cheese and eggs. I have not eaten meat for two years. I am 21 years of age, and weigh 155 pounds.

Neck, 17 inches; chest, natural, 40 inches; chest, small, 36 inches; chest, expanded, 45 inches; waist, 32 inches; thigh, 23 inches; calf, 16 inches; arm, flexed, 16½ inches; my best lifts are as follows: right arm, slow press, 220 pounds; left arm, slow press, 200 pounds; both arms, jerked, 265 pounds; both arms, lift, 230 pounds.

While lying flat on my back, I have pressed up with both hands 300 pounds.

515 N. Clark St., Chicago, Ill. K. CLEMENTS.



K. Clements, of Chicago, Ill.

**Cured of Consumption**

TO THE EDITOR:

For several years I had cold hands and feet and had "the blues" all the time. Then for three years I suffered terribly every winter with a granulated throat. It was never free from irritation except the few hot summer months and in winter my voice was often gone entirely. If there was frost or much moisture in the air, it was always much worse and the pain in my throat was then almost unbearable. Doctor's drugs and local treatment helped very little.

Then I began a common-sense treatment. I took a cold sponge bath every morning and made it strong with sea salt. I had always slept near open windows, but now I slept close to a door opening directly outdoors. This door was never closed—(a porch roof above it kept all storms from my bed), and the baths and pure air at night and exercise in a vegetable garden during part of the day, in a few months improved my general health and circulation so my feet and hands were always warm and my throat trouble gone.

I dressed in a warm room and the sponge bath was of the temperature of the room. The cotton blanket on the bed I pulled over my head in the winter—leaving only my face exposed. For two winters I slept close to this open door. The thermometer went as low as twelve degrees below zero, and I never felt cold. I gained health and flesh and never have a cold and I never bundle my throat and seldom think of a wrap when going to a neighbor's, no matter what the weather.

And all this, from just using fresh air, cold water and the common-sense the Lord gave us, and using them *freely* as they are given. They tell me I am a crank on cold air and cold water, but I know what they did for me, after the doctor said I had consumption, so I shall continue to be a crank, as long as it is the means of keeping me well and happy.

Another in my family has been benefited nearly as much by the same treatment. I will gladly answer any question or give more particulars to any one interested.

(Mrs.) BERTHA M. BAUMANN.

118 Tennyson Court, Elgin, Ill.

**A Physical Wreck Saved**

TO THE EDITOR:

Having spent seventy-five dollars with two alleged catarrh specialists and a great amount more for patent medicines to cure dyspepsia and catarrh being almost a physical wreck. In 1900, through a friend, I came in contact with your literature and I have been a well man since I adopted its teaching. I have taken three fasts, two of four days and one of ten days, receiving good results. I have lived in the tropical climate of Guam two and a half years and have not been sick. I have seen most all the other men sick at the hospital different times. I have advocated your literature so strongly these eight years, that I have often been told I ought to be a physical culture teacher.

Agaua, Guam. CHRISTIAN F. KRABER.

**Secured \$10,000.00 in Value from Physical Culture**

TO THE EDITOR:

Eight years ago I was taken with nervous prostration from overwork, so much so that I could hardly hold a pen in my hand, and could not sleep at night, so I went to a medical doctor, a personal friend of mine and followed his instructions very carefully for nearly four months, with no relief, just simply getting worse from week to week, so he advised me to quit work, and as I was in line for promotion, and I knew the vacancy would be open any day I did not like to quit, so I kept on working and taking the dope.

One evening I stopped at the book store, and saw the first ray of hope in PHYSICAL CULTURE. I followed your suggestions carefully, and the second week I noticed a change for the better, and each week thereafter I added just a little more work, and after the second month, I began to sleep at nights, something that I had not done for a year, and at the end of the first year my nerves was as steady as when I was twenty years old, and my work was no trouble to me at all, and every one would come to me and say your are looking fine, and the people that I was working with noticed the great change, but of course it took lots of good hard pleasant work, but your bill was \$1.00 and my friend the nerve specialist was \$18.00 plus a drug bill of \$10.75.

A young lady here of a poor family, was suffering from an attack of appendicitis, and the family medical doctor said that she must have an operation at once, so I being an old friend of the family, I asked her to try taking bran twice a day and olive oil once, and that is three years ago, and she has not had a return attack since and is the picture of health. And I have two other cases here that have followed your methods, and have received relief.

