

# PHYSICAL CULTURE

Published Monthly and Primarily Devoted to Subjects Appertaining to Health, Strength, Vitality, Muscular Development, and the Care of the Body. Also to Live and Current Matters of General Interest

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BERNARR MACPADDEN, EDITOR-IN-CHIEF.

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**Favorite Portrait of President Roosevelt**  
(See Page 130—*"President Roosevelt's New Vacation Retreat"*)

# Tensing Exercises

By BERNARR MACFADDEN

Used by all Great Athletes when Posing—One of the Most Effective Methods of Developing the Muscles—Sometimes Called Double Contracting Exercises, and often referred to under the high-sounding title of "Psycho-Physical Culture"



THE previous lesson stated that I would give further particulars about my recent dietetic experiments. As my readers are probably aware, I have no definite rules as to diet. I believe that the diet of each, should be adopted to his particular needs. It would be foolish for one to advise a man who is laboring all day with his muscles to use a form of diet that had proven beneficial to a mental worker. The conditions and the general environment are entirely different in each instance and hence the essential food elements in each case are more or less dissimilar also. Then too, to a certain extent one is compelled to consider one's individual peculiarities. Also the tastes of people differ very greatly, and this fact cannot be ignored, for those familiar with dietetics realize the importance of the thorough enjoyment of food. Food that is not eaten with relish, can do you but little good. One who is in the habit of eating certain articles of food, but without enjoyment and merely because he considers them wholesome and healthful, is making a very serious mistake. In fact, it is perhaps not exaggerating the importance of relishing your food when I

Exercise No. 19.—Stand with the feet slightly apart, muscles of the legs tightly tensed. Now grasp the hands as shown in the illustration. Let each hand grip the other as tightly as possible, muscles of the upper chest, shoulders and arms strongly tensed. Assume this attitude for a few moments, relax and repeat until slightly fatigued.



say, that some articles of food, considered really unwholesome, can be more easily digested and result in more physical advantage to the consumer than wholesome food eaten without relish.

Whenever one says he is dieting, you are apt to picture a very unappetizing fare, and yet, dieting should not



Exercise No. 20.—Bring head as far forward as you can. Hold it in this position, and try to bring it still further forward. Relax and repeat until muscles on the front of neck are slightly tired.

mean anything of the kind. Diet, first of all, should mean the thorough enjoyment of every morsel of food you eat. The more you relish your food, the more easily it will be digested, and the more benefit you will secure from it. This is a self-evident truth, and must be kept constantly in view when dietetic changes are to be considered.

In my search for information on various subjects appertaining to diet, I naturally try all sorts of foods with a view of securing information for my own benefit, and for the benefit of my readers. As the reader may recollect, I mentioned some time ago, the fact that I was experimenting in connection

with the sour milk theory. Now, the very name of sour milk is enough to discourage and even nauseate the average individual and I at first did not consider the pleas of its advocates worthy of a moment's thought. However, when a prominent individual wrote me a personal letter commending sour milk as a food in the highest terms, I was inclined to think that at least it would be worth an experiment. I must also admit that the special method of preparing the sour milk recommended to me had some influence in deciding me to test its possibilities. I knew that sour milk, under ordinary circumstances, was hardly a palatable food, and, following my theory that food must be relished, I could

hardly reconcile the fact with the theory. But after preparing the milk as instructed, I must really admit that I was amazed at the result. It was one of the most palatable drinks that I think I have ever tasted. It might not be so under all circumstances. It is probably more palatable at those times when the system is most in need of the acid that

is so pronounced in milk of this kind. But the fact remains as stated.

In the Editorial Department, I called attention to the method of preparing the milk, but since then, I have continued my experiments in view of which I suggest a change in the recipe as originally given. The milk should be allowed to stand in a moderately cool temperature—not an ice box. It should be enclosed in sealed jars, to prevent the mouldy formation that often appears on cream when exposed to the air. If this mould forms on top of the cream, and is not removed it will give the milk a bitter taste. Allow these tightly sealed jars to remain until the milk has turned into clabber. As soon as it has reached this stage, it forms a most appetizing drink. The cream and milk should then be mixed together, and thoroughly aerated by whipping with an egg-beater. This should be continued for some little time, or until the milk appears almost like whipped cream.

