

PHYSICAL CULTURE

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

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THE EDITOR'S VIEWPOINT

THE continued advance in the price of meat has finally aroused the ire of the general public. As a result, there have been meat strikes in many of our large cities. It is unusual to hear of a boycott on meat. But a few years ago meat was considered as essential to life and health as air and water; in fact, one might say it was looked upon as the "staff of life." Why this remarkable change? When the unthinking public decide that they can actually do without meat and still maintain life, it certainly indicates a marvelous mental revolution. It also indicates an extraordinary interest in the reforms that have been advocated by PHYSICAL CULTURE, since its first issue. This is an illustration of the great results that can be accomplished when one will keep hammering away with a particular object in view. It is gratifying to observe the public's gradual acceptance of every one of the principles that we have so long and so emphatically upheld.

THE RECENT MEAT STRIKES

Paradoxical as it may seem to the unenlightened, the increased price of meat unquestionably will be of very great advantage to the public. At least it will induce thinking men and women, and a few who do not think, to give some consideration to the subject of scientific dietetics. The more one studies this subject the more one is compelled to realize that meat is not by any means a necessary article of food, for one possessed of a healthy stomach. One should also remember that when meat is not obtainable, one is not by any means deprived of animal food. For instance, milk and eggs and cheese, and the various products of the dairy, are animal foods, and they practically take the place of meat as far as nourishing the body is concerned, even for one who has the impression that an animal diet is necessary.

Such an impression, however, is entirely unjustifiable. Meat is not necessary to life or to health; in fact, none of the animal products are necessary to health. There may be conditions of disease where animal food, such as is found in milk and eggs, is absolutely essential to the building up of the vigor and vitality that is lacking under certain circumstances. In fact, there may be diseased conditions where red meat can be used with advantage, but a careful study of the diet question and the physical condition of those who perform various duties, will convince one beyond all possible doubt that an animal diet predisposes towards disease. In other words, one is inclined to fill the system with poisons and effete matter which clog the tissues and which are the cause of serious acute and chronic diseases. For instance, when one is suddenly attacked by some acute ailment, red meat is about the first thing for which he will lose his appetite, thus proving, at least in cases of this kind, that the human instincts cause one to turn against food products of this character when the body is struggling to free itself of disease.

There are many writers who grow rabid when they imagine that they have occasion to attack the meatless diet. Their own experiences, of course, have led them to believe that meat is absolutely essential to the maintenance of the human energies. Those who indulge in these vituperative attacks usually know nothing about the meatless diet, so far as personal experience is concerned. They have been so emphatically convinced of the fallacy of existing upon a diet of this character that they do not even consider it worthy of a test, though they can in many instances give you startling details on dietetic subjects. In some cases they are even profound reasoners, though they deal with theories only, and their conclusions have been largely founded on prejudice and precedent.

I say to every one of my readers, approach the subject of diet in an unprejudiced manner, keep an open mind, do not be biased. Begin your investigations with a mental attitude of this character, and then proceed to try various forms of diet for yourself, through actual, personal experimentation. Do not, however, make experiments of this kind without some knowledge of the subject. If you intend to try a meatless diet you should secure those articles of food that furnish the nourishment that you have previously secured from meat. It is also a good plan, where there is no especial need of haste, to make the desired dietetic changes very slowly. In other words, do not make a radical change in your diet in one day. If you are in the habit of eating meat three times a day, gradually introduce meatless dishes into your diet, lessen the quantity of meat you consume at each meal and use it but twice a day. Gradually, as your taste for the various vegetables, grains, nuts and fruits is cultivated, you will probably find that your appetite for meat is materially lessening, and almost unconsciously you will find yourself eating an increased quantity of other foods.

In other words, my advice to one who is desirous of trying a non-meat diet would be to make the change in accordance with the dictates of his appetite. In nearly all cases he will find that as his desire for the non-meat dishes gradually increases, the meat will eventually lose its attraction. This result can be predicted in every case when one will take the trouble to thoroughly masticate his food—that is, to chew every morsel of food to a liquid before it is swallowed. When the diet is gradually changed in the manner suggested there will be no shock to the digestive organism. Slowly but surely, day by day, one will eat more and more of the simpler food products, and meat will no longer be craved. I do not say that one will entirely lose the appetite for meat. One may occasionally become "meat-hungry," and I would advise, in nearly every instance, when one possesses an appetite of this character, that one satisfy this appetite. The particular reason for giving advice of this sort is that this kind of craving for meat is usually occasioned by an exaggerated conception of the palatable qualities of meat, and the taste of it, under such circumstances, is nearly always disappointing. In other words, it does not taste nearly so good as one anticipates that it would. Under such circumstances the craving for meat is satisfied, and one will gradually turn to other foods that are usually more pleasing in character.

Franklin A. White, a Harvard expert in dietetics, claims that you can live on twenty cents a day. He states that corn meal, butterine and other butter substitutes, cheap syrups, herring and potatoes will supply all needed nourishment. He states that most of us neglect the cheap nutritious foods because we do not care for their flavor as much as we do for the more costly foods.

Mr. White's contention that we can live on twenty cents a day can be easily sustained. In fact, if one were compelled to adopt a very strict regimen, there are many wholesome foods which nourish all parts of the body, and upon which we could live for an unlimited period, and that, too, without any cooking, if such extremes were necessary. For instance, one could live on uncooked rolled oats—just as you buy them from the grocery store—alone, if it were necessary, and by adding a little milk, or perhaps some sweet fruit, to this rather plain food, one would find the diet quite palatable if really and truly hungry. One could live on rolled wheat, such as can be purchased in most any grocery, and by adding raisins, dates, and perhaps some milk, one would be able to maintain one's weight and strength, perhaps more completely than

by consuming the ordinary mixed diet. I am personally acquainted with a young woman and her husband who lived on rolled oats alone for several months, and they both possessed extraordinary strength, thus showing that a very plain diet is very often more productive of health and strength than the complicated meals that most of us consider essential.

The elimination of meat from the diet will prove a decided advantage in every instance. One will thus gain vastly in endurance, both mental and physical, and if the diet contains the proper food elements, in many instances there will be a gain in actual strength.

The more one experiments with scientific dietetics the less use one will have for meat, or other animal products, provided the digestive organism is free from disease or functional disturbances.

ACCORDING to the statements of the wizard of electricity, Thomas A. Edison, within a few generations all unpleasant manual labor will be done by machinery.

Human want and drudgery will have been eliminated, and men will only work with their brains. Man's environment will at all times be wholesome, and pleasing in character. This is apparently a very pleasant prediction, but if the time ever comes when the necessity for manual labor disappears, when it is no longer needful for us to

EDISON'S UTOPIA WILL ELIMINATE WORK

use our muscles, it will begin a period of degeneracy that will soon lead to oblivion. There seems to be a strange sort of theory in the minds of many people to the effect that all manual labor is menial, and lowering in its influence on mind and body. There was never in the history of the world a greater or more menacing falsehood. I know that the present generation turns away from menial work of all kinds. Farmers and laborers who have earned their daily bread through laborious toil usually educate their sons and daughters to avoid the necessity of menial labor, but does the succeeding generation gain by being thus quickly thrust into the whirlpool of brain work? Are not such sons and daughters usually weaker than their fathers? Is not the succeeding generation still weaker, and does it not frequently terminate the existence of the family tree?

No, Edison's dream will never be realized. We have been looking down upon labor, we have been moving away from every physical effort with gigantic strides in the last few generations, but we are nearing the time when the pendulum will swing in the other direction. We are nearing the time when manhood and womanhood in their most superb perfection will be recognized at their true value.

It is not inventions, electric or otherwise, that are most needed at the present time. It is a more clear understanding of the principles that have to do with the building of a superb human race. In the past the time of students and scientists has been devoted almost entirely to that species of enlightenment which brings financial reward. We have grown materially in riches, but are we wealthier to-day in men or in women than we were in years gone by? I am not speaking of numbers, I am speaking of the value of human characteristics. Are the men of to-day more stable in character, more honest? With the polish and the so-called refinement that is considered so essential in these times have we at the same time secured characteristics that might be termed more manly or more womanly than those possessed by our hardy pioneers?

The statement is often made that the human race is to grow weaker, but wiser. Why should weakness necessarily accompany wisdom? The right sort of wisdom should really teach us to add to our strength.

I cannot look forward to the time when humanity will find happiness in inactivity, and doubt that the human race can advance while working with the brain alone. We have been worshipping brains until you might say we have become monomaniacs on the subject. It is about time for learned men, so-called, to realize that there is something else necessary to a human body besides brain power; that there are other parts of the

body that need attention and cultivation. Development and success and happiness will reward the men of the future who recognize the necessity of developing every part of the human organism. A man must be a whole man. Imagine a great brain, if you can, on a pigmy body. Does not the weakness of the body impress its inefficiency upon the brain? No matter how much learning you may have, your character cannot be stable, your convictions cannot be strong, your will be weak and wavering, if you do not possess the nervous energies that come with a strong, well made body. A strong man in every sense of the word, is complete in every part. A weak man is incomplete. He is wavering and cowardly. He is afraid of his own convictions. He is often afraid of himself. A Utopia to my mind would be a world in which there is a pressing need for the active and even strenuous use of all the powers possessed by man. It is only through the use of these various powers that they are developed to their complete perfection, and when they lie dormant they are rarely developed, and even if developed they soon waste away. The manual workers of one generation furnish the brain-workers for the next. Sometimes the brain-workers furnish another generation of brain-workers, but the tendency of brain work alone is towards dissipation, degeneracy, ruin and oblivion.

THERE is a vastly increasing demand for experts who are familiar with every detail of the methods of treating disease advocated by this publication, and with the various health- and strength-giving principles that we have dwelt upon at frequent intervals. Physical directors, or health directors, as we frequently term

SUPPLYING DOCTORS AND PHYSICAL DIRECTORS

them, are being turned out at schools in every part of the country. Many of these institutions, however, are conducted in accordance with the ordinary medical theories. This means that they have little or no knowledge of the value of natural methods in the cure of disease. The various physical ailments from which mankind suffers, are a deep, dark and impen-

etrable mystery to the graduates of these schools.

Now there are a great many doctors who are in hearty sympathy with the theories which we are advocating in this publication, and there are many physical directors who believe in our propaganda in its every detail. There are numerous communities wherein these drugless doctors would find a most hearty welcome. The citizens of many localities have lost faith in medical methods, and have acquired a confidence in the methods we advocate that has made them yearn for a competent adviser who could furnish detailed instruction for the care of ailing persons.

Now we believe it is our duty to help our readers and friends in the various parts of the world to secure doctors who will treat them in accordance with the drugless methods that we advocate, and we would be glad to hear from prominent persons in various communities where drugless physicians are needed. I am inclined to believe that it would be far better, however, for a number of families in such communities to adopt the Chinese plan of remunerating their doctors. The Chinese doctors arrange to care for a certain number of families, and they are allowed a certain income from each family as long as ill members of the family enjoy normal health, but when any client becomes ill, the doctor's income from that family is supposed to cease. This is not intended to be a detailed description of the Chinese practice, but it gives us an idea that I think we could follow with very great benefit. In other words, I would suggest that a number of families in a community pay a certain amount each month for the advice and services of a physician, and that the physician should give all the attention needed, regardless of what it might be, without any additional charge. It would then actually be to the financial advantage of the physician to keep his patients well, and even if he is guided entirely by his selfish instincts, it would still be to the advantage of his patients. At present it is to the financial advantage of the physician to prolong the sickness of his patient.

Many business men pay an attorney so much a year for attending to their law business, and as a rule they gain vastly by a policy of this kind, for under such circumstances it is to the advantage of the attorney to keep his client out of legal difficulties. We will be pleased to hear from doctors who might feel that they could competently advise in the treatment of all diseases through drugless methods, and will also be pleased to hear from communities who might be desirous of securing the services of such doctors.

We can make the same statement as to physical directors, or health directors. Those who are desirous of securing the services of men or women trained with a full understanding of the curative and vital building value of our propaganda can communicate with us, and we will do our best to supply their needs. Remember, a physical director should know something more than a system of movements for developing the body. His knowledge should extend beyond a few gymnastic feats. He should know something of diet; he should realize the value of scientific body building. He should be invested with the enthusiasm that comes with a thorough understanding of really scientific methods. Physical directors who are fully imbued with the value of these methods of body building are immensely more valuable than those who lack the enthusiasm that accompanies this thorough knowledge. If you are desirous of securing a physical director of this kind to arouse the enthusiasm of those in your community for manhood and womanhood of a superior type I would say that we consider it our duty to help you secure the services of men and women of this character. As a rule, the demand exceeds the supply, but those who may desire such services are invited to write us, and we will do the best we can to supply your needs.

IN Chicago we have a real health department. There are apparently men behind this department who are capable of doing some thinking on their own account.

They are apparently not of the opinion that consumption comes entirely from the habit of spitting. To this extent they differ very materially in their theory as to the cause of this dreaded disease from the New York health board. In New York they are wedded to the germ theory. They are wedded to it so emphatically that they look upon the spitting habit as the most important cause of consumption. The Chicago

CHICAGO'S PRO- GRESSIVE HEALTH DEPARTMENT

health department seems to be alive and awake to the dreaded evil of impure air. They are continually emphasizing the necessity for ventilation in their combat against consumption. They are even so bold as to make the statement that cold feet, or wet feet, do not invite pneumonia or colds. In one of their recent articles we find the following statement: "Every time your feet get cold mark it down, and see how often you get a bad cold; do the same thing every time you get your feet wet. You will find that your ideas about cold feet or wet feet have been more wrong than right." You can readily realize what a courageous health board we have here in Chicago when they dare to make a statement that opposes the wet feet superstition. When you are looking for progress away from the prejudice and ignorance of the past usually you will have to go West to find it. Until recently the duties of health boards were usually confined to vaccination, and to the carrying out of the rules made by themselves for the protection of the public against contagious diseases. The Chicago health board seem to be impressed with the fact that they have other duties to perform. In other words, that they should present to the general public all the information that is essential to assist in the building of health and strength which is necessary to bring immunity from all disease. Chicago is building a sanatorium for the treatment of early cases of tuberculosis, at a cost of half a million dollars. Several of the schools have experimented with the open air treatment for consumption, with splendid results. There are playgrounds in various parts of the city which the children are encouraged to use. There are sixteen free public baths, and also free bathing beaches in the summer. All this proves that the Chicago health board does not intend to be a

back number, and Chicago citizens are reaping a rich harvest as a result of the wisdom of this department.

TO be born into the world with at least normal powers should be the inalienable right of every human being. No one can question the great influence of the environments of the mother previous to the birth of the child. Is there no difference between the vitality possessed by the child that is strongly desired, that brings a song to the lips of the mother every time she thinks of its coming, and the unwelcome child; the child that comes unbidden; that comes often in spite of efforts that are made to the contrary? Who can question that there would be a marked difference in the inheritance of these two children? And if there is a difference, is it not the duty of the government to do what it can to protect these future citizens, not only after birth, but before birth? Should mothers not be given some consideration?

THE UNWELCOME CHILD

Must mothers who are carrying the responsibility of the future of this nation be compelled to depend upon private charity for that which is absolutely essential to the vitality of their progeny and even the future of the nation? Motherhood should be respected. It should be more than respected; it should be exalted; it should be deified. A child should never be allowed to come into the world unwelcome, and a child is rarely unwelcome unless it is because of economic conditions, and the least that could be done would be to arrange for comfortable accommodations and a congenial employment for possible mothers.

We are now spending millions of dollars for the purpose of saving those who are suffering from consumption, and various other complaints. Would it not be far wiser to adopt those means which would be essential to secure such a high degree of vitality that such disease would not exist?

If we would take better care of the mothers, if we would give infant life more consideration, the need for hospitals and free sanatoriums would quickly disappear. If half the money that is now being spent to treat the sick was used to build the vitality in our growing boys and girls essential to avoid sickness, humanity would be far better off morally, physically and financially.

Let us exalt motherhood, and place it in its proper sphere. Let us take it away from the vile and the vulgar, and let us bow our heads in reverence at all times to the coming mother.

Bernarr Macfadden

REMOVAL OF EDITORIAL DEPARTMENT.

Address all mail intended for the Editorial Department to BERNARR MACFADDEN, the Bernarr Macfadden Healthatorium, 42nd Street and Grand Boulevard, Chicago, Ill.

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Exercises for Chest Development

VARIOUS MOVEMENTS OF VALUE IN INCREASING
THE MUSCULAR DEVELOPMENT OF THE CHEST

By **Bernarr Macfadden**

IN this issue I am presenting a chart that gives some very practical hints on developing the muscles in the region of the chest. The exercises illustrated can, in fact, be used to advantage at any time.

You will note in the illustrations that I have used books as weights. If very large books are used they will of course demand a material increase in the strength of the grip, at the same time developing the muscles of the chest. Remember that each of the exercises illustrated should be taken until a distinct feeling of fatigue results from the efforts expended. This is necessary to insure a satisfactory supply of blood to the tissues of the muscles employed. Furthermore, the degree of development attained is far superior when the muscles are tired out in this manner. Of course, I do not mean that the exercises should be continued so long that the fatigue is severe enough to actually cause pain. This is not at all necessary: in fact, it is liable to be ultimately harmful. Simply remember the necessity of thoroughly and healthfully tiring every muscle used in any exercise that you take.

EXERCISE A is shown in illustration Number 1 and Number 2. This exercise brings into active use the large flat muscles on the front of the chest. Starting with position Number 1, bring the books inward as far as possible, until the arms cross each other, keeping the arms near the body, as shown in illustration Number 2. Allow the arms to go back to previous position and repeat the exercise, each time alternating the arm which is brought underneath. Be sure in this exercise, to bring the arm far over as you can: in fact, the exercise would be more effective if after bringing the arm over far as possible you make another effort to bring the arm still farther.

EXERCISE B is shown in illustrations Number 3 and Number 4. This movement is especially valuable for the large muscles lying under and adjacent to the arms and upper chest, and also those muscles at the side of the waist. Starting with the book in position shown in figure Number 3, bring it over as far as possible, bending the body to the side as far as you can. Be sure and bring the arm over as far as you possibly can each time. This will give a strong pull on the muscles affected. After thoroughly tiring the muscles on one side, take the same exercise with the other arm.

EXERCISE C is shown in illustrations Number 5 and Number 6. This exercise is of special value in bringing into active use the broad muscles of the extreme upper part of the chest. It is a splendid movement for assisting in throwing the shoulders back, and for giving one what is ordinarily termed "a high chest." Assume position shown in figure Number 5, head far back, now keeping the head in same position, bring the arms upward with elbows rigid, position as shown in illustration Number 6. Return to former position and continue until the muscles are fatigued. A splendid breathing exercise can be made of this movement by drawing in the breath strongly while arms slowly descend; then expelling the breath as the arms slowly ascend. It is also a very good exercise to draw deep inhalation and make two, three or half dozen movements while breath is maintained.

EXERCISE D is shown in illustration Number 7. Bring both arms back to the position right arm has assumed in this illustration. Then, with elbows rigid, cross arms behind the back. Bring the right and left underneath alternately. Position shown in illustration Number 7

would also be a good guide for one desirous of obtaining the proper position while walking, sitting or exercising where-in an erect position of the body is not materially effected.

EXERCISE E is shown in illustrations Number 8 and Number 9. Bend forward as shown in illustration Number 8, —in fact it would be better if the body was held farther forward than shown in illustration. Now bring the arms up, elbows rigid, until they assume position shown in figure Number 9. Repeat the exercise until there is a distinct feeling of fatigue. This exercise is especially valuable for developing the muscles in the back and upper part of the chest.

It does not make a great deal of difference what you use for weights for these exercises. In fact, if you are not especially strong they can be taken with closed hands, or you can even wad up a piece of newspaper in the hands. If you so desire you can use dumb-bells, weighing two to four pounds. If one uses dumb-bells using more than four-pounds, it is necessary to possess considerably more than average strength.

It need hardly be pointed out that in order to secure the best possible results from the movements illustrated in this

lesson they should be performed with vigor, and not in a lax, indifferent manner. In fact, the benefit to be derived from the movements depends largely upon the manner in which they are performed. It will also be found advantageous to set apart a regular time for exercising each day. Such a practice is to be recommended on the score of enabling one to avoid missing his daily exercise, rather than because of greater benefit resulting.

There is probably no portion of the muscular organism which will respond more quickly to proper exercise than the groups of muscles adjacent to the chest. When persistently performed, exercises for developing the chest will accomplish gratifying results in a remarkably short time. By developing the chest, one increases the symmetry of the body, and markedly improves the carriage. If care is taken to breathe deeply and regularly while performing movements of the nature illustrated in this lesson, the great vital organs of the body will receive much benefit. Not only will the lungs be developed and expanded as result of the exercise and deep breathing, but the other organs of the abdominal region will be similarly benefited.

A Course of Lectures by the Editor

BERNARR MACFADDEN will give a course of lectures, in connection with a Physical Culture entertainment, at our Western Headquarters, 42nd street and Grand Boulevard, Chicago, on every Tuesday evening until further notice. In addition to the Tuesday evening lectures there will be two special lectures, one for men and one for women, on another evening and another afternoon as announced below. Each one of these entertainments begins at 8:15 (orchestra at 7:30), excepting the special lecture to women, which begins at 3:00 P.M. Ten subscriptions will pay for a reserved seat to the entire course of lectures; one subscription will pay for a reserved seat to any one lecture. The following lectures will be given on Tuesday evenings, except when otherwise announced.

- March 1st.—Exhilarating Health for All.
- March 8th.—The Nature of Disease.
- March 15th.—The Cause of Disease.
- March 22nd.—Physcultopathy, the Real Science of Health.
- March 29th.—Fundamental Principles in the Cure of Disease.
- April 5th.—The Fasting Cure.
- April 12th.—Diet and the Cure of Disease.
- April 19th.—The Uncooked Diet.
- April 26th.—Air in Strength Building.
- May 3rd.—Exercise in the Cure of Disease.
- May 10th.—Prudery the Cause of Human Depravity.
- Friday, May 13th.—The Secrets of Superb Manhood. No women admitted.
- Saturday, May 14th. at 3:30 P.M., Scientific Sexuality for Women. No men admitted.
- May 17th.—Mental Influence in Strength Building.
- May 24th.—The Disease-Producing Medicine Habit.
- May 31st.—The Crimes of Commercial Surgery.
- June 7th.—Physcultism, the Science of Building Powerful Bodies.

Keeping Tuskegee Students in Physical Repair

THE WORLD'S MOST PROMINENT COLORED EDUCATOR GIVES SOME FACTS ABOUT THE INSTITUTION OF WHICH HE IS THE MOVING SPIRIT

By Booker T. Washington

The author of this article is known throughout the world because of his efforts to uplift the members of his race. The brief description of Tuskegee Institute with which he has favored our readers will unquestionably be of very great interest.—Bernarr Macfadden.

TUSKEGEE Normal and Industrial Institute is different from most schools in this, that it is not only a school, but an industrial community.

In this community, in which, with its army of students, teachers, employees, and their families, there are nearly 2,000 persons, every one is both a worker and a student.

For example, the school has now about 3,000 acres of land, of which 1,000 acres are farmed by the students under the direction of the teachers. The school carries on thirty-eight industries, including almost ev-

erything necessary to a self-supporting community, from making bricks to making butter and baking bread. Among other enterprises carried on in this way

are a general store, a bank and a butcher-shop.

One of the most important adjuncts of the Institute is a hospital, where the sick are cared for and a certain number of students are trained as nurses. It is no easy task, for one thing, to keep in physical repair fifteen hundred boys and girls, who have had very little discipline at home, and many of whom have to learn in



Booker T. Washington, the famous colored educator.



Class of electrical workers at Tuskegee.

school for the first time those habits of order, cleanliness, personal decency and hygiene, which life in a large, compact community demands, and which, whether they are learned at home or in the school, are an essential part of the education of every young man and young woman.

The problem of maintaining discipline in our school is, to a very large extent, solved by keeping the students busy. Every student in the schools works at least half his time at his trade. That is to say, every other day every student works at some specific form of labor, while about half of the students—those

who attend the night school—work every day.

In addition to the work in the shops, which begins at seven o'clock in the winter and six o'clock in the summer, every student is expected to keep himself, his wearing apparel and his room clean and in order, and on the days when he is not employed on the farm or in the shops, he is expected to appear for military drill.

As I have suggested, this is an entirely new experience and pretty severe discipline for the average loose-jointed boy from the country, who has undoubtedly known what it was to work, but has very



Students of architectural drawing receiving instructions.

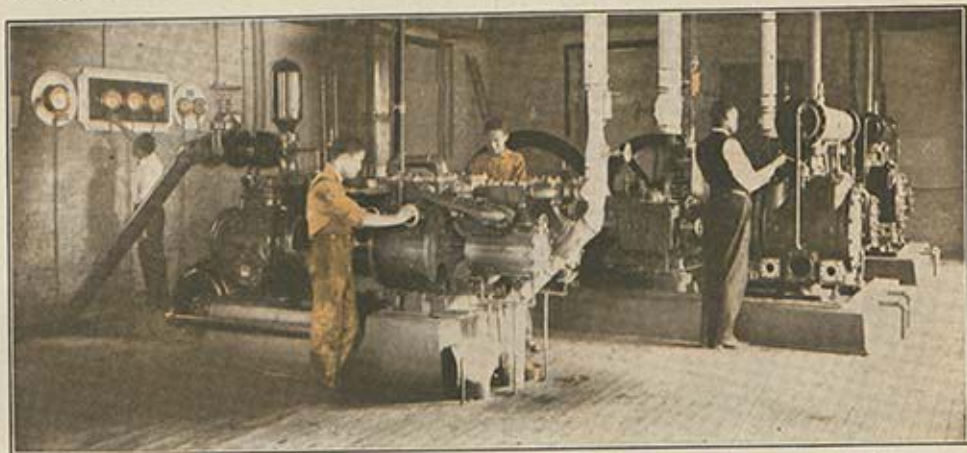
little experience of order or discipline in his home-life.

As a result, a good many of our students grow homesick during the first few months of their stay in school, and then they are likely to develop all sorts of mysterious aches and pains in every part of the body, some of which are so real that an ordinary doctor can cure them, and some of which are imaginary, or mostly so, and have to be cured with other medicines.

In order to reach these conditions and others, and especially to keep our students in such a healthy, cheerful condition as will prevent them from contracting disease, we encourage many

of them to take part in physical education. There are two football teams among the students, and a third among the younger teachers. Last year there were a hundred students on the football squad and during that time Tuskegee played six of the foremost colored schools in the South, including Hampton Institute, winning every game but one, which was a draw. We have several basket ball teams among the girls. For a number of years past Tuskegee has drawn from forty to fifty of its students from the West Indies. In recent years some of these have succeeded in popularizing cricket among the students.

Although the school is not yet equipped with a satisfactory gymnasium, students



Steam Engineering Department of Tuskegee Institute, where students are taught many useful trades.

kinds of harmless sports and physical exercise.

For example, we have found that singing is a healthy and wholesome exercise, both for mind and body, and our students sing a great deal. Every evening there are religious exercises in the chapel, or else in the large dining room, which consist largely of singing. The students sing gospel hymns, or the old plantation melodies familiar to most of the students and enjoyable to all of them. This is a good kind of exercise for children to go to bed on.

All the outdoor sports at Tuskegee, which include football, basket ball, base ball and cricket, are under the direction of the Young Men's Christian Associa-

tion. We have two large bath-houses, one for girls, and the other for boys, both of which contain shower baths and a swimming pool. It is naturally to the advantage of Tuskegee students on the athletic grounds that they are engaged for so much of their time in the shops and on the farms in actual work.

My experience is that real practical work with the hands is a very good antidote for most of the evils that spring from confining young men and women in the artificial conditions of the average schoolroom. It is a good thing for a student, during the time that he is making acquaintance with the world through the medium of books and abstract ideas,

ercise and sports a regular part of the curriculum.

In spite of the long day which Tuskegee lays out for its students, a good many of them keep themselves in regular training the year round. It takes a good deal of moral courage to get up every day in the year and run five miles before breakfast, particularly when that is followed by a hard day of work in the shop. This is, however, what Philip Newbern, the captain of the Tuskegee football team does. Newbern, who gained a reputation as a runner before he came to Tuskegee, never drinks coffee nor tea, and does not smoke. He is twenty years of age, five feet nine inches in height, and weighs 180 pounds.

One of the most successful of the Tuskegee athletes is from the West Indies, Victor Daniels. He is in the electricity trade, is twenty-three years old, five feet ten inches high, and weighs 170 pounds. He keeps himself in condition by taking fifteen minutes free hand exercise just after rising and before going to bed every day. Then he drinks a great deal of water, at least one glass every two hours during the day.

About one third of the students at Tuskegee are girls. They are employed at the household industries, cooking, sewing, dressmaking. Some of them are employed in the printing office and several have taken different branches of agriculture. The physical training of these five or six hundred girls is under the direction of a young woman from Boston, who received her training from Dr. D. A. Sargent, of Cambridge, Mass. Dr. Sargent, in addition to his position at the head of Hemenway Gymnasium, of

Harvard University, conducts a school of his own for training teachers of physical culture.

Under the direction of this teacher Tuskegee girls have four years compulsory training in the gymnasium. They learn, to begin with, to stand and to walk, things which, most of them, it appears, know little or nothing about. Then they are trained in the use of dumb bells, Indian clubs and wands. Special attention is given to students who, upon examination, show physical defects. Beginning this year, a careful system of measurements will be taken,

so that in the course of a few years we shall have some very interesting information on the physical condition of our students.

In addition to the physical training I have mentioned, students receive instruction in the ordinary matters of hygiene from our resident physician, so that they may not only leave the school with healthy bodies, but with knowledge that will be of service in improving the health conditions of their own

people, among whom they are to live and work, and among whom the knowledge inculcated by our teachers and instructors is disseminated far and wide.

In this way we seek, at Tuskegee, to train our students to keep themselves constantly in physical, as well as moral and mental repair, and to impress upon them, at the same time, that a sound body, correct habits of living and a cheerful and hopeful disposition, such as usually go with them, will aid them in meeting their own problems, and that of the race of which they are members.



Philip Newbern, Tuskegee's star half-back, in action.

Harvard's Cosmopolitan Soccer Team

By F. A. Hollingsworth

HOW ORIENTALS ARE CHANGING THEIR ATTITUDE TOWARD ATHLETICS—SOME FACTS ABOUT SOCCER

Here is a very good presentation of the manner in which athletics are constantly growing in favor, and also becoming so broadened as to benefit a larger number of people having various tastes and other characteristics.—Bernarr Macfadden.

WU TING FANG, one-time Chinese minister to the United States, at a brilliant embassy ball one night told a young matron that he did not understand why Americans were so fond of dancing. In his own country, and other countries of the Far East, he said, the wealthy had numbers of young girls who danced for their entertainment. The exertion of dancing was not to the taste of these people and so the labor was performed for them and this was also true of acrobatic and athletic stunts. Until recently no self-respecting Oriental of caste would dream of going in for violent sports of any sort. Pony polo, so dear to the British heart, and cricket were considered only diversions of fools. As for football, whether soccer, Rugby or other brand, this was even worse. Even now it is only in those sections of the Orient where American or English colleges and

missionaries abound that athletics interest the natives.

It is all the more surprising therefore, that a Japanese, an East Indian and two Chinese students are among the players on the Harvard varsity soccer football team and are its bright particular stars.

In addition the team includes a Hawaiian and several Americans, including in the latter some of Irish parentage. The team may therefore be considered a cosmopolitan one. Soccer football, which is not quite so strenuous as intercollegiate football, is proving the most popular form of athletics for the foreign students at Harvard. The present team, which played some brilliant games during the fall and will open the spring season as soon as the frost is out of the ground, is developing some brilliant athletes among the foreigners. Kou Chi Li, a Chinese student, is very tall, and a splendid runner.



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Nobuyo Masuda, a Japanese athlete. One of the smallest students in Harvard, but the fastest man on the University Soccer Team.



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Kou Chi Li, Chinese runner, and brilliant outer forward on the famous soccer team at Harvard.

He is one of the fastest men in the squad, but his countryman, En-Ming Ho, is giving him a close call for football honors. Both play outer forward. Of no less value to the team is Nobuyo Masuda, a little Japanese from Tokio. He is one of the smallest students in the University, just a shade under five feet in height, but despite his small stature he is very strong and his agility makes him the fastest man on the team.

In view of the fact that foreign students rarely come out for college football, track, baseball or crew training, it is all the more significant that five such men should appear as candidates for the soccer team. The explanation is that the game is not, for one thing, so exacting in its requirements as the four major sports and experience is not so essential. In soccer the most desirable qualifications are speed and quick wit, hence fast men are always welcomed, and the slightly built or short-statured man has a better chance than the one of beef and brawn.

It is worthy of note that at recent conferences of the athletic officials of the American colleges in the north, south and west, for the purpose of revising the rules under which football is played at American colleges, the game of soccer received more attention than these officials have ever directed to it. The comparative freedom from accident of soccer as compared to the American college game has led to serious consideration of its rules of play with a view of adopting the protective features of soccer to the college game as now played. It is significant too, that writers in the daily press has discussed the possibility of enforcing a more open style of play through the adoption of



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En-Ming Ho, another Chinese member of the Harvard soccer team.

restrictions of a similar nature to those in vogue in the game of soccer.

Whatever may be the result of the present attempt to eliminate the possibility of serious accidents or fatalities occurring in football as played by American universities, it is certain that the game holds too warm a spot in the heart of the students attending American colleges to permit its abandonment to be decreed by college officials. It is unquestionable that, as in the instance of national and municipal government, so it is true of college life that the consent of the governed is a very important factor in the maintenance of an administration. It is certain that few universities, however great their reputation or resources, and however illustrious their record, would dare to ignore the importance of the college spirit which constitutes the very foundation of the fabric of university life. This spirit is fostered by perhaps no other single source as by the *esprit du corps* manifested by the entire student body in their adherence to football teams. The lack of this spirit would unquestionably prove a serious hindrance to the achievement of success in many branches of educational achievement and investigation,

as well as in athletics. In brief, although it is unquestionably injudicious to regard athletics, rather than education, as the most important aspect of college life, it is nevertheless true, that the college which dares to prohibit its students from indulging in as popular a sport as football is certain to have its attendance materially reduced. And to lessen the number of people who attend our institutions of higher education will certainly result in a smaller percentage of youth of the nation having opportunity for mental and physical betterment—even if college students *do* in some instances fail to take advantage of such opportunities.