*Now in conclusion will say that I would not take \$10,000 in gold for the benefits that I have received from your methods, of course it took some hard work, but the benefits received made the work a pleasure.*

M. J. McMANUS.

927 Westminster street, St. Paul, Minn.

**Worth more than all other Publications**

TO THE EDITOR:

I would like to express my thanks for the noble work accomplished by your magazine PHYSICAL CULTURE. It is worth more than all the other publications on earth, and is doing more to uplift and benefit humanity, than all other forces combined.

Wishing you prosperity and success in this grand work which you have undertaken, I am,

WALTER W. BROWN.

Leadville, Quebec, Canada.

**Once a Miserable Wreck—Now Mother of two Children—Praises Our Literature**

TO THE EDITOR:

Once a miserable wreck, mentally and physically, I am now a healthy and happy woman, and a proud mother of two healthy children, all due to PHYSICAL CULTURE magazine.

Winfield Jet., Kansas. MRS. MARY MRAZ.

## Comment, Counsel and Criticism by Our Readers

If, at any time, there are any statements in **PHYSICAL CULTURE** that you believe to be erroneous or misleading, or any subject discussed regarding which you take issue or upon which you can throw additional light, write to us, addressing letters to this department. We intend to make this a parliament for free discussion. Problems that you would like to see debated, interesting personal experiences, criticisms, reminiscences, odd happenings, etc., are invited. We shall not be able to publish all letters, but will use those of greater interest to the majority of readers. For every letter published we will present the writer, as a mark of our appreciation, with a subscription to **PHYSICAL CULTURE**, to be sent to the writer or to any friend the writer may designate. For the convenience of our office, kindly write us after the publication of your communication, giving name and full address of the person to whom you wish subscription to be sent.—Bernarr Macfadden.

### Beats Weston's Record

TO THE EDITOR:

I wish to inform you concerning my walk last April against Weston's time. I presume you have heard about it. I started out of Portland and the first day my partner gave up and left alone I walked to Great Barrington, Mass., where I remained over Sunday, twenty-six hours ahead of Weston's time. The following day I met with an accident to my left ankle, which compelled me to abandon the trip.

Like every one else I have ideas of my own, and ever since I can remember I hated meat as a food. I am a young man of twenty-three years of age, weigh about 125 pounds and measure 5 feet 2 inches in height. Am a French Canadian and belong to a very rugged family. My grandmother, Mrs. Caroline Beaudin, 89 years of age works nine hours a day in a paper mill, which I believe is a very rare thing.

I am the smallest pedestrian known, and the distance that I can cover amazes every one who sees me. I will start for Montreal, a five day's trip in the near future, I have a trainer now, who is a noted wrestler, and I want to be trained under your methods, as I believe in physical culture.

I will undertake Weston's walk from Portland to Chicago next October, and will walk to Montreal this spring as a preliminary. I am confident I can beat the record.

Last spring I was almost barefooted, slept by the roadside, ate what I could obtain and never had a rub down for the entire trip of 354 miles in 6 days.

ARSENE BEAUDIN.

89 Commercial street, Adams, Mass.

### Quotes from Doctors and Druggists

TO THE EDITOR:

Several years ago I heard of your magazine through an individual who made many remarks that were complimentary to you, but because of certain positions that you assumed which he considered extremes, declared you a "crank."

Being now a travelling man and frequently having spare moments after my day's work, I

usually peruse magazines and books at book stores for up-to-date reading.

Whilst glancing through the flotsam and jetsam of the printing press, I came upon a recent issue of the **PHYSICAL CULTURE** magazine; and remembering the remarks of the gentleman referred to above, felt somewhat curious to know wherein the editor was cranky. I purchased a copy and have read it from cover to cover with intense interest and gratification. Your advocacy of purity of thought and correct eating, combined with requisite systematic bodily development cannot be too often repeated and that in the most forcible and practical English; these three are surely the only source from which true manhood and womanhood take their rise.

Your attitude toward the medical men and druggists is in no way unfair, as the writer can show from their own statements; rather indeed, they are wonderfully mild, as the following dialogue will prove

Conversation between the leading doctor and the writer in a town of 12,000 population, in Arkansas, recently:

TRAVELLER.—"Tell me, doctor, what percentage of people, that apply for treatment need medicine?"

DOCTOR.—"Well, brother, only about five per cent of the people have anything wrong with them."

TRAVELLER.—"What do you do for the 95 per cent.?"

DOCTOR.—"Oh, give them a harmless mixture, consisting of say, water and a coloring liquid added."

TRAVELLER.—"To what cause do you attribute the sickness of the five per cent.?"

DOCTOR.—"To their own carelessness, wrong doing, or ignorance."

TRAVELLER.—"But doctor, why not tell the people what is the cause of their sickness and educate them, so that they will not be subject to these dread diseases?"