I am satisfied that no one will compare this drink with the ordinary sour milk, after having tasted it. It has a taste slightly similar to that of buttermilk, though it is many times more delicious. From my own experiment with the milk, which continued over a period of nearly three months, I have nothing but favorable comments to make in reference to it. My diet, in

addition to the milk at this time, was entirely of raw foods, consisting mostly of fruits, nuts and some cereals, usually in the form of raw bread. My strength and general working capacity under this diet, seemed to be equal, if not better, than any diet that I had previously tried. I usually ate only two full meals

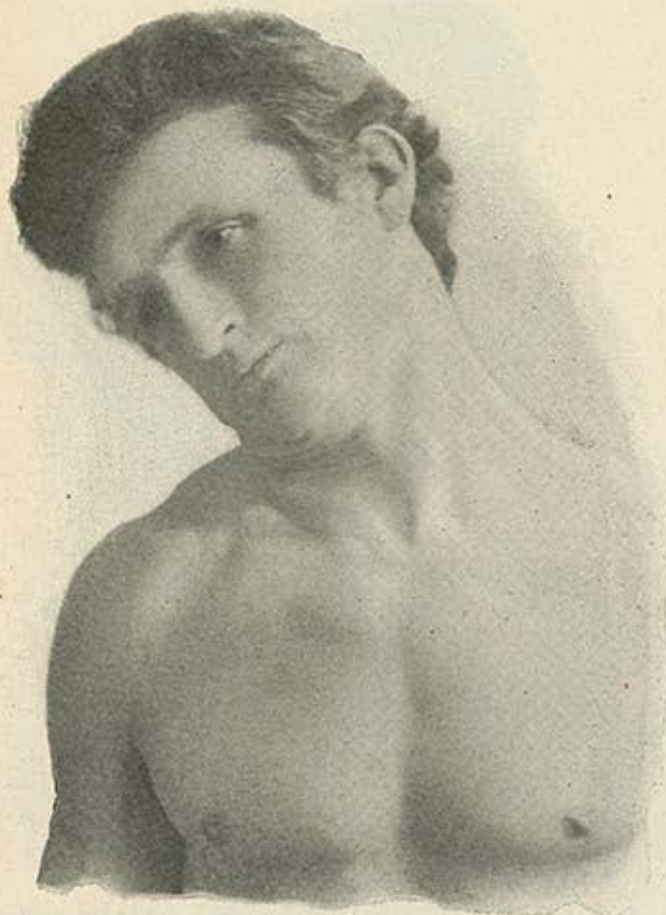


**Exercise No. 21.**—Turn the head as far as you can to the right, the muscles of the neck tightly tensed, and then endeavor to turn the neck still further. Continue a moment, then relax and take same exercise, turning the head as far as you can to the left. Continue the exercise, alternating from one side to the other, until the muscles tire.

a day, though I would take from one to two glasses of milk with a bite of some sweet fruit, in the morning. I would drink at least one quart of milk at a meal, either before or after the other foods, as my appetite might dictate. I found that, as a rule, it was better to eat the solid foods before drinking, as

you naturally would not have so much of an appetite for them, after having drunk the milk.

Since I began to experiment with this article of food, I have heard very many comments of a favorable nature, though I must admit that occasionally, unfavorable criticisms have come to hand.



Exercise No. 22.—Without turning the head, bring it over towards the right shoulder as far as you can. Make an effort to bring it still further. Take the same exercise, bringing the head over towards the left shoulder. Continue, alternating from right to left, until you tire the muscles on the side of the neck.

But I am assured that it makes an especially commendable diet, where there is a tendency to kidney trouble. In fact, where one thoroughly enjoys it, it could hardly be otherwise than beneficial under nearly all conditions. I cannot definitely state how it will combine with cooked foods, in fact, I hardly

think it would be such an advantageous diet, if used in connection with cooked food, as it is with foods in their natural uncooked state. I am, however, anxious to learn all I can of this article of food, especially for the benefit of my readers, and would be glad to hear from all those who may have had occasion to test sour milk by itself or in combination with various other foods.

It might be well to call attention to the necessity for thoroughly masticating this milk before swallowing it, if you are desirous of securing the best results. It should never be drunk as you do water. You should either sip it slowly, allowing it to thoroughly mix with the saliva, or else you should make the opening of the mouth very small as the milk is drawn inward slowly. A good plan to insure slow drinking is to secure a small tube similar to a straw. A straw can be used, though as a rule, it is too large, allowing the milk to come into the mouth too fast.

The exercises I am giving in this issue will quickly produce remarkable results in the development of the muscles of the neck. Development of this part of the

body is of considerable advantage, as it gives one a vigorous appearance. I have known many strong men, who in their ordinary street clothes, did not impress one as being possessed of more than ordinary strength. This deception is largely caused in a number of cases simply by a thin small neck. A large

well developed neck in nearly every case, denotes the possession of a vigorous, muscular organism, and when your body is hardy and well-formed and your neck is not well developed, you have neglected to regularly exercise these important muscles.