However, there are temptations and evils incident to college life which offer a far more serious menace to the youths who attend our universities than the danger of undue prominence of athletics. As far as football is concerned, the moral would seem to be to amend, rather than to abolish. And those seeking to reform the rules of football will undoubtedly be able to find many features in the game of soccer which are worthy of incorporating into the game as it is now played at most American colleges.



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Nobuyo Masuda making one of his clever plays.

To Our Friends

Readers will please note that all premium offers in connection with PHYSICAL CULTURE made prior to January 10, 1910 are now void. Only those offers advertised in our January issue and in subsequent numbers are now in force. The subscription rate now in

effect will not permit us to fill orders based upon offers made in the past.

In forwarding subscriptions readers will avoid delay, and secure prompt and satisfactory service, if they will state the issue of PHYSICAL CULTURE which they wish subscriptions to begin.



Class of boys at drill at Houston, Texas, Y. M. C. A. It seems that girls stand in need of gymnastic instruction fully as much as do boys, and the failure of women to assume an independent attitude in things mental and physical can be in great part ascribed to the lack of proper exercise during youth.

any reader of these lines doubts these statements, let him secure the confidence of some boy who is in touch with an immoral clique of the sort that can usually be found in these institutions. You will then secure the truth first hand.

Now, do not think for a moment that it is my intention to ascribe all the blame for these destructive influences to the mere fact that these boys have been without the association of girls of their own age, for such is not my intention. I am firmly of the opinion, however, that if these boys that are being demoralized by evil influences had an opportunity to secure the refining influences of the society of the opposite sex, that it would have a very material influence for their betterment. In other words, there would be less debauchery, less of the immoralities which sap the character and destroy the strength and vigor of the body. In fact, I would like to especially emphasize that I have never heard of similar gross immoralities existing in co-educational institutions. I will admit that my personal investigations of the subject have not been very extensive, but from correspondence that comes from all parts of the world and from all ages and sexes, I receive information regarding educational institutions which often enables me to see the real conditions, as they are,

more clearly than those who are in actual charge of such places.

Boys' schools and girls' schools devoted exclusively to one sex are to my mind not properly prepared to educate the morals and uplift human character. In other words, without the influence of the opposite sex the work of these institutions is incomplete—there is something lacking: they are half successful institutions. They have not the complete equipment with which they should be invested.

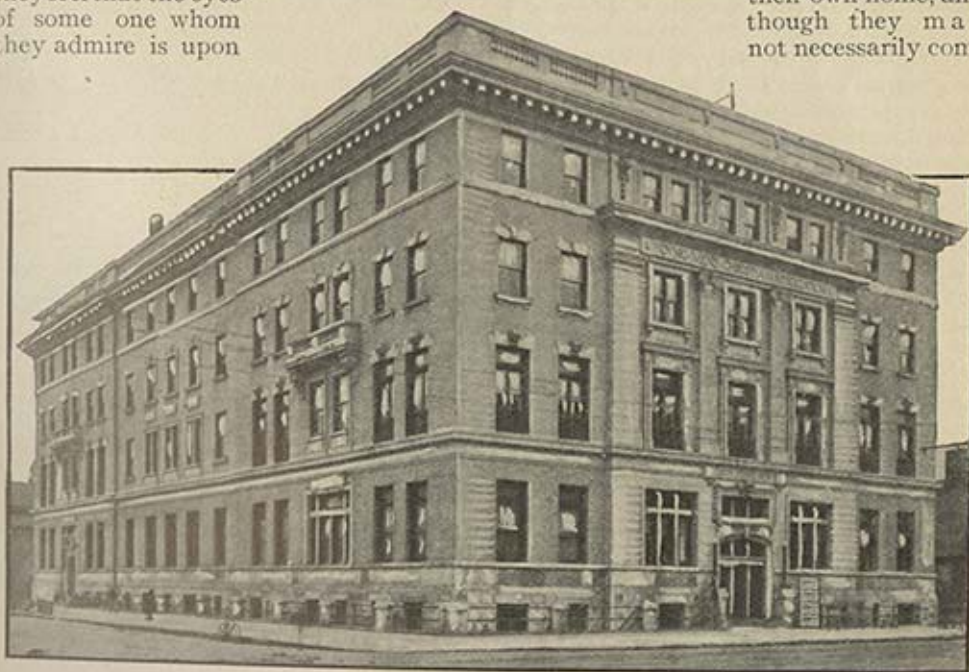
Where the schools are co-educational you will rarely find boys congregating together and vying with each other in their endeavors to learn who can tell the most immoral or most nauseating tale. You will not find so many girls going into ecstasies over the pictures of matinee actors, or gloating over the immoralities that are so vividly pictured in the latest sensational novels. They have other things of more importance to interest them. One might say their sex instinct for the company of their natural associates is satisfied. They have the opportunity to live the life of a normal human being. When girls are not sequestered and told it is a sin to look at a man, they are enabled to escape the hallucination which often causes a girl to view a man as an angelic hero, or a being

with powers and beauties that are god-like in character. Girls should be made to realize very early in life that men are human beings like themselves: that they have faults and failings, or otherwise you can rest assured that when they go out into the world they will fall in love with about the first man they meet and expect to find in him a paragon of human virtues. Such instances often result in making life one eternal disappointment—perhaps not through any fault of the man in the case, but merely because the woman believes that the mate she selected was a faultless example of human perfection.

I am of the opinion that boys and girls gain greatly by freely associating with each other from their childhood days to the end of life. One sex at all times has a powerful influence upon the other, and even in childhood this association seems to be of advantage. The future men and women like to be admired by those of the other sex, even in life's earlier years. They are inclined to "spruce up," to be more careful of their deportment, when they feel that the eyes of some one whom they admire is upon

them. If this statement is true of our childhood days, then is it not many times more true of that period of life when we are just verging upon the estate of manhood or womanhood? When, for instance, we are invested with wonderful and new emotions: when we are entering into the possession of those marvelous powers that are given to man and to woman. Should we not have the great advantages that comes with the refining influence of the opposite sex at this important period in life? Not only should we have the benefits which result from the association of parents, or brothers or sisters, but we should also profit by the added stimulus that results from the company with other members of the opposite sex of our own age.

Those boys and girls who have the advantage of being a unit in a large family are usually far better prepared to cope with the world than an only son or daughter. They have an opportunity, at least, to measure the characteristics of the boys or girls that are found in their own home, and though they may not necessarily com-



The handsome and commodious headquarters of the Indianapolis Y. M. C. A. apparently possesses ideal facilities for providing young men and young women with innocent and improving exercise and amusement.

pare their brothers or sisters with the ideal they may have in their minds, and which they have hopes of finding some day, nevertheless their expectations are far more normal in character.

It seems to me that men's clubs and women's clubs must be cheer-

less, desolate institutions, or else they are the home of dissipation that are destructive to the soul, mind and body. There should be no men's clubs nor women's clubs: there should be no distinction in sexes in clubs: each sex should have the same privileges. Gymnasiums, for instance, should be open to both sexes: not used a few hours for one sex and then a few hours for the other sex, but should be open at all times to both sexes. The only separation necessary would be in the dressing rooms and bath rooms, and where there are swimming baths why should not both sexes bathe together just as they do at the seashore and all bathing-places. Whenever there is a separation of sexes, then as a rule, one sex has reason for hiding something from the other that is usually of a demoralizing character.

If educational institutions have gained because of their being co-educational, then why cannot the Young Men's Christian Association and the Young Women's Christian Association gain by combining their vast resources? For instance, in many cities throughout this country you will find splendid gymnasiums where young men are able to build health and vigor, beauty of body and strength of character, but no women are allowed to enter them. Why should not the Young Men's Christian Association invite girls, both young and old, into their midst? It would cost but



A single branch of the Y. M. C. A. in Philadelphia taught thousands of boys how to swim in 1909. It would be of advantage to the womanhood of the entire nation, if they all were provided with equal facilities for mastering this important accomplishment.

little to add to their bathing facilities: cost but little for additional dressing rooms: the institutions would be far more inviting: they would have more of an ennobling influence for every male member, and would help to build up the strength and beauty of

members of the so-called weaker sex.

I would like the secretaries of the Young Men's Christian Associations especially in the smaller towns where there are no Young Women's Christian Associations to consider this suggestion. Let them carefully investigate the reasons, if they know of any, for separating the sexes. The more the subject is investigated, the more they will be compelled to admit that both sexes loses by the separation. The girls want to be with the boys, and the boys want to be with the girls: it is an entirely natural desire on the part of each. Why not satisfy this natural desire? Let them play games together: exercise in the gymnasium together: what harm can result? Any fair minded person will be compelled to admit that such a move will be of vast advantage, from the standpoint of increased health on the part of each.

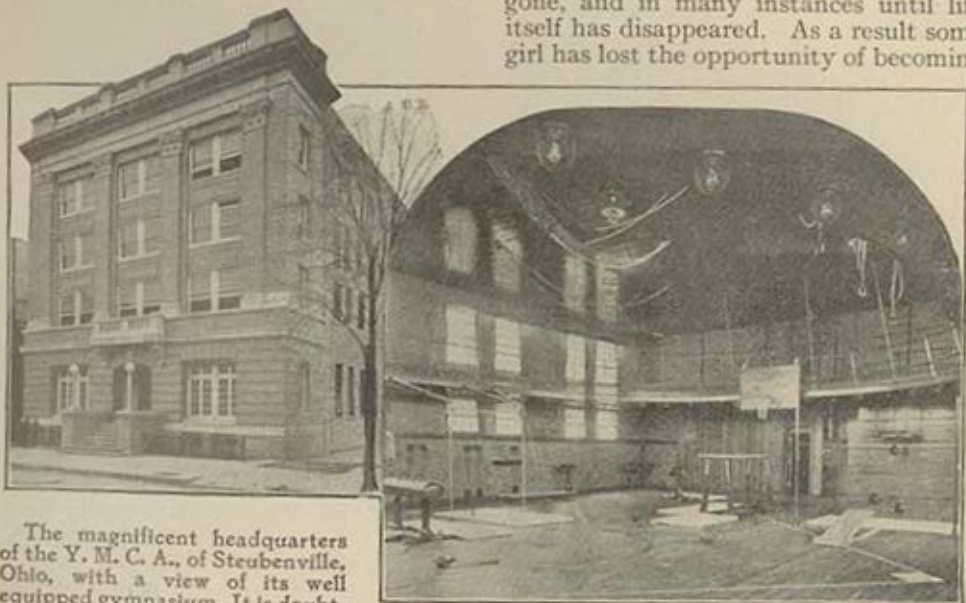
It is folly to attempt to say that the suggestion is impracticable. It has been accomplished in many institutions. Right here in our own Training School at Chicago the boys and girls enter the same classes: they have the same teachers: within the limits of their strength they have the same training, and I am firmly convinced that both boys and girls gain vastly in health and strength and in character because of this association. In fact, it might be interesting for those who might be investigating

this subject to know I have had various men and women who have devoted the larger part of their lives to the work of uplifting the fallen, who were engaged exclusively in religious work, to state they have never been in any institution where the morals were cleaner or the ideals were higher from a moral standpoint than right here. On one occasion a very prominent writer and lecturer, who is now nearly seventy years of age, and who has devoted a large part of her life to rescue work and to lecturing and writing, stated she was never in an institution of any kind where the moral atmosphere was as clean as it is right here. I am firmly convinced that this is not an exaggerated statement. I believe it is largely due to the fact there are both boys and girls, young men and young women working side by side. They have the same high ideals in view, and consequently they secure the great advantage that comes from the stimulus of sex association.

Let the Young Women's Christian Association open its doors, its gymnasiums, and its various other facilities to young men. Let the Young Men's Christian Association offer its advantages and privileges to girls and young

women. Let prudery, the devil in disguise, take a back seat. Let the goal be strength of mind and body and purity of purpose. If a policy of this kind be adopted thousands of homes would spring into existence as a result of this association. Young men and young women who had grown healthy and strong within sight of each other, would discover a mutual attraction. A mating of this kind would be void of all hypocrisy and pretense: the false hair and false figure, the powder and paint, that are considered so essential by some members of the fair sex would be eliminated.

In every large city there are thousands of young men and young women who are unattached, who have no family life: live in boarding houses, and who have to seek their associates of the opposite sex wherever they can find them. Young men frequently frequent immoral resorts for companionship: not so much because they especially desire to be in such places, but they have no opportunity of meeting clean-minded wholesome young women of a similar station to their own in life. In this way they often begin their immoral habits, and frequently this devitalizing, soul-crushing influence clings until ambition and enthusiasm is gone, and in many instances until life itself has disappeared. As a result some girl has lost the opportunity of becoming



The magnificent headquarters of the Y. M. C. A., of Steubenville, Ohio, with a view of its well equipped gymnasium. It is doubtful whether this city of 15,000 people contains another building as well adapted for a meeting place for young people of both sexes.

mistress of a household: the man is drifting here, there and everywhere, without a home and children, without the inspiration that should come to him through these divine influences. Would it be any harm for these unattached young men to have the opportunity of meeting girls in his own station of life? Would it not be of world-wide advantage if all these "stray sheep" were given a "fold" in which they could obey the dictates of their normal instincts and desires, and which would help to bring to them a fitting mate?

I am of the opinion that the Young Men's Christian Association and the Young Women's Christian Association are neglecting opportunities that would enable them to increase their power for good an hundred fold. They could save young men from vice: they could save young women and build them up into strong characters capable of being superior mothers, and then they could give these young men and these young women the chance to mate under proper conditions. Merely giving a young man an opportunity to educate himself or to develop his body does not by any means satisfy the longings of his soul. To be sure, a young man is materially assisted by these influences. They are able to enter homes, they are able to secure acquaintances that finally result in the settling of their problems, but as is well known, thousands go astray. Thousands are entrapped by immoral women: they literally become outcasts, lose all faith in humanity, all faith in women, and the possibility of home and home life as a feature in their lives is entirely obliterated.

The proper way to save men and to save women, is to give them an opportunity to enter their natural spheres. The natural sphere of every woman is within the home: the natural sphere of

every man is in home making, and the sooner every organization, social or religious, recognizes this paramount fact and begins to work with this aim in view, the more quickly they can expect to secure the rewards they are seeking: that is, the young men should be prepared for home life and the young women should be prepared for the duties and responsibilities of motherhood, and this preparation should forestall such a tragedy as frequently interferes with the normal outworkings of every human soul. The influences surrounding every young man should be of a nature to make him detest immoral women, and there is nothing that so completely brings about this characteristic as association with members of the opposite sex, whose characters are above reproach.

Life must contain a certain amount of recreation. If some good wholesome amusement is not provided, then you can depend upon it that dissipation of some kind will supply this diversion. There are games of all kinds that provide splendid fun and frolic. A great many of these games can be indulged in by both sexes. Let every association or organization that has heretofore catered to the comforts of one sex, carefully consider the very great gain that will accrue to their members by admitting the sex they have previously barred out.

It is not good for man to live alone, and it is still worse for him to be compelled to seek the association of loose characters because of his lack of opportunity to make the acquaintance of those whose influence would be uplifting in character.

These conclusions may be new to many, and yet I believe that they cannot be termed extreme. They are simply a presentation of facts, which can be verified by investigation in various quarters and by reasoning.

Result of Our Prize Contest

On February 1st, our contest for cash prizes to be awarded those readers earning the greatest amount in commissions on subscriptions to *PHYSICAL CULTURE*, was finally closed. Subscriptions received after that date

will not be considered in this contest.

We are making every possible effort to determine the prize-winners, and in our next issue we will publish a complete announcement of the results of the contest.

What Shall We Eat?

By Upton Sinclair

The contribution from the pen of Upton Sinclair which follows is particularly timely and valuable. The widespread revolt of the general public against the rapacity of the meat trust makes clear and dispassionate treatment of the diet problem, such as that here given, well worthy of note. It is true that the economic details of this vital question are not enlarged upon here, but this phase of the situation has been treated sufficiently in the daily press to make further reference to it unnecessary. The aspect of the matter here discussed by Mr. Sinclair is of prime importance, and his statements should unquestionably tend to point out to thinking men and women the fallacious basis upon which civilized man's dependence upon an animal diet has developed.—Bernarr Macfadden.

I PROPOSE to relieve my feelings in this issue of PHYSICAL CULTURE.

Dr. Woods Hutchinson, the public exponent of all things reactionary in medicine, recently contributed to a popular magazine an article in which he maintained that the rule of health is to follow one's appetite, and to eat all it calls for. And now comes Dr. Frank P. Foster, from his high pinnacle as editor of the *New York Medical Journal*, with the announcement,—“My advice for diet has always been to eat what you like and all you can pay for.”

The doctor went on to specify that this meant hot bread and rolls, lobster *a la* Newburg, Welsh rarebit and pickles. The reporter to whom he gave this interview was evidently a person of a Socratic turn of mind, for he proceeded to press the matter, and to ask if the rule was to drink what you liked and all you could pay for. Here the doctor owned that he was stumped; he advised abstinence from unwholesome drinks, but he could not tell why he made the distinction. All that he had to say was that he meant “recognized” articles of diet.

I wish that the interviewer had gone on to ask the editorial doctor who was to do the “recognizing,” and how the standard was to be set. The Egyptians despised the Jews because they ate cow's flesh, and the Greeks despised the Egyptians because they drank beer. The East Africans look with horror upon our missionaries, because they eat eggs and chickens, while they themselves will hang the leg of a hippopotamus from a tree and eat the meat as it rots and falls off. The doctor must realize that every

day we find new fantasticalities in the food line coming to be “recognized” by our sensation-crazy public. We have learned to recognize “hot tamales,” and “hot dogs,” *creme de menthe* and chocolate “sundæs,” “goulash” and “chop suey” and “milk-fed Guinea chicks.” Will the doctor admit all these as normal and proper foods for those who can pay for them? Does he think that any sane and wholesome man would “recognize” the diseased liver of a systematically over-fed goose as a food?

The basic idea of all this teaching is that “Nature” will take care of us; that whatever the race has been accustomed to through long ages must of necessity be the proper thing; that our impulses are all instincts, their soundness warranted by the great Source which has sent us forth. But look for a moment at the condition of the human race at this hour, and ask yourself is there is any other kind of activity, any other set of habits, upon which one could set this seal of approval? In what other way would you give men and woman *carte blanche* to follow all their impulses? Go to our lunatic-asylums and hospitals and jails—consider all the sufferings from venereal disease, which clutches one out of every ten of our population; and then would you advise the young man to follow *all* his impulses? Look at the starving populations in our slums, and at the wantonness and idleness of our ultra-rich; and consider whether it be true that the sum of all our social duty is to get all the money we can, and spend it for anything we think we'd like to have. Yet such advice would be exactly as

logical as the advice to yield to every whim of our diseased and pampered appetite; and the giving of such advice in journals of great circulation by our so-called respectable medical authorities is just exactly as stupid and as criminally harmful.

Let us try to get to the bottom of the matter. The question is—Are we perfect and sound and normal specimens of manhood and womanhood? Do we represent the highest potentialities of our race? If so, why then by all means let us continue to live as we have been living, and to suppress those who would suggest a change. But then, if that be the case, wherefore the need of all our hospitals and medical-schools? Why not begin by suppressing the drug-stores and the doctors? Why not, for a start, give up the editing of medical journals, and advising people about their eating? "But," Dr. Foster replies, "men like Chittenden and Horace Fletcher are doing a great deal of harm in the world, and they must be opposed." But if we are all so well off under the guidance of our impulses, how comes it that these men are able to get a hearing? Is it the truth after all that the trouble began with them? Did Fletcher and Chittenden give rise to disease? Is the truth not rather that they themselves were once sick men, and have made themselves well? Go back through the ages to the very dawn of history—do we not everywhere find the human race tortured by ailments, and ravaged by frightful pestilences? Is it your reply that this is the natural condition—that humanity must always suffer from disease? Then I ask you: What is your excuse for being what you call yourself—a doctor?

I have tried out this tragic blunder in my own person, and that is why I write about it with so much vehemence. Once upon a time I was well; and then I began to get things the matter with me; and feeling instinctively that there must be some fundamental wrong, I went to the doctors and tried to get them to advise me. But all I could ever get them to do was to attempt to cure my specific ailment. Whenever I tried to have a life-regimen laid out I encountered that idiocy, that "Nature" would take care of me—that all I had to do was to follow

my desires. Health, they told me, must be an instinctive thing, it could not possibly be a deliberate and reasoned and conscious thing.

Is it true that "Nature" takes care of men—anywhere, at any time, or under any circumstances? Can you find any period, either in legend or recorded history, when there were not ailments, and healers, and medicine men and magicians? Take the Indians, before the white men had debauched them—surely here were "children of Nature," if ever there were such. In the earliest records, the Jesuit *relations*—letters which the first pioneers sent home, and of which there are vast collections in France—we find pictures of the domestic life of the "Six Nations;" and we find them twisted with rheumatism at forty, and decimated by frightful plagues of small-pox, and victimized by conjurers who played upon their terror of disease.

But the animals, you say; they do not have diseases—at least the wild ones do not. And that is the truth, and it brings us to the very crux of the whole matter. Nature takes care of wild animals; they are really under her régime. And what is this régime? Tennyson describes it in the phrase "Nature red in tooth and claw with ravin." Wild animals do not have diseases for the simple reason that they never get that far. They are under the pressure of a ruthless and relentless competition, which keeps them at the full tension of all their faculties; and at the slightest failure, the slightest weakening, the animal is exterminated. This competition begins at the moment of birth, and it never lets up for an instant; and the result is that every wild thing is a perfect specimen of its kind, clean and sound and whole. And the reason why this same thing is not true of every human being—the reason why "Nature" no longer takes care of us—is simply because we have ventured to interfere with that cruel competition, and to suppress it.

I was arguing the question some time ago with a certain physician. I said: "Don't you realize that if Nature had ever got a chance at you, you'd have been exterminated in early life?" He asked, "Why?" I said, "Take but one

thing. You are near-sighted. And that defect would have been a death-sentence upon you; but civilization repealed the sentence—it provided you with eyeglasses. And surely you would not claim that glasses are a natural thing! It is the way of civilization to preserve the unfit, the sick and the diseased—even the degenerate and defective. And they go through life, defying the laws of health in every breath they draw, in every motion they make—and still the devices of civilization protect them, enable them to survive, and to perpetuate their deficiencies, and to embody their wrong ways into the habits and customs of the race!"

"What then?" asked my friend. "Are we to exterminate the weak, as the Spartans did? Do you want to do away with hospitals and asylums, and go back to the régime of the tooth and claw?"

I answered, "By no means. To believe that, I should have to be persuaded that the tiger and the ape represent more desirable and more excellent types of being than Jesus and Shakespeare; and I do not think that. But what we have got to do is to realize the step we have taken. We have done a bold and terrible thing, we have set Nature aside. We have set up our own wills and our own reason; and so we can no longer rely upon Nature—we have got to save ourselves!"

How can that be done? you ask. I reply, by the method of Science. We have got to experiment and reason; to find out what is good and what is evil, what makes for health and what makes for harm. And when we have found it, we must have the strength of will to follow it. So there are two things, Science and Morality, needed to save us.

What we do is to rediscover Nature. We go back and study the conditions of competition, and the standard of wholeness that it created; and then we try to reason out ways of imitating those conditions, and of attaining that ideal. What, for instance, are all our physical culture methods but attempts to reproduce the hardness and sternness of the régime of Nature? What is a foot-race but an imitation of the chase of prey? And what is a foot-ball contest, but an imitation of a battle? What is the low proteid diet, but the attempt to return to

the condition when man had to hunt for his food and climb trees to secure it, instead of having it brought to him in a thousand steamships from every corner of the world, and prepared by an expensive French chef, and served to him upon silver platters in a "lobster palace" on the "Great White Way?" What is "Fletcherizing," but an attempt to eat as man once ate his food when it was raw and coarse and bulky, and he had to chew it thoroughly if he was to get any nutriment out of it at all?

It has been universally recognized throughout all the ages that the way of perfection is the way of discipline and deprivation, of self-imposed labor and struggle; and that the way of self-indulgence and self-gratification is the way of degeneration and death. And if this be true, what more monstrous perversion of the truth could be imagined than the teaching of Doctors Hutchinson and Foster, that the rule as to diet is to eat whatever you want and all that you can pay for?

Not only have we suppressed the strife of Nature, and relieved ourselves of the pressure of hunger; we have gone ahead to apply our faculties to the problems of life, inventing machinery and amassing wealth, devising luxuries and enjoyments, protecting ourselves against discomforts and perils—until there is scarcely a point at which Nature touches us at all. What do we care about a crop-failure—we can buy our wheat from Russia and Argentina. What do we care about the inclemency of the weather—we shut ourselves up in steam-heated rooms, and we have goloshes and fur-lined overcoats and gloves; we can board a Pullman, and away to Palm Beach until the winter is over. What need have we of exercise—we have subways, or perhaps a limousine-car. We have laborers to do all the hard work for us, and servants to attend our persons; and all we have to do is to take the cream of existence as they skim it off for us. And if by any chance we should drink too much, and make ourselves ill, have we not whole drug-stores full of devices to clean it out of us quickly, so that we can go on without any interruption? And if by chance some meddlesome innovator

should come along and disturb our minds with a doubt as to the wisdom of this procedure, have we not clever and plausible magazine-physicians to assure us that our greediness is a part of the established order of Nature, and that all we have to do is to see that we eat what we like and all that we can pay for?

What strikes me especially is the superfluousness of this advice. What else have we been doing all our lives? What else has the race been doing, as far back as we can go in history? And look at the result!

Walk through the streets of our cities and see the bar-rooms and the tobacco-shops and the drug-stores! See the doctors' signs and the dentists' and the undertakers'. Pick up a newspaper and read the patent-medicine advertisements. Go into the libraries and see the shelves full of laborious medical-works, with their elaborate classifications of diseases! Go into the hospitals and see the people writhing in torments—go to the surgical wards, and see men slashing and cutting, and the streams of blood that flow without end! Go to the insane asylums and the jails, and the sanatoriums and the "springs" and see what you find there.

Or simpler yet—just look at the faces of the people you pass on the street! See the gross and sensual faces, the sallow and anemic ones; see the spitting and the coughing and the blowing of noses!

See the fat women, hardly able to waddle along; see the dried-up people, not yet out of middle years, who walk as if they were made of some brittle material! Watch how they run to catch a train; or hear them wheezing as they climb a flight of steps!

Or go among your friends and make inquiries, and find out how many really healthy people you can count. Find out how many ailments the children have had; how many of the women are suffering from internal weaknesses, which make the bearing of children a deadly peril and a hideous torture. Find out how many, whether men or women, young or old, pass a month without some sort of pain or ailment. Learn to know the symptoms of chronic diseases, so that you can read in the faces of people who claim to be healthy the signs of the decay that is to bring them to an untimely end. Consider the age which is attained by the few lucky ones, and then consider the age of the average human being! Then in the face of all these things, see if you can hold to the idea that the way of living of our race is a natural and proper way of living, and that the best advice that can be given to men and women is to go on doing what they have been doing, and what their ancestors did before them, in the certainty that this must be what "Nature" intended them to do.

Health's Soliloquy

BY A. C. F. FINZEL

Most mankind's aim is to possess,
To cultivate, enjoy and bless,
But alas! most often do abuse,
Neglect and shock me with profuse
Contents of flasks, pots, kettles, pans
For pleasure's sake—rarely t'enhance
Or safeguard sweet and precious life
Of child, youth, man or loving wife!

And mankind in pursuit of wealth,
Pleasure and fame, forget me, Health!
Their dearest, most devoted friend!
Defy me—perchance to depend
'Pon next of kin or fellowmen
For food, support or shelter, when
Strong, self-reliant, all may be
And can, if from grave errors free!

Then to restore and retain me,
I now beg leave to caution thee
Against the use of stimulants;
Sparkling wines, all intoxicants
And flesh of creature's cruelly slain,
Prolific all, of sorrows, pain,
And premature decline, old age,
E'er outraged Nature's fair, just wage!

The luscious fruits, nuts, golden grains,
Legumes and greens—of sound, clear brains,
Strong muscles, nerves—builders superb!
I'd recommend—and fragrant herb
From kind Nature's vast, endless store,
Strength, happiness, vim to restore!
Thus will prove true friend, constant Health!
Better, by far, than Croesus' wealth!

Beautiful Hands and Arms

By Madame Teru

Members of the fair sex universally realize that well-kept hands and arms are important factors in maintaining an attractive appearance. Men, too, cannot afford to underestimate the importance of caring for the hands and nails in a proper manner. The following contribution, by a beauty specialist who is an accepted authority in her profession, provides instructions for manicuring the nails, and for caring for the hands and arms, which should enable readers to secure, in their own homes, results equal to those attained by the professional manicurist.—Bernarr Macfadden.

AT this season of the year the unsightly appearance of the hands of many people makes it evident that the proper care of the hands is as necessary as that of other parts of the body.

Though most of us are rather careless of our hands, few fail to appreciate the beauty and the charm of a well-kept hand. A story is told of a rather plain girl who tactfully invited her young friends to watch her make tea: and so pleasing was the sight of her pretty hands and well-rounded arms gracefully serving and making the tea, that she captured the "catch" of the season, to the chagrin of the pretty maidens in her circle. Many of us, no doubt, recall that in our school days, among the other pointers furnished us by our teachers, with regard to our personal appearance, the appearance of our finger nails was more dwelt upon than almost anything else: thus showing how the appearance of the hands is regarded.

Few realize that the condition of their

hands and arms indicates the state of their general health. It is impossible to have beautiful arms if one is run-down or illy-nourished. Improper feeding has just the same harmful effect on the arms as upon the complexion: and poor circulation is also responsible for red, and sometimes, blotchy arms. Then, too, any number of reasons could be mentioned for the unsightly appearance of most people's hands—beginning with the little child who chews its finger nails, while studying its lessons, down to the housewife who scrapes her pots and pans with her nails when washing her dishes.

In order to have pretty hands, attention must be paid to the nails: and a little study of the structure of the nails may prove interesting and helpful.

The nails, like the hair, are modifications of the epidermis. That part of the finger tip which lies under the root and body of the nail is called the nail-matrix, because the nail is developed from it. The pink color under the body of the nail is due to the large vascular papillæ that cover the



Beautifully rounded arms and well-kept hands add greatly to the charms of womankind.

matrix at this point. The nails are composed of cells, and have a structure similar to that of the epidermis. New cells are continually forming at the root and under surface of the nail, and as they grow upward, the old cells are pushed forward and become more dense and compact.



Massage of the arms will materially aid in keeping them round and beautiful. The full length of the arm should be thoroughly massaged, beginning at the wrist, and drawing the finger tips, (which should be held firmly against the flesh), from wrist to shoulder with long, twisting strokes. It is essential that one manipulate the entire surface of the arm with the finger tips in this fashion, in order to secure the full benefit of the massaging process.

The white spots frequently seen on the nails are due to weakness, the necessary nourishing secretions not being supplied. These spots are sometimes caused by bruises, and in some instances are the direct result of improper manicuring. They are more common in children than in grown people, as children are generally careless of their hands: often bruising them, forgetting about their hurts, and when the spots appear regarding them as indications of "gifts" or surprises. Before outlining the proper method of manicuring the nails, the writer will devote some attention to the consideration of some of the ills to which the hands are subject.

One of the most common annoyances of winter are "chapped hands." To avoid this, care should be taken to dry the hands carefully, particularly if they are washed shortly before going out, and nightly applications of cold cream, or specially-made pastes will help wonderfully. It is impossible to use too much oil or grease on the hands during raw wintry weather, and sweet almond oil will be found of great value in the care of the hands in cold weather, as it is more penetrating than cold cream. At times, when the skin is dry and cracked, grease is more helpful in removing dirt from the hands than soap and water, as it softens and enters the pores without aggravating the trouble, as would water applied to a dry skin.

The best way to apply the oil to the hands is to apply it twice: as the grease that is first rubbed on will soon become soiled, and to leave it on will result in the skin being discolored the next day. The first application should therefore be washed off, as soon as soiled.

in warm (not hot) water and a second application should be rubbed in and allowed to remain on the hands over night. It is advisable to treat the nails in the same manner. To apply the oil to the nails most conveniently, an orangewood stick, with a bit of cotton wound around the end to prevent injury, should be used. Dip this into the oil and rub the base of the nail carefully, at the same time pushing the cuticle back gently, as strong pressure on the nail will cause the white spots previously mentioned.

When white spots appear, a paste, made of equal parts of turpentine and myrrh, should be applied to the nail: this should be removed by an application of olive oil in the morning.

An excellent paste for chapped hands, which can be easily prepared at home, is made of one-quarter of an ounce of myrrh (which should be powdered), one ounce of strained honey, one half ounce of yellow wax and one and one half ounces rose-water. Break the wax into a cup and place the latter with its contents into a pot of boiling water. When the wax has melted, stir the powdered myrrh into it, add this mixture to the honey, stir till blended and then add the rose water, a little at a time, stirring the mass constantly. Lastly, add enough glycerine to make a paste that will spread easily. Before retiring, the hands

should be carefully washed and dried, and the paste applied.

Most beauty-specialists advise the wearing of kid gloves over night when pastes are used, a practice that should be roundly condemned. To me it has always seemed a most unhealthy thing to do, since it must surely interfere with the free and natural transpiration (or breathing), of the skin, and besides it tends to "coddle" the hands: a condition not to be encouraged. Indeed, if it were not for the dictates of fashion, I should advise the use of silk or woolen gloves, as they at all times allow more freedom than the kid gloves—which our fashionable ladies generally wear a size too small anyway, thereby cramping the hands. When using cream or greasy ointments at night, I prefer to use a soft old cloth torn into strips and tied on like a bandage over the arm or hand, as the case may require. Gauze or cheese cloth is preferable, owing to its being more loosely woven, thus permitting access of the air to the skin. However, those who *will* use gloves should not forget to puncture them plentifully, especially at the palms, where the transpiration should not be restricted.

As before mentioned, red and ungainly arms and hands are often due to improper circulation, and to remedy this, one should resort to some simple exercises which will make the blood circulate more freely and rapidly. Movements with Indian clubs are to be recommended but any exercise that will improve the circulation in the arms and

hands is of benefit. It is unnecessary for me to dwell on the kinds of exercise, or the benefits resulting therefrom. Suitable movements are frequently illustrated in this magazine.