DOCTOR.—"I'd be compelled to tell them to scour out the sink in the kitchen, clear away decaying garbage, fumigate the drain, eat suitable food and masticate it thoroughly; take proper exercise and breathe deeply and so forth."

TRAVELLER.—"That's what you'd surely have to do, sir."

DOCTOR.—"What do you think would happen to me if I told them that?"

TRAVELLER.—"What, doctor?"

DOCTOR.—"They'd drum me out of town in twenty-four hours."

TRAVELLER.—"Better that, doctor, than be a hypocrite and fool the people!"

This conversation has been duplicated by the writer and other doctors on many occasions in various states.

On another occasion the writer slipped into a drug store in a town in the north of Arkansas, when the following conversation took place:

DRUGGIST (after preliminary conversation).—"And you don't take medicine!"

TRAVELLER.—"No, sir—haven't for seven years nor my family either."

DRUGGIST.—"How do you get better when you're sick?"

TRAVELLER.—"Now, Mr. Druggist, don't you know that people get better quicker without drugs, than with them?"

DRUGGIST (Leaning over counter and speaking confidentially).—"Look here old man! I've never taken a drug in my life and I never will; and I'd have to be very seriously ill before I'd call in a doctor!"

The champion in the cause of right in his day, has ever been counted an enemy to mankind, but the results of your labors will fall in "showers of blessing" upon the heads of countless thousands of future generations. This is the reward of all truly great reformers.

Zion City, Ill.

EDGAR J. HARRISON.

### The Bible and Physical Culture

TO THE EDITOR:

In a recent issue of PHYSICAL CULTURE, I noticed, in an article entitled "The American Prude Abroad," a statement made by one of those who figured in that article, that Eve was "forced to put on clothing," because she had sinned. Now, this idea had always been in my own mind to a certain extent, although I, of course, made no distinction in that way between Adam and Eve. I am one of those who regard the Bible as the Word of God, and, therefore, the standard, with which every man should compare his life; and in so far as his life differs from the standard, in so far he is not true man.

I also believe in physical culture, and can see nothing which should be regarded as wrong in a nude body. The best thing to do is to take this idea to the one Standard and see if it tallies with it. In Genesis 3, 7, are the following words: "And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons." Lo! We find that Adam and Eve having done wickedly *themselves*, clothed themselves; improved upon God's work! They had indeed become wise! Afterwards, God made "coats of skins and clothed them." (Gen. 3, 21.). Would not the interpretation of this be that God had pity for their shame and wretchedness, and took this means of partially comforting them? Just as

a mother, when her child has done wrong, puts its face against her shoulder, and comforts himself by hiding it.

Is it not true that Christians as a class think physical culture, and the doctrines it promulgates, contrary to the rules of guidance which they have ever been taught to observe? If this were really so I for one would say, "down with physical culture;" but it is not so. It is simply an idea that has grown without any reason, and because of its universality, people suppose that it must be all right, and because every one else thinks it is.

The following is an incident in my own experience, which shows the mind (or lack of mind), of a large number of people, reflecting the thoughts of even their more highly educated neighbors. A number of ladies had attended a meeting at which a missionary from China said that the children of that land wore little or no clothing up to a certain age. One of the ladies afterwards mentioned this in the hearing of another who said: "I suppose that is the way we all should have been going around if Eve hadn't eaten that apple, wasn't she naughty, or was she good? I guess we think she was good." Imagine a statement like that coming from one who supposedly had a rational mind, and it is most unlikely that her idea was original.

There is nothing extraordinary in the fact that anything which remains quiet for a great length of time, becomes covered with dust, until at length it is nearly impossible to separate the thing itself from its artificial covering. It is the same with the Church, it must be cleansed, purged, disinfected continually, or it would not be long before it would scarcely be within the limits of the possible to distinguish between the tenets of Jesus Christ and the traditions or ideas of some of the members of the Church.

One more point in favor of physical culture: one not infrequently hears remarks to the effect that the speakers do not believe in telling children too much, they read enough such stuff in the Bible. The fact that "such stuff" is to be found in the Bible is a guarantee that it is pure, good, and true.

But the Bible is not delicate or nice enough for some people. It is such a pity they cannot eliminate the objectionable passages in it, it would then be so much more proper.

RUTH BALL.

### From a Canadian Reader

TO THE EDITOR:

I take pleasure in testifying to the benefit derived from the reading of your magazine; and while I have had no particular weaknesses so far your methods and health-giving studies have been an education and the means of bringing to me greater enjoyment and endurance.

I thank you for this and trust that the great work will go on for it will succeed in bringing strength and life to hundreds.

Montreal, Canada.

KATE FRASER.