The muscles of the neck are perhaps the most easily developed of all the muscles of the body. As a rule, the muscles of this part of the body are not called upon for any severe exercise, and this accounts for the ease with which they can be developed. I have known persons to increase the size of the neck more than an inch in two or three weeks. There are several large muscles located in this part of the body, and their regular vigorous use would soon bring a very decided improvement in measurement and in general appearance.

Wrestling is perhaps one of the best exercises that one can take for developing the muscles of the neck. In fact, it is a superior exercise for general all-round development. It makes one hardy and develops nearly every muscle to the highest degree of efficiency. I must admit, however, that wrestling as a means of developing the neck, sometimes produces such a wide, broad, thick neck, that it actually becomes unsightly. No one cares for the development that is usually termed a "bull neck." In fact, some wrestlers with very pronounced

neck development are inclined to remind one of the "Bowery tough," especially when their hair is kept closely cropped.

One need not have the slightest fear, however, of results of this kind from taking the exercises illustrated in this



Exercise No. 23.—Bring the head backward as far as you can, then make a quick effort to bring it still further. Relax, and repeat the exercise until the muscles of the back of the neck are slightly tired. Variations in this exercise can be taken by holding the head backward as illustrated, and, with muscles of the neck tightly tensed, roll the head from side to side.

lesson. They will unquestionably bring about a decided improvement in the appearance of the neck. To secure the extraordinary development of the wrestler, one must take a large amount of exercise much more vigorous than those illustrated here.

# The Modern Art of Self-Defense

By JACK O'BRIEN, (Joseph F. A. Hagan,) Champion Boxer of the World

The art of the defense in boxing is of peculiar value, as is explained in this, his third article, by the Champion, whose numerous victories have been, in many instances, secured by means of his mastery of this department of boxing. The greater height possessed by Professor Murray, as apparent in the various poses, enables Mr. Hagan to illustrate to the best advantage the manner in which the smaller man can meet the onslaught of an adversary naturally his superior in size and strength.—Editor.



NY man who is naturally stout, or even chunky, will find defensive tactics, with offensive work done as opportunity offers, his proper policy. But defense, for any fighter, is practically one-half the battle.

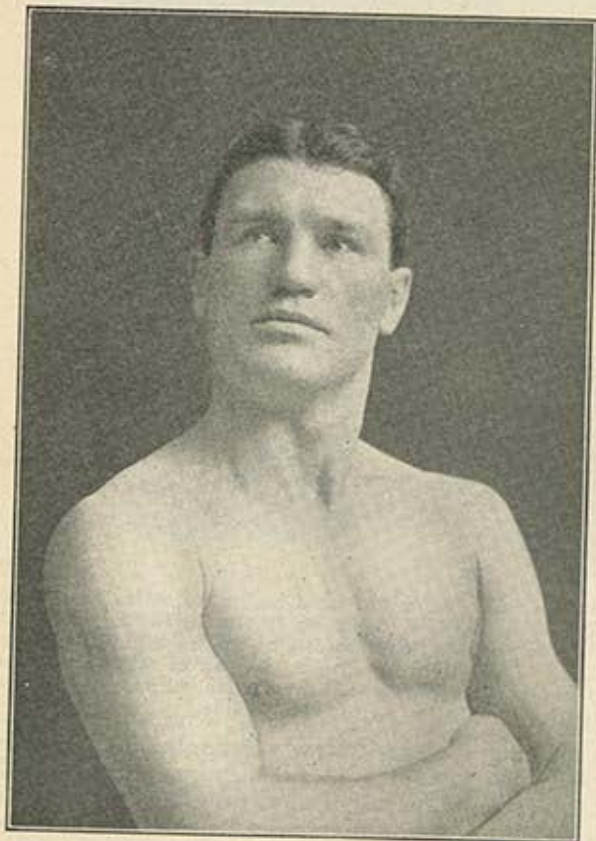
The basic principles of defense are

three: Guard, evasion and retreat. The most important of them, particularly for the chunky man, is the guard, because in guarding you are always in a position to assume the offensive and meet the majority of emergencies which are likely to arise. Evasion, while it is not called for so frequently as guarding, is often the best preliminary to a powerful attack.

Retreat, almost wholly a matter of footwork, is of the utmost value in saving a man from needless injury and in exhausting a too impetuous antagonist. My contest with Fitzsimmons was altogether an evasive and retreating battle until he was so enraged that he left himself open to attack.

This exposition of defense is devoted mainly to the application of the principles of the guard and, to some extent, of evasion, which is dwelt on more minutely in the subsequent article on "Attack and Defense."

For retreat, the simplest and safest rule to observe is to keep the left foot invariably in advance of the right, adhering as closely as you can to the normal fighting position. The tall, lithe man, and the short, very quick man will find retreat a form of defense by which they can use up some and often a good deal of the energy of the attacking foe.