Massage will prove an invaluable aid in the beautifying of the arms. It is an expensive treatment when professional operators are engaged, so that it is well worth the trouble to learn to do it for one's self. The following directions are simple enough for anyone to understand:

Take some cold cream or good olive oil into the palm of one hand, and rub it on the other arm, then knead and pinch the arm so as to draw the blood to the surface: next rub the arm upward quite firmly with long strokes. Then, beginning at the wrist, with the thumb and first finger, massage with a screw-like movement, gradually working up to the top of the arm. This treatment, properly performed will cause the skin of the arms to glow and if given regularly will do wonders in improving them, as the blood will be drawn to the surface, and the skin nourished by absorbing the cream or oil through the pores.

The hands should also be massaged with lengthwise movements: rub each finger from the tip to the palm as if putting on a glove: then rub the back of the hand to the wrist with a gentle yet firm movement, then gently pinch the end of each finger. Do not flatten the finger tips, but press the sides to make them taper.

Hands that easily become red and rough will be benefited by washing in oatmeal



Massage is also of value in beautifying the hands. The fingers should be firmly kneaded and massaged from tip to base. Pressure should be applied at the sides of the fingers only, as illustrated, in order that the massage may tend to taper rather than to flatten them.



The nail file should be used in the manner here illustrated. The nail should be filed from the inner side, with firm pressure, and the file should not be moved too rapidly. A little practice will enable even the novice to use the nail-file with gratifying results. The use of a knife or scissors in trimming the nails is not to be recommended, as the file is far more satisfactory.

water. The gratifying results secured from oatmeal gruel as a lotion are well known. Indeed, the use of oatmeal as a cosmetic cannot be over-estimated. Its effect upon the skin is most soothing as well as nourishing. It is prepared as follows: Boil some good oatmeal in water for an hour, after which strain and use the liquid as a wash. It is an excellent softener, but it must be prepared in small quantities, as it soon becomes sour. The following preparation will also be found useful for whitening and softening the hands: Melt together equal parts of cocoa butter, oil of sweet almonds and refined wax; then stir the mixture until cool. Apply before retiring.

A favorite lotion of mine to whiten the arms—made without the use of chloride of lime, which always makes me think of bleaching linen—is composed of one drachm of powdered borax, one quarter of an ounce of glycerine and four ounces of elderflower water.

Although they are often sold

under high sounding names when mixed with various perfumes, I do not care for ammonia, peroxide of hydrogen or chloride of lime for whitening the hands, as they are too powerful for persistent use.

Excessive perspiration of the hands is generally an indication of a devitalized condition, and local treatment can give only temporary relief. Among some of the simpler means of relieving this distressing condition the following may be mentioned: Wash the hands in soft tepid water and after carefully drying apply fuller's earth or oxide of zinc. Sliced lemon will sometimes be of use in such cases, but do not use soap and lemon together. Washing the hands with carbolic acid soap and soft water, in which about half a dram of extract of belladonna has been dissolved, will

also prove helpful. It must be understood, however, that all powders and lotions used to close up the pores will in time dry the skin, so they must be used with care.

I always advise that the local treatment be assisted by a careful diet, especially avoiding such foods as pickles, pies,



Here is shown the proper manner of using the orange-wood stick which should be employed to push back the cuticle from the base of the nail. This step in the manicuring of the nails should be performed gently and with care, in order to prevent disfigurement of the nails or of the ridge of skin which surrounds them.

tea, coffee and all highly seasoned dishes. This trouble is most frequently found in people of a highly nervous temperament, or weakly constitution, and every possible means of building up the general constitution is to be strongly recommended.

I must caution my readers against the use of bleaches and whiteners, concerning the composition of which they know nothing. Powders, both dry and liquid, though sold for the purpose, I consider harmful: as the former simply clog the pores and the latter forms a coat which prevents the "breathing" of the skin. We all know that the skin plays an important part in ridding the body of waste matter. Therefore, anything that hinders the skin in the performance of this function imposes additional strain on the other excretory organs.

The appearance of the hands depends greatly on the care given to the nails, and therefore, directions for manicuring will not be out of place.

The first step in manicuring, is the thorough massage of the fingers, the next the trimming of the nails, then the cuticle is pushed back from the base of the nails, and finally the nail is rubbed or polished to a rosy glow.

Improper methods of cutting the nails are often responsible for badly shaped finger tips. The nails act as a support for the flesh, and if they are improperly trimmed, the result will be that the flesh, having nothing to cling to, will sag,

and a flat, thick tip will develop. Those who have naturally wide nails should not try to cut away the sides in an effort to make them appear narrow and pointed. This is not only useless but harmful, and will end by making the tip of the finger thicker than it was. The nail should not be cut too short for the same reason. If the nails are brittle and break easily, their condition can be improved by soaking the finger nails in warm olive oil for about fifteen minutes every night before retiring. The results will be gratifying.

I do not use scissors for cutting the nails, preferring the file: as cutting thickens the nail and causes it to lose its transparency. The use of the file is very quickly learned and much better results obtained. In filing the nails, the file is held between the nail and the flesh and not at right angles with the nail. Care must be taken, however, not to go too far into the corners or the result will be the thick tips mentioned



A buffer such as here illustrated is used by manicurists in polishing the nails—the final step in manicuring. However, a piece of chamois will produce equally satisfactory results. This is particularly true when we consider that an extremely high polish of the nails is not desirable.

as the outcome of improper trimming.

Never do any work on the cuticle at the base of the nail unless the finger tips have been soaked for about five minutes in warm, soapy water in order to soften the skin. If the cuticle is pushed back without having been previously softened by the soapy water it is apt to break or tear in the operation and cause "hang nails" which are often very painful and disfiguring.

The very best way to loosen the cuticle

is to bathe the finger tips in olive oil; about five minutes will usually be sufficient to soften it, so that it can be pushed back with an orangewood stick, but if the nails are very much overgrown do not persist: instead give them another oil bath. If there is quite a ridge of skin formed at the base of the nail after it has been pushed back, it may be necessary to clip off a little with the rounded scissors made for the purpose, but only a very little should be cut. Cutting tends to thicken the cuticle, therefore I prefer to push it back, with only an occasional trimming. Such treatment will cause the "half moons" so necessary to pretty nails to become well defined.

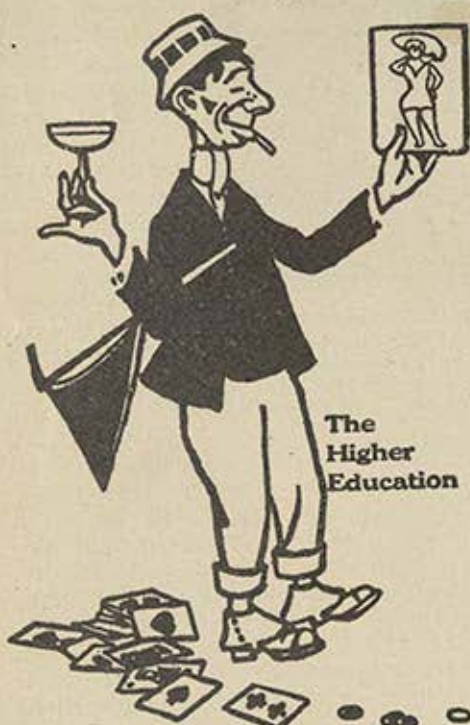
Now, after treating the base of the nail, wrap a tiny bit of cotton about the pointed end of the orangewood stick: dip into peroxide of hydrogen, and clean the outer rim of the nail. Clean the nail only, don't rub the skin under it, as it

will cause the skin to become ragged and uneven, thus forming little crevices for the dust and dirt to cling to, which will result in unsightly dark rims around the finger tips. It is for this reason that sharp pointed instruments are to be avoided for cleaning the nails.

Finally polish each finger nail with a buffer, or an ordinary piece of chamois will do; three or four strokes will be sufficient, as a very high polish is not in good taste.

About a month of the treatment advised will bring about a great improvement in most cases, and in order to keep the hands in the condition attained, they should be carefully manicured at least once, or even twice a week.

Although Nature's gifts of beauty are not equally bestowed, still with care and attention, one's disadvantages can to a great extent be overcome: and the appearance of the hands and arms may be made a source of satisfaction.



As viewed by Elbert Hubbard's "Philistine."

Watch For Our College Articles.

This cartoon affords several striking suggestions as to the ideas which many students have concerning what constitutes higher education. Some universities are said to be rapidly becoming social clubs, attended principally by a sort of cigarette and corset aristocracy who imagine they can buy brains. Removed from reference books, they may not be able to tell the difference between a dandelion and a donkey; but they consider a diploma as an infallible proof of superior wisdom. A college course cannot convert a simpleton into a philosopher; nor does membership in a Greek-letter fraternity transform immorality into a mark of mental pre-eminence. We have begun a series of articles upon the moral aspects of college life. In our April number, we expect to present to our readers a strong portrayal of conditions existing at the University of Michigan.

Menus and Recipes for Three Days

Cooked Foods

Readers will please note that all the foods embraced in these menus, as well as the products represented on our advertising pages, are given our endorsement as of first quality, and as fully complying with the Pure Food Law.—Bernarr Macfadden.

FIRST DAY.

Breakfast.

Stewed Dried Peaches Figs
Oatmeal with Cream
Creamed Asparagus on Toast
Rye Bread Butter
Postum

Dinner.

Lettuce Salad, with French Dressing, served with Peanut Sandwiches
Baked Cabbage with Cheese
Potatoes Served on Half Shell
Graham Muffins New Maple Syrup
French Apple Sauce Nuts

SECOND DAY.

Breakfast.

Bananas Atwood Grape Fruit
Hominy Grits with Cream
Creamed Eggs on Toast
Whole-Wheat Bread
Cocoa

Dinner.

Lentil Soup
Fruit Salad Creamed Squash
Escalloped Parsnips
Canned Peaches
Angel Cake Nuts

THIRD DAY.

Breakfast.

Sliced Hawaiian Pineapple
Shredded Wheat with Cream
Creamed Potatoes
Toast Butter
Cocoa

Dinner.

Cream of Potato Soup
Cherry Salad Spanish Beans
Escalloped Corn Brown Bread
Pineapple Pudding
Graham Wafers

RECIPES

Creamed Asparagus on Toast.

Use one can of asparagus. Drain off juice, and cut into small pieces. Put the asparagus into a white sauce, and serve all on toast. Garnish with parsley. This makes a very good breakfast or luncheon dish.

Baked Cabbage with Cheese.

Cut the cabbage the same as for cold-slaw. Parboil until tender, and then drain off water. Put into a bake dish alternate layers of cabbage, white sauce, and grated cheese, seasoning to taste. Continue until dish is full, having cheese

for the last layer. Cover with bread crumbs and bake until brown. Serve in bake dish.

French Apple Sauce.

Wash and core several red apples. Butter deep, earthen dish, and into this slice in rings not more than one-fourth of an inch thick, the prepared apples. Dot with a few bits of butter, and sprinkle with brown or white sugar mixed with a little flour. End with sugar and flour on top. Cover dish lightly with paste, and bake in moderate oven one hour. The sauce should be deep red in color, and thick and juicy.

Baked Potatoes on Half Shell.

Bake potatoes, and when done cut in two lengthwise halves, with sharp knife. Scrape out contents into hot bowl, and then mash. To every six potatoes, add two tablespoonfuls butter, three tablespoonfuls hot milk, and one-half teaspoonful salt. Mix thoroughly, beating with fork or Dover egg beater. Then add beaten whites of two eggs. Do not stir, but *beat*. Refill skins very lightly, heaping high on top and keeping surface ragged. Put these skins upon shallow pan, and place in oven until well-browned. Garnish with parsley, and serve hot on hot platter.

Escalloped Parsnips.

Cook parsnips until tender. Then dice quite finely. Put into a bake dish alternate layers of parsnips, bread crumbs, and butter, salting to taste. Continue until dish is full, having crumbs and butter on top. Pour over a little milk, and bake until brown. Serve in bake dish.

Graham Muffins.

Two cups graham flour: one-half teaspoonful salt: three and one-half level teaspoonfuls baking powder; one-third cup sugar: one egg, beaten; one tablespoonful melted butter. Bake twenty-five minutes in greased muffin pans, in moderate oven.

The Woman Who Dared

John Milo Maxwell, whose contribution on "The Man Who Dared," appeared in our last number has written another intensely interesting article entitled, "Can We Suppress the Noxious Effects of the Social Evil?" that will appear in our April issue. You should not miss reading this splendid article. The following comments from a woman, who has been aroused by the opinions of Mr. Maxwell, will no doubt be of interest.

Mayor Niven saw this letter before publication and he said: "The 'young men' mentioned came in for a full share of attention and in fact were the first to be considered. So far as known no one had been infected by any of them and all that were known to me were following instructions intended to prevent the spread of the disease; the woman was deliberately exposing others to infection, in one case the boy stated that he had been enticed to her home and she laughed afterwards at the result of his visit. No partiality has been shown either in procedure had or proposed so far as male and female are concerned."—*Bernarr Macfadden.*

TO THE EDITOR:

In answer to "The Man Who Dared," in the February issue of the PHYSICAL CULTURE magazine:

"The Man Who Dared" has acted nobly insofar as he has called public attention to a fearful menace. A pertinent question is in order, nevertheless: If the one poor friendless outcast woman (originally a victim of some man's lust), was a subject for citation and isolation, why not also the *known* sixteen young violators of womanly honor? Surely they too might spread the disease, and not, as in the case of the woman, to the unclean engaged in breaking the laws of God and State, but to innocent women and innocent infants—a far more grievous crime.

What is to blame for these conditions? Conditions so vile that thousands of poor infants come into the world each year so awfully, so dreadfully diseased that those who care for them during the few short months or years they die (they are born dying of the sins of their parents), do so at their peril; conditions so vile that thousands of innocent wives die fearful, horrible deaths! The awful things a nurse must see! What is responsible! *Man's Injustice to Woman.* Man, smug and complacent, in high office and low, pampers to the lust of man at the expense of womanhood. Woman, less strong in brute force and because of her more finely organized physique unable to bear the stress of this rushing age in her efforts to earn a livelihood, becomes the prey

of man's greed for gold, of man's lust, and of man's laws.

The solution! There is only one true solution of the white slavery question and its brother question—sexual disorders—the economic freedom of woman! Just so long as woman is exploited of her just earnings and receives only a mere pittance insufficient to keep body and soul together in decency, even during prosperous (?) times, and who in times of illness or breakdown or lack of employment is destitute, although exploited to the full during the "busy seasons,"—just so long will suicide or immorality be the choice of evils. Poor womanhood, whom God must have created man's superior or man had long since died of his own sins! Driven to kill her body to save her soul or to kill her soul to save her body! Oh Liberty, where art thou?

What of those poor girls whose mental and moral inheritance is not of a high standard, when even those best endowed mentally and physically and spiritually find the struggle for existence almost too great to bear! Let a woman's honor be more sacred than her life and its violation by men of high and low degree made a capital crime.

Let boys and girls, boys especially, be taught that the *spirit and mind and body* of man and woman are beautiful in the sight of God, and that the *body* only becomes vile when it is filled with vileness; teach truths openly, beautifully and sacredly and pure childhood will respond.

"THE WOMAN WHO DARED."

Menus and Recipes for Three Days

Uncooked Foods

FIRST DAY.

Breakfast.

Shredded Wheat Medley
Apple and Nut Salad
American Cheese
Figs Apples
Marble Dessert Nuted Eggnog

Dinner.

Whole Wheat Bread
Butter Dried Apple Sauce
Cottage Cheese and Cabbage Salad
Mixed Nuts Bananas
Apple Dessert Grape Juice

SECOND DAY.

Breakfast.

Corn Flakes and Raisins with Cream
Triscuit and Cheese Sandwiches
Dates Stuffed with Walnuts
Grape Fruit
Wheat and Banana Dessert

Dinner.

Triscuit
Butter Peanut Butter
Vegetable Salad served in Apple
Fruit Balls Olives
Floating Island Lemonade

THIRD DAY.

Breakfast.

Grape Nuts and Bananas with
Cream
Nut and Cabbage Salad
Pignolias Oranges
Canned Peaches and Cream
Apple Juice

Dinner.

Raisin Sandwiches
Cheese and Apple Cubes
Sliced Onions with Dressing
Brazilian Nuts Dates
Marmalade and Cream Drops
Sumik

RECIPES

Shredded Wheat Medley.

Crumble a shredded wheat biscuit in a cereal bowl. Select a dozen good Persian dates, cut in small pieces and place over the top of biscuit layer. Next sprinkle a generous quantity of raw peanuts over this mixture and serve with cream.

Apple and Nut Salad.

Take equal quantities of walnuts, pecans and almonds chopped rather fine. Use the same amount of apple (also finely minced), as the nut mixture, and stir well together. Then pour a generous quantity of mayonnaise dressing over this and serve on a garnished salad dish, tastily arranging a few olives on top.

Marble Dessert.

Use an equal quantity of dates, figs, bananas and apples, minced very fine,

thoroughly mixed together. This constitutes the fruit-mixture. If obtainable, use the fresh cocoanut, grated. If not, the shredded cocoanut will answer the purpose, although it is not as desirable and nicely flavored as the fresh nut. Spread quite a generous layer of this fruit mixture in a dessert dish. Sprinkle a thick layer of the cocoanut over this and then drop three small spoonfuls, evenly distanced, on top of the last layer. Place an almond meat on each spoonful of the fruit and lay a large dark raisin between each spoonful. These make a fine contrast on the cocoanut.

Nuted Eggnog.

To the beaten yolk of an egg add several large spoonfuls of milk (according to size of glass used), enough honey or sugar to sweeten, and two spoonfuls of ground nuts: then beat well. Pour into

a glass and add the beaten white of the egg, slightly sweetened. Sprinkle lightly with the ground nuts. This is a delicious drink if it is properly seasoned and if a favorite kind of nut is used.

Dried Apple Sauce.

Soak the dried fruit, in just enough lukewarm water to cover it, until it is in a soft state to be easily mashed with a fork, or run through a colander. Sweeten to taste and serve plain or with cream.

Cottage Cheese and Cabbage Salad.

Mix thoroughly, equal proportions of shredded or chopped cabbage and cottage cheese. Then stir in a liberal quantity of mayonnaise dressing, or if preferred use the olive oil and lemon juice.

Apple Dessert.

Select a large, rosy apple and cut in half, not lengthwise. Remove the core and all the inside of the apple, leaving merely a shell thick enough to serve the salad in. The proportions may vary in this salad according to the individual's taste. Slice some apples very thin, cut dates in small pieces and break the nut meats in little chunks. Mix all together and fill the apple shell with this salad. Place on a dessert dish, cover the top with whipped cream, and sprinkle with ground nuts. Put a walnut meat in center.

Wheat and Banana Dessert.

Remove the seeds from a few dates and put to soak in a very small quantity of lukewarm water. When real soft, mash to a pulp and stir in the remaining juice. Then add about the same amount of cream and mix well. Next stir in enough raw wheat flakes to make it a proper consistency, not too juicy. Serve in a dessert dish and arrange slices of banana on the top: one in the center and about four pieces around the outside. Place a pecan meat on each banana slice.

Vegetable Salad Served in Apple.

Prepare the apple-shell the same as in the preceding recipe. Mix two parts of shredded cabbage with one part of grated cheese and a generous quantity of mayonnaise dressing. Fill the apples with this and put three olives on the top.

Fruit Balls.

Make a fruit mixture of one part figs, one of raisins and two of dates. Chop these just as fine as possible, mixing thoroughly. Then roll into small-sized balls and flatten slightly by pressing a pecan or walnut meat on top. If desired, these can be served in individual orders, by daintily arranging a few in a dessert dish garnished with shredded cocoanut.

Floating Island.

At this time of year it is somewhat difficult to obtain fresh fruit, and as a substitute the canned fruit will be found very satisfactory in the preparation of fancy desserts. In this recipe use any desirable kind, although strawberries seem to make the best combination. Put two large spoonfuls of the fruit in a dish and just enough of the juice to cover it nicely. Drop a large spoonful of whipped cream in the center of the dish and sprinkle this with ground nuts.

Raisin Sandwiches.

Spread a triscuit, or use whole-wheat bread, first with butter, then a layer of peanut butter. Use either the small sultana raisins, the large seeded ones, or the layer fruit. These can be chopped up very fine and spread on, or just laid close together on the buttered bread, to form another layer.

Cheese and Apple Cubes.

Cut the apples and cheese into small sized cubes, using in proportion two parts of apple to one of cheese. Mix well together with a liberal quantity of mayonnaise dressing and serve on a garnished salad dish.

Marmalade and Cream Drops.

Soak an equal quantity of dates and dried peaches in lukewarm water, until soft enough to mash to a jelly. Stir well and serve in a dessert dish by dropping a small spoonful in the center and three around the outside. Sprinkle these with shredded cocoanut, then drop a small portion of whipped cream between the marmalade drops, and sprinkle this with ground nuts.



THE BEER!! THAT MADE MILWAUKEE FAMOUS.

"The Beer That Made Milwaukee Famous"

BY OLIVER ALLSTROM.

"The beer that made Milwaukee famous," fame
For which her noble sons would blush with shame,
If beer her legends told. Tear down the lie,
And rise, Milwaukee, rise and make reply.

Show your metropolis in light more fair,
Show where your handiwork few can compare,
Blot out the lying words, tear down the sign,
Lift up an emblem, your graces refine.

Show that all beer is beer, label or cork,
Ribbon or brand, beer is beer in New York;
Beer's beer in a keg, and beer's beer in a can,
No matter if made away off in Japan.

So tear down the sign, Milwaukee, your beer
Is as bad as the worst that causes a sneer,
It's as bad as the worst that goes to the head,
And makes a man wish that he really were dead;

It's as bad as the beer that's taken the coin,
Which should have bought bread, and butter, and
Join;

It's as bad as the beer that causes a fight,
From a sot that is out on a drunk for the night.

Then rise, city rise, Milwaukee, your fame,
Should be found in the towers that cherish your
name,

In the parks and the bay where your beauties
abound,
And your harbor as safe as ever was found;

And your men, who respond to charity's call,
Are things that have made you most famous of all.
So tear down the maudlin, the frivolous lie,
That cheapens your worth and vexes the eye,
And raise up a banner the sober may cheer,
Milwaukee forever, but never for beer.

SALOON



MALSTROM



The Ruggedness of Country Children

VIGOROUS CONSTITUTIONS ARE DEVELOPED THROUGH THE INFLUENCES THAT ARE THE RESULT OF LIFE IN THE COUNTRY

By H B Bradford

No one can question the value of country life. City life is enervating. Dissipation is usually rampant in great communities, and even the best of us are drawn within its tentacles at times. This short, but forceful article in advocacy of country life is a powerful appeal to the reasoning powers of those of open mind.—Bernarr Macfadden.

I USED to wonder that the exposure to wind and wet weather amid which country children grew up, did not cause more sickness among them. I didn't get over my astonishment until I learned that the sources of disease were

invariably of a very different nature. I have lived for months at a time on a large farm where there was a country girl of about twelve years of age, whose regular habit was to run out in the tall, wet—and sometimes frosty—grass, for

the cows every morning. I have often seen her drenched through to the skin by a cold rain, which she merely considered a good joke as she came into the kitchen by the stove to get one side dry at a time. No shoes; no stockings; and very scant clothing, until real winter weather set in. And this child was *never* sick! No throat troubles—never knew what they were! No headaches; no neuralgia or rheumatism, but a clear, beautiful complexion, the brightest of eyes, and a strong, muscular little body able to work hard all day long, and "sleep like a log" until awakened in the early morning.

What would not a city society girl give to have such nerves, such a complexion, and such health as that little country maid possessed? She *could* have them—if she cared enough about them to pay their price; not otherwise.

Another "country girl"—whom I thought



The author's two-year-old son, who, his father states, is one of the "toughest" little customers he ever saw, and is as rosy and as round as he is rugged.

enough of to marry—told me she used to do the same running out with bare feet, after the cows, early and late, that she remembers how good it would feel to warm her feet a moment on a spot from which a cow had just been stirred up. She would stand on one warm spot after another, as the cows started away, and left the last one in reluctance to drive the "mulies" home. She had never had a sore throat in her life, nor had she ever had a cold from getting her feet or body wet. I think the feet have an intimate relation and effect upon the throat. I notice those who expose the feet have little or no trouble with sore throat, while those whose feet are delicate and always kept well covered in air-tight shoes—"patent leather"—are more susceptible to throat affections.

The bundling up of the throat in various ways, in cold weather, makes it delicate and subject to inflammation and soreness on the slightest provocation.

The country children I have seen usually keep more regular habits of eating and sleeping than most city children. Their food is of purer quality and more wholesome than much of the artificially-concocted stuff which many city children are fed on. It is a great pity that more country people do not take advantage of their ideal opportunity to have the best, ripe, uncooked fruits upon their tables, instead of shipping them to market for city people to buy, often when picked green and in no condition to eat; too ripe or too rotten. Then too, many country people imagine that unless nature's products are fixed over—steamed, stewed, fried, boiled, baked, spiced, or "deviled"—an appropriate term for much of it—that they are not so "tasty," or fit to place on the table. When company is present, the more of these artificially prepared things they can think up, the better appearance and skill they think is displayed on the board. It displays more "skill" to make the pie, but more wisdom to eat the ripe, raw apple. It is better for the body in every way, and saves much needless labor and expense, as well as valuable time.

There is no place to compare with God's own country, to live and bring up

a family of healthy children in. It is the place for the "simple life;" the healthful life, and the life of independence and usefulness. Many country places are sadly lacking in true sanitary conditions. The children go dirty and uncared for in a proper way, but even in spite of this, they seem far healthier than city children, whose parents try to avoid "drafts," un-sterilized milk, raw, ripe fruits for fear of bowel troubles, and who keep a medicine chest or closet fully stocked with dreadful mixtures called medicines, some of which are deadly poisons.

I have thought for many years that the most important knowledge for a person to acquire was how to keep the human machinery in working order, or in other words how to keep "well." It seems strange to rely upon those who are making a living on the diseases of the community, for the most important information which each individual should possess!

People seem to forget that to prevent disease is half the battle. They live about any old way, and later call the doctor to mend results of ignorance in a minute, which have been years in the making. When the doctor inquires as to their habits, and suggests reformation along that line, they sometimes call another doctor who gives them a dose, which temporarily relieves them, and does not remove the cause of their trouble, which of course appears again in a more severe form—but they simply say they are "sick again." How little sense most people possess after all! Did you ever think of it? It is really amazing. Nature is making them walk, bare-footed, on the rocks of experience, but most of them learn very slowly, and many, never.

I think the Power which could form the human body, with all its amazing wonders and infinite wisdoms, would have been very short-sighted had it left its repairing or "healing" to those who cannot keep it in running order for two days—to those who abuse it in every way possible!

The day is here when doctors must teach the people more wisdom; must teach them that the human body is self-

healing, and teach them to know what disease means and what Nature is trying to do when her machinery needs more oil—not castor oil!—when it needs repair; needs strengthening in certain unused parts; when it is filled with “grit” and its engineer hasn’t “grit” enough to clean it out; when it is rusty from having been out in the wet and been inactive for many years; when its telegraph wires fail, or deliver messages to a center plant which has ceased to heed them, and when Nature finally calls a halt which means death, or do better!

It only requires wisdom and care to bring children up healthy. Ours are rugged and well. We never use medicines. We have none in the house. We are careful of their eating and sleeping habits, but when they eat green apples, or too much heavy food, we try to find out what is the matter and help nature aright the condition which is called disease. Nature has always been fully equal to the occasion—probably because their bodies have never been poisoned with drugs, or “cow-pox,” their natural defensive faculties are all the more capable to heal and “cure” what few troubles they have had. A broken leg in one of them was healed in two weeks!

Most people seem so slightly acquainted with Nature that they are afraid to trust to her in disease! They think the doctor possesses supernatural powers, and they imagine the administration of just the right drug will work the trick! When the doctors themselves trust in such agencies, it is not to be wondered at that their patients possess no greater intelligence! Would that there were more Deweys, Oswalds, Latsons, Tildens, Hodges, Carrs, and too few others, who are teaching the people that wrong living habits cause disease.

The worthlessness of the medical information usually printed in the current magazines is strikingly illustrated in the following, which I quote from *The Ladies' Home Journal*, of August, 1909—a very estimable magazine in other departments. We are sorry Dr. Warman no longer edits the “Mother’s Guide” column, which goes out to so many mothers in this land, but another doctor answers this following letter, as follows:

“It seems to me you are doing very wrong to expose your boy to unnecessary risk. Taking cold is not the only danger in allowing a child to go bare-foot. The arch of the foot may break down so that when he has to wear shoes he will be in great pain; cuts and bruises may occur at any time and prove very serious.”

Here is the mother’s letter: “My baby of fifteen months has never worn anything on his feet. Some of my friends are shocked when they see him walking down the street barefooted, yet he is *perfectly healthy*—has never had a cold. Please give me your advice on the subject.”

If her baby was “perfectly healthy” I wonder why she asked what any doctor thought of its habit?

I wonder where the doctor lives who answered that letter? I wonder if she has ever examined the bare feet of many Indian, or negro children, or of those country children who never wear shoes except a short time during the winter, and who went without them until four years old? I wonder if that doctor thinks those strong and shapely feet, could have been improved upon by stiff leather bindings, laced up to prohibit the circulation? Is not the Greek foot the model of human form in all art to-day? Was that ever bound up in hideous hide to “protect” its instep, or from glass and rusty tin cans which its possessor could not see?

I saw the foot of a young lady in the street car recently which was the kind developed by those who despise nature’s product. The heel was about three inches from the car floor, while the pointed shoe toe rested on it. The instep was bulged way out as if a rattle snake had put his poison in it. The color of the shoe was very pretty, but the face of its wearer lacked character—it was vapid, and uninteresting.

I wonder how that person would like to have displayed that bare foot of hers, side by side of a foot that had never known a shoe?

And then too, “germs” are scaring the doctors as much as the increasing hygienic learning of many of their patients now-days. They forget that, even if injured, a healthy, strong foot will

heal in half the time that a misshapen and diseased one can develop "lock-jaw" in!

My children would have been dead long ago if germs were so dangerous as so many doctors would like us to imagine! Those who don't know that such a thing as a germ exists live the longest and the happiest. If people keep their children reasonably clean, they need never give "germs" a thought. If your child has a sore throat that you imagine might be diphtheria, don't worry about having the "case diagnosed" under the microscope—get busy using your own eyes and brains, and feel where the fever is, and find the inflammation. Try to make the blood wash out the inflammation by producing a reaction to that part,

and lower the fever by allowing the digestive apparatus a rest, and by a cool bath if necessary.

The simplest living will prevent disease, and the simplest measures used intelligently will help cure it. Thousands of dear little children die every year from the stupidity and ignorance of their parents, and from the lack of wisdom of many medical men.

Get a medical library and seize the valuable fruits of medical men of rare wisdom and wide experience, and keep your eyes open and brain clear to perceive Nature's wonderful workings in the human machinery, and do not forget that the best air, the best food, the best sleep and the best health are only to be found in the country

Failing Eyesight Marvelously Remedied by Natural Methods

TO THE EDITOR:

Enclosed you will find a photograph of myself. I want to tell you of my success as a military-rifle shot, due to the advice which I received through your magazine. The writer at one time was ordered by a specialist to wear glasses for failing eyesight, but by exercise, bathing and the adoption of a proper diet, he has developed remarkably. While a member of the California Rifle Team, for the year 1909, in competition at the National Shoot, at Camp Perry, Ohio, in August, he led his team by nine points over the next nearest member. In the national individual match, among 630 competitors from all over the United States, including the Army and Navy, he stood eleventh place, winning a gold medal. The writer has made the best possible scores at very nearly all the ranges in practice.

WALTER A. GULDNER.
Petaluma, Cal.



Walter A. Guldner, champion rifle shot, who remedied defective eyes by natural methods.

The Digestibility of Raw vs. Cooked Food

A VALUABLE EXPERIMENT WHICH APPARENTLY PROVES THAT A LARGER VOLUME OF FOOD ELEMENTS ARE DIGESTED WHEN FOOD IS EATEN RAW THAN WHEN EATEN COOKED

By Milo Hastings

IN accordance with the editor's request for the results of experiments upon the subject of human nutrition, I have prepared the following account of my investigations at the Kansas State Agricultural College, in 1905 and 1906. No account of this work has hitherto been published, and as it is, so far as I know, the first investigation undertaken, in accordance with the accepted scientific methods, for the purpose of determining the digestibility of uncooked foods, I feel sure that the account of these experiments will interest physical culturists.

The structure of the typical grain, as wheat and corn, consists of an outer husk or cellulose covering, within which is contained the germ and the endosperm. The germ is composed of proteid and oil. In the maize kernel, this germ is of considerable size, hence the large portion of fat in corn. The wheat germ is relatively small, and in milling is bolted out, as it would discolor the white flour. The endosperm, which forms the bulk of all grains, is composed of plant cells which are in turn filled with starch granules. In the case of wheat and oats, there is a mixture of aleurone (proteid) grains with the starch granules, while in corn, the contents of the cells of the body of the grain is practically pure starch.

The common statement is that the walls of these cells containing the starch granules are composed of indigestible cellulose, and that in the process of cooking in hot water or steam, the starch cells absorb water, expand, and rupture the cellulose envelopes, thus permitting the digestive juices to reach and act upon starch grains. As a matter of fact, the belief that there are cellulose walls around starch granules is a deduction from the general botanical fact that plant cells have cellulose walls. Now it happens that the cells of the interior of

the grain being protected by the heavy outer covering of the kernel, have, in the process of evolution, lost their individual cell walls, so that the interior of the ripened grain kernel is simply a mass of starch granules.

The heat of moist cooking has no effect upon grain fats. The proteids are coagulated. The starch grains, where moisture is present, swell up and form a pasty or gelatinous mass. Between the digestion of raw and cooked grain, the following differences are readily noted: Raw grains, because of greater hardness and dryness, are naturally more thoroughly masticated. Cooked grain products may be masticated by force of will power or cultivated habit, as is the case with the followers of Fletcher, but the soft mushy condition of cooked starch products does not readily call forth mastication, as natural foods, which are in a similar condition, do not require either grinding by the teeth, or the influence of saliva in their digestion, and hence man has no instinct which leads him to masticate such pulpy foods.