Jack O'Brien





No. 11.—Meeting the Straight Left

#### Meeting the Straight Left

The straight left lead has been described in detail under the classification of "Attack," and particular stress was laid upon its effectiveness. But, from the defensive point of view, there is something to be said that is equally important. Remember that left jabs are like the law in the melodrama—they cannot be escaped. Employed by almost any man, even the veriest tyro, they rarely miss landing, for they are the first, instinctive blows of the Anglo-Saxon born to the heritage of the clenched fist. The rule of safety, then, is to accept the left lead, and to accept it in the manner best calculated to offset or mitigate its damaging qualities. If it comes for the head, it can be taken on the top of the skull, (where it encounters good, solid bone and some protecting hair,) by holding the head as low as possible. If the face cannot, at the moment, be saved by the skull, guard with the right hand, throwing it up

fully in front of the face with the soft side of the glove inward, so as to receive the jab on the palm of the hand. If the opponent leads his left for your body, accept it on the right forearm, which is amply able to withstand the impact and, even under the heaviest of left jabs, affords all needful protection to the body behind it.

#### Defense for Right Body Lead

The right body blow has been described as one peculiarly adapted for use against the defensive fighter. It is, therefore, one against which every boxer must be prepared, since, as every defensive fighter is at some time on the offensive, so every offensive fighter must

be, at times, the user of defensive tactics. When the antagonist leads his right for your body, crouch with your head down and forward and guarded closely by means of your right arm. Across the withdrawn stomach fling the whole left arm, with its forearm directly across the solar plexus and the biceps about over the heart. The blow is not be knocked downward or upward, as the instinctive guard would seem to be. It is simply accepted, usually on the left forearm, and the expenditure of practically all energy is saved. Kid McCoy's common practice was to accept right hand body blows in this manner but in an upright position. The crouch has now so far improved the defense as, in the case of a number of blows, to make it impregnable. In no respect has it bettered defensive tactics more than in the protection which, when properly executed, it affords against the right body blow.

## Guarding the Jaw

The jaw is one of the most vulnerable points of the body. Hence, it is one of the points to be most carefully guarded. Not only is it a point aimed for by all amateur sparrers and professional boxers, but it is one which is the aim of the unskilled man in a street fight. To protect the jaw, place the chin as closely as possible to the chest, keeping the left shoulder high and well forward, with the left arm held high and extended. The right arm should be held about six inches in front of the face. The blow usually employed against the jaw is the right hand cross counter. When that blow, or any blow, comes outside of the left arm, the jaw is effectively protected against it by the position of the left shoulder.



No. 12.—Defense for Right Body Lead

When the right cross counter comes inside, the blow is caught on the right hand. It is this blow, coming inside, which is depicted in the photograph, as being the one in which the active protection of the right is required.

## Evading the Left Shift

The left shift is famous as one of Fitzsimmons' best surprises and most assured of landing blows. It is one which every sparrer of merit endeavors to acquire as soon as he is beyond the rank of the mere neophyte. It is, consequently, a ruse to be guarded against in all contests. It has one weak instant, however, and upon my discovery of that instant, I planned the defense which, with the blow that followed, dropped Fitzsimmons to the floor in the eighth round of



No. 13.—Guarding the Jaw



No. 14.—Evading the  
Left Shift

our fight. When your opponent, delivering his left shift, has come into position with his right foot forward and his right hand guarding his jaw, he must take an instant to prepare the blow he has planned. That instant constitutes the critical weakness of the left shift, and it is to be taken advantage of with lightning-like swiftness. Step in close to him fearlessly, for his right hand is, at the time, really ineffective, because he is out of position. His left, coming around, merely encircles your body without landing. You have frustrated the entire aim of his shift, and you are in the best position to deliver a straight right uppercut,

or the hook to the jaw with which I caught Fitzsimmons.

#### Stalling

Stalling may be briefly described as hugging yourself. Explained in detail, it is to clasp your left arm all around your stomach, while you keep the right across your face, covering the jaw as the chin rests completely on the chest and, holding your arm clear across your nose, leaving just room enough to see over the top of the forearm. You are thus covering all the vulnerable spots of your anatomy and are protecting especially those points which are the object of your opponent's attack. It is a good move, often, in the beginning of a contest if you are in doubt as to the measure of your foe's ability. Covering up, and crouching the body, you maintain your stall until, frequently, your antagonist believes you are afraid and opens a vital spot for you to land on.