Dr. Kellogg, some years ago, conducted digestion experiments with cooked *versus* raw grains. His work, however, applied only to the stomach digestion, as his method was to give grain foods variously prepared, and in a few hours' time remove and analyze the stomach contents. Kellogg showed that cooking retarded the stomach digestion of proteids and hastened the stomach digestion of starch. Now as the stomach is known to be a proteid and not a starch digesting organ, Dr. Kellogg's findings clearly argue against cooking of grains, yet in his interpretations he places the stress upon starch digestion.

The writer does not doubt that the disintegration of the grains in cooking will increase the action of saliva upon

starch, but that there is no reason to believe that any benefit comes from changing what was meant by nature to be only an alimentary preparatory process into one of complete digestion.

THE AUTHOR'S PERSONAL EXPERIMENTS.

The following experiments were planned with a view of determining the digestive effects of the entire alimentary canal upon the material in question. The investigation was conducted along two lines. The first experiment was for the determination of the digestive effects upon individual grains by observing the remnants that passed from the alimentary canal. The second was a comparison of the dry weight and starch content of the excreta from diets which were identical, except that the grains in one case were cooked and in the other case taken raw.

The subject, at the time of the experiment, was twenty-two years of age, weighed 140 pounds and was actively engaged in distance running. For eighteen months previous to this experiment, his diet had been chiefly of grains, fruits, and milk, eaten both cooked, and uncooked. In the first experiment the method pursued was as follows;

A full dinner was eaten at noon, consisting of milk, eggs, and such fruits and ground grains as are readily and completely digested. At 7 P.M., a meal of boiled rice and milk was taken, during which the grains to be experimented upon were swallowed whole.

The examination of the digestive remnants was conducted according to the usual laboratory methods and the findings were as follows: Commercial rice grains, pieces of raw potato and of almond kernels, and the halves of split beans and peas were all entirely digested. Pieces of walnut and hazelnut kernels, and of soy beans, were almost entirely digested. Whole wheat, Kaffir-corn, hulled barley, rye, beans, soy beans and corn were recovered in their entirety. In other words, when such seeds are not broken up by mastication, the indigestible hull protects the interior of the seed from the action of digestive juices.

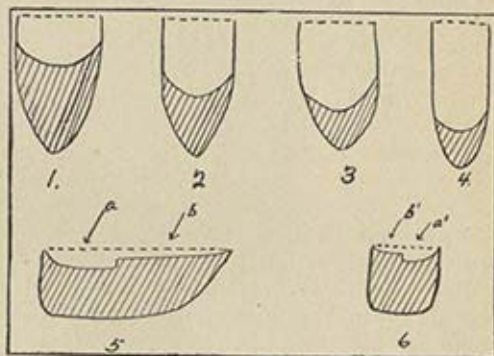
Far more interesting and significant

results were achieved by sectioning, or cutting wheat and other grains in such a fashion as to expose to cut surface to the action of the digestive juices, showing the comparative digestion of various grains, and of the component parts of the grain.

The cooking experiment was conducted by comparing the right and left side of split grains. The cooked halves were boiled for one hour, which softened the starch as much as would soaking several hours in the digestive juices of the body, yet the two sets of grains when compared, showed that about the same portion of starch had been eaten out by digestive juices. The writer, fearing that his observation in the matter might be biased, passed the two sets of kernels over to the judgment of a disinterested observer, who stated that the raw grain kernels had undergone the most complete digestion.

In all corn grains, whether raw or cooked, the starch portion, as is shown in the accompanying drawings, is much more rapidly digested than the germs or proteid in fatty portion of the grain. This is rather an amusing finding, considering the fact that the learned dieticians of the past have told us starch was the particular element of food which needed the application of heat to make it digestible.

The study of the accompanying drawings, which show the average portion of starch digested out of the grain hulls, in-



Drawing showing the relative digestibility of uncooked grains—Grains were cut on dotted line; unshaded portion was digested. 1—Barley; 2—Rye; 3—Wheat; 4—Oats; 5-6—Corn. Points marked *a* in 5 and 6 show starchy portion, points marked *b* show germ.

dicates beyond all possibility of doubt that, in the case of this subject at least, raw starch is digested with ample rapidity and thoroughness.

The fact that unbroken grains are indigestible because of the cellulose covering, should not be confused with the claim of the indigestibility of raw starch because of the supposed cellulose covering of the single botanical cell, which is scarcely visible without a microscope. The digestion of the hulled rice grains, and the amount of starch eaten out of the grain hulls where the digestive juices could only attack from one side, clearly indicates that the grain particles, where mastication has been at all thorough, would be digested very readily indeed when they reach the proper division of the alimentary tract.

The second experiment consisted of living during two separate periods on diets exactly alike, save that the grains of the first week were boiled for two hours, while during the second week they were taken raw, with only such soaking, as was necessary to render mastication agreeable. The following is the weekly bill of fare for both periods:

800 grams wheat	700 grams sugar
700 " rice	550 " raisins
200 " Kaffir-corn	150 " dried apples
200 " rolled oats	7 lemons
100 " rye	14 eggs
100 " corn	7 pints milk

The dried weights of the undigested residue was as follows:

Cooked grain.....	298.6 grams
Raw grain.....	256.5 "

Chemical analysis of the two samples showed that the starch had been completely digested in either case, thus indicating that the lessened digestibility of the cooked diet was due to the indigestibility of cooked proteids. These experiments agree very well with Kellogg's and other investigations of the effects of cooking upon the digestion of proteids.

COOKING IS NOT NECESSARY FOR STARCH DIGESTION.

The complete digestion of all starch, in both the cooked and uncooked diets may seem to the reader not to be a conclusive argument upon either side of the question. These experiments do not indicate that cooking renders starch indigestible, but they do show that cooking is wholly unnecessary for starch digestion, and that the process of cooking only disturbs Nature's plan without any corresponding benefits. The cooking of starch discourages mastication, increases fermentation, (raw starch being practically unfermentable), and needlessly increases the bulk of the meal.

As an explanation of the complete digestion of the two diets, it might be stated that the rations which represented, in quantity, the customary diet, contain but two-fifths of the proteid and three-fifths of the energy required by the Atwater, or Government, dietary standards. Lest some think this diet be insufficient, it might be stated that the subject, during the period of the experiments, was entered in two distance runs, and finished a two mile road race in the time of eleven minutes and nine seconds

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The many interesting and instructive features we have arranged to embody in PHYSICAL CULTURE during the coming year will enable readers to secure even greater value for their subscription at the new rate, than was provided by the magazine at its old price.

Battling Nelson—A Wonderful Fighting Machine

By Donald C Harrison

BATTLING NELSON is one of the most remarkable of modern fighting men—unique both in his rugged physique and in his personality.

Nelson is essentially a fighter. In this respect he must be distinguished from those who are skillful boxers, but who perhaps fall short of the unusual hardihood and bull-dog staying qualities of the fighter, pure and simple. There are boxers who fight, and there are fighters who box, and always there is more or less of a combination of the fighter and the boxer in each one. Some times the fighting and boxing qualities are combined in nearly equal proportions, but as a general thing each candidate for honors pugilistic excels in one or the other of these qualities. And it is always a ques-

tion of great interest, in boxing matches, to know whether the boxer will triumph over the less skilled fighting man, or whether the fighter will vanquish the boxer by his violence and superior physical force. Sometimes a bout takes place between two boxers, and in that case it is a contest, an exhibition of great skill. Occasionally also a pair of the fighting type engage each other, and in this case it is

a battle. But in all cases it is a question of superiority, and it is seldom that the better man does not win.

It is generally conceded that Nelson is not a boxer, and there are a number of his aspiring competitors who can out-box him in a short contest, from six to ten rounds, for instance. And it must be said to Nelson's credit that when he has received the worst of it, in a few battles, it has always been when the fight was limited to a few rounds, with the exception of a couple of contests with Jimmie Britt and Joe Gans. In the case of both Britt and Gans, Nelson succeeded in knocking out and decisively defeating his opponent in another fight, and it is probable in every case in which he has been given an adverse decision that he could

have won out if the struggle had been allowed to continue to a finish, or until one or the other was unable to continue. A "clever" boxer, for instance, may administer a very severe beating to Nelson for ten rounds, but the sturdy Dane does not seem to mind a little thing like that, and keeps on fighting, persistently and aggressively, until the boxer is exhausted and driven into submission.



Oscar Battling Matthew Nelson.



Battling Nelson in action.

Although the Battler's exterior may be badly bruised, yet the bruising does not seem to penetrate the interior, it does not seem to reach the brain and the nervous system, and appears to have little or no effect upon his vital organs.

The secret of Nelson's success, therefore, is his exceptionally rugged physique. As is usual in such cases, there are reasons. Given a sound and healthy body at birth, he made the most of his period of growth by leaving school at the age of thirteen years and finding employment as an ice man, driving, cutting, packing and storing ice from Lake Michigan. He attended faithfully to his work and was eventually made a foreman. He went to night school and spent his days in the vigorous out-of-door work. As he himself puts it, "It was this early taste of heavy, hard outdoor work which served to build up and make a strong, sturdy 'kid' of me." Following this, his interest in boxing and his training for his contests provided for his still further development.

The other most prominent factor in contributing to the perfect condition and remarkable physical stamina of Oscar Battling Matthew Nelson ("Battling" is his real name, not a nick-name), is his strictly temperate and careful life. In this respect he is a thorough physical culturist, and the other members of his profession would do well to follow his example. Never in his life has Nelson smoked, chewed tobacco or used alcohol in any form. When one considers the associations that he must have had in his varied career, and the temptations which must have beset him time and time again, this is saying a great deal. Not even for the sake of celebrating his many triumphs has he ever allowed himself to deviate from this strict rule. The firmness of his will in this matter is indicative of the whole character of the man, and expresses the persistence and dogged determination which has enabled him to climb to the top against all odds. It is well known that even pugilists, or at least the most of them, all those who have attained any material success, do not ordinarily use alcohol while in training. But after a fight there must usually be a celebration, and so periods of dissipation usually alternate with periods of training, resulting in an incalculable advantage to the man who is rigidly temperate at all times.

Considering these facts, it is to be expected that Nelson would possess good endurance, and even that he should be capable of doing full justice to himself, although he has been regularly engaged in fighting for over twelve years. It may be said, by the way, that it is a tradition of the athletic world that a fighter is not at his best for more than four or five years, or at the most six or eight years. But the Dane's powers of endurance seem to be abnormal, not only as regards his capacity to endure unlimited punishment, but also his ability to endure prolonged and incessant exertion. He might have been an ideal Marathon runner.

From a muscular standpoint, there is nothing abnormal about him, which is all in his favor, as an athlete. He certainly does not present the appearance of a muscular wonder. He is well developed, but nothing unusual in this respect. His

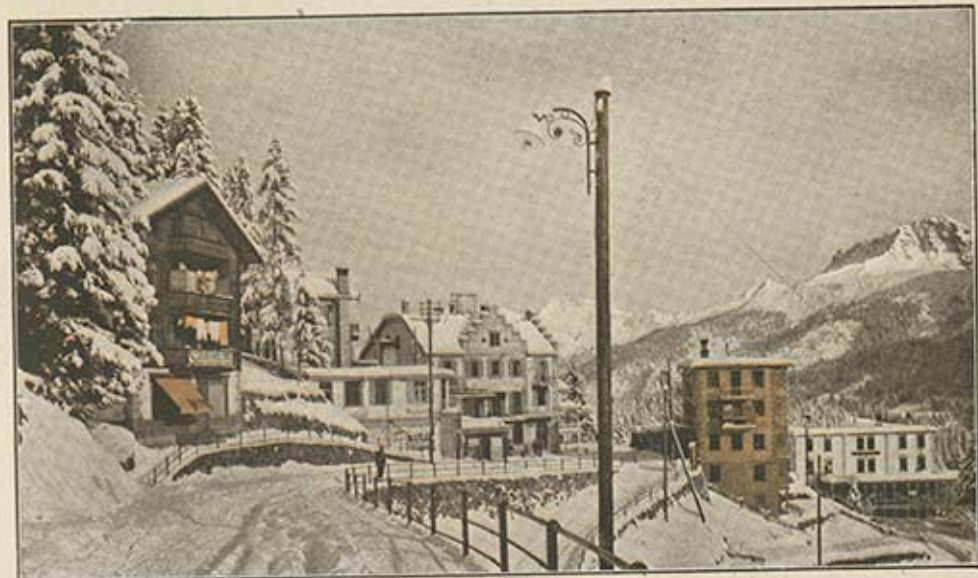
biceps measure only 10½ inches with the arm straight, and only 12 inches flexed. But his muscles are of the long type, not bunched. Nelson's body, indeed, does not show the most perfect beauty and symmetry such as we might expect from our studies of classic forms. His outlines are rather more rough and rugged. He even has a defect in each arm. As a result of a former break he cannot straighten his right arm entirely, while he cannot bend his left quite enough to button his collar. His neck is strong, his jaw apparently insensible to jars, his ribs are exceptionally wide and strong, and his stomach muscles are very thoroughly developed.

But while his external muscular system is not remarkable, yet his internal organism is unusual in the extreme, and it is particularly for this reason that Nelson is an interesting study as an example of physical culture. He has proven very conclusively a great physical culture truth, namely, that it is the inside man and not the outside man that counts. One cannot tell what is in a man by looking at the outside. Nelson has repeatedly whipped men of more promising muscular outlines than his own. He has just sufficient muscle for the demands of his work, and that is all. What need has he of more? But it is his heart and vital organs which make it possible for these muscles to act again and again, and to continue to act, persistently and untiringly, almost without limit. It is not the power for an immediate effort so much as the enduring quality that counts most in fighting, as in other matters, and which indicates the most perfect physical condition. The most perfect, or as we might say, the best fitted for survival is he whose vital organs will respond to the call of the muscles for life and energy after his opponent has been exhausted. It appears, therefore, that in a fight with a man of the Nelson type, the contest is really one of the comparative powers of endurance. And in deciding such a question of supremacy as that of a world's championship, the holder of the title is quite justified in his insistence upon a contest of forty-five rounds—practically a finish fight—to prove absolutely which is the better man.

Examination by experts discloses the fact that Nelson's heart action is so remarkable strong as to be almost abnormal. The average heart beat of an adult man is about seventy-two per minute. In the case of the world's light-weight champion, however, the ordinary beat is only fifty-two per minute, indicating exceptional vigor of the organ. But the remarkable thing about it is that after several minutes of active exercise, in the course of which the heart action is accelerated to eighty-five beats per minute, a rest of less than half a minute is sufficient to bring it back to its usual rate of fifty-two beats. This indicates a marvelous power of recuperation, and helps to explain the phenomenal endurance of the man.



Another view of the "Battler" in fighting garb.



A picturesque stopping-place for travelers undertaking the rigorous pastime of mountain-climbing in winter.

The Winter Sports of Americans Abroad

HOW TRAVEL IN SWITZERLAND HELPS TO
AROUSE INTEREST IN HEALTH-BUILDING GAMES

By Felix J. Koch

This timely and interesting article presents in an attractive way the value of outdoor life, and especially emphasizes the beneficial effects of the winter sports practiced by the hardy people of mountainous countries.—Bernarr Macfadden.

IN general, healthy people enjoy winter, and the sports which may be enjoyed in cold weather. Also, winter life has a tendency to develop hardiness and to increase health. It is true that cold weather tends to cause many people to deny themselves fresh air and exercise even more than in the summer, and thus leads to considerable sickness. And, undeniably, winter brings suffering to multitudes who do not have sufficient food, clothing, and fuel, or who have work of an unfavorable nature, or no work at all.

Nevertheless, winter brings enjoyment and increased vigor to many others. City children are not given the privilege of coasting in the streets; but neither are they allowed to play ball in those same streets in the summer. On the other hand, however, the parks and playgrounds afford opportunities for outdoor games during the cold months as well as during the hot. In the country, too, school and chores and play take the boys and girls out-of-doors a great deal. Older people, in both country and city, have excellent opportunity to add color



Plenty of snow for sleighing, with beautiful scenery all along the road.

to their cheeks through contact with the winds and storms and bracing air of winter.

There is something particularly invigorating about a brisk walk, or some other form of outdoor exercise, on a winter's day. A long tramp when the temperature makes the ears tingle serves as an excellent adjuster of digestive disorders, and proves wonderfully efficient in producing an appetite which does not need to be pampered by fifty-seven varieties of condiments or delicacies. Plain bread then tastes better than pie or cake at other times, while potatoes and other vegetables have a flavor not usually in evidence. Even prunes, in spite of all their worn-out association with cheap boarding-houses (assigned them by jokers of the mother-in-law variety), are more keenly relished than strawberries out of season by dyspeptic aristocrats. Raw turnips solicited from some accommodating farmer, or frozen apples picked up in a wayside orchard, are then more palatable than the ice cream and candy served at some social functions. Appetite! If you want a real one, just get up some cold morning, miss you breakfast, dress so as to keep your

feet dry and warm and to avoid undue exposure, and take a cross-country walk of ten miles. Then sit down to enjoy a simple, wholesome meal, and feel the food turn into tissue! Also note how well you can sleep that night. A snow-storm tends to add zest to such a trip. There are people who actually enjoy being out in a hard storm of snow or sleet.

Hunting wild game, fishing through the ice (for some people *will* eat animal food), skating, coasting, sleighing, and tobogganing are some of the outdoor, winter sports enjoyed by Americans at home, both young and no-longer young. Some of us possess fond memories of happy playtimes at country schools, made more exhilarating by winter weather. There were "black-man," "fox-and-geese," in the deep snow, building and besieging snow forts, coasting on some convenient hill, skating on a nearby lake or stream or pond, and other forms of outdoor fun, both original and imitative. All these helped to make school not only tolerable but even enjoyable, and helped greatly toward lessening the evil effects of cramming our stomachs and our heads with useless things. Many of us still have both op-

portunities and dispositions favorable to taking part in outdoor recreation, and we rejoice to see the rapidly increasing interest in play and playgrounds. Others, fortunate enough to have healthful occupations which they genuinely enjoy and which take them out into the open, do not so seriously need these outdoor sports; but they, too, like to have some real play occasionally.

A great many Americans, however, take little interest in outdoor exercise, especially winter sports, unless they travel abroad. They want everything imported, from paintings to poodles, and from hats to husbands. Thus it happens that these people of leisure, traveling abroad in search of celebrated scenery and antique furniture, often incidentally and accidentally acquire an enthusiastic fondness for outdoor sports. One of the notable phases of European tourist-travel of late years has been the number of Americans now going to Switzerland to indulge in the winter sports of that little republic.

Switzerland stirs up athletic zeal in tourists perhaps more than any other country in Europe. Of course, a very large proportion of continental travelers visit Switzerland; and they generally plan mountain-climbing as a part of their program. Mountain-climbing helps to increase the attractiveness of outdoor

life and muscular activity. The mountains themselves tend to inspire healthful living. Then, so much vim and whole-heartedness do these rugged mountaineers put into their sports, that visitors find it hard to remain indifferent.

Far from shrinking from the terrific cold which one associates with so mountainous a land as this, in the winter months, the American out-door lover seeks the uplands.

There sleighs carry one from town to town, on the sides of mighty mountains up which the snow sweeps as a blanket, broken only here and there by heavy-laden evergreens. Mountains covered with perpetual snow seem the more beautiful for the additional carpet reaching up to their summits, while the forests take on an accentuated somberness by reason of these white back grounds.

Arrived at the little up-land villages, winter tourists are attracted by the wayside inns. Great logs burn there on open hearths and *mien host* always has the chestnuts heated and warm drinks ready in anticipation of just such comers as these are. One wants to sit and write souvenir post cards home, at the window of the *gast-house*, looking out into the valley, with its frozen brooks; or listening to some avalanche roar as it tumbles, and following with the eye the ravens as they fly to yon highest peak. But these



A curling-match on the Villars rink. Curling is enjoyed by people of various ages and occupations.

are the tamer recreations of a winter's day in old Switzerland.

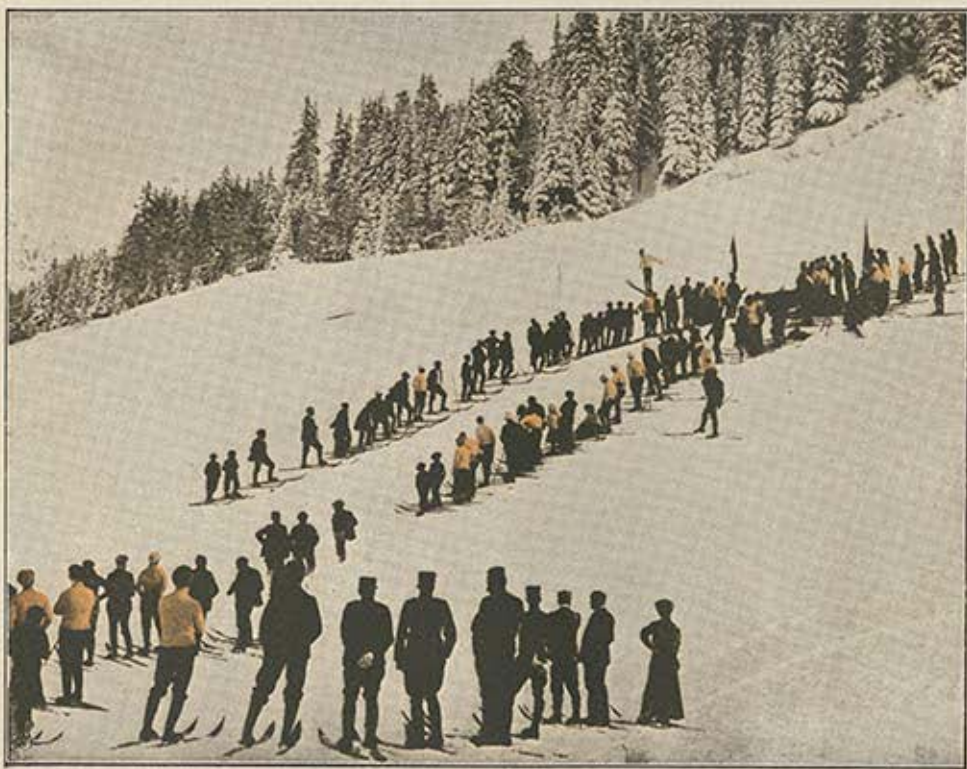
Many visitors come to Switzerland anticipating the pleasure of mastering the highest peaks, but are robbed of the opportunity of reaching their terrific altitudes, which their lungs do not permit them to attain. The first mile up an Alpine mountain in winter is as bad as is the last half on the unchanging snow in the summer. But what delight it is, to let the feet sink just a bit in through the crust—the snow shoes serving to hold them—to feel the wind crinkle the cheek and play at the buttons of the skull cap, and to let the alpenstock sink down into the snow while one makes the trail. Meanwhile, the village below grows ever smaller, and soon there is only the tinkle of distant church bells to remind one of it at all.

The Swiss people indulge in not a few sports of their own, and also in others which they have borrowed. Aside from the various features of mountain-climb-

ing, American tourists generally take a keener interest in curling and skeeing than in the other winter sports which they meet abroad. These two forms of sport originated in Scotland and Norway. They have become popular in other sections of Europe, however, particularly in Switzerland, and have also been introduced into some parts of Canada and the United States.

A game at "curling" with Swiss villagers to the manner born, will take the conceit out of a fellow in very short order indeed, if he thinks himself somewhat of a curler. Curling is more in the nature of a social game of skill than that of a vigorous exercise or contest requiring strength and endurance. People who do not know how to skate, or who do not care to skate, use the ice for a curling rink. One of the accompanying photographs shows skaters and curlers on the same lake.

A curling-match is played with rounded and flattened stones, with smooth bot-



A good, long leap on skees.

toms, and with handles attached to their tops, called "curling-stones." In a contest in which there are four on a side, each player uses two stones. If there be eight on a side, each uses one stone. The ice is well swept, the rink properly marked off, the sides chosen, and the sport begins. The object of the game is to slide the curling-stone from one end of the rink to the other and place it as nearly as possible to a mark, or *tee*, made for it. Sometimes, instead of trying to place his own stone favorably, a player will endeavor to knock the stone of an opponent out of a favorable position. In order to count at all, a stone must go beyond a certain mark designated as the score line.

Skeeing is a sort of skating on snow. Skee runners easily travel eight or nine miles an hour, and some have made very interesting records in races, although speed is not the most interesting feature of skeeing contests. Still more exciting than winning a close race or setting a new record for fifty miles is the clearing of a new distance in the leap—the skeeing broad-jump. As shown by one of the illustrations presented with this article, this leaping is done on a slope. Much depends, of course, upon the steepness of the slope, the condition of the snow, the direction and strength of the wind, and the opportunity for getting a good start

for the flying through space. This leaping requires both strength and skill, and is highly exhilarating and exciting. To alight properly is no easy matter, either. Occasional tumbles on the part of performers afford additional entertainment for the crowds that gather to watch a skeeing tournament.

A wonderful sport, indeed is skeeing. To come down a mountain-side like lightning, then up in the air and out, arms thrown to the winds, cap flying; to clear a distance of many feet, or meters, as they are there, beg pardon—in all the world few sports excel this!

If mountain-sledding appeals to the tourist, he comes down one of the sled-tracks in Switzerland on a "belly-buster," with jersey and woolen cap, and ever afterward the steepest hill at home will seem only half-way worth while to him.

Travel is a most valuable source of education; for it affords opportunity to learn from observation instead of books, from people instead of pictures. It is of special worth to those in whom it creates concern for healthful activity for themselves and a broader interest in the pleasure of others.

So it is perhaps well that a greater and still greater exodus of Americans to Switzerland is witnessed during winter each succeeding year.



Here the snow is a little too soft for good skeeing.

Physcultopathy's Magnificent New Headquarters

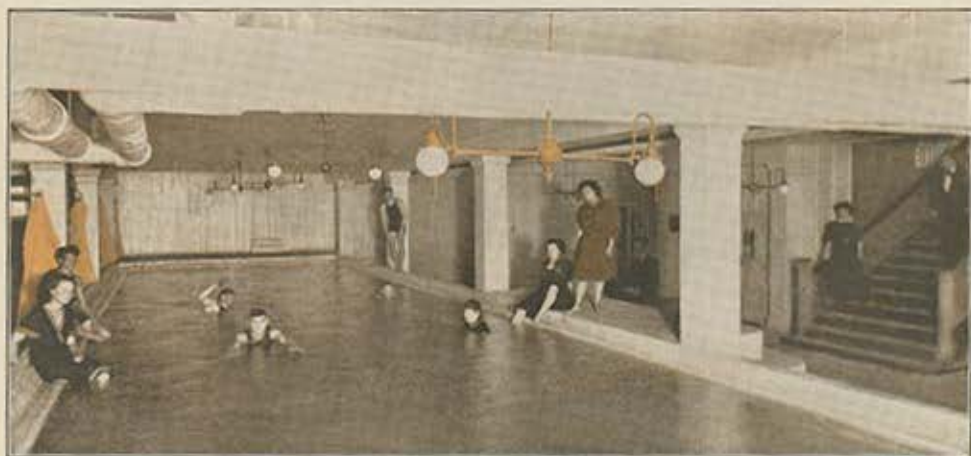
A NEW INSTITUTION DEVOTED TO ADVANCING THE PRINCIPLES ADVOCATED BY THIS PUBLICATION—HERE YOU CAN SPEND A VACATION OR SECURE TREATMENT IN EXCHANGE FOR SUBSCRIPTIONS IF YOU SO DESIRE

By Bernarr Macfadden

IT will no doubt be of great interest to our readers to learn that a mammoth institution, which might be veritably termed a palace, has been recently opened by the editor of this publication in Chicago, the metropolis of the middle west, for the purpose of demonstrating the accuracy of the various theories we

Physcultopathy, is carefully followed. A large swimming tank, of regular racing length (sixty feet) has been provided, and here not only guests, but patients as well, add to their general vital vigor by indulging in the splendid exercise afforded by swimming.

We have refrained from reference to



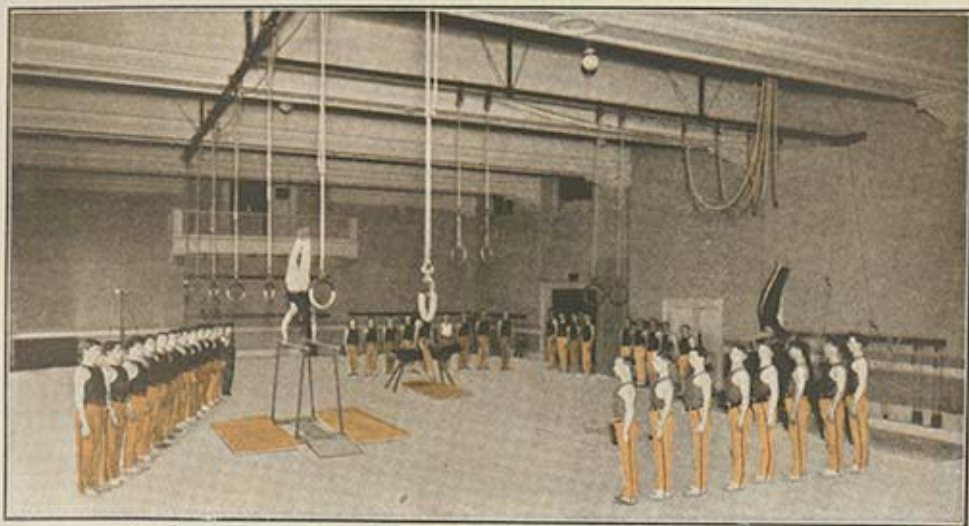
The magnificent swimming pool at the editor's new headquarters for physical culturists. This pool is of standard racing length—sixty feet

have been advocating in this publication since its first issue.

We have said nothing about this institution in previous issues except to call attention to the fact that the Physical Culture Training School is located within its walls. This school, however, forms only a department of the business that will be conducted in this great building. Here there are complete facilities for treating all sorts of serious complaints. There are elaborate and separate water treatment departments for both men and women. The use of this method of treatment as outlined by the science of

this institution previously, as we wanted to give our readers a complete view of it. We are now able to present photographic illustrations of the various features that have been installed, which will undoubtedly add greatly to the prestige of the physical culture movement, because of the many cures, that might reasonably be regarded as marvelous, that are being effected here from time to time.

It should be remembered that people rarely turn to the methods that we advocate for curing a complaint until they have tried all the various remedies that are used so freely by the members of the

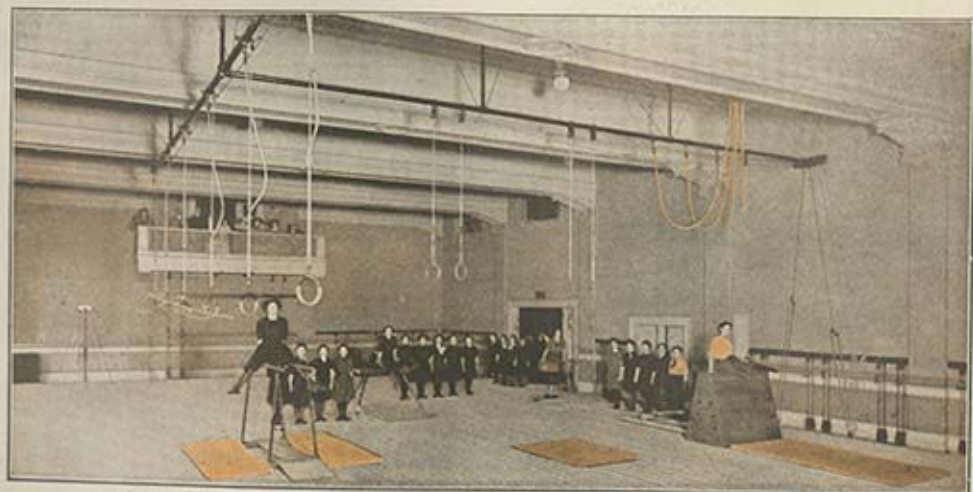


Men's classes at work in the splendidly appointed gymnasium.

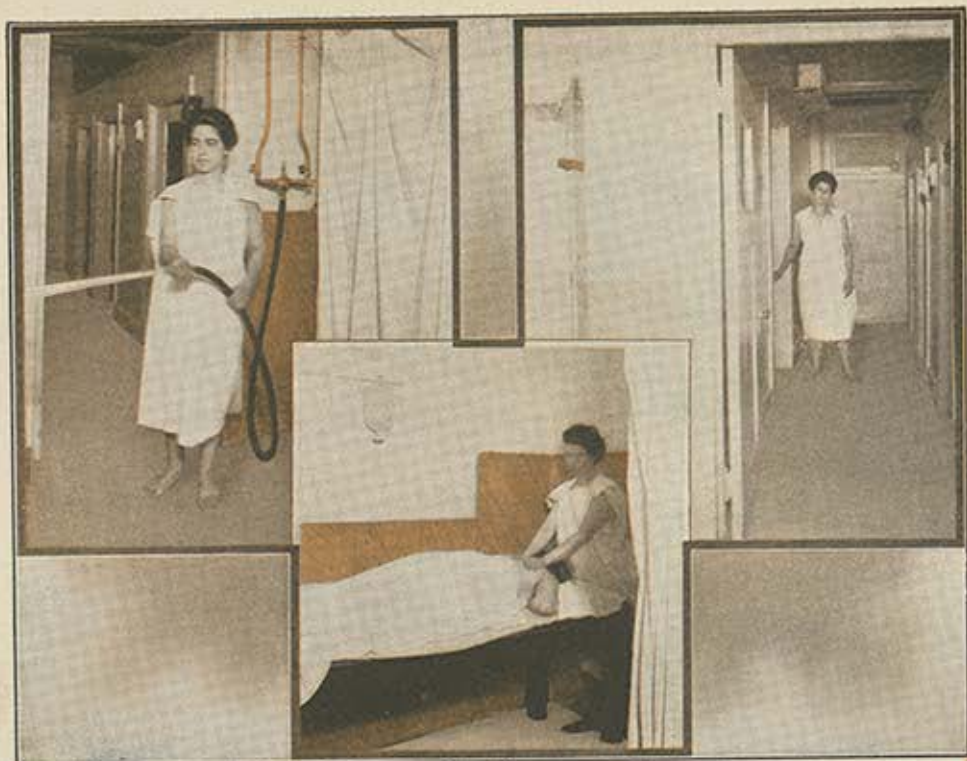
medical profession. In many instances their complaints are declared incurable before they try our really scientific methods, and it is really amazing how many of these so-called incurable cases we have turned out cured or greatly benefited.

This institution is in the heart of the residence district of the southern part of Chicago. Grand Boulevard, on which it is located, might be termed a continued Park. There are three driveways on this boulevard, and the center driveway is separated from the other two by a

grassy sward of over thirty feet, in which many trees have grown to a splendid height. This boulevard leads directly to Washington Park, the public playground of Chicago. Here are found tennis court, base ball and football grounds, and all of these privileges are absolutely free to the public. One might say our students and guests here have advantages in the way of playgrounds that cannot be secured even in the open country. Then, too, Lake Michigan is but five minutes ride from our building, and ten or fifteen minutes ride will take you



Class of young women receiving instructions in gymnastic exercises.



Glimpses of the Ladies' Treatment Department.



Two sections of the Men's Water-Treatment Department.

to the lake shore, where you can indulge in outdoor swimming. In fact, although this institution is located in the residence part of Chicago, we might say that we have every advantage of the country, and in addition to that we are in the heart of a city of over three million population, and the possibilities in the way of advancing our propaganda in the middle west because of the work of this institution would be difficult to fittingly anticipate.

Here too we have a magnificent gymnasium fitted up in the most complete way, containing apparatus of every character that might be desired. This gymnasium is ninety feet in length, about thirty-five feet in height and nearly sixty feet in breadth, and is a source of a vast deal of recreation and benefit to the patrons.

Remember also that even the gymnasium is not devoted to one sex—girls and boys, men and women, exercise at the same time. They use the swimming pool at the same time, though of course they wear the ordinary conventional bathing suit used at seashore resorts. Health seekers, weak or strong, are offered every advantage here, and as means of curing disease, physical culture methods can not be equaled. And it should be remembered that we are not satisfied with merely bringing about ordinary health. We believe every man—and in fact every woman—should be an athlete—that the body in all cases should be strong, full of energy and power, and after curing their chronic ailments, we impress upon patients the necessity of building the superb strength that will practically put them above and beyond disease throughout their entire lives.

The marvelous success of this institution will do a vast deal towards revolutionizing the healing art. After visiting sanatoriums of all kinds and securing advice of most scientific men of the world, not infrequently sufferers come here and find the statement that their disease is incurable to be untrue. People go out into the world and become walking advertisements for the splendid theories

we have been advocating in this publication, and when a few hundred or a few thousand of such advertisements are sent out from this and other institutions that follow similar methods, you can well realize what will be the result.

There is both a day and a night normal school conducted in this building for educating health directors and physical directors and for training doctors of Physcultopathy. There are also gymnasium classes conducted for the general public; those who are suffering from no particular disease, but who merely desire to come in and attend class for their general physical up-building. In addition to this there are elaborate treatment departments in which all the various natural methods are used as advocated in physcultopathy, for the relief of serious chronic and acute diseases. In this department results have been accomplished that might be termed marvelous in nature.

If you have any friends who have been condemned to die by ordinary medical methods, by no means permit them to give up until they have learned something of these methods and have given them at least a partial trial. While there is life there is hope. Remember, as a rule, if you have enough vitality to exist, you have more than sufficient strength to build at least a normal degree of health, for it takes more human energy to maintain life in a diseased body than it does when one is enjoying normal health.

Readers should note that a special arrangement has been made with the Physical Culture Publishing Company which will enable our friends to pay for their accommodations in this institution, either as vacation guests or patients with subscriptions to PHYSICAL CULTURE. Write us for full particulars of this amazingly liberal proposition. If you are ill your friends can defray your expenses by subscribing to our magazine, or if you need a vacation and are short of funds use your spare time in securing subscriptions, and these subscriptions will be as good as cash in paying your bills.

As health, strength and vigor are in precise relation to circulation and nutrition, so strength is to be improved, developed, re-established, by improvement of these.—Dr. Robt. Walter.

Physical Intolerance

WHAT IT IS—HOW TO CULTIVATE IT—WHAT IT
WILL DO TOWARD PROPER FOOD SELECTION

By Gurdon A. Fory

TO many the term "physical intolerance" may not have a clear meaning. I use it here in reference to foods only. Everything we eat meets with acceptance or refusal by the stomach. We all know what such refusal means and very quickly learn not to eat what we cannot "keep down." I might refer to this as "stomachic intolerance." For instance, I could name some whose stomachs refuse apple dumplings with sweet cream, others who cannot "keep down" certain other foods. The taste may accept them but the stomach will not—stomachic intolerance.

Now physical intolerance has a far broader and more significant meaning. The stomach will retain and tolerate many foods and combinations of food which, after they leave the stomach, stir up all sorts of disturbances and occasion many irregularities. Everyone can name some food which produces such effects in his own body, yet to the taste it may be eminently pleasing. It is tolerated to some extent by the body. Perhaps you may begin to see now what I am driving at and what I mean by physical intolerance in reference to foods.

We have seen that a food is not necessarily good for one because the taste is agreeable, nor is it necessarily good because it is retained by the stomach. Both taste and stomach have been perverted, in the average person, by abuse so that unnatural foods and foods in unnatural combinations are tolerated. I need not argue to prove what each good observer knows for himself. Who has not eaten something he thoroughly enjoyed only to suffer severely from it later? And this is physical intolerance in a rude form.

One could, in time, learn, from observing such effects, to discriminate nicely. And yet new foods are constantly being tried, food combinations vary continu-

ally, physical conditions fluctuate almost unaccountably and one judging from experience only is continually at sea to some extent. What you enjoy to-day at dinner may cause you trouble because of something you had for breakfast or lunch; what agrees with you to-day may poison you to-morrow.

When I first turned into the narrow and up hill path of the pure food crank it seemed strange to me that I could not depend upon my tastes to select proper foods. In attempting so to do I fell into a most natural distrust of "food-ism" in general. I heard and read so much about Nature, natural foods, natural appetite, natural selection, etc., I must continually ask myself, "Is this natural? is it a natural food and have I a natural appetite for it?" I seemed utterly unable to discriminate between foods that were good for me and those that were not, until after I had eaten them. It was like swallowing the contents of an unlabelled bottle to determine whether or not it was poison. I lived on dietaries set down by others or arbitrarily by myself; on nuts and fruit, on breakfast foods and cream, on vegetables, on milk, but all to no purpose—something wrong everywhere. I tired of whole-wheat bread fermented and unfermented; I never wanted to see another cocoanut nor another jar of peanut butter. I was, as I have said, disgusted, and yet I was learning and knew it not! I was cultivating, to some extent, physical intolerance of the best kind—that of taste.

And now at last after years of experiment I can rely upon my tastes or distastes which have become natural to a very gratifying degree—in fact almost perfectly so. There seems to have developed a sort of inner conscience in regard to right and wrong foods. Yet I can call it by no other name than physical tolerance or intolerance in a high

form. One having attained it need not depend upon the stomach to accept or reject each food nor upon the effects a food may have upon him after it has found its way into the tissues—he need not depend upon these things in the matter of food selection. The *feeling* which manifests itself in thinking of a certain food is sufficient—it acts as does the conscience in questions of right and wrong.

The development of such a feeling is a slow process. It demands much careful observation, much self denial; it is a growth—an evolution from within. I know of no better, quicker or surer way to cultivate it than by fasts of long or short duration. Except in rare cases I do not approve of fasting more than two or three days at a time. Almost invariably one will find after each fast that he has begun to lose or *has* lost his taste for a certain article or form of food which

has sometimes occasioned him discomfort. Often he finds that he has acquired a taste for food which he formerly disliked but which proves now to have a grateful effect. And always these changes will be toward better and purer foods and away from dead animal products and stimulating foods. The body will not so readily tolerate the latter and will be grateful for the former. I do not say that it will make vegetarians for to be really a vegetarian one must not eat eggs, butter, milk nor honey.

A normal life with plenty of fresh air and exercise is, of course, a pronounced aid and Fletcherizing is of equal value. In course of time one will have acquired again the old forgotten natural instinct in food selection, and in thinking of any food there will come a feeling of tolerance or intolerance which can be absolutely relied upon.

Satan's Opinion of Modern Civilization

The following satirical comment upon the much-lauded progress and enlightenment of civilized times, is contained in a speech made by the devil in George Bernard Shaw's "Man and Superman."

"And is man any the less destroying himself for all this boasted brain of his? Have you walked up and down upon the earth lately? I have; and I have examined Man's wonderful inventions. And I tell you that in the arts of life man invents nothing; but in the arts of death he outdoes Nature herself, and produces by chemistry and machinery all the slaughter of plague, pestilence and famine. The peasant I tempt to-day eats and drinks what was eaten and drunk by the peasants to ten thousand years ago; and the house he lives in has not altered as much in a thousand centuries as the fashion of a lady's bonnet in a score of weeks. But when he goes out to slay, he carries a marvel of mechanism that lets loose at the touch of his finger all the hidden molecular energies, and leaves the javelin, the arrow, the blow-pipe of his fathers far behind. In the arts of peace, Man is a bungler. I have seen his cotton factories and the like, with machinery that a greedy dog could

have invented if it had wanted money instead of food. I know his clumsy typewriters and bungling locomotives and tedious bicycles; they are toys compared to the Maxim gun, the submarine torpedo boat. There is nothing in Man's industrial machinery but his greed and sloth; his heart is in his weapons. This marvellous force of Life of which you boast is a force of Death: Man measures his strength by his destructiveness. What is his religion? An excuse for hating me. What is his law? An excuse for hanging you. What is his morality? Gentility; an excuse for consuming without producing. What is his art? An excuse for gloating over pictures of slaughter. What are his politics? Either the worship of a despot, because a despot can kill, or parliamentary cockfighting. I spent an evening lately in a certain celebrated legislature, and heard the pot lecturing the kettle for its blackness, and ministers asking questions. When I left I chalked up on the door the old nursery saying, 'Ask no questions and you will be told no lies.' I bought a six-penny family magazine, and found it full of pictures of young men shooting and stabbing one another."

General Rules for Health-Building

SOME FURTHER DETAILS OF THE FUNDAMENTAL PRINCIPLES ON WHICH THE SCIENCE OF PHYSICULTOPATHY IS BASED

By Bernarr Macfadden

In the series of lectures being published under the above heading, I am presenting a thorough exposition of the fundamental principles upon which Physicultopathy, the new science of healing, is founded. If you become thoroughly familiar with the information found herein, you need never thereafter have the slightest fear of disease. You will know what it is and how to treat it whenever it may appear. This series of lectures has been given in an institution with which I am connected, and I want each reader to feel that I am standing before him and emphasizing each statement that is found herein. These lectures will be weighted with practical and valuable truths. As nearly as possible they are given here just as they were taken down by the stenographer at the time they were delivered.—Bernarr Macfadden.

LECTURE VI.

I CONTEND that for the purpose of simplifying the art of healing the body should be looked upon as a machine. One might say it is "run" with power. Its various processes are performed by energy, and power of some character is essential to run any machine. The power may be of varied description; it may come from steam or electricity. Many scientists have compared the human body with an electric machine, maintaining that the nerves that go to all parts of the body are minute telegraph wires, all converging to the head, wherein the intelligent and controlling force is located. The telegraph operator who controls the completed instruments we find within our bodies is located within the human brain. It is a fact understood by the most uninformed that the nerves control the entire human body. If you move your hand, the energy, the controlling force, comes from the brain, passing through the nerves which are the human telegraph wires, upon which messages are sent back and forth. Similar wires control the activities of the arms, legs and other groups of voluntary muscles in the body, and still other wires control the stomach, the heart, the liver, and all important vital organs of the body as well. The nerves, however, that control the last mentioned important vital activities act involuntarily; that is, they are not controlled by our own volition. This is a wise plan of Nature to prevent our tampering with our own

vital organism. For instance, if we could stop the beating of the heart, or the activities of the vital organs of the body in any way, it might soon cause results that would unquestionably be serious in nature.

If the nervous system has complete control over the body, as has been stated in a previous lecture, the first question that would occur to us is how can we strengthen the nervous system? How can we enable it to create more energy and give out more energy? For instance, if you hurriedly eat more food at one particular meal than you can digest, the stomach will feel over-burdened when you are through with that meal. You will realize that you have not sufficient energy to satisfactorily digest the meal. If you had sufficient energy to properly assimilate this meal, there would be a feeling of comfort instead of discomfort. Now, how is it possible for us to develop so much power that the human body will be able to furnish whatever energy may be needed to meet all sorts of emergencies? The ordinary medical methods for adding to the vigor of the body when the system is "run down," would involve the administration of a tonic. The patient would perhaps be given a little iron or perhaps strychnine. But reasoning from a practical standpoint, how can such remedies, which are foreign to human life and human health, add energy to the human body?

The first object to be achieved in stimu-

lating the nervous powers of the body is to add strength to the spinal column. Here is found the human power-house. Here is the source of all human energy. Now, in addition to stimulating processes, exercises and applications such as have been previously mentioned), what other means can be suggested that will be of aid in increasing the vitality which is essential to a proper degree of nervous vigor?

Don't forget that the human body, from one standpoint, is nothing more than an electric storage battery. Go to bed at night and the process of storing away energy for the next day begins. During the day we draw upon this stored energy. At night the voluntary powers of the body are at rest; you do not need so much power to run the human machine; then you begin to draw in and store away additional energy, and it is a reasonable theory that this energy is stored away in the form of human electricity in the spinal column or brain. No one will question the importance of a strong, straight spine. Admitting the accuracy of the conclusion that a strong spine strengthens the human body, you will also have to admit that the strength of the spine is influenced greatly by the condition of the blood which supplies it with nourishment. The blood is the life. Each minute cell of the body is created of the blood that circulates throughout every part of the tissues. Everything within the body is made from this vitality-building fluid. Therefore the vast influence of the blood upon the tissues of all parts of the body.

One might say that this fluid has an effect that is good or evil, depending largely upon its condition. For instance, if you have inflammation in any part of your body, the usual inference is that this inflammation is local in character; that it is brought about through some local influence. Very few seem to understand that the cause lies deeper, and that this symptom or defect has been produced by the blood. As a rule there are foreign elements or poisons which are seeking an outlet, lurking in the circulation, and this outlet is finally attained in the form of pimples, abscesses, boils, tumors, and inflammation. When a young lady finds

pimples appearing upon her face she will not infrequently search for a lotion—something to rub on the affected part, being impressed with the idea that the only symptom of her trouble is this outward manifestation. This is far from the truth, however. Those defects have been brought about by the foreign or effete matter in the blood seeking an outlet—simply an external manifestation of an internal condition. You should realize in all cases when you have external symptoms in the form of inflammation and soreness, that has not been brought about through a bruise or injury of some kind, that it has been made possible by the condition of the blood. When the blood is pure and contains all the elements necessary to the building of health and strength, this vital fluid carries off the impurities and poisons which will often be found even in the most healthy person. Under such circumstances one does not know the meaning of sickness and all times feels strong, capable of body, clear of mind, and able to meet any emergency. Now, realizing the value of pure blood, not only to strengthen the tissues of the spine, but to add to the vigor of all tissues of all parts of the body, the question naturally arises, how can we purify the blood?

At the head of all various purifying processes, will be found fasting, or complete abstinence from all nourishing food. However, this does not include water. One should make free use of water, though this should not be used to a greater extent than is sufficient to satisfy the natural craving. When the blood is impure or loaded with effete or poisonous matter, the stomach and entire alimentary canal have not been properly performing their functional processes, and the blood making organs of the body, if we can so term them, have not been doing their duty—have not been furnishing a proper quality of blood. Therefore, we recommend fasting as the most effective of the various purifying processes. There is no other means that will so quickly remove from the body the elements that interfere with the making of a rich supply of vital-building blood. Naturally it would be impossible to go

into details as to this particular remedy in this lecture. In fact, a later lecture will be devoted to this one particular subject alone in order that my friends may be given details which are essential in order to properly use this wonderful remedy.

Naturally the general impression existing among the uninitiated is that a fast will always cause great weakness. Such is far from true in many cases. Weakness is often caused by overeating and even the smallest quantity of food will sometimes mean over-feeding when one's digestive organs are not in condition to properly use food that may be forced upon them. These conclusions have not been derived from theory alone—they are the result of experimentation in thousands of cases, and many of these cases have come partially or entirely under my direct supervision.

I have heard a great many persons say, when they were suffering from extreme weakness, "why how can I fast? I am so weak now I can hardly walk." In many instances I have seen them grow in strength day by day while taking not a particle of nourishment. I remember on one occasion prescribing a fast for a woman who was so weak she could not rise from her bed. She had been going through the process of over-feeding, and I was fully convinced that her weakness was caused by this over-feeding. Day by day, during this fast, her strength increased, and on the seventh day of her fast she was strong enough to walk. In this instance the organism was suffering because of the over-feeding process, and when it had a chance to rest up, the body had a chance to eliminate the poison, and strength returned. It might be well to add that nearly every invalid is fed more than can be properly digested, in other words, invalidism has been caused by the over-feeding process, which adds to the difficulty of treating the disease. I really believe that the over-feeding process is far more harmful than drugging in many instances.

I admit that in most cases abstinence from food will apparently decrease bodily energy; that one will be inclined to feel weak, but this feeling of weakness is not justified by the actual condition of

the body in most cases. In other words, you are not really weak. For instance, if you were to go out for a long walk while fasting, you might feel quite weak, for a short time. I have known comparatively strong men, after fasting a few days, to feel dizzy and weak on first arising in the morning, and yet after walking a considerable distance, or taking sufficient exercise to arouse the functional activities of the body, this weakness disappeared and they felt as strong as ever. This occurred to me in the first fast I ever undertook, during which I went without food for seven days. On the fourth day of the fast I was very much amazed at my strength. I had the same impression as the average individual—that strength would be very greatly reduced while fasting, and during the last two or three days of the fast I concluded I would make a test of my strength on the final day to discover just how much my strength had decreased. I determined I would put up a fifty-pound dumb bell over my head, or perform some other similar feat, with a view of showing that I was not "down and out" after having gone without food for seven days. On the sixth day I tested my strength and found a could handle a fifty-pound dumb-bell with comparative ease. I continued to try additional weights and found it was not specially difficult to put up a ninety-pound weight with one hand. I concluded that if my strength had not decreased any more I would be able to put up one hundred-pound dumb-bell with one hand. At the close of the fast, after going without nourishment for seven consecutive days I performed this feat of strength. I know many will say I was in vigorous condition, and that one could not fairly compare my experience with that of others who might be fasting for disease. It is but proper to add, however, that I was not by any means in my usual vigorous condition. One of the principal objects of the fast was to increase my vitality for the purpose of remedying a very serious condition of my eyes, brought on through over-use. It might be interesting to know, also, that the fast had a splendid effect upon my eyes.

In cases where one is suffering from over-weight, practically every day of the fast will increase the physical strength. When one is burdened with abnormal amount of surplus tissue, it is nothing more than a load which interferes with the functional activities and the use of the body in every way, and as this weight is decreased, used up to nourish the body (which is the process occurring in the body during a fast), the strength of the body is actually increased day by day.

A properly regulated diet, adapted to individual needs, is undoubtedly the remedy that stands next to fasting in importance for purifying and strengthening the body. "You are what food makes you. I must admit, however, that the science of dietetics—especially curative dietetics—is to a large extent in its infancy. Even those who have been studying the diet question for a long period, have not carried on experiments with a sufficient number of people to secure accurate data, that can be depended upon in every instance. When as much attention is given to the science of dietetics as has been given to medicine, we will then have a real science that will be capable of accomplishing remarkable results. When you add to the science of dietetics the value of the process of purification that comes through fasting, then indeed you are dealing with remedial powers that might reasonably be termed marvelous. I have observed in thousands of cases the tremendous value of a cleansing, strengthening diet for curing disease and building vitality. By adapting the diet to the particular needs of the individual, you cleanse the alimentary canal, and can be assured of a superior quality of blood. All this means additional life and health, and while following a process of this kind you can rest assured you will not be half-sick or half-well. You will be pulsating with superior strength that results from this excellent régime. If I were compelled to go through life, merely existing like most people, I do not believe that I would value it very highly.

I am a great believer in what I would term natural foods—foods used just as they come from nature. Foods that have not changed by contact with fire supply more vitality; they possess a greater

proportion of health-building qualities. A contribution by Milo Hastings, appearing in this issue, containing an account of experiments carried on by its author seems to prove conclusively that uncooked foods contain more digestible nourishment than cooked foods. For building increased vitality, or for building up the body when the vitality has been very greatly depleted, my experience has forced upon me the conclusion that there is no better food than milk. I have recommended the milk diet in thousands of cases, and though I admit there are a few cases here and there where it does not produce beneficial results, I hardly think the percentage of failures would average over one per cent. I know many will say that milk is a diet for the immature—for calves and babies, etc. I remember when I first heard of the milk diet, I made fun of it. It did not seem at all reasonable to me to consider milk as an exclusive food for adults. It was not until I came in contact with scores of cases that had been rejuvenated, strengthened, and practically made into new beings by milk diet, that I became sufficiently interested to give the milk diet a thorough trial.

Milk is a complete food, and when you are sick, when you are diseased, when the body is below par, you are to a certain extent in the same condition as an immature or partially developed animal. It is reasonable to assume that you are practically on a par with a baby or a calf, and that you need such a food as is given to the immature to build you up to the proper standard—to give you the vitality you need. Anyway, whether this reasoning is rational or not, there is no question of the vast value of the milk diet in adding strength and health when one is suffering from a disease or serious vitality depletion.

Now, with the fasting process, cleansing and purifying the body, the digestive and functional system secures a partial rest. During a prolonged fast the alimentary canal, which is largely a digestive and assimilative organ, is literally changed throughout its entire length to an eliminative organ. When one is fasting for the cure of disease, if the tongue is not already well coated in the

beginning of the fast in a few days you will find it heavily coated. When you arise in the morning there will often be a green scum over your tongue. Your breath will be foul, you will have a bitter, acid-like taste in your mouth. All of this indicates that the alimentary canal from the mouth downward is throwing out poisons and eliminating impurities. Instead of being an assimilating organ, it has been turned into an eliminating and purifying organ. Its processes are literally reversed.

After we have rested the organs of the body, after we have to a large extent relieved the alimentary canal of effete poisonous matter, after we have given the stomach a rest, in most cases the feeding of milk is advisable. It seems to be the easiest food to digest, and even in cases where there seems to be a prejudice against milk, a fast seems to prepare the body for a food of this character, and many who have told me that even the thought of milk would almost make them sick, have been able to take from five to eight quarts of milk daily after a fast and apparently enjoy it. The milk diet fills the entire body with a large amount of nourishment; adds to the tissue-building qualities of the blood; flushes the arteries and veins, and helps materially in the elimination and purification by reversing the process of fasting. Fasting, of course lessens the quantity of the blood, and causes the organism to seek for nourishment in every part of the body, thus using up all the waste tissue, while milk actually flushes the entire organism and increases the activity of all the depurating organs because of this flushing process.

Many symptoms which are not pleasing in character may appear while one is taking the milk diet. When you tell the average individual he can take from five to ten quarts of milk per day and enjoy it, he will usually laugh at you. I can recall my own attitude towards this diet, previous to my having experimented with it. As a rule when you try to take more than two or three quarts of milk per day, unless you know how to take it, you are liable to experience a sensation which is very similar to seasickness. Many say: "I have tried to take milk

but it makes me bilious, and brings other unpleasant symptoms, causes constipation, etc. But all these symptoms can easily be relieved. By the free use of lemons you can in nearly all cases remedy any nausea or tendency to biliousness. By increasing the quantity of milk you are taking until it entirely flushes the alimentary canal, you can in nearly all cases remedy all symptoms of constipation.

As to the quantity of milk which should be taken daily, this depends largely upon your height and weight. A person below medium size usually requires five to six quarts; medium size six to eight quarts, and one six feet in height could probably consume from nine to eleven quarts. I have known persons to drink thirteen to fourteen quarts daily, but, in practically every instance, I believe this excessive quantity was not productive of satisfactory benefit. You must remember, however, that the value of taking milk depends upon taking a sufficient quantity to thoroughly flush the organism. A small quantity of milk is as a rule not beneficial—in fact there are instances where it would almost act as a poison. It is perhaps the most remarkable of all diets for increasing weight. A gain from one to two pounds every day while on this diet is not at all unusual. I remember on one occasion the report of a lady who maintained she gained six pounds in one day. I am somewhat inclined to believe this was a mistake however, unless it was the first day or two after a fast. This young woman, however, insisted that her statement was accurate and that she had a witness to that effect; that she had doubted it herself but had taken the trouble to verify it.

Another of the fundamental theories that are especially important in the treatment of disease and the building of vitality, is to never eat without an appetite. You must first have an appetite in order to be sure that whatever you eat will be properly digested. Your natural appetite is an excellent guide as to what you shall eat provided your digestive system has been treated by the system I have described, and thus brought somewhere near normal. I am not a believer in a large variety of food. If you eat too

many articles of food in one meal you are to a certain extent stimulating your appetite; you are usually eating a great deal more than you need, and that is a grave mistake when you are endeavoring to remedy a diseased condition. The average individual after reducing the amount of food, he usually consumes, will find an increased clearness of mind, an increase in strength of muscles and in many cases an actual increase in weight. I have known numerous cases where an increase in weight has been secured by simply reducing the amount of food, or at least the number of meals after years of vain attempts to secure results of this nature from medical and other methods.

As a rule it is needless to try fatty foods for increasing weight. If one is below normal weight it indicates in practically every case the existence of digestive disorders, and the excessive use of cream or other foods containing a large amount of fat simply adds to the disorder.

As previously stated, I am an emphatic believer in uncooked food idea. I realize the average individual is unable to grasp the wisdom of this idea, at least at first thought. It requires some experimentation and considerable study in order to appreciate it. If you were to select the various articles of food that you use on your own table uncooked, you will find the variety very large. Nuts, salads and various fruits you enjoy better uncooked than cooked. You would not think of cooking salads or nuts, or oranges and many other articles that are supplied to the average table.

In the institution with which I am connected, part of the dining room is devoted exclusively to uncooked foods—no other kind of food is served on these tables. There is far less danger of over-eating on uncooked food than there is on the ordinary mixed diet. It is difficult, however, for many stomachs to properly digest raw food without the intelligent use of milk in connection with it.

I do not say for a moment that one cannot be healthy and live on cooked food, but I am firmly convinced it takes more cooked food to build health than it does uncooked. You cannot develop the ability to live on uncooked food in a day

or two. It frequently takes some time to become accustomed to this unusual régime.

It is perhaps hardly necessary to emphasize the value of exercising the muscles of the body in the curing of disease and the building of increased vitality. Exercise builds strength. We all want strength. You need this energy to digest your food; you need it every minute of your life; you are using up energy when you breathe. There is not a minute sleeping or waking that energy is not necessary to maintain life. You should remember that when you build muscular strength, such as is secured from walking and those exercises which bring into active use all the muscles of the body, you are building more vitality and power, and this increased energy can be used to digest your food. In fact, one of the best methods of curing indigestion is simply a good system of exercises to bring into active use all the muscles surrounding the digestive organs and they very greatly assist the functional organs to perform its proper duties.

I am a very strong believer in the power of the mind over the body. It would be hard to emphasize the value of mental influence too strongly. Any influence that you can bring to bear upon patients with a view of making them forget their ailments, is very important. I do not believe they can forget them in all cases. Sometimes they make their presence known so vividly and painfully that you cannot forget them, but I believe in using every effort you can to make them try to forget their physical troubles. To this extent I would endorse the theories of Christian Science—that is, as far as the mind is capable of influencing the body. With a view to a large extent of influencing the mind as well as the body, I believe it is valuable to do everything you can to interest patients who may be recovering from disease, in various games that will not only divert them, but enable them to secure a certain amount of active use of the entire muscular system. I believe in making the time pass pleasantly. One must do everything they can to make the victims of various ailments forget their trials and troubles. If you can eliminate

all these unpleasant things in life you can enjoy yourself. Indulge in all sorts of harmless fun. The mental influence towards improved vitality will be astounding in character.

Another phase of this mental influence is where one has strength of mind enough that he will determine to secure health no matter how much work he may have to perform in order to attain it—simply avowing to himself that he will be satisfied with nothing short of health of the most superb sort; that he will struggle and strive continuously with that end in view, and in almost every case he is almost sure to secure rewards for which he is struggling. Business men who have made great success have achieved their rewards largely through the stimulus of an indomitable will. They have determined to secure certain results, and they have worked day after day with this end in view. You might say it is the same with health seekers. I do not believe there is any excuse for giving up. As long as you have one foot out of the grave there is hope for you to secure vigorous pulsating health. To be sure you will have to adopt the proper methods. You cannot expect to secure these splendid rewards from theories that divert one from the great laws of nature, but if you will work in the proper manner, assist nature in every possible way and add to your various efforts a cheerful mental influence, you cannot avoid building strength that you so much desire. It is as sure to come as daylight is to follow darkness. Remember the **value** of a hopeful spirit; the great value of determining that health shall be yours, and when you combine to this your efforts that are in harmony with nature, the results you are seeking are sure to be achieved.

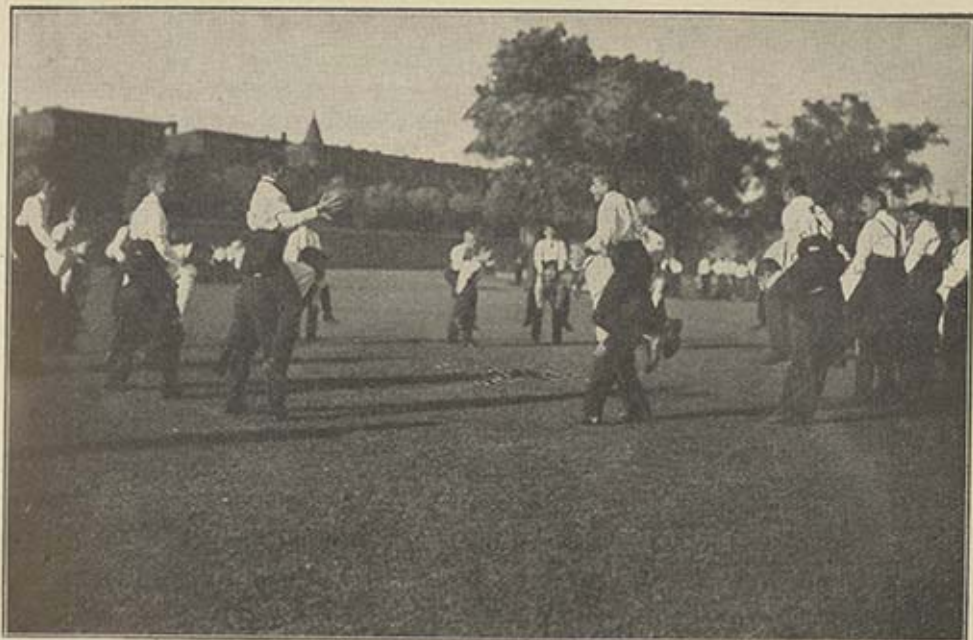
The use of water-treatments (frequently termed "hydropathy"), might also be called one of our fundamental principles. Water represents a remedy of tremendous value. In many cases it will alone cure very serious ailments. All the various applications that can be used in hydropathy, strongly stimulate the activities of the functions of the body; they help to throw out poisons; they materially assist in strengthening

the body; they accelerate the circulation throughout all parts of the body. I know it is very difficult for the average individual to come around to these simple methods. As a rule they have to try what they consider a "quick route." They give various physicians a trial; then they consult one or more specialists. In the meantime they frequently experiment with patent medicines; sanitariums sometimes secure part of their money. It is deplorable, yet nevertheless true, that the average victim of serious chronic diseases has to go through all this experimentation before he turns to our propaganda.

There is one thing about these methods however, which are very unusual and very satisfying—after you have recovered your health through these methods, as a rule you so thoroughly understand them that you are able to apply them, at least in your own case for the balance of your life, and you go through life feeling a security from weakness and disease that as a rule is of inestimable value.

The theories advocated in this series of lectures will enable each one who has properly mastered them, to build health of a high degree. You should not be satisfied unless you possess this degree of health. You should follow the theories day by day until you obtain these wonderful rewards, for they are greater than of mere financial value. Would a man, for instance, sell his health? I must admit it is only those who have suffered serious illness that know how to really and truly value health, for it is worth more than all the money in the world. I would not sell one per cent. of my vital vigor for all of Rockefeller's millions. I would not sell one minute part of the knowledge that I am presenting to my readers in these lectures for millions, if I thought I would have to part with it forever, because it means to me health and strength and ability to enjoy life, and I am passing it on to each one of you freely and willingly to the extent that is possible in this series.

In future issues I will go into more complete details of the various fundamental principles that have been outlined in this lecture.



Boston Photo News Co.

A "horseback" game of passing a basket-ball, which affords plenty of exercise and fun.

Encouraging the Play Spirit in School Athletics

LEAP FROG AND OTHER BOY'S GAMES ADOPTED AS NEW FORMS OF SCIENTIFIC CALISTHENICS AT GIRARD COLLEGE, PHILADELPHIA, PA.

It is encouraging to note the increasing interest in play and play-grounds. Such games as those described in this article furnish wholesome exercise for a very large number, and at the same time tend more than ordinary athletics to promote the healthful spirit of play.—Bernarr Macfadden.

THERE is nothing new about the form of calisthenics just introduced at Girard College, Philadelphia, but they are astonishingly novel nevertheless. The physical instructors of that famous educational establishment for boys have taken juvenile methods of play as their foundation for physical courses and have taught the boys to play leap-frog as it should be played, to elaborate this ancient pastime and add to it other games and to play it as a means of building up the system, systematically and in the right way.

The boys gave their first exhibition before an immense audience recently. One of the most interesting of the games

shown was one in which one boy mounted on the shoulders of another. A circle was formed of these boys and a ball about the size of an association football was tossed from one to another around the ring. The boy throwing the ball was at liberty to adopt any tactics he chose to unhorse the boy to whom the ball was thrown, short of going out of his place and knocking him over. The fun and the interest revolved largely around the combined efforts of the boy and his "steed" to get in the way of the ball as it came towards him and catch it without being unseated. Another game that caused huge merriment among the spectators was played this way: One boy,

standing in the centre of a circle of boys swung a long and heavy rope around him. The other boys had to escape being floored by this rope by dodging it. The exercise, both to muscles and eye, necessitated during this game caused the spectators to vote it a winner. Leap-

frog was played to the music of a band and combined movements of the same description performed as physical exercises. All were based on the adaptation of the natural methods of playing among boys to modern forms of calisthenics and exercises.