No. 15.—Stalling

# Amateur Athletics Exposed

By ARTHUR DUFFEY

Treatment of the American athletes at Athens by the A. A. U. officials in charge—Recent action of Georgetown a vindication of the principles contended for in this series of articles—Attitude of Brown University—Discrimination between baseball and other forms of athletics—Letters from various athletes



STORY has reached me from a source which I am compelled to accept as authoritative to the following effect; when the American athletes reached Athens in order to take part in the Olympic Games, they were allotted to quarters which, so my informant declares, were strongly suggestive of barns of the New England brand. I will not tell in detail just what the "accommodations" were in the same words that they were described to me, but I'll just use the word "barns" and let your imagination do the rest.

Furthermore, the food upon which our men fed was, to use the exact words of my informant, "simply rotten." If he tells the truth it must have been of the kind that Upton Sinclair had in his mind's eye when telling about some of the more nauseating of the stenchful foods of *The Jungle*.

On the other hand, J. E. Sullivan with "friends" was lodged in one of the swell hotels in Athens in sumptuous rooms and "grubbing" on the best. The boys stood it for some days and then realizing that there was a danger of their physical conditions suffering by reason of their alleged food and the barns aforesaid, they made a protest to Sullivan which, to put it mildly, was of a very forcible sort indeed. The outcome of their protest was, that a day or two later, the barns knew them no longer and they were lodged in comparatively comfortable quarters. But is not the incident characteristic of

the manner in which the A. A. U. looks after the dear athletes in general?

That this matter has not cropped out before, is, to my mind, due to the fact that amateurs live in the shadow of the Big Stick which Sullivan and some of his colleagues are perpetually waving. Which reminds me that only two or three days ago I was talking to a star whose name is a household word among amateurs. He told me that he could, if he was so minded, tell a whole lot about the inside workings of the A. A. U. that would open the eyes of the public regarding several of the officials and their methods, "But," he added "I am still a competitor and so cannot afford to open my mouth at present." In other words he knew that if he ventured to raise his voice in protest against any of the abuses of the A. A. U. down would come the Big Stick! His attitude is that of the average amateur.

The action of the Georgetown University authorities about summer baseball is most significant as showing the trend of collegiate feeling in regard to the rights of an amateur. Georgetown is the first of the great educational institutions to put itself on record as declaring that an amateur can, under certain conditions, legitimately earn money through the medium of his athletic ability and still retain his amateur standing. Which, as I need hardly remind the reader, is a direct challenge to the rulings of the A. A. U.

I get much personal gratification from this action of Georgetown, inasmuch as it is a vindication of the very

principles which I have been urging all along in these articles and in the face of the storm of criticism excited by those, who, from a variety of motives, were disposed to keep the amateur under their official thumbs by holding over him threats of expulsion or disqualification if he dared to accept a penny in return for his athletic work.

Georgetown's decision that its students may play summer baseball and be compensated therefore, applies to all games with the exception of those of the Major and the Tri-State leagues. It practically gives the boys a free hand in the matter. I understand that the decision is the source of much gratification on the part of the student body of the Southern college, as indeed it should be, for as I have already told, there are a great many young men to whom congenial and profitable employment during the summer is a matter of grave importance in connection with paying their way through college. It is additionally gratifying to me inasmuch as it is a kind of official notification to the A. A. U. that amateur athletic bodies are beginning to realize that they have the right and power to use their discretion, as well as their muscles, in matters connected, not only with baseball, but with other forms of sport.

Georgetown has before now shown that she has the courage of her convictions. It will be remembered that she was, to all intents and purposes, the prime mover in the recent and current house cleaning in college athletics. With a pluck that did her credit, she washed her linen in public believing, so I am given to understand, that by so doing, she would call the attention of the collegiate world in general to the necessity of following her example in the matter of "tidying up." One of the immediate results of her work in this respect, was the athletic reformation which was instituted at Yale. But old Eli, with that aristocratic exclusiveness upon which she prides herself, did her laundry work in private, with the result that the evils which she was trying to better, were much exaggerated by reason of the mist of mystery in which they were hidden. The out-

come of the matter far as Yale is concerned is yet to be made apparent, but the contrary is the case as far as Georgetown is concerned. I am sure that this frankness on the part of Georgetown not only is, but will be, beneficial to its future athletic fame, chiefly because she has established a reputation for a fairness and cleanliness in athletics, which is of as enviable as it is a somewhat singular sort.

It will be noted that the athletic committee of Brown University has now decided "that the Intercollegiate eligibility rule shall stand good in all cases *except in that of summer baseball.*" It is true that the undergraduates have, at the time of this writing, not finally acted upon the decision of the committee, but it is admitted that the total sentiment of that body is in favor of allowing the men to play summer ball with all the financial privileges that are attached to the term and yet not lose their amateur standing.

Brown's attitude in this respect and the hesitancy of its student body in confirming the action of the committee, is characteristic of the majority of colleges and universities. It is this attitude that emphasizes the courage of Georgetown. Cornell is still dallying with the question, and so is Harvard, and other Universities besides the Big Six in the West. But none of these last seem to have pluck enough to come out flat-footed on the matter in the same manner as the Southern University has done.

Now that the playing of summer baseball under the conditions stated, has been officially recognized and endorsed by the leading universities, and now that it is morally certain that other colleges and universities will follow in the footsteps of Georgetown, the question arises; why should not the same principle be applied to other sports favored by collegiate athletes and athletes in general. Where is the sense or the logic of permitting an amateur to be legitimately compensated in the case of one form of athletics and yet debar him from exhibiting his skill in other forms of athletics. Why should there be collegiate jurisdiction exclusively in favor of a baseball man?

Why should a track man or field man be discriminated against? I feel sure that no satisfactory answer can be given to these queries. I feel further sure that before long, all amateur athletes will be put on the same footing as that now occupied by the summer baseball man.

This will be the beginning of the end of the official tyranny of those who apparently think that they are Divinely ordained to dictate to the athletes of the United States—a dictation by the way, which is admitted to be retarding the progress, not of specialists, but of that vast athletic body which loves sport for its own sake and desires to exercise that love without hampering, unjust rules and regulations.

I think that I have already said that a flood of correspondence was one of the outcomes of this series of articles. It began immediately after the appearance of the first instalment and has been steadily increasing ever since. If all other indications were lacking to show the interest and consideration that the "Exposures" have excited, these same letters would bear ample testimony to that fact.

Now, "In a multitude of counsellors there is wisdom," says the proverb. I can vouch for the truth of the saying through the medium of the correspondence in question. Embodied in these letters are many ideas worthy of due consideration. Most were of a laudatory sort. Some of them were written in a critical spirit regarding myself. But these last were in the minority, and the majority of them further confirm my criticism of the leading officials of the A. A. U. and their methods, or made suggestions having for their end the furthering of amateur athletics and the bettering of the status and conditions of the athlete.

Hence I feel that I cannot do better than devote a good portion of this instalment to the publication of some of these letters. Those that follow have been selected haphazard out of many hundreds, and, as will be seen, are of a varied and many-sided nature. They represent the opinions of my critics, of outsiders, of amateurs who are not in the A. A. U. but who are nevertheless as sincere amateurs as those who

are; those on the registration role of the A. A. U.; ex-athletes, semi-professionals, and professionals pure and proper.

ARTHUR DUFFEY,

DEAR SIR:—I have followed your articles with a great deal of interest, and must confess that I heartily agree with a great many things which you have stated. The evils which you have brought to light have existed in amateur athletics for a great number of years, and it seems a good thing that some one has had the courage to voice his opinions about them through such articles as yours. It is needless for me to call your attention to the fact that your articles have been read by a great many of the members of the club with which I am associated, and all have expressed their approval of the same. The only regrettable feature about them (this is not only the opinion of the club members, but myself likewise) is that you personally made a great mistake in undertaking to write such a series of articles, when you must have known that they would have done you harm. The outcome of these articles is sure to make itself manifest, some time in the near future, but at present, the only one who seems to have suffered any real injury through them is yourself. You have accomplished the greatest athletic feat in the world, this being your 100 yards in 9 3-5, still it seems a shame that you have to lose all the honor and glory which goes in the establishment of such a marvellous performance as well as your other world records.

An A. A. U. Man

New York.

The writer of the above, seems to overlook the fact that if there was nobody to raise a voice against evils of all and every kind, those evils would finally become so oppressive as to make life unendurable. If the A. A. U. was given a free hand, unchecked by criticism and "Exposures" the time would come when an athlete would not be able to call his soul or his muscles his own. As it is, the conditions are bad enough, but they would be infinitely worse in the future if it was not for what I and others have done and are doing to check the growing tyranny of the organization in question. I appreciate the good feeling of an "A. A. U. Man," but I beg to assure him that I do not stand in need of sympathy from anybody in this connection.

As for the "loss" of the records, there has not been such a thing. The records stand, as every athlete knows, and the irresponsible mouthings of a one-man organization like the A. A. U., do

not count in the presence of facts such as my records are, and will continue to be.

ARTHUR DUFFEY.