Boston Photo News Co.

Dodging the rope. One of the games enjoyed by the boys of Girard College.

Have You a Physical Culture Directory?

The second edition of the **PHYSICAL CULTURE DIRECTORY** has been entirely disposed of, and is now out of print. We still have on hand, however, a few copies of the first edition of the **DIRECTORY**. Until our supply is exhausted, we will present a copy of the first edition free with each subscription sent us at \$1.50, accompanied by a request that **DIRECTORY** be forwarded to an address the subscriber may name.

It is not improbable that a third edi-

tion of the **DIRECTORY** will be compiled and published in the near future. Those who may possibly desire to have their names inserted in edition of the **DIRECTORY** now under consideration are urged to drop us a postal stating this fact. If there are a sufficient number of physical culturists desirous of entering their names in the **DIRECTORY** to justify the publication of a further edition, we shall proceed to prepare a third edition in the near future.

Proper Exercise the Elixir of Life

To learn to exercise every part and organ of the body, and how to effect this without undue strain, is to discover the elixir of life and such a philosopher's

stone as will render the short tenure of human life as free from bodily troubles as the art of man can make it.

—FRED'K TREVES, F.R.C.S.

A Celebrated Society Athlete

THE VIEWS OF A. J. DREXEL BIDDLE, WELL KNOWN IN THE SOCIAL WORLD, ON BOXING AND VARIOUS OTHER EXERCISES

By Herbert M. Lome

Society men everywhere are turning to athletics as a means of adding to the vigor and vitality which is so essential to the full enjoyment of life. Mr. A. J. Drexel Biddle is setting an example for which he is to be congratulated. He believes in manhood of the strenuous type, and he has proceeded to educate his sons in accordance with this splendid idea. His views are well worth reading and heeding.—Bernarr Macfadden.

NOT so long since, PHYSICAL CULTURE published an article that had to do with the growing favor with which men and women in society regard athletic sports and recreations. An excellent example of the result of this tendency is furnished by Mr. A. J. Drexel Biddle, of Philadelphia. His cheery and wholesome personality gives testimony to the mental and muscular benefits that arise from the life athletic. But more on this point later. In the meantime it may be in order to remark that he has somewhat anticipated the action of his confrères in the respects in question, in that he has been an ardent athlete for the past twenty-five years. As he is now thirty-five years of age, it will be seen

that he began body-cultivation when a mere child. On the other hand, the average young man of wealth and position who goes in for athletics has only been in evidence within the past few years, except in a few instances. Philadelphia

seems to be among the exceptions to this rule, for in one form or the other, her youth appear to have always been consistent exponents of physical culture. It may be that the athletic facilities of the city itself and the surrounding country have something to do with the condition in question.

Speaking in general terms, it is probable that the increasing popularity of athletics among our gilded youth is due to the example set them by men of Mr. Biddle's type—men who, unfortunately,



A. J. Drexel Biddle in ring costume, wearing the American flag as a belt.

are not as many as they should be. Example is always better than precept, especially when it includes the good of others as in the case of Mr. Biddle. For he is what may be described as "an athlete-philanthropist" inasmuch as he endeavors to help those less fortunately placed than himself to reap the fruits of physical culture.

Apart from his athletic bent, Mr. Biddle has done a good deal to add to the reputation of the notable name that he bears. Thus he is an author of some repute; by reason of his researches he has been made a Fellow of the Royal Geographical Society of London; he is a member of the Royal Meteorological Society of Great Britain; one of the loftiest mountains in Canada is named after him; for some time he successfully conducted a publishing business; he is the owner of a baritone voice of exceptionable quality; he teaches a Bible class twice a week; his family has for years been the leaders of the elite set of Philadelphia and finally, his repute as a boxer is of an international nature. And it may be added that his capacity for doing things, is, as he admits, due to the powers of endurance with which athletics have blessed him.

Very recently, a representative of PHYSICAL CULTURE had the privilege of a long talk with Mr. Biddle at the latter's home in Walnut street, Philadelphia. On the table of the dining room in which the interview took place, was spread the luncheon of the athlete. It consisted of milk and rusks. Mr. Biddle caught the look of inquiry in the eye of the visitor.

"This is my usual midday meal," he said with a smile. "For the past three years I have practically been a vegetarian, thanks to the dietary prescribed for me by Dr. James M. Anders, of this city. Up to 1906 I ate and drank very much as I pleased, stinting myself in no respect. I consumed a good deal of meat, and while I did not 'drink' in the usual acceptation of the term, yet whiskey and champagne entered pretty freely into my food supply.

"At this period, I was constantly boxing, walking and playing tennis. Yet for all that, my weight was 225 pounds stripped. Sometimes I even scaled more

than that. And it seemed that the harder I worked, the heavier I became. Then I went to Dr. Anders, who called my attention to the fact that as long as the organs of digestion and assimilation were producing undue fat through the medium of food, it was useless to endeavor to check the tendency except through the medium of an appropriate diet. In other words, one could use up adipose tissue by exercise, but could not prevent its production except by cutting out the foods which made it. This, as I understand it, is confirmatory of some of the principles advocated by Bernarr Macfadden.

"Well, I followed the advice of the physician and it was not long before I noticed a very definite improvement in my condition. Such improvement continued until I reached the normality of development which I now possess. At present I weigh 165 pounds. My waist measurement is twenty-eight inches as against forty-five inches in the old days. My boxing also shows the advantages that have arisen from my diet, for I am now quicker with my hands and feet and head than I used to be, while my staying powers are decidedly improved. It may be added that the 165 pounds of which I have spoken represent my constant weight, for I do not vary a pound one way or the other, week in or week out except after a very strenuous 'go' with the gloves."

"And of what does your present diet consist, Mr. Biddle?"

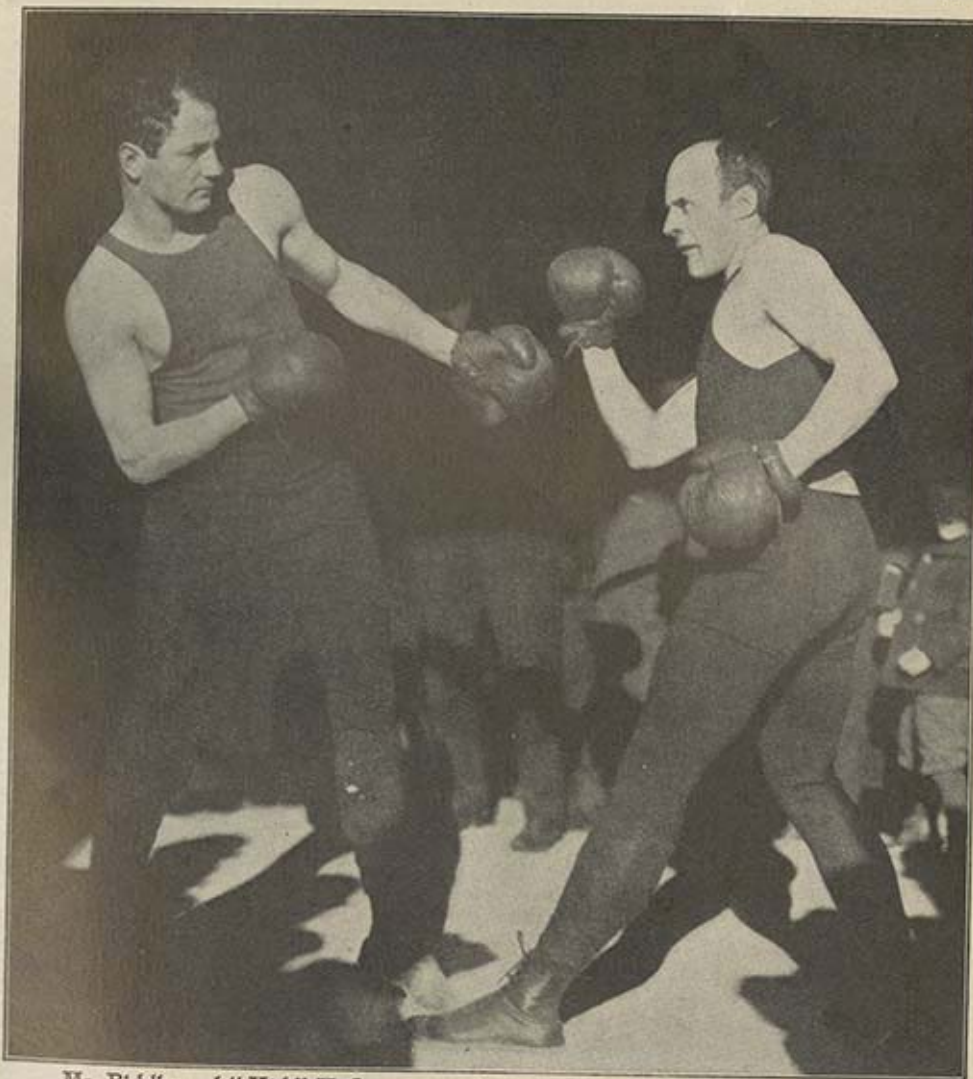
"As I have said, I eat very little meat; lamb or chicken and a small quantity of either representing my indulgences in this respect. I use no farinaceous foods of any kind. In the way of vegetables I limit myself to spinach, string beans, asparagus and celery. Rusks or whole-meal bread enter largely into my dietary. Sweets, rich pastry, coffee and tea are barred, but I take a quantity of good fresh milk daily. Sometimes I drink a glass of Rhine wine or claret, but alcoholic beverages of a stronger sort are religiously shunned. Naturally, I masticate slowly and cultivate regularity with my meals."

"Do you think that such a dietary would be suitable for every athlete?"

"Assuredly," replied Mr. Biddle heartily. Thus I am positive that if Jeffries would pay strict attention to his food in the way that I have indicated, he would not only have no difficulty in getting down to his ring-side weight, but he would get into splendid condition as well. If he would put himself into my hands for a couple of months, I would guarantee to get him into ideal shape through the methods to which I have alluded."

Mr. Biddle was asked if boxing had any rival in his athletic affection.

"Absolutely, no," he said. "I walk a good deal and consider it a capital exercise. I am fond of tennis, although I play a very poor game. Once upon a time, I rode somewhat, but not of late. But boxing—ah! there you have the most manly of manly sports. As an exercise for every muscle in the body it is incomparable; as an aid to the acquisition of good temper, good manners and good morals it is unapproachable. I have never yet met a sincere lover of the sport that was not a gentleman in the true sense of the term. This applies



Mr. Biddle and "Kid" McCoy engaged in a lively go. Mr. Biddle on the right.

equally to the professional and the enthusiastic amateur. In one of our local sparring clubs in which I meet a score or more of professionals almost daily, I find them all to be modest clean-mouthed, clean-thinking young athletes, whose courtesy and bearing is as good as one meets with in our universities. A command of one's temper is the basis of a large proportion of the social virtues, and this is one of the first things that the young boxer has to master. A man who can control himself under adverse circumstances and take defeat with a smile, has made a long step in the direction of becoming a true gentleman."

Mr. Biddle was asked to say something about his personal experiences as a boxer.

"In a way, there isn't very much to tell," he answered. "As I have said, I love the sport and never neglect an opportunity to have a bout with a good man. I was a pupil of Frank Erne for a long time. Among the professional cracks with whom I have boxed are Tommy Sullivan, Kid McCoy, Peter Maher, Bob Fitzsimmons, Al Kaufman, Jack O'Brien and Jack Johnston. With the latter I went two rounds at Merchantville, N. J. As you probably know, I have had several meetings with O'Brien, one as recently as January 6th on the occasion of an affair given by Philadelphia newspaper men. For two years I was assistant instructor of boxing at the University of Pennsylvania, during which time I met from fifteen to twenty men daily. This is saying nothing about the numberless private bouts in which I have taken part."

"You appear to have escaped the 'cauliflower ears' of the persistent boxer, suggested the writer.

Mr. Biddle laughed. "Yes, I have been lucky in that regard. Neither have I ever had my nose broken. A bloody nose I have had more times than I can remember, black eyes, split lips and damaged features ditto. Also, my ribs have been 'sprung' by heavy body blows, and the doctors tell me that I can never get them in place again." Here he opened his vest and invited the writer to investigate by touch the injury in question. It was of a very obvious nature, the ends of several of the ribs having

apparently been forced from their hold on the breast-bone.

"However," he continued "I feel no inconvenience from the accident, and I am certain that it does not interfere with health or staying powers in any way. By the way, my chest is pretty well scarred from body blows, but the wounds were of a superficial nature. And—of this I am somewhat proud—I have never yet been knocked out."

"Just at present I have a boxing partner of some note. This is Charles Dalmores, the tenor of the Hammerstein Operatic forces. He is a Frenchman by birth, has been attached to Mr. Hammerstein's Philadelphia Operatic Company for some time and is a capital boxer. Mr. Dalmores is a magnificent figure of a man and an equally magnificent fighter. He is at home with the French or English methods of boxing, the difference between the two being, that in the former, the *savate* or kicking is permitted. I need hardly add that our sparring is done *a la Anglais*.

"I was over in France last summer" went on Mr. Biddle reminiscently "and had plenty of opportunities of studying French boxers of all types and classes. I am not impressed with the courage or skill of the Gallic professionals, but the amateur is admirable. He is plucky, fair and versed in all the possibilities of the 'mitts.' And he is a gentleman first to last. I have a high admiration for the French amateur boxer on the score of his skill and demeanor."

Mr. Biddle was questioned in regard to the Philadelphian gymnasiums in which he took a direct interest.

"There are a number of such institutions around town in which I do what I can to increase their popularity and incidentally, the number of their members. In one of such, a Mr. Robert Hesser, a pupil of Bernarr Macfadden, is the physical director. The system which he uses is of a most efficient sort, as I can testify through observation. Indeed, I am so much impressed with it, that I am thinking of introducing it in Public School No. 7, of this city. The resistance exercises taught by Mr. Macfadden are, I think, particularly valuable, as are other of his exercises."

"The attendance at our gymnasiums is most satisfactory. The majority of the members are young men who work for a living either in stores, offices or factories. But the work of the day does not seem to blunt their zest for an evening at the gymnasium. Which goes to show that it is toil of a continuous nature that tires, and that change of occupation is equivalent to rest.

"It is perhaps unnecessary for me to say that at all the gymnasiums in which I am interested, I foster a love of boxing as far as possible. This I do, not merely because of the capital sport and exercise that it affords, but because I have long come to the conclusion that like unto other forms of athletics, it is as good morally, as it is physically. Man is a storage battery of vitality. This vitality has an accumulative quality and unless it finds a vent in a legitimate manner, you may depend on it that it will do so in a wrongful way. I believe that nine-tenths of the vice among young men is due to their not having places or occupations by the aid of which they get rid of their bodily exuberance in a wholesome and beneficial manner. Show me an athlete and I will show you a youth who, because he is an athlete, resists those temptations that make for weakness of mind and body."

"Is it true that you teach a Bible class in the P. E. Church of the Holy Trinity?" queried the visitor.

"Yes," was the reply. "Some people may think that there is a degree of incongruity in my being a pugilist and a Bible teacher. But for the reasons that I have given, I hold that there is a closer relation between manly sports and religion that a good many of us realize. The time is past, when the Church contented itself with looking after the spiritual interests of its charges. Nowadays, it knows that people have bodies as well as souls and that it is as necessary to care for the one as it is for the other."

"What are your views in regard to athletics for boys?"

"Here again boxing comes to the fore," was the answer. "It is not only an ideal sport for youngsters as far as exercise is concerned, but it teaches self-command and that ability to receive

punishment without wincing or losing the temper which is the secret of success in many things not connected with the gloves. More than that, it is training as well as recreation. I am sorry to note that certain authorities and newspapers who have been promoting athletics among Public School boys in our larger communities, have not seen fit to issue a warning against the dangers that wait on the lad who tries to use training methods that are only suitable for 'grown-ups.' It stands to reason that there is a vast difference between the physical condition of the man whose body has attained its full growth, and that of the child whose organs and muscles are in the process of development. It is to be regretted that attention has not been called to this fact ere this. The only 'training' that boys need for an athletic event is, to my mind, a change of diet on the lines that I have already spoken of. The majority of healthy boys are in 'condition' all the time. Appropriate food and gentle exercise is all they need. I have two sons, one thirteen years of age and the other much younger. Both of them box, the elder being an expert with the gloves. He and I have a bout almost daily and I can assure you that he can put up quite a decent fight when he so pleases. The lads are in perfect physical condition; hard as nails and blessed with unlimited endurance. But I never allow them to 'train' in the usual acceptation of the term. Their boxing, the 'medicine ball' and basket-ball, suffices them in all essentials respect, as far as keeping in good condition is concerned."

"Do you think that the American people are developing an increasing fondness of athletics?"

"Unquestionably. There has never been a time in the history of this country in which the practice of physical culture has been more popular or general than at present. To what do I attribute this? To a variety of reasons. In the first place, we have men of the Bernarr Macfadden kind who are continually setting forth the benefits that arise from the athletic life: again, we inherit a love of wholesome, strenuous sport from the European races who first settled in this

country, and lastly, the majority of our larger communities have good facilities for out-door recreations. Take Philadelphia for example. It is an athletic city from first to last. All classes go in for muscle-making and health-preserving sport and recreation. Within easy access of its boundaries, there must be at least a hundred country clubs, that year in and year out, are pretty well patronized. There are hunt clubs with large memberships; and our rivers afford capital accommodation for the large number of rowing clubs whose quarters are to be found on its banks. Our gymnasiums are crowded, and there are many of them, and the out-of-door organizations whose members are working boys or men are equally numerous and well patronized. I have already alluded to the zest with which the members of the gymnasiums tackle the apparatus during evenings and after a hard day's work. This goes to show that a love of athletics is an integral portion of the American make-up, and that it only needs proper opportunities to make itself manifest."

"As to the society men and women in the like respect, Mr. Biddle?"

"I may safely say that nowadays, the average society man, irrespective of his age, is more or less an athlete. With the elders, golf, the horse and so forth are popular. With the younger element, practically all forms of athletics are in vogue, especially those that are practiced in the open air. Which is an excellent thing no doubt, but it has brought about an approximate neglect of amateur boxing" and Mr. Biddle sighed audibly.

"If you could witness the Sunday exodus of Philadelphians to the country clubs or the cross-country courses or the rivers, you would be duly impressed. All the same, I regret the falling off of the popularity of boxing. It is a sport that furnishes the maximum of exercise to brain and body a knowledge of it stands one in good stead when it comes to protecting oneself or others, and, as I have intimated, it is a school of manners and morals."

Mr. Biddle was asked what, in his opinion, was the chief need of the public in a physical culture sense.

"The making of athletics a part of the

public school curriculum; the increase of municipal gymnasiums and out-door facilities for athletics and—the fostering of a love of scientific boxing among boys through the medium of clever instructors," replied the society athlete without a moment's hesitation. "The time is now at hand when our authorities are beginning to realize that the education of the bodies of the young, is no less important than is the education of the budding minds. And in this connection, I believe that there will be a radical alteration in the methods of the average school by which, the immature bodily being of the child will no longer be sacrificed to the alleged needs of its mind."

"Have you many women athletes in Philadelphia?"

"A great many I am glad to say. In fact the average society girl here is a devotee of some kind of athletic sport or the other. Among such are rowing, riding, the links and so forth. And now let me show you my boys' gymnasium and my own boxing room."

So saying, Mr. Biddle rose and led the way from the magnificently appointed room in which the interview had taken place to what had once been the stables at the end of the garden of the residence.

"I am now the owner of an automobile" he remarked with a smile, "and hence have no horses. But the stables have come in handy, as you will see."

The building is two stories in height and handsomely finished in hardwoods. The lower floor is given over to the uses of Mr. Biddle's sons, the upper is fitted up as a boxing room. In the boys' quarters are a big "medicine ball," a basket ball apparatus and so forth. The boxing room is equipped with a regular roped ring, a shower-bath, cupboards for sparring-clothing and other conveniences. Around the walls are hung trophies of the "squared circle" including the foot-gear of famous fighters and scores of photographs either of Mr. Biddle or of fistic celebrities, all pictured in action or in boxing garb.

After an examination of the pictures and trophies there was a return to the house, and thus a very interesting interview came to an end.

The Grecian Costume in America

SOME DETAILS OF THE SENSATION CREATED BY THE DUNCAN FAMILY IN VARIOUS EASTERN CITIES WHILE CLOTHED IN GRECIAN GARB

By Sidney Cummings

We have here an example of the pitiful ignorance of a few men who are invested with authority in America's greatest city. If parents do not choose to adopt conventional methods of caring for their children, there are so-called societies to take them off to jail. The experience of the Duncan family in New York City, where modern enlightenment in its highest degree is supposed to be in evidence, illustrates the sheeplike trend of modern civilization.—Bernarr Macfadden.

MANY readers of PHYSICAL CULTURE have perhaps noticed recent newspaper reports concerning the interference of the police of New York City with the personal liberty of Raymond Duncan, a physical culturist, and lecturer on ancient Greek music and dancing, and rhythmic exercise.

Though a Californian by birth, Mr. Duncan has lived abroad for about twelve years, spending most of this time in Greece. As a convert to the beauty of the ancient Greek art and customs, he is now on a lecturing tour around the world: planting the germ of his ideas in schools, clubs and the public mind generally.

Mr. Duncan expects to spend several months in America, after which he will sail to the Orient. He is lecturing at prominent universities, such as Columbia and Harvard, and before various clubs of artists and musicians. Mrs. Duncan is a singer and assists her hus-

band in his work. She is a native Greek. The Duncans both preach and practice simple living, and insist that those who do not hamper the body and mind with the chains of modern superstitions and conventions will develop normal physical and mental lives. They maintain that with proper balance of the mental and physical, work becomes as natural and easy as play, and no one needs any coercion in order to turn out such labor as is required for human livelihood.

Perhaps the most interesting personality in the Duncan family is Menalkas, the four-year-old son, who has never known the stunting restrictions of modern customs. Menalkas is as rosy and healthful a child as one could wish to see, and it was his midwinter appearance upon the streets of New York, dressed in Greek garb and without shoes and stockings that aroused the ire of the New York police and brought Mr. Duncan and



Raymond Duncan, garbed in the picturesque and common-sense costume which he wears even in the most inclement weather.



Mr. Duncan and his wife, Penelope Duncan, illustrating classic Grecian costumes.

his family the publicity which the newspapers have of late given them.

There are no laws in America that relate to dress, except those based upon prevalent notions concerning modesty. The most bigoted prude would hardly, upon the grounds of modesty, object to the sight of the baby arms and legs of a four-year-old child. But when little Menalkas appeared upon Broadway in his customary garb one January afternoon, the police immediately arrested him, together with his aunt and a friend, and hustled them off to the police station.

Mrs. Duncan's sister and the friend who were taken in charge by the police in company with Menalkas are Greeks, and do not speak English. At the police station they were refused an interpreter and were detained some four hours before they were found by Mr. Duncan. Charges were brought against the child for not having a proper guardian, with a view of placing him in the hands of the Society for the Prevention of Cruelty to Children.

A charge was brought against the father under the enactments that relate to cruelty to children. The court situation was most amusing. The police officers and medical experts of the Gerry Society were there to testify that little Menalkas was being cruelly treated, while Menalkas himself was in court smiling in a childish way at the absurdity of the whole proposition.

At the present writing the tables are turned, for Mrs. Duncan's sister and her friend, who were arrested with Menalkas are Grecian subjects and immediately reported the outrage to the Grecian Ambassador at Washington, who wired Governor Hughes and demanded an immediate investigation of the New York police interference with unoffending foreign subjects.

Mr. Duncan, being a citizen of the United States, cannot invoke the quick retribution of international law, but he has brought civil suit against the Gerry Society for damages which will bring to light some very interesting testimony.

The secretary of this Society is clothed with arbitrary power almost as complete as that invested in Anthony Comstock. The testimony of the accredited physician of the Gerry Society is taken in court as the final deciding evidence as to whether the parent's treatment of his child is cruel. If the physician of the Gerry Society has insisted that Menalkas was suffering from cold feet, because his own feet, long encased in sweaty woolen socks, could not stand exposure to the crisp January air, the contrary testimony of the child's mother or of the child himself would be of no avail. Under the powers with which it is clothed this society has a right to force police entrance into any man's home and inquire of the mother if she feeds her family meat. In case she does not, the society can, upon the testimony of their physician, remove the children from the custody of the mother and place

them in an institution where they would be regularly provided with steaks and chops.

Such organizations are liberally empowered in order that they may act with quickness and dispatch in cases where humanity universally recognizes that a wrong is being perpetrated. When such power is used to enforce upon an intelligent minority the whims and prejudices of conventional majority, it becomes an abuse and were it not for such bunglesome blunders as the arrest of Menalkas Duncan, the public would never know when such abuses are being perpetrated.

The writer asked Mr. Duncan if the Greek custom had been regarded elsewhere as in New York.

"Most emphatically no," he replied, "New York people are the most morbidly curious and least polite of any place I have been. In Paris when passing on a street I would frequently hear the remark '*C'est beau*' (How beautiful!) In Berlin the customary comment was '*Das ist sere gesunt*' (That is very healthful). During five months' residence in England I never once heard any one question or comment concerning my apparel, though I know from the cordial reception that was given my work that while little was said, a great deal was thought. The New Yorker stares rudely and draws heavily upon his native wit for comment."

It is true that the majority of the citizens of New York, and of the United States in general regard the proceedings brought against the Duncans as a farcical miscarriage of real justice, and doubtless most of them realize that such proceedings are merely the result of the workings of narrow minds. Still it is to be deplored that in the metropolis of the nation that prides itself in being the most advanced of all the powers of the world—in that very city which attributes to itself the distinction of leading the world in liberality of opinion—such an un-

warranted transgression of the rights of the individual should have occurred. Even those who have taken upon themselves the task of prosecuting the parents of young Menalkas Duncan were unable to maintain that the youngster suffered discomfort or unpleasant results from the unconventional nature of his clothing.

Let us hope that the day will come when the restraining hand of the law will be put forth to stay those evils that stalk through our land under the cover of false modesty, and which destroy their victims by thousands, rather than to turn its back on real evils and condemn imaginary offenses on the part of those who seek to exercise their own judgment and reason in choosing the manner in which they shall be clothed, and the mode of living which they choose to follow.



Menalkas Duncan, who has never worn children's clothing of the conventional type, and who is a ruddy, round and happy young man, despite the Gerry Society's contention that he is insufficiently clothed.

How to Secure Immunity from Children's Diseases

WHY SOME CHILDREN ARE NOT ATTACKED BY SO-CALLED DISEASES OF CHILDHOOD—HOW FREEDOM FROM SUCH DISORDERS MAY BE ATTAINED

By Bernarr Macfadden

IN an editorial announcement of our plans for the current year, our readers were promised a series of articles in the nature of a course of instruction for parents, who at frequent intervals are hurriedly called upon to remedy serious symptoms that frequently appear in connection with children's diseases.

With a view of making this series as valuable and practical as possible, this introductory article will be devoted to general suggestions of methods which may be followed with a view of developing the vitality essential to make children immune from disease.

First of all, it is quite evident to any intelligent person that diseases of children, contagious or otherwise, are to a large extent made possible through lack of harmony in the functional organism. For instance, let us take measles, whooping cough, scarlet fever, diphtheria, when they become epidemic in any locality. Some children who are exposed to contagion never acquire such a complaint, while others "take it." It is therefore quite evident that the immunity to these diseases manifested by certain children can be accounted for in some manner. This immunity is undoubtedly the result of great vitality or a superior physical condition. There was no "fertile soil" for the germ, or whatever might be the contagious element of the disease. The tissues therefore resisted them; did not take them up, and children thus rendered immune were not compelled to go through the suffering that often accompanies these complaints.

I refer to this particular immunity to indicate to parents that it is easily possible for children to avoid all these diseases. I know of numerous families who have raised their children in accordance with physical culture methods, who have been able to avoid all of the various

children's diseases that we are all supposed to contract at some time during our growth to adult life. Immunity can unquestionably be attained if parents will simply build the highest degree of vitality in their children, and insist on their following a régime that will maintain this vitality in its pristine excellence.

One of the most serious mistakes that is made in the care of children is what might be termed "coddling"—keeping them indoors when they ought to be out in the air. Of course under this heading comes the not uncommon inclination to interfere with the desire to play that is such a powerful instinct in the average growing child. Play is just as essential to child-life as food. In fact, it is more essential if one expects to develop superior manhood or womanhood, for no matter what sort of food might be furnished the child; if he or she is not given an opportunity to develop the muscular system through activity, it will be impossible to attain fully developed manhood or womanhood.

I cannot therefore too strongly emphasize the necessity of using every possible means to take the children out-of-doors. Do everything you can to interest them in active games. Teach them to use their muscular systems at every opportunity. Do not be afraid of the games being too strenuous. They may have a bruise or a strain or even a broken bone now and then, but what do these misfortunes amount to compared to the goal that one has in view? On one side we have frail delicate examples of the human race, on the other side we have strong forceful manhood and womanhood. Isn't it far better to have a strain or a broken bone now and then, if, as a result of the process you are possessed of the forceful character, strong personality

and the vigorous beautiful body that comes from regular active use of the muscular system.

Then, also as a part of this "coddling" process, we are inclined to encumber the bodies of children to such an extent with clothes, especially during the winter, that it is difficult for them to move about or to enjoy active play. A child should wear just as little clothing as is consistent with maintaining the warmth of the body. Remember that during active play in the open air, no matter how cold it may be, very little clothing is needed to maintain warmth. There is no excuse for the bug-a-boo of colds preventing the removal of clothing that may be encumbering the body, when there is a possibility of too much perspiration from vigorous exertion.

As a means of seeking immunity from diseases of children, I would certainly advise that the youngsters be so dressed that instead of having their movements encumbered, they will feel free to run and jump and enjoy themselves in accordance with their youthful instincts. What would it not be worth for the average parent to feel sure that there is no possibility of the appearance of the serious ailments that are supposed to be mere matters-of-course in the life of children? We can perhaps hardly measure the value of such protection against disease.

I am especially desirous of impressing parents with not only the possibility of securing immunity of this nature, but of being absolutely sure of securing it, provided they will follow the rules of life essential to developing that vigor and health which is so admirable in growing children. Every one pities a poor weak child. The future seems to hold little or nothing for specimens of this character—a girl without the possibility of womanhood; a boy without the prospect of manhood. Can a greater tragedy occur in a human life? To be sure, a child may be facing a future of this character and not be aware of what he has to face. It is well he is not aware of it, and I might add there is no need of his worrying about such a possibility, provided proper methods of living are adopted. Such a régime is necessary to remedy the

frailty and delicacy which are the result of weakness, and which so seriously interfere with the full development of the powers and talents associated with superior manhood and womanhood.

Give your boys and girls a chance. If there is one inalienable right which I think is due to every human creature, it is the opportunity to grow into full and complete possession of all the powers, and talents associated with adult human life. The citizenship of this country depends upon the training the child receives. Is this citizenship of no importance to us? Is there no difference in the value to the country between weak men and strong men? Is there no difference between strong forceful characters and those which are weak and effeminate? Our public school system was a move in the right direction. It indicates that the Government is interested in the education of our children, but the influences of the evils of civilization are growing faster than we are developing an ability to cope with them. There may have been a time when mental education was all that was essential to child life in this country. That was when we possessed the superior vigor and vitality that had come from our hardy pioneer ancestors. This superior strength has, however, been largely dissipated. We are now existing on the vitality of those who come from the country and from foreign shores. The time is coming when we will have to conserve our physical resources. It would be perilous to the race to waste much additional vitality. Strong, forceful men and women are what we need now and in the future. The physical training that is essential to developing this strength is to my mind of more importance in our schools to-day than the entire curriculum for mental training to which the average person devotes from five to fifteen years of his life.

Perhaps one of the most important requirements in developing immunity from disease in children is the necessity of avoiding the forced-feeding process that nearly all parents seem to think essential to the growth and strength of children. It is a crime that cannot be too severely arraigned to feed a child against its will. For instance, some parents will put so

much food on the plate of a child and will not allow the child to rise from the table until what has been placed before the child has been eaten. If parents understood the evil results and disease made possible by following a forcing process of this nature, I am fully convinced they would feel that they deserved punishment far more than the most unruly child. The instincts of a child will accurately indicate how much the youngster should eat—although the appetites of grown folks may sometimes be abnormal and may require some influencing—and at any time in the life of a child it is dangerous for one to habitually insist on it eating foods that it does not strongly crave. When a child is hungry it will soon tell you. When during a meal a child begins to play with its food, it should not be allowed to continue the meal.

If a youngster does not eat plain wholesome foods and waits for the dessert, as a rule it is far better to miss that meal. Remember it is the appetite for food which indicates that the stomach is ready to digest it, and when you compel a child to eat food which it does not need, you are actually filling its system full of all sorts of poison. It is habits of this kind that make possible diphtheria, scarlet fever and all those various so-called contagious diseases of children. To be sure, you will hear the average parent say, "Well, Willie or Bessie does not eat enough; they are almost starving now. They eat just like a bird, and if I do not insist on their eating they will soon starve to death." One often is forced to listen to nonsense of this kind. I can assure you in advance, Willie or Bessie will not starve to death if you will adopt the policy of allowing them to eat only when they are hungry. If they are allowed to eat only that which they enjoy, you will be surprised at their improved appearance within a very short period, and you need not bother in the least about their never developing an appetite. An appetite will come to them and it will come in no uncertain manner, and when it does come and they enjoy the food they eat, then you know positively that the stomach is ready to digest it; that it is being properly assimilated;

that it is being made into good rich blood, and the color in their cheeks and the strength in their bodies will soon show an improvement that will actually amaze you. Of all the outrages that are perpetrated upon children, there are perhaps none that are worse than that to which I have just referred—forcing food upon an unwilling stomach of a child merely because of the insane idea that it is necessary in order to maintain strength and health.