DEAR SIR:—I have many times sat down to write you to tell you how much I admire your pluck in tackling the A. A. U. and the abuses which it puts upon any amateur who ventures to look crossways when it tells him to look straight ahead. The one thing that I think has struck me most about your Exposures is, that J. E. Sullivan keeps silent in the face of the direct charges which you have made about him. The old proverb says that "Silence gives consent," and I suppose that it is so in this case, for Sullivan's silence is evidently a consent to the truth of your charges. If this man had not been guilty of the things you put up to him, it is certain that he would have had the law on you long before this. As it is, he has neither opened his mouth or moved a hand to refute the plain and direct statements which you have made about him and his methods, and I say that no innocent man would act as he has done under the circumstances. But I want to tell you this; that although Sullivan may try to make it appear that he does not consider your charges worth replying to, these same charges have had a tremendous effect upon the eyes and the minds of amateur athletes. They have opened their eyes, and they have opened their minds as to what Sullivan and the A. A. U. stand for. As you say in one of your articles, it is a bad day for Czars just now, both in Russia and New York. And to carry the parallel further, both these Czars have been trying to ignore the fact that they only exist by the consent of the common people. Sullivan is the servant of the amateur athletes, although he seems to think that he is their master or tyrant. Your articles are bringing the revolution against him to a head, and this revolution is being hastened by the disclosures that you have made about him. Speaking for myself, I have a number of friends who are amateurs in good standing, and I can only say that a man who has deliberately violated the rules which govern amateurs as Sullivan has, is the last man in the world who should be allowed to dictate and play the tyrant over amateurs. Keep right on, Duffey, and show up more of these A. A. U. officials who are anything from an amateur standpoint but what they pretend to be.

GEORGE FOSTER WINSLOW.  
Cambridge, Mass.

I believe that the foregoing letter pretty faithfully reflects the current feeling of many of the amateur athletes of the United States. It has been selected as a representative of scores of letters of a similar type. And I may add that I shall certainly follow the

advice of the writer in regard to A. A. U. officials.

ARTHUR DUFFEY,

DEAR SIR:—It seems to me that you have only half fulfilled your duty in regard to Jas. E. Sullivan. Specific charges have been brought against him in the columns of PHYSICAL CULTURE magazine, any and each one of which should be sufficient, not only to remove him from the position which he occupies officially in the Amateur Athletic Union, but should also result in his being deprived of his amateur standing. I imagine that you would not have dared to have made the charges regarding him without legal advice and ample proof of the truth of the same. This being so, is it not your further duty as the champion of the amateur athletes of the United States, to take such steps as shall bring about his removal as Secretary-Treasurer of the A. A. U.? The evidence is evidently in your hands; why hesitate then? In so moving against him, you will have the moral support and the good wishes of the writer and, as I am sure, thousands of athletes who understand and honor the principle for which you are fighting.

Sullivan, with not one tithe of the evidence against you that you possess against him, brought charges of professionalism without giving you a chance of denying them. Also it was through him that your records were "annulled."

"Just how records can be 'annulled' by word of mouth or stroke of pen, is a matter that I won't discuss here, but Sullivan evidently seems to think that all things are athletically possible to him.

"The point I want to make is this, why show him any mercy when he has shown you none? And urging this thought upon you I await your action.

Faithfully and admiringly,  
HORACE STEARNS.

Riverside Drive, N. Y.

Thanking Mr. Stearns for his appreciative letter, I would say in reply, that it is never well to show one's hand in any game whatever. A wink is sometimes as good as a nod, and the remark stands good in this connection.

ARTHUR DUFFEY,

DEAR SIR:—I have read every one of your articles with much interest, but if you will excuse my saying so, talk is cheap and it does not amount to much unless something comes of it. What do you expect or propose will be the outcome of your articles? I think that one ought to be the formation of something like "An Amateur Protective Association," for the purpose of seeing that we get our rights, and that we are not imposed upon by those people or organizations that appear to be trying to run us for their own interests. I say this, because I think that the time has come when we have got to be protected

against the A. A. U., or at least those of its officials that seem to think that they are the A. A. U. I give you my name in confidence and if through your means or anybody's else, such an organization begins to be formed, I shall gladly become a member and am sure that I can get a secrete to join it also.

Topeka, Kan.

Z.

This is a specimen letter of another class that I have received. In reply I would say that in the Metropolitan District of the A. A. U., an association such as that suggested by "Z." has already been formed, it being the direct outcome of a realization of the injustice being done to amateurs by the A. A. U. as set forth in my articles, and there is no doubt that similar organizations will be formed in other parts of the country. I therefore advise "Z." to watch and wait. I may add that when the first series of these articles were published, there was a disposition on the part of amateurs all over the country to think that I was writing for the purpose of "knocking" them. This idea was carefully fostered by certain of the A. A. U. officials for obvious and interested motives. Since that time, however, amateurs have come to recognize the fact which I have repeatedly declared, that the intent of these articles is to better the conditions that now surround the amateur. The association formed in the Metropolitan District of the A. A. U. to which I have just alluded, is a practical expression on the part of the amateurs on the Atlantic Coast, that the abuses to which I have called attention, not only exist, but need drastic treatment.