"Piecing" between meals is another very serious fault of parents. Parents will say they cannot bear to see their children hungry, being under the impression that the stomach must be continually at work in order that the child may properly maintain its health and strength. I do not believe in especially restricting the amount of food that may be eaten at meal-time; as a rule a child can be allowed to eat any particular quantity he may desire of plain wholesome food, especially if he does it with enjoyment, but do not forget that the minute the child begins to play with his food and is doubtful whether or not he wants it, then you know he positively does not need it even if he does demand it, and it is far better if he does not eat it. But by all means avoid following the habit of "piecing" between meals.

For the average growing child perhaps three meals per day is better than two, although I have known many children to live on two and grow hardy and rugged. Although I do not think it makes a very serious difference whether there are two meals or three meals a day, I should insist absolutely, that the child should not be allowed to eat between meals. Let him understand that meal time is the time to be devoted to eating and no other time. When you eat between meals you destroy the appetite which is so essential to thoroughly enjoy and thoroughly assimilate your food. You will often find mothers giving their children a little food a short time before the meal. The "edge," as we may term it, is thus taken off the appetite, and the zest for food, as a consequence, is materially lessened.

Most children are inclined to gulp down their food, but although it is

naturally important for them to observe the laws of thorough mastication, I would like to say this is not nearly so important as the previous suggestions I have made.

Naturally it would be impossible, in this short article, to go into details of the various foods that are valuable in child-life. However, I believe it is a mistake to develop the meat eating habit in children. In nearly all cases this is an artificial taste, for as a rule a child does not especially crave meat until after he has acquired the habit. Of course in many cases a child is given meat so early in life that you might say the appetite grows with him, but if he is allowed to grow to an age when he is capable of making his own selection without having the meat eating habit established, you can usually depend on his selecting other foods in preference to meat.

Fruits of all kinds are especially valuable for children. One of the cheapest and best foods for children are dates. These can be bought in cases from four cents to six cents per pound, and at this price, as far as the nourishment is concerned, they are far cheaper than bread. Dates might reasonably be termed stored energy. Furthermore they supply the nourishing elements that are usually lacking in the organism of children, which deficiency, to a certain extent causes the intense craving for candy frequently manifested by children. Dates supply this craving and candy ceases to have the same attraction. Candy, by the way, should not be fed children under any circumstances. Give them sweets of a more wholesome character in the form of dates, figs, raisins, other sweet fruits, or honey, and they will be more easily digested and is far more wholesome in every way. If sweets of this character are used instead

of sugar in your foods, the food will not only be better for your children, but better for the older folks as well. For instance, instead of using sugar to sweeten a cake or pudding, use dates or raisins. Ground raisins or strained honey, will sweeten a cake or pudding far more tastily than sugar. The ordinary commercial sugar should not be used when you can afford to use these more wholesome sweets.

You want your boys and girls to be rugged and strong; you want them to be healthful, and a little wisdom on your part will carry you over many difficult places in life and will bring strength instead of weakness, joy instead of sorrow, and the pathway of life will be sweet and beautiful throughout all its meandering ways.

The real joys of life are found within the home; the prattling voice of a happy child will do more to add to the joys of a household than any other influence in the world, and when parents really and truly understand the science that has to do with body building in children, there will be no need of the weakness, sickness and sorrow that is found in so many homes to-day because of delicacy and frailty in child life.

In the next issue I will provide general suggestions for the treatment of various acute ailments of children. The present article I have devoted entirely to the suggestions that are valuable in bringing immunity from ailments of all kinds, but the next installment will be devoted to methods that can be used immediately in case of attacks of any of the various complaints. The next article of this series will contain general suggestions and in the series that will follow, one article will be devoted to each of some of the common ailments with which children are so frequently attacked.

The Mental Stimulus of Walking

Walking may be said to effect much benefit mentally as well as physically. Some of the best thinking I have ever done was accomplished while walking. Walking seems to clear up the system—

removes the cobwebs from the brain. If you have a problem to solve go on a long walk. In most instances it will be cleared up before you return.—*Bernarr Macfadden.*

Vibration and Its Value

By C. H. Johnson

AMONG the various natural agencies for promoting health, the influence of vibration is one that is frequently overlooked by devotees of physical culture, and yet it is one that is of peculiar importance and advantage in many cases.

In this year of 1910, A.D., progressive students of matters pertaining to health and ill-health have a pretty fair general idea of the factors that make for health. We realize that it is entirely a matter of cause and effect, that health is the result of systematic right living, or in other words, natural living, which means simple compliance with the requirements of Mother Nature, and that illness is the result of a disregard of those requirements, or as we may say, wrong living. If your various habits and conditions of life are thoroughly wholesome and natural, then your bodily condition will be normal and vigorous in every respect. Furthermore, if you are suffering from ill-health as a result of past errors, then the logical step for the recovery of the normal state would be to discontinue the mistaken and injurious habits, avoiding all conditions which do not conform to Nature's demands, and thenceforth adhering strictly to the principles of right and rational living taught through the pages of PHYSICAL CULTURE from month to month.

But the mere change from bad habits to good habits may prove somewhat slow as a means of radically changing the condition of the body, so slow, perhaps, in some cases, that before the process can be completed some other developments or complications may arise with disastrous results. Discontinuing the cause of a disease is certainly the first thing to be done in the effort to bring about a cure, but if the ailment be at all serious it is also necessary to make use of other positive natural measures which will hasten both the departure of the disease and the attainment of health. Instead of merely depending upon the change from wrong living to right living, in the ordinary

course of life, and thus giving Nature the opportunity to work out a cure in her own way, it is also possible to assist Nature in various ways so that an abnormal condition may be the more speedily overcome and the building of vitality facilitated. It has even been claimed by the advocates of drug treatment that the purpose of such treatment is to assist Nature, though just how the purposes of Nature can be furthered by the administration of poisonous and paralyzing nostrums is not clear. However, there is a variety of methods, strictly natural in form and application, by which the curative processes may be given powerful aid, the chief purposes of these being to increase the circulation of the blood, assist in the rapid elimination of wastes and poisons through the departing channels of the body, and to improve the digestive and assimilative processes, indeed, all the vital and functional processes in such a way that the blood will be pure and rich, and the more capable of supplying to the deranged or weakened parts whatever they may need.

Readers of this magazine are generally familiar with natural curative measures of this kind, for hastening results, such as the so-called hydrotherapeutic treatment, which includes the manifold uses of cold water, the alternate application of hot and cold water, the use of hot compresses, colon flushing, special exercises, massage, fasting, dieting and other drugless methods. The intelligent and scientific use of electricity may be included in this list, the effect being to increase the circulation, though it should be said that exercise will accomplish this result much more effectively, in all cases where exercise is possible. And in this list also, we must include vibration, one of the most valuable and perfect of all means of accelerating the circulation, and one which may be applied even in those cases in which the patient is unable to take exercise.

There are many reasons why vibration should be effective in promoting health and giving vigor to the internal organs. Vibration is essentially an expression of energy, and constitutes a means of transmitting energy. Very few people realize the importance of vibration as a factor in the affairs and forces of this Universe. Heat, as we understand it, is fundamentally a form of vibration, absolute cold

being regarded as an entire lack of such vibration among the infinitesimal molecules of the matter concerned. The light from the Sun, which warms our Earth, and without which there would be no life possible on this planet, is a form of vibration, which is sensed by the delicate organisms of the eye. Without the eye, we should be unconscious of such a thing as light. There may be, probably are, many other forms of vibration of which we are unconscious because we have no special organ to perceive them. Sound is vibration of another kind, which we are able to grasp by means of the friendly ear-drum. Electricity we know naught of, but if it is not a form of vibration then at least we know that its weird and mysterious force is transmitted by vibration. This list could be no doubt extended indefinitely, but the above are the more common and familiar forces, and all of them vital necessities for our existence. Is it to be wondered at, then, that the application of vibration to the human body should be of infinite value in promoting health and vigor?

The use of vibration for curative purposes is not new, though it has never before had such general application as at the present time. It is coming to be used more and more. In the past it has for the most part been applied by hand. It has been much used by osteopaths in this way. Some years ago, also, Bernarr Macfadden wrote a series of articles upon a system of "percussion" exercises of his own devising, which



Vibration often relieves colic and pains in the stomach.

aroused wide-spread interest. But the use of the hands for this purpose is laborious and more or less inconvenient, now giving way to mechanical vibration. Even the medical profession has recognized the value of this principle, applying vibration in some cases by means of rather ponderous machines. However, the same results can be accomplished by a small vibrator which may be held in the hands and

applied to any part of the body. One notable advantage of the hand vibrator is that it can be applied by the patient himself, thus avoiding the expenditure of large sums of money for professional treatment. It is interesting to note that the perfection of the electric motor has done more than anything else to promote the development of mechanical vibrators, just as it made possible the submarine boat, and in the same way as the development of gasoline engines and other motors of high power but light weight have made automobiles practicable and solved the problem of human flight.

It may be said generally that the chief purpose of vibration is to increase the circulation in any given part, thus relieving any possible congestion and promoting the life-building and life-maintaining processes of Nature. In some respects the action of vibration is similar to that of massage, except that it goes deeper and may reach parts that are inaccessible to massage. Massage may be regarded as a passive form of exercise, one which may be enjoyed by an individual too weak to take voluntary exercise, and one which will promote the circulation and the building up of wasted tissues without the additional tearing down and consumption of the tissues which is associated with vigorous exercise. The same may be said of vibration and its influence.

When the body is charged with wastes, because of lowered vitality and the con-

sequent greater or less inaction of the depurating organs, then a certain amount of exercise will be invaluable for the purpose of accelerating the circulation, stimulating the action of the eliminating organs, and thus sweeping the waste matter out of the system. But the use of the muscular tissues in the process of exercise also creates further waste matter, and if the exercise is carried too far, or to the point of unusual fatigue, then the accumulation of these wastes or fatigue-poisons, as they may be called, will be so great that the ultimate effect of this excess of exercise will leave the individual in a worse predicament than before. This is the chief reason why one should avoid exercising beyond the point at which he finds it an acute pleasure. However, at this point massage or vibration will be of the greatest assistance, helping one to relieve his tissues of the burden of these wastes, and thus also avoiding the stiffness of the muscles which we have all experienced when we have over-exercised, or taken unaccustomed exercise. This is why athletes find it advantageous to have a good "rub-down" after a contest.

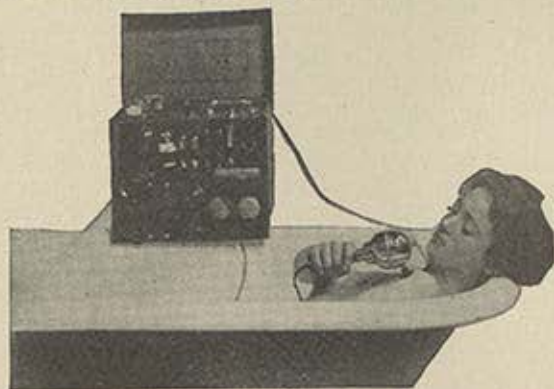
For similar reasons, as you will see, one who is too weak to take active or voluntary exercise may benefit from the passive exercise of his muscles which is found both in massage and in vibration. And not only may the muscles be affected in this manner, but all of the internal organs and all of the other tissues of the body as well may be benefited. In manipulation by massage, in the case of a muscular tissue, for instance, the kneading, rolling or stroking of the muscles has the effect of forcing the more or less stagnant venous blood out of the tissues, through the capillaries and veins, and on toward the heart and lungs, and permitting and promoting the more rapid inflow of pure, fresh blood

through the arteries. With each compression of the tissues in the course of the massage, the venous blood, charged with wastes, is forced out, and then, with the following relaxation, the arterial blood, freshly oxygenated and charged with vitality, surges in to perform its life-sustaining mission. And as the process is repeated and continued, the tissues are rejuvenated, so to speak, and the condition of fatigue gives way to one of normal health, or as near to it as the condition of the blood and the constitution generally will permit.

Perhaps you will object that this is not saying very much about vibration. But since the purpose of this article, like that of other contributions to this magazine, is an educational one, it is well that you understand as clearly as possible the processes by which the body is benefitted in the application of these forms of natural treatment.

The action of vibration is somewhat similar to that of massage, although as already seen, it may be applied by the patient himself by means of a small mechanical vibrator. Massage is a laborious process, and although the recipient is benefitted, yet it is always at the cost of the expenditure of the vitality and strength of the masseur. And there is often to be considered, too, the cost in currency to the patient, for the masseur demands financial recompense for his outlay of energy.

In the very nature of vibration, a compression of the tissues alternates with their relaxation. This is the ideal condition of exercise, alternate contraction and relaxation. The life-long work of the heart continues on this plan, there being a sufficient momentary rest between each beat to make complete recuperation possible. In vibration, the



A combination of electric bath and vibration is often of value.

mild percussion or depression of the tissues serves to drive out the venous blood, while the alternating relaxation permits the intake of fresh arterial blood. In a few moments the circulation in the parts concerned is aroused in a most active and vigorous manner, flushing them thoroughly, and sweeping away any congestion or other difficulty that may be present. 'It is only natural therefore, that such a treatment should be efficacious in headaches, impaired digestion, constipation and "kinks" of various kinds in different parts of the body. Relief even for the impinged nerve may be found readily in this treatment.

As for the use of vibration without the direction of a physician, it may be said that one's own instincts will act as a sufficient guide. Where there is discomfort or pain, there is trouble. The patient can locate this pain more perfectly than a physician, except where it is due to a compression of the spinal cord, in which case an osteopath or chiropractic practitioner would render good service. But all pains are not due to spinal compression, and in nearly all cases, having located the pain, the individual experiencing the difficulty can apply vibration until he feels relief. When the pain stops the trouble is over. And the sufferer knows when the pain stops better than some other person in attendance.

Treatment of this kind is almost instinctive, or massage at least is so, and vibration is a form of massage. When a part of the body bumps a hard substance, pinching the nerves and interrupting the circulation, you will immediately rub the bruise with the hand. When you have thus helped to restore a normal supply of blood, and the nerves are relieved, you experience a return of comfort. But when the difficulty is deeper, perhaps affecting some internal organ, then it may be that ordinary massage cannot be of any use, while vibration will penetrate effectively.



Vibratory treatment for indigestion.

Stimulation of the spinal column, like strengthening of the back and spine, is a very effective form of treatment for constitutional invigoration, that is, when the stimulation is natural, and without the reaction and depression that must follow drug stimulation. Physical culturists are familiar with the value of alternate applications of hot and cold to the spine in certain emergencies, such as apoplexy and stubborn fainting spells, and other less serious disorders. Osteopaths depend very largely for their success upon the stimulation of the spine, thus affecting the entire body. But such stimulation can be accomplished very readily and simply by a small mechanical vibrator, and the entire body may be influenced favorably thereby. The importance of this will be realized when one remembers that all the nerves, controlling all parts of the body, converge in the spinal cord. If there is anything wrong in the spinal cord itself, mild vibration will usually correct it without professional help. Any particular part of the body, likewise, may be affected by treatment of the corresponding part of the spine. Each set of nerves radiating from the spine controls a particular part of the body. By going slowly up and down the spine and noting the effect, the patient can usually discover for himself the point at which the nerves connected with the deranged part enter the spine, and is thus guided in treatment through this channel, in addition to the direct application to the part concerned. A few minutes is usually sufficient for a single treatment.

The sense of pleasure with which vibratory treatment is accompanied is one factor which has much to do with its growing popularity, and, indeed, with its good results. There was a time when apparently it was thought that anything that was thoroughly disagreeable would be good for one, and accordingly the most bitter and nauseating nostrums

were expected to cure the sick, regardless of our instincts. Our instincts are to be trusted in these matters, when they are normal, and the fact that vibration is so extremely soothing and pleasing is sufficient to assure us that it is beneficial, even if we did not see by experience that it does alleviate pain. It brings us comfort not alone by the pleasurable sensations of its application, but because it helps to restore a harmonious condition of every part. It will often be found valuable for overcoming sleeplessness, as well as functional and other disorders, though in all cases, as indicated in the early part of this article, it should be used in conjunction with the adoption of right habits of living and the strictest conformity to the requirements of Nature.

Finally, it must not be understood from the tone of the foregoing remarks that vibra-

tion is of value only to those who are ill. Like other aids to health, and natural living in general, it is as valuable for keeping well as for becoming well. And it must not be understood that it is advocated here as a substitute for exercise. Nothing can and nothing ever will take the place of exercise as a means of building physical vigor, manhood and womanhood. But it will be found valuable even for those in perfect health, as a supplement to exercise, a beneficial treatment to follow exercise, as the athlete employs the "rub-down" after his vigorous efforts. And furthermore, used in the manner suggested above, it will prove advantageous in helping to avoid indispositions which might otherwise come on, helping to "nip them in the bud," so to speak, and ward them off at the first sign of their approach.



Treating the back.

A KINK IN CIVILIZATION?



Woman as she is and as nature intended her to be.

The Decline of the Drugging Profession

INDISPUTABLE EVIDENCE THAT THE USE OF MEDICINE IN THE TREATMENT OF DISEASE IS BEING UNIVERSALLY ABOLISHED

By Charles Merriles

THE use of drugs, so far as the treatment of disease is concerned, will soon be a thing of the past. Drugs are rapidly being abandoned. The public is rapidly awakening to the value of drugless methods of curing disease. They are turning from the so-called science of medicine, for the simple reason that drugs have not been achieving the results that can be secured by other methods. In fact, in many instances it is quite plain that drugs have been the cause of chronic diseases that are usually termed incurable. To the ordinary layman these statements may seem unbelievable. They will naturally be doubted by those who have put their faith in drugs in the treatment of all human ailments. Medical doctors, themselves, however, are awakening to the marvelous revolution in the healing art that is surely impending. Within the last two or three years there has been a great change in public opinion as the result of newspapers and magazines publishing articles from many sources emphatically condemning drugging in the cure of disease. The public can hardly avoid education on this point.

Sometime ago *American Medicine*, one of the most prominent medical publications, stated that the incomes of many medical men had been reduced nearly one-half, and that the average income of physicians in the city of New York was at that time only \$1,500.00 per year. In a recent issue they state that there has been a still further reduction and that the income of the New York doctors will at present average but \$1,200.00, while the average throughout the whole country was less than \$600.00. They stated that the doctor's income was steadily decreasing and that their income had decreased one-half within the last two years.

Now, this statement comes from a

prominent medical publication. From within the ranks of the medical profession they are admitting that the income from the practice of many physicians has decreased fifty per cent. within the last two years. If the same percentage of decrease continues, it will not be long until the medical profession is entirely wiped out of existence. It will not take very much figuring to determine how long it will take at the present rate of decrease for such a result to occur. The profession of doctoring, from a medical standpoint, will soon lose its attraction to the ambitious young man. In fact, it is already time for it to lose its attraction. With thousands of doctors already hardly able to make a living, what can new and inexperienced men expect from this profession? It seems to me it is time for the medical man to wake up, and it is more than time for the medical schools to begin to see the "handwriting on the wall." I hardly think they are desirous of turning out students who will be compelled to turn to manual labor in order to secure a livelihood, and under the circumstances they will have to "break the ice" and begin to regard the healing art from a really scientific standpoint, as it is treated in the columns of this publication. The healing art of the future will not have anything in common with the science of drugging. It will abandon drugs entirely and we will have instead the use of water, diet and exercise in such a manner as to bring about the results that are desired, and they will be brought more speedily and far more safely than through the use of medicine.

Medical men can no longer afford to ignore the various methods of healing that are now taking the place of so-called medical science. For a long time the doctors have stood on their dignity. They have felt it was beneath them to recognize investigators outside of their

own ranks, but I am convinced that they will have to recognize the investigations of the so-called laymen, and begin to learn from them, or else they will have to turn and seek employment in the corn fields, upon the street-cars or at other occupations that they consider menial.

As a student of the healing art in all its various phases, I am naturally deeply interested in every method that will promise a definite cure of any complaint. I know if a patient were under my care and I should find he was unable to secure improvement, that if he should go elsewhere and secure a definite and permanent cure, that I would be intensely interested in the methods that were used in bringing about the cure. This, it seems to me should be the policy of any intelligent conscientious man, be he physician or student, but this is not so of many members of the medical profession. They have been brought up in accordance with a certain code of ethics: they have been taught there is but one way to cure disease, and their policy is not to recognize, nor even to investigate any other methods that might be presented.

Many physicians seem to believe their profession has a monopoly of science, and that they have monopolized all the knowledge appertaining to healing, and that it is impossible for anyone outside of their ranks to know or to learn anything concerning disease and its cure. The time is not far distant when policies of this kind will begin to waver and will fall amid chaotic confusion. Either the medical men will begin to adopt the methods we are advocating and use them in their practice, or else they will cease to be regarded as exponents of the healing art. The people of to-day want to know: they want to be shown: they are all "from Missouri" as far as the desire to see into things is concerned, and the more you know of medicine, the less faith you will have in its value. When the medical men themselves call attention to the fact that their incomes have in many instances decreased by one-half in two years, you can well understand in which direction we are moving, and it is away from medicine into the light—into the truth so far as the healing art is con-

cerned. We will leave superstition in the background. The ignorance, the bigotry that is so often in evidence in medical lore, will also have to sink into well-deserved oblivion.

In the recent issue of the medical magazine already quoted, there were various causes given for the decrease in the income of medical men. Some of the explanations for this condition will no doubt be of interest to our readers, and I quote them herewith:

"The monstrous evil of the abuse of medical charity has all but pauperized the medical profession," is the declaration of the writer of the article under discussion.

"The future of the American medical profession would give many of us a great deal more concern if we were not well aware of the sound foundation on which the modern practice of medicine is based. Prophecy as he may the pessimist cannot shake our confident expectation that scientific medicine will ultimately triumph over all 'pathies,' cults, and charlatany. Logic, truth, and science must sooner or later prevail.

"But however certain we may feel that the time is not far distant when medical science will be universally accepted because of its manifest accuracy and efficiency, we must ruefully admit that the situation at present is very far from satisfactory. Two great evils stand foremost as the most serious of several confronting the medical practitioners of this country. No medical man who is in touch with medical affairs as they are to-day can deny that the condition of the average practitioner is far from encouraging. We are a long ways from going to the 'demnition bow-wows' as some of the 'calamity howlers' are claiming.

"Nevertheless, in many of our large cities there has been during the last two years a decline in general and family practice of over fifty per cent. In even plainer language, if it is possible, we mean that many excellent general practitioners of ten, twenty, or even more years' experience are seeing to-day not over one-half as many patients as they were two years ago. New York, Brooklyn, Philadelphia are prosperous cities, but our information shows that in certain localities within their confines this decline is even greater.

"Still another will say that the trend of the profession toward organization, in the eyes of the laity, a phase of trades unionism, has made medicine a sordid business, and by eliminating the element of mysticism has removed the one factor that held—some say fifty per cent. of those who seek medical treatment. Still another will state that the enormous extension of surgery has truly frightened the people and made them exceedingly chary of consulting the modern progressive physician, who, though he may not be an operator, is keen to recognize surgical needs and possibilities and advise accordingly."

Prince Hagen

A Phantasy

By Upton Sinclair

Author of "The Jungle," "King Midas," Etc.

SYNOPSIS.—While camping out in the mountains, the narrator spends a warm summer afternoon in company with the score of Wagner's "Das Rheingold," and is startled by hearing a growing volume of music, and by the onset of a number of the dwarf-like characters of the "Nibelung Ring." By these, he is conducted to the bowels of the earth, and presented to King Alberich, king of the Nibelungs. Alberich exhibits to him some of the vast hoard of gold he possesses, and offers to reward him to remain in Nibelheim, and train his grandson, Prince Hagen, who is descended from a self-willed and uncontrollable father, and who is a child of violence and crime. The author declines, but suggests that Prince Hagen accompany him to the earth, to be reformed by contact with our Christian civilization. Subsequently, Prince Hagen arrives at the author's cabin and is conducted by him to a school for young men, in charge of a clergyman. Prince Hagen proves himself an eager and apt pupil, but entirely disregards the discipline of the school, and after physically conquering every one of his schoolmates, becomes their leader. Hagen refuses to attend school longer, and goes to New York with the avowed intention of making politics his profession. He gains much prominence as a Tammany politician and as a campaign orator. Meanwhile the author receives a message from Nibelheim, announcing the death of King Alberich. Traveling to New York, he imparts the tidings to Hagen, after the latter has made a stirring campaign speech denouncing the greed and avarice of the wealthy, and the resultant suffering of the poor. Far from being affected with grief at the news of Alberich's death, Hagen surprises the author by his hysterical joy at the prospect of gaining control of the wealth of the Nibelungs. He deserts the party whose cause he has espoused, and hastens to the National headquarters of the Republican party's Campaign Committee, where he presents a note of introduction written by himself, and accompanied by a check for \$100,000.

FOURTH INSTALLMENT.

CHAPTER VI.

AS we stood waiting, my companion gazing calmly about the corridor. "That's so-and-so," he said, pointing out several notables to me; "you'll see them all sent for to consult with me in a few moments. And those are some reporters standing over there in the corner. Just watch them scurry by and by."

"But about that check?" I exclaimed.

"Oh, that's easy," said Hagen, smiling. "I shall arrive up at your place early to-morrow, and get up a few hundred pounds of gold from Nibelheim, and take it to a banker's and, have it telegraphed down here before your banks are open in the morning. And, if you want to know how I'm going to manage the rest of it, just see the papers to-morrow. I guess it's about time for me to go."

And sure enough, the messenger returned and whispered to the clerk, who opened his eyes. "Mr. Weazel will see you immediately," he said, bowing most deferentially. And Prince Hagen waved me a farewell, and was gone.

I was so interested at the outcome of these adventures that I could not yet make up my mind to leave the hotel; I seated myself in a corner and watched.

Sure enough, it was not more than fifteen minutes before my friend's prediction was verified, and I saw a messenger come down the corridor, and speak to each one of the prominent men whom I had heard named. Every man of them turned at once and went up to the committee's rooms. At the same time I began to notice groups of men standing about and whispering excitedly to each other, from which I judged that the news was leaking out: also I saw that the reporters were looking very eager, as they hovered about with their note-books in their hands. Perhaps half an hour later they were all summoned up-stairs.

I waited, amusing myself in the meantime with speculations, and knowing that I must see Prince Hagen again before very long. And sure enough, at about twenty minutes to twelve, I saw him come down, walking arm in arm with the great Weazel, followed by a swarm of the politicians and newspaper men, and stared at by the very considerable crowd that now filled the corridors. Under those circumstances, I did not expect to have anything to say to him, but, as he saw me as he passed swiftly to the door, he called, cheerily; "I'm on my way to the depot: come along."

I followed him in silence to the cab:

there was a swift farewell to his distinguished friends, who were most wonderfully obsequious: and then the vehicle rattled away, and Prince Hagen sank back with a chuckle.

"Did everything go well?" I ventured to ask, after a time.

"Splendidly," said he.

"And how did you manage it?"

"Oh, Lord," he said, "I can't tell that story again. Wait and read it to-morrow. This much I will tell you for your peace of soul—that before, I was a howling demagogue, and that now, I'm a representative citizen: and I tell you I like it a D. sight better."

"I understand," I said.

"Society is divided into two parties," continued Prince Hagen, "those who have and those who are trying to get: or, in the cant terms, the conservatives and the radicals. The one thing that worried me when I was a radical was how in the world I was ever to get out of it when I'd gotten what I wanted: and now I'm out of it as happily as Jonah, and, if I wasn't on Fifth Avenue, I tell you I'd sing!" And Prince Hagen laughed hilariously instead.

"Oh, but I'm in for it!" he said, showing signs of returning to his former ecstasy. "Only think of it, the world lies open to me! What is there that I may not do?"

"Your wealth is unlimited, I suppose?" I said.

"Mine isn't," he answered, grimly, "but the Nibelung's is."

He paused for a moment, and then suddenly turned and gazed at me: an electric light shone in through the window, and I saw that his face was alive with laughter. "Tell me something, will you?" he chuckled, "*my idealist!*"

"What is it?" I asked.

"Do you think that the people will respect me *now?*"

"I don't know," I said. I could not keep from joining his smile.

"You'd better stay near me," said Hagen: "I think you'll learn a few things, and perhaps you may put them in a book, and become a capitalist yourself. As a matter of fact, before very long, I shall own this city and its citizens, body and soul, and I'll be the nearest

thing to a god in existence. Come and see me some day: my home will be somewhere on this avenue until I find a place more suitable."

"Thank you," I said, gravely, "perhaps I shall."

And just then the carriage, which had been speeding swiftly, turned off the avenue to the depot. "Here we are!" said Hagen, gaily. "And now for Nibelheim! Good night, and don't forget the papers!"

And with that he sprang out of the carriage, and disappeared through the depot door.

I did not forget the papers. And the next morning I was not at all surprised to find the first page of the official mouth-piece of the Republican party almost exclusively devoted to an account of how Tammany had been "trapped by Prince Hagen." This veracious chronicle of Prince Hagen's spectacular advent into the ranks of the party—after acknowledging with proper respect his munificent contribution—went on to describe the party's distinguished recruit as follows:

"It appears that Prince Hagen, a foreign nobleman, whose native place could not be ascertained last night, has become enamoured of liberal institutions, and, having renounced his rights to a throne, has come to the United States with the intention of making them his permanent home. Being a man of high public spirit, he was determined to begin at once his career of usefulness, hoping thus to recommend his aims at once to his future fellow-countrymen. The iniquitous régime under which this metropolis labors at present is of course notorious throughout the civilized world, and Prince Hagen had read much of its practices. Knowing how skilfully it has been accustomed to veil its corruption under pretences of virtue, this courageous nobleman conceived the daring and original idea of coming to this country incognito, and enlisting as a recruit in the ranks of Tammany, thus ascertaining for himself the real nature of the organization. This plan he carried into success with amazing cleverness. He arrived in New York last July, by what steamer could not be learned; he was at

once elected a member of Tammany, becoming a highly valued worker in the four hundred and seventh district of the four hundred and fourth ward, which is under the leadership of 'Mike' Leary. The adventures of Prince Hagen during this four months' period make one of the most thrilling stories imaginable. There was little time for much to be learned last night, and, in fact, it was decided to keep these matters a secret at present. But it may be stated, upon authority, that revelations of a most sensational character will surely follow, for Prince Hagen's very voice showed the deep intensity of his nature and the determined resolution of his character, and he made plain that he had been deeply stirred to wrath by the iniquities he had witnessed. It is certain that many men high up in Tammany Hall are trembling in their boots, as they read this news to-day, for, so well did the nobleman conceal his real identity that he became a confidential agent of Leary, and was admitted to full knowledge of all the workings of the organization. He has a full list of all the secret purposes to which the campaign money of Tammany has been applied, and is acquainted with all the methods of bribery and corruption which it has employed. It is probable that many arrests will follow from his revelations, and it is expected that their publication, which will be made in full before election-day, will profoundly influence public opinion. There is full evidence of a well-concocted plot, on the part of the Tammany heeled, to capture Leary's district by fraud, and also a hideous tale of blackmail levied upon gambling-houses and resorts of still more pernicious character, for the expenses of the campaign. The nobleman has himself, incredible as it may appear, been the agent for the collecting of this tribute, and the paying of it to the proper persons.

Less important, perhaps, but still more picturesque than these things, is Prince Hagen's account of his adventures during the months before election, when he was instructed by a cynical district leader in the arts of ingratiating himself into favor with the ignorant poor of the tenement-houses, by the distributing of free ice and coal. The

prince, who was known by the name of 'Jimmie O'Hagen,' spent a large sum of money, which was really taken from his vast fortune, but which his fellow workers assumed he had privately collected by infamous methods, upon a great excursion, which was described at the time in this paper, and which attracted attention for the disreputable character of those who attended it, and for the scenes of riot which prevailed on board the steamer. Too much praise cannot, we think, be given to a gentleman of noble blood and refined tastes who thus placed himself among scenes of degradation for the sake of a lofty purpose. Another extremely interesting phase of Prince Hagen's experiences is the reputation which he obtained as an orator; catching all the cant phrases with which the demagogues are at present beguiling the ignorant and dissatisfied elements of our population, he infused into them such vigor of manner as to produce most extraordinary effects upon his audiences.

"During the last few days accounts have several times appeared in this paper of the extravagant orations of 'Jimmie O'Hagen,'—orations which, in ridiculing, we had no idea were secretly meant by their brilliant author as burlesques. Last night Prince Hagen delivered at 'Spread-Eagle Hall' an address to an enthusiastic throng, denouncing the capitalists in such fierce terms as to drive his audience almost wild with rage, and himself with laughter. An account of this extraordinary speech was already in type at our office when tidings of the new developments arrived—the former article is appended below. This speech was the climax of the nobleman's Tammany experiences, and immediately afterward he drove to the Republican headquarters to tell his story.

"Prince Hagen is, in personal appearance, a man slightly below the medium size, with a small face, much wrinkled and expressive of the keenest intelligence. Clad, as he was last night, in a perfectly fitting and tasteful dress suit, one could not but wonder how his fellow workers of Tammany failed to discern that he was a man of aristocratic breeding. Prince Hagen's voice is deep and

earnest, and readily expresses his feelings. He evinced last night the profoundest aversion for the corruption with which he had become acquainted. He declared that his unprecedented contribution to the campaign fund was to be considered as an expression of this, and that he stood ready to follow it by other donations if, in the judgment of the committee, it was not too late to spend it advantageously to prevent the triumph of principles of public dishonesty in city and nation. The prince declared that, in his judgment, a victory of the Democratic nominee for President would be a public calamity beyond any words.

"The estates from which Prince Hagen has made this great donation are said to be of tremendous extent, and their owner himself stated that he could not tell their size. He did not state in what part of the world they are located, but he intimated that they contained extensive mines of gold, great quantities of which he has already had secretly conveyed to this country. After making his declaration, Prince Hagen left the city last night for a destination unascertained; he stated, however, that it was his intention to make New York his permanent home, and that he should at once begin the construction of a mansion which should outshine any of the homes of our millionaires. It is his intention to enter society, where his vast wealth and high rank, should give him swift success."

* * * * *

I had, after this, for some time no source of information about Prince Hagen except the newspapers, and so I cannot tell my story except by following their accounts. On the following day there was substantially no further news about him, except that no one knew where he was, and that efforts to learn the country from which he came had been unsuccessful, though there were guesses ranging from the South Sea Islands through Patagonia to Bohemia and the Cape of Good Hope: it appeared also that public curiosity was intensely excited, and there were published long interviews with every one who had anything to do with the matter: likewise a thousand anecdotes about James

O'Hagen's Tammany career were invented by ambitious journalists and contradicted by no one.

On the next day the news was spread that Prince Hagen had returned to the city in good health and spirits, and had made a further contribution to the campaign fund; and most important of all, it was stated that the promised revelations were to be made public at a grand mass-meeting of citizens at Madison Square Garden on the following night.

I suppose no one of my readers has forgotten that memorable evening. I was there early, and likewise ten or twelve thousand others: and when Prince Hagen appeared we gave him an ovation. It was a wonderful sight afterward to see that single man holding his audience silent and motionless with delight and wonder for three long hours.

He began, as he had promised, with his exposure of Tammany, and the angriest Democrat in that crowd must have shivered at the image which he unfolded—the more so since he spoke no word that was not from his own experience. He showed how a band of robbers had gotten command of the machinery of a great party, and were using the prestige of its name to gain opportunities of plunder and corruption: he showed how, from the highest to the lowest, the vast organization was held together by self-interest, how its members reaped the rich harvest of blackmail and of the patronage of a great city's government: he showed how vice was protected, and how corruption was shielded: he showed how, year by year, the poor and ignorant of the city were beguiled by sham charities, and how honest men were deceived by virtuous pretences; he showed how the ill-gotten wealth was partly spent in bribery to maintain the system, and how the unwisdom of opponents had contributed to continue the shameful wrong. All this he proved by facts and figures, and delivered with such glowing fervor of indignation, tempered, however, with serene self-command, that his audience thrilled and trembled, and when they did break forth, made the air shake with their applause.

And after these things he came to the campaign and its issues.

"But, fellow citizens—I trust I may use that appellation" (applause and cries of assent)—"fellow citizens, then, I wonder if you realize what this thing means? Listen to me: we stand, you and I, the men of this republic, at the dawn of a new era in human history. Before it the selfish egotisms of men were held in bond by a despot, sword and bullet were the reasons for which men obeyed the law. But now we have hungered for a new glory, we have vowed that we will show new truth and new righteousness in the hearts of men: we have chosen to demonstrate to the watching nations that 'man is man and master of his fate,' that he needs no will to guide him but the law of his own conscience, that, in short, he can be free, and still be just. And oh, my friends, it is a wonderful thing: but it is a thing so infinitely perilous! Do you ever stop to think, you men who build this nation, what a vast mass of passion and greed you have pent up by the stern example of your will? The majority of men are never comfortable, through their own weakness and badness they must needs be ever struggling with poverty and sin: and they look at the unthinkable wealth that society has amassed, they look at it as a wild beast stares at his prey, greedy and savage, waiting only a signal to spring. And what is it that restrains them? Is it any reasoning of their own? Do you suppose that the dweller in our tenements can perceive for himself the truth that brain must be lord of body, that great enterprise must needs be in the hands of men of mind, and that the so-called capitalist is the most hard-worked and the most precious member of our society? To speak of such a thing is to see its absurdity: the mass of the ignorant and discontented see only that they labor, and that another has the wealth: and if there is anything that restrains them from taking what they wish by force, it is nothing but the sentiment which we have built up, of respect for society and for the principles of public honesty and law. I tell you, as I look at this republic of ours, I see a sight that makes me tremble: now that the power rests solely with the people, there is no longer any need that the poor man be incited to

violence, no longer need of stirring riot and pillage: there is a subtler method, there is a more fearful danger. For the man of our time has not only the power of his brains, he has the power of the ballot! He may not be willing to steal, but now there is another way shown him by which he may possess himself of what is not justly his own! There is ever a class of men, creatures who prowl about the outskirts of society, seeking a chance to attack and devour; who are eager to point out this dreadful truth to the poor,—that there is no longer any government but *themselves*, that there is no longer any law except the law they make. And I tell you in all solemnity, my fellow citizens, that I believe that the future of democracy hangs upon that pivot, I believe that the decision whether society can be entrusted to the care of the mass of its own members, depends upon the one fact, whether those among us who have mind and conscience can inspire the whole body with our sentiments, can maintain a respect for public justice and for private rights that will awe and restrain the restless element. And, my dear friends, it is for this reason, and no other reason, that I am here to-night to speak to you: it is for this reason, and for no other reason, that I give all the labor of my soul to the support of the Republican candidate: it is because, whenever I hear a word spoken about legislation for the benefit of the poor at the expense of the rich, I tremble, not for my purse and for my possessions, but for the future of this land of ours and for the future of the human race!" (Tremendous enthusiasm.)

I have come now almost to the end of the political career of Prince Hagen: and I may finish the subject in a few words. Brilliant as this start of his was admitted by every one to be, I soon learned that it was elsewhere that his ambition guided him. There is no need to state here what was the outcome of the campaign, or to bear witness to the magnificence of the banquet which was tendered to Prince Hagen by grateful citizens: nor should it be necessary to do more than hint what was done with the evidence which he possessed against Tammany officials. It is a matter of common information how

these gentlemen were severally indicted, and how after delays and delays repeated, public attention was gradually turned to other matters, and the whole affair was dropped. This same thing has happened so often that people who follow New York politics may not know to just which cases I refer, but that is a matter of no great consequence to our story.

* * * * *

For many months I saw no more of Prince Hagen, but he was by that time a public character and I was therefore quite as well informed through the daily press. His apparently unlimited wealth, and the startling manner in which he had made his entry into the financial and social world of the metropolis resulted in his every movement being commented upon with great interest.

His purchase of the Dyemandust mansion on Fifth Avenue, and its complete rebuilding and refurnishing within a few weeks, furnished much material for the society columns of New York newspapers. Within a short time Prince Hagen was received with open arms by even the most exclusive society circles, ere long the prince threw open the doors of his magnificent new home, completely rebuilt and refurnished at fabulous expense, to the leaders of New York society.

The splendor and magnificence of the palatial abode in which the prince entertained his newly-found acquaintances and social confrères were such as to cause even those accustomed to the height of luxury and magnificence to pass with astonishment. The news reports of the day after Hagen's first reception were replete with accounts of the Hagen home. Comment was particularly aroused by the exhibition of the treasures of the Nibelungs which Hagen had in some manner managed to transport from his ancestral home. To quote the vivid description published by one of the newspapers of the following day:

"The wonder of the house may be summed up in one word,—where it came from no man knows: perhaps none ever will know: so much of it one did not believe to exist in this world, and surely never expected to see in his lifetime: but it is *gold—gold—gold!* The walls gleamed

with it, the floor shone with it, the furniture, vases, tapestry, stairways—*gold, gold, gold!*

"Wherever Prince Hagen's kingdom may be, it is certainly some place that has never been visited by civilized man: such unthinkable masses of gold exceed in reality the wildest dreams of the 'Arabian Nights.' An idea of the whole magnificent place could be given in a few words, for one has only to imagine a huge building furnished from roof to cellar with the gleaming precious metal, and with every other circumstance arranged for the better display of its glow,—the deep, rich colors of velvets and silks, the blood red and snowy white of priceless marbles, the thousand hues of the rarest flowers, and the dazzling gleam of countless masses of gems.

"The most extraordinary feature of the whole mansion, the one which meets the attention everywhere and strikes the beholder with wonder, is the seemingly limitless number of carved and beaten vessels of gold which the prince possesses: it seems certain these objects cannot have been bought in New York. Prince Hagen has such quantities of them that he seems scarcely to know what to do with them all. They line the walls and they cover the tables and mantels: one might weary of the sight were it not for the fact of their wonderful designs, and for the infinite skill and beauty of their workmanship, which makes of them a source of endless admiration and delight."

As time went on the wonder excited by the wealth and achievements of Prince Hagen grew and grew. I need not recite the many details of the reports which filled the daily press describing his wonderful art treasures—of his marvelous golden galleries—of the wonderful villa he built at Newport, nor yet of the magnificent span of Arabian steeds which he had specially imported to America, at astounding expense, for his private use.

The magnificent social functions which took place at his home were described by the press of the country, far and wide. And in New York City, in drawing room, in club, and even in the busy marts of trade, his name and his career seemed to

furnish the chief topic of social conversation. Hagen, Hagen, Hagen, and Hagen again—this was the name upon the lips of all. And at the psychological moment when a revulsion of public opinion seemed imminent as the result of the spreading abroad of the details of the luxury and magnificence in which he lived, behold, it was discovered that Hagen had, in more instances than one, played the role of Haroun al Raschid, and had been known to bestow princely largess upon the poor whom he chanced to meet in his peregrinations.

It was not long after reading this last

(To be continued.)

A Notable Contribution on Social Hygiene

The following extract from a letter received from John Milo Maxwell lays stress upon an important feature of a contribution from his pen which is to appear in April *PHYSICAL CULTURE*. Mr. Maxwell's forthcoming article is to be entitled "Can the Noxious Effects of the Social Evil be Suppressed?" and it will unquestionably provide food for thought to those interested in humanity's welfare.

"I trust your attention will be called to one point in the article I have prepared, that, during all these thousands of years that men have been thinking and writing about the social evil, none of them has ever thought of one truth—that the amelioration of the social evil—is almost purely a woman's work, since it is man that makes the institution of prostitution through his misdirected and uncontrolled sex-instincts, and therefore the entrustment to the male of regulating an evil for which he is largely responsible is simply farcical. This is brought out in the 'Morals Police' part of the enclosed story. Recently Editor Bok, of the *Ladies' Home Journal* deplored the fact that the women's clubs of the country are wasting their time in alleged cultural studies and are giving little or no attention to remedial measures as to the social evil. Bok did not outline any platform of constructive steps, but if the intelligent women of the country could grasp the opportunities suggested in the establishment of a

item that I chanced to be walking up Fifth Avenue, and to pass the mansion of Prince Hagen. I am not a society person—never went to a ball or a dinner in my life—and I had reconciled myself to the thought of following the career of my friend from the distance. I was thinking of this when I chanced suddenly to notice his magnificent equipage, with the Arabian horses and two unimaginably stately footmen. I assumed that he was going for a drive: and sure enough, just as I passed the gate, he came out. He saw me instantly, and called to me.

'morals police,' then they could get busy in earnest. The field of woman's usefulness here would be enormous.

"*PHYSICAL CULTURE* will be the first publication that has ever made the suggestion that womanhood be given control of the regulative features of the social evil. I consider it a constructive suggestion of the greatest value and in the course of time to be approximately put into effect. Women's influence for good in the field of morals is her chief justification of a demand for the ballot. Suffragettes fail to make out a good case in demanding the ballot; they know they want something but they cannot define their bill of grievances with exactness. What women are really striving for is to get a greater moral grip over the male—to have some control over their own sexual lives. Womanhood is striving to better this condition, but does not know exactly how to go about it. The 'morals police' suggestion will certainly appeal to them. It certainly is absurd that a community made up almost equally of men and women should entrust its moral salvation almost exclusively from a law and regulation standpoint to the most immoral of the two sexes. There must be a change here—a great social switch about—women must enter more largely into the affairs of men wherein morality is an element.

JOHN M. MAXWELL.

Indianapolis, Ind.

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.

Ossification or Lime Deposits

Q. What diet will prevent ossification and lime deposits?

A. The best diet to prevent symptoms of the nature referred to would undoubtedly be composed of nuts and fruits. If the digestive organism is not sufficiently strong to properly assimilate a diet of this character, then vegetables of various kinds could be added. Especially valuable, however, in preventing symptoms of this kind is free use of distilled or some other very pure water. What is called "hard water" would naturally be inclined to materially add to the possibilities of deposits of this nature. The stiffness that one often finds in the joints as he approaches old age, or in some cases even middle age, together with the hardening of the arteries and other tissues of the body, are largely caused by too free use of meat and neglect to drink the proper quantity of water. Mineral salt (ordinary table salt), that is used with various cooked foods also tend to bring about results of this nature. It is well, however, to remember that the need of exercise is perhaps one of the most prominent causes of these symptoms. Even with a diet very perverse, if one actively uses all the parts of the body the circulation is so accelerated that the deposits, which are inclined to harden the arteries and stiffen the joints, are carried out of the system. Sometime in the future I will devote an article to this particular subject as it is worthy of special attention, and many hints can be given that will be of great value to those who have noticed symptoms of the troubles referred to above.

Boils—Abscesses

Q. Will you kindly tell me through your magazine a cure for boils and abscesses? I have been troubled with them for the past two months and have tried fasting without relief.

A. Fasting, or a very moderate diet is of some value when treating complaints of this kind in the beginning. If you were to fast two or three days it would be commendable. In fact, if the boils or abscesses have not advanced too far, a fast would dry them up, causing them to be absorbed and the impurities to be eliminated through some other

source. If an abscess should appear in the ear or some other very delicate portion of the body, a fast is by far the best method of remedying the trouble, for an abscess that is allowed to break and change the tissue of the ear drum is liable to make one deaf for the balance of life in the affected ear. Where they are located, however, on parts of the body that are not liable to influence such important functions, and they have progressed sufficiently to indicate that it is difficult or impossible to dry them up through fasting, then the best method, as previously described, is a two or three day fast, or partial fast on acid fruit diet, after which a full diet of some kind is advised. The purpose of this is to fill the organism with a large quantity of blood that the impurities may be eliminated, and the very best diet for this purpose, would be what we term the "exclusive milk diet." This diet has a very amazing effect in cleansing the blood of impurities of this kind. Remember, however, exclusive milk diet means nothing but milk. If you try milk with various other foods you will very materially influence your trouble for the worse.

Remedying A Double Chin

Q. Will you please tell me what exercise, if any, will reduce a double chin?

A. Double-chin is caused in practically every case by the neglect to use the muscles in the front part of the neck. Proper activity of these muscles will in all cases slowly but surely remove the fatty tissue that accumulates within this part of the neck and forms the defect termed a double chin. The exercise of drawing the head back as far as possible, and placing the hand on the chin and trying to push it back still further is valuable. Turning the head to the right far as possible, then to the left far as possible is also valuable. Of course all the various exercises for reducing surplus weight from the body is valuable in remedying this particular defect, but the movements referred to are especially prescribed for bringing about activity of the affected parts in a manner that will insure results. I must admit these results cannot be depended upon entirely if one is suffering from a very large amount of surplus weight. The defect will materially be changed for the better, however, even should the weight not be reduced under circumstances of this nature.

Spinal Disease—Hunchback

Q. Is there any exercise that will cure spine disease? I have a child twelve years old who is a hunchback.

A. The spinal defect known as a "hunchback," is exceedingly difficult to cure. In some cases a cure is possible when the growth is not yet fully attained, but it requires prolonged and very persistent treatment. Lateral curvature, no matter how serious in nature as a rule yields quite readily to treatment. The process of remedying curvature of the spine, no matter what may be its nature, depends almost entirely upon the various movements that are essential in strengthening the muscles and ligaments which gradually pull the spine into proper position and serve to maintain it in this way. The stretching process, for which a mechanical contrivance is necessary, is used in many instances with very great advantage. This is not absolutely essential, however, in order to secure results.

Sore and Stiff After Exercise

Q. Kindly tell me why my muscles are always sore and stiff after exercise. Do I overdo it?

A. Soreness and stiffness of muscles which are often noticed after taking exercise to which you are not accustomed, is not at all unusual if one takes a great deal of exercise after a prolonged rest, or if the muscles are used that you are not in the habit of exercising. Symptoms of this kind, however, are not specially important as the soreness and stiffness will nearly always disappear in two or three days. If one would take hot bath after any unusual exercise and rub and knead the muscles thoroughly as a rule the soreness will not result therefrom. Where soreness has appeared a hot bath will in most cases materially remedy the painful symptoms. It is well, however, to begin to use the affected muscles soon as they can be used without pain, as exercise will cause the symptoms to disappear much more quickly.

Defective Ears

Q. I would like to have some information for remedying my standing ears.

A. About the best method for remedying this particular defect is to wrap a light piece of cloth around the head when going to bed which will hold the ears back against the head. If this is continued for a considerable period the defect is certain to be materially influenced for the better.

Bad Breath and Indigestion

Q. I am a young man nineteen years of age. I suffer from indigestion and my breath is foul. What can I do to rid myself of these very unpleasant symptoms? I dare not come very close to my friends

when talking to them on account of my bad breath.

A. The defects which you mention are as a rule comparatively easy to remedy, provided you are willing to follow a very strict régime. I am inclined to think, however, that the one change in your diet from eating two meals per day instead of three will to a large extent remedy this defect. Thorough mastication is naturally very important, and what is still more important, never eat anything unless you thoroughly enjoy it. In other words you must have an appetite for your food. Your symptoms indicate also that you are not drinking sufficient water. The exercises for Developing a Powerful Stomach which will be illustrated in the next issue of this magazine will be of special value to you. In fact, any exercise, especially if taken out of doors would be of very great value to you, giving you the vitality essential in remedying your particular trouble.

Remedying Neuralgia

Q. How can I clear my system of neuralgia?

A. It would be impossible to give detailed advice for treating this complaint in the Question Department. This will probably be handled in detail in the various treatments which will be given for common diseases in the series now running under "Science of Physicopathology." As a rule, however, neuralgia simply indicates functional disorders that must be remedied before the complaint can possibly be cured. A short fast is valuable in many instances and especially so if followed by an exclusive milk diet in accordance with instructions that have been outlined in previous articles published in this magazine, and also in my lecture on the milk diet, which has been referred to at frequent intervals. Neuralgia first of all indicates depleted vitality. What is needed is a proper supply of pure blood which is essential to thoroughly nourish the tissues of the body. This is supplied very satisfactorily after the stomach has secured a short rest and is fed on easily digested nourishment such as is furnished by milk.

Cold Baths for a Child of Six Years

Q. I would like to know if you would advise cold baths for child with chronic bronchitis, six years of age, and who is but little more than skin and bones.

A. I would not advise cold baths for a child in this condition. In fact cold baths should be taken with extreme care by those who are thin and whose vitality is very low. What is needed in this instance is no doubt plenty of outdoor air and a very free supply of easily digested food. At this age nothing could be more valuable than good rich milk. In fact, the complaint could probably be remedied far more quickly if the child is fed entirely on milk for some time, though acid fruits might be added to the milk if craved by the appetite.



THE VIRTUES OF OUR METHODS PROVEN

Illness Unknown Since Adopting Our Methods TO THE EDITOR:

Ever since I became a Macfaddenite I never had one day of illness, which is about fourteen months. I will always recommend **PHYSICAL CULTURE** and try to get subscribers for you. I am very sorry that I have no picture for you to show you how I have developed since practising the exercises given on your charts.

HILARY FOONG.

Cristobal, C. Z., Isthmus of Panama.

A Gift That Pays Interest

TO THE EDITOR:

Two years ago I paid several subscriptions to **PHYSICAL CULTURE** for friends, having derived so much benefit from the magazine myself. I find that practically all of these have renewed their subscriptions and are still taking it. I cannot conceive of any gift that would benefit the recipient as much as a *start* in reading **PHYSICAL CULTURE**—a gift bringing health, happiness and a wealth of the best things of life. It can be given any time—no need to wait until Christmas; it may save your friends' lives in the meantime. Try sending **PHYSICAL CULTURE** to a list of good friends, or those needing its advice, for a year, and watch how many will continue to take it a lifetime.

Delta, Colorado.

P. J. McMANUS.

Physical Wreck. Made Strong by Natural Living. Would Rather Miss Meals than Exercises.

TO THE EDITOR:

I have been a reader of your magazine for the last six months, and words cannot express the benefit that I have derived from following your methods. Have lived on the nut and fruit diet for the last five months and have only eaten two meals per day. Previous to beginning the fruit and nut diet I did not know what good health was, and did not care whether I lived or not.

I have not experienced a day's sickness or even a cold since I began the nut and fruit diet. Six months ago I was almost a physical wreck. My eyes were dull, I was always dizzy, and headaches were an every day occurrence with me. I was terribly weak bodily. To-day, while I am not yet what I expect to be in the

future, I am enjoying the best of health, and would rather go without my meals for a week than to go one day without exercise.

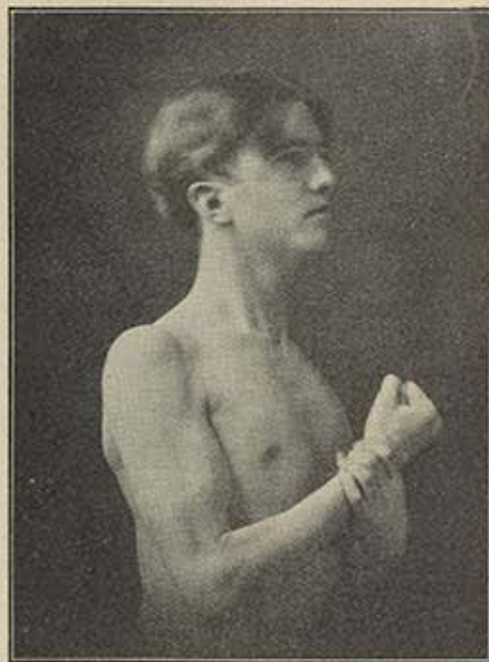
I generally take thirty minutes to one hour of exercise on arising each morning and later in the day walk two to five miles. Could run five miles and feel more invigorated at the end of the five miles than at the beginning, and my wind is always better.

I always sleep with my window wide open, winter and summer and am never satisfied until I feel the draught flowing across my face. An overcoat in winter I cannot tolerate, as I think the body should be ventilated at all times.

It is certainly great to live and enjoy good health, I get up every morning feeling so good that I could tear the house down.

Williston, N. Dak.

H. C. CAMPBELL.



H. C. Campbell, Williston, N. D., a fervent advocate of the two-meal per day plan.



A. C. Todd, Clyde, Ohio, cured of stomach disorders through physical culture methods.

Amateur Wrestler Cured of Stomach Disorders

TO THE EDITOR:

Enclosed find photograph and measurements. I have been practicing physical culture since last January. At that time I would bloat up after eating; but after following your system, I am very glad to say that I am no longer a sufferer from this trouble.

I am an amateur wrestler, and I think wrestling is one of the best of all developers. I can lift 135 pounds with my teeth, and can bend a 30-penny wire spike double with my hands. I eat two meals a day; do not eat any meat, and do not use tea or coffee or tobacco or liquor in any form. My measurements are as follows: Chest, small, 36; normal, arms at side, 39; expanded, 40; waist, 34; biceps, 14; neck, 15; forearm, 11½; thigh, 21½; calf, 15; weight, 165; age, 30.

Clyde, Ohio.

A. C. TODD.

Healthy, Happy Child of Physical Culture Parents

TO THE EDITOR:

I enclose our baby's latest photograph. She is a real physical culture girl, seven months old, and weighs twenty pounds. For several years before she was born Mrs. Patterson and I lived the physical culture life. Her birth was unattended by a physician, and she has never known a sick day. She is an enthusiastic advocate of cold water baths, and takes her ride in the open air every day, rain or shine. She is eloquent in her praise of air baths and is quite prejudiced against too much clothing.

FRANK L. PATTERSON.

Hood River, Oregon.

Has Read Our Special Edition for England for Five Years

TO THE EDITOR:

Will you kindly allow me a small space in your magazine to thank you as a five year reader for the great benefit I have derived from your physical instruction? I am sure the exercises that you have published in the past and present have made your magazine the best monthly for both physical and other advice. I am a school master with something like eighty boys under me for school and physical drill, but in spite of the improvement in school I have about six who suffer from mental defects, and I make an appeal to you, for more straight talk to parents who are ignorant of the bringing up of their children to perfectly developed boys and girls.

J. LINSAY.

St. Anne's-on-Sea, England.

Chronic Constipation for 15 Years—Now Cured

TO THE EDITOR:

I was handed a copy of PHYSICAL CULTURE, about six months ago, since then I have obtained one from a friend of mine, being a sufferer of constipation, reading this magazine and following it, I have been benefited so



Miss Maple Patterson, a physical culture baby of Hood River, Oregon, where people sleep in trees. Age, seven months; weight, twenty pounds.

much and cured of constipation, I believe it my duty to help some other person.

Have had the piles (caused by constipation) some times three times per week, and kept medicine at the office where I worked, also at home, to assist me should it come on me at either place, have carried it in my pocket, taken it in every way, and have also tried every remedy mentioned, with but a few day's relief, then worse than ever, growing worse every year.

Since reading the first magazine I have cured myself of constipation, which I have had for ten or fifteen years.

I think I have tried the entire outfit of medicine, and came very near dying one time from this trouble.

Sheffield, Ala.

D. P. WILSON.

Cured of Constipation—Uncle Sam Should Care for Mothers

TO THE EDITOR:

I have been a physical culturist at heart for years, but last January, I began to be one in reality, and I must say it is a delightful life.

We (for I am fortunate enough to have a husband and four children who are as enthusiastic in the work as myself), have been readers of PHYSICAL CULTURE for years, but only the last year have we been subscribers and I am glad to tell you that no magazine receives so hearty a welcome as does PHYSICAL CULTURE.

Being troubled with constipation I read with interest your articles on that subject, followed your directions and *am cured*.

Two meals a day, thorough mastication, plenty of water, none at or near meal time, a diet of vegetables, fruit and nuts and plenty of exercise. That is the secret.

I use as many raw vegetables as I find palatable.

MRS. JENNIE HARTZELL.

South Auburn, Nebraska.

Cured of Cancerous Stomach

TO THE EDITOR:

Your teachings have been a great boon to me, transforming me from a weak dyspeptic, suffering with what some pronounced cancerous stomach and others consumption of the stomach, to one possessing strong physical and virile manhood.

J. KAPPENBURG.

Box 137, Hennessey, Okla.

A Drug Clerk Commends Our Methods

TO THE EDITOR:

I am a clerk in charge of a drug store. We sell your magazine and I always take one home with me. I was away in July, on my vacation, and I certainly did miss it, I forgot to tell the other fellow to save me one. My wife and I take a great interest in your magazine. There is nothing better than physical culture it is a cure for everything to my idea. I sell a great deal of medicine, but physical culture is the best medicine I know of, when properly taken. We have two children, both healthy and

strong, they get plenty of exercise and fresh air. They have never been sick so far, and we haven't been up nights at all with them; they sleep all night through.

We have an Athletic Association of about sixty members, and also have a splendid gymnasium.

ANDREW JENSEN.

Care Roberts Pharmacy, Oakland, Nebr.

Powerful Physique Through Our Methods TO THE EDITOR:

I enclose a photograph of myself, which you may publish if you wish. It shows the development I have attained through your methods.

Here are some of my measurements: Weight, 180 pounds; height, 5 feet, 9 inches; chest, 46 expanded; waist, 33 inches; calf, 16 inches; forearm, 14 inches; neck, 16 inches; thigh, 24 inches; biceps, 16 inches.

I wish you success in your new locality.

ALBERT ABEL.

109 N. Hancock street, Madison, Wis.



Albert Abel, a hardy physical culturist, of Madison, Wis.

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.

A College Graduate Criticizes Rodermund

TO THE EDITOR:

I have long been a friend of your magazine and have recommended it to many others as an incentive to body building. Let me protest, however, against the printing of such an article as that by M. J. Rodermund, M.D., in a late number. A contribution of that type, by its arrant and abusive nonsense cannot fail to injure your standing with educated people.

Before I criticize Dr. Rodermund's article, let me state that I am a graduate of a college of the highest standing, and received there honors in zoology and physiology. My profession, however is that of a teacher of languages, and I have consequently little to do with the medical brotherhood. These facts are not adduced for self praise, but only to show that I am acquainted with the true state of Dr. Rodermund's "indictments." Therefore scorn me not for the fearful mischance of fate that gave me a college degree.

Dr. Rodermund has attacked the bacillus theory of disease. Let me ask him some questions.

1.—Would he be willing to let me inoculate him, or some believer in his doctrines, with a little tetanus (lock-jaw) virus?

2.—What is his famous medical "discovery?" Why is he afraid to name it. If he has discovered the true cause of disease, as he says, and the medical profession have rejected this discovery, he is a traitor to humanity in not making it immediately public!

3.—What medical school gave him his M.D.? Perhaps you, dear editor, who seem so eager to print such balderdash, will submit to test 1? Or perhaps the all-wise Mr. Kinney or the soothing Page, M.D.?

I accuse you of knowing that Rodermund's article is the work of a nonsensical crank—ridiculous and farcical—a disgrace to a magazine published in a good cause.

Brighton, Mass. HERBERT B. KENNEDY.

Comparing Strength of Men and Women

TO THE EDITOR:

My attention was called to an article in a recent number of **PHYSICAL CULTURE** wherein the writer stated, "that there was no reason

why women should not be as strong as men," and refers us to the animal kingdom for proof of the equality of physical strength, regardless of sex, where the same conditions were observed by the members of each sex.

I beg to differ with our brother. He has apparently entirely overlooked the influence of sex (I would suggest him, and all others for that matter to read Prof. Fowler's "Science of Life.")

I would refer him to primitive peoples, barbarian and half civilized, or even to the poorer peasantry of enlightened nations, where the conditions do not differ so widely in the work, habits, etc., between the sexes as among the more prosperous and well-to-do. Among the Indians for instance, where the squaw does practically all the work, lives outdoors, follows on the long marches, sleeps the same hours, eats the same food, there is of course less difference between the male and female in physical power and endurance, but a vast difference exists after that. And the squaw has had the most regular and best exercise to perfect a muscular physique.

Look right among ourselves—a girl matures earlier than a boy, seldom growing an inch after fifteen years of age, and often not after fourteen. A boy seldom stops growing until he is eighteen or nineteen years of age. Consider the characteristics (natural), of each as they arrive at the age of puberty. How in the female the more perfect as a woman she becomes, how the voice softens, and the outline tends more to grace, suppleness, with a rounded smoothness ill-becoming the massive might of a real pattern of manhood. Certainly, expressive it should be, of health, energy, activity and vigor, but the healthy vigor and energy of a woman, not of a great heavy-boned, hairy bodied, bass voiced man.

There is something repulsive in that kind of a woman (the masculine sort). And even more, in one of these tight-laced, high-heeled, powdered and painted, physical degenerates, who appear to be the favorite model of the fashion plate.

No, the ideal woman, the perfect woman cannot be improved upon by trying to develop in her the bone and brawn of an ideal man. But I will admit that the average American

woman should be closer than she is in physical strength to male members of her genus.

Perhaps I might very simply have explained what I have been trying to get at by suggesting a study and comparison of the Farnese Hercules and the Venus de Milo or Venus de Medici—each a perfect representation of health and strength, one a perfect man, the others types of perfect womanhood and yet with what a difference in physical strength!

Lake Linden, Mich. ABRAHAM ROBERTS.

Differing Opinions of Motherhood

TO THE EDITOR:

The California Physical Culturist, whose letter appeared in a recent issue is evidently a woman disappointed in love or past the age of marriage. You can read between the lines that she is yearning for a mate and offsprings—this is very natural as it is one of the laws of nature. How can she, who has never felt the pain or joy of motherhood, criticize the Kentucky mother on her remarks of the "Declining Birth Rate?"

Taking it for granted that the learned California Physical Culturist knows all the rules of life—how to control the passions—what to eat, what physical exercise to take in order to avoid excesses—let us hope that when her time comes to be a mother she will live up to her ideal.

I am only a poor mother, with little education, but I realize that the little Kentucky mother has spoken some plain, blunt truths—although a little over drawn. If the expectant mother could take her daily walks without creating comment and criticism, hers would be more happy homes and larger families. We live in an age of false modesty. The poor little expectant mother must hide herself in disgrace lest she is called immodest.

"Why did you marry, little Kentucky mother?" For the same reason that the Physical Culturists or any other healthy girl would marry. Nature bade her seek a mate.

Shame on the California Physical Culturist; she knows nothing of the battle that is going on in the soul and heart of the Kentucky mother.

A FLORIDA MOTHER.

A Mother's Pitiful Story

TO THE EDITOR:

I was much interested in and sincerely pitied the author of "A Mother's Opinion on the Declining Birth Rate," and was moved to write my opinion when I read the criticism by the, I was going to say old maid, but as she is still in her twenties, she will perhaps know more if she ever marries and gets an average man.

I will never forget the disgust and aversion that was aroused in me, when instead of love, I found, when the veil was drawn aside, I had married a man with the lowest and most brutal instincts. Although I had seen not the least sign of it in my love and adoration before a marriage at the age of only eighteen. I had been brought up in so pure and clean an atmosphere that such a thing was beyond my understanding as that the marriage vow could cover such vile and brutal practices as I found it

did, because of the physical torture it subjected me to.

Now at the age of forty-three, after having borne twelve children I find myself expecting another little one. Talk of love, I call it degradation, sin, disgrace, and I write for the hundreds of women who have been forced to rear families who were unwelcome because forced on them by lust. How could my children be welcome? We were poor renters, I had them from sixteen, eighteen and twenty months apart, and in but one instance two and a half years apart.

The poor farmers' wives and tenement women of the cities rear the large families, while those who are able financially know how to thwart motherhood.

I was ready and willing to raise a half a dozen children if I could have had them when I was able, so I could have given them the love, training and care that was their birthright.

I was too poor to hire help I had to work almost day and night; for the last ten years I have been almost an invalid with varicose veins that reach to the body from the knee.

In answer to the question, why did I marry? I knew no better, I could not have believed or realized that a human being could be so depraved. How could I understand that a man could be far lower than the brutes who at least allows the female to rest during while expecting offspring?

A SUFFERING MOTHER FROM MINNESOTA.

About Corn Meal

TO THE EDITOR:

I can find nothing but "sterilized" corn meal in the market and I doubt as to bread made from that being "complete food" as you say it is on page 540, December PHYSICAL CULTURE. Try fletcherizing some of the dead stuff and you will find that it works about the same as basswood sawdust and has but little more flavor. I thought I'd beat them by getting cracked corn hominy, but found it dead too—"kiln dried." If we don't overthrow this mad commercialism the only salvation for us will be to get a little piece of land and raise our own foods. Success to you.

Ogden, Utah. GERDON G. IVES, D. O.

Tomato Bisque Soup

TO THE EDITOR:

The menus and recipes published in your magazine are wonderfully helpful, and to me they seem better each month. In a recent magazine I note a recipe for tomato bisque (a much coveted luxury), in which many fail in making because "the milk curdles." The recipe calls for soda after the milk and tomato are mixed, this is too late, for the acid tomato is sure to sour the milk. Add the soda to the tomato before adding the milk and there cannot be a failure. I make mention of this fact because so many have said to me: "How is it possible to keep the milk from curdling." Wishing you every success in your instructions on diet.

HARRIET J. HOLMES.

Lake Katrine, Muskoka, Canada.