ARTHUR DUFFEY,

DEAR SIR:—Your articles on "Amateur Athletics Exposed," have caused considerable attention in my part of the country. Many followers of athletics have read the same, but they have come to the conclusion that you have tackled the subject in a wrong manner, for all seem to believe that it would have been a much better idea for you to have made your charges before a recognized tribunal composed of some of the leading athletic officials of the colleges and athletic clubs. Then you could have voiced your opinions regarding the evils that exist in amateur athletics in a much better manner than in your articles. As things now are, it looks as if you are exaggerating a great many of the evils that exist in amateur athletics. There is no doubt that such evils do exist, but not

to the extent which you have stated. It is our unanimous opinion that if you go before a committee and have them recognize these evils, that this would be a much better way of placing amateur athletics on a proper sphere than the way in which you are trying to remedy the evils."

Utica, N. Y.

A. C. D.

In reply I would say that I have not exaggerated the evils one iota. During my long series of experiences upon the cinder path I continually come in contact with such evils.

Your suggestion that I go before a recognized board or tribunal is a meritorious one. I beg to state that I have always been willing to go before just such a board, but for obvious reasons, the A. A. U. officials have never seen fit to have me come before them and testify to the evils for which they are more or less responsible. In fact, the only way that I have been able to get anything approximating a hearing, has been through the mediums of the Courts. The status of my case is such that in the near future, I will have an opportunity of proving to the followers of athletics that I am working for the uplifting of amateur sport the world over.

ARTHUR DUFFEY,

Say, Duffey, what's your game anyhow? It seems to me that you are playing the game both ways. You certainly made your bit out of the game and now you turn around and are trying to make a bit more by showing up the game. I think you are a squealer. How did you work so as to make those swell trips to England and Australia, and come back with your pockets busting with the stuff. If somebody wasn't putting up for you, how did you manage to do it? Nobody would have kicked if you done this and kept your mouth shut. But you couldn't do that but had to queer the game for others. You may think this is square, I don't. However when it comes down to cases I don't think you're worse than Sullivan and his crowd. All of them are out for the stuff like you were.

CHARLES BISCHOFF.

Brooklyn, N. Y.

Mr. Bischoff is at least frank in his remarks. I judge, however, by his letter—which had to be very much edited by reason of its grammar and eccentric spelling obscuring its meaning—that he hasn't caught the drift of these articles, so I advise him to re-



read them before he tries his hand at criticism. However many people have asked that same question concerning my trips to Britain and Australia in particular. But I assure them in both instances that my expenses were paid. My trips to Great Britain were the outcome of the desire of Georgetown University to see me win the Prince Hassan Trophy. For three consecutive years, I visited Britain and succeeded in winning it in each instance.

My trip to Australia was by the invitation of the combined Association of Australia and New Zealand. In this case, as in the foregoing, all my expenses were paid. As for my returning with my pockets full of money, I would remind Mr. Bischoff of the danger of jumping at conclusions. The truth is that I was extremely fortunate in being able to get back home again, owing to the close figuring of my expenses by the Australia committee.

### PHYSICAL CULTURE SOCIETY NOTES

The Physical Culture enthusiasts of Cleveland, Ohio, have recently been considerably agitated. The former Physical Culture Society of that city as a result has been disrupted and a new society organized which is more strictly in harmony with the physical culture movement. The break in the old organization came about through a disagreement upon the question of drugs and medicines. It seems that certain physicians had tried to gain financial advantages through their connection with the society, advocating the use of drugs under certain conditions. Finally the more radical natural-cure partisans rebelled. The new Society is pledged to discourage the use of drugs and medi-

cines under all considerations, to combat the alcohol, tobacco, corset and vaccination evils, and to adhere strictly to the general principles advocated by the editor of this magazine. Among other things, the new organization stands for good morals, the elevation of character and the stimulation of both intellectual and physical life. Miss Jennie Eves, 4506 Lorain Ave., Cleveland, was elected secretary.

At Bellaire, Ohio, an effort is being made to form a Physical Culture Society. Interested readers who reside in Bellaire and towns in the immediate vicinity are requested to write to A. R. Schulze, Carnegie Steel Co., Bellaire, Ohio.

### BRANCHES OF PHYSICAL CULTURE SOCIETIES

W. Hoboken, N. J.—Garabed Sabonjohn, 410 West St.  
 Brooklyn, N. Y.—Mr. John J. Costello, 117 Carlton Ave.  
 Philadelphia, Pa.—Mr. J. C. Edwards, Bryn Mawr, Pa.  
 Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.  
 Detroit, Mich.—Miss Josephine P. Scott, 57 Hancock Av.  
 Denver, Col.—Miss A. Reed, 1648 St. Paul St.  
 Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.  
 Minneapolis, Minn.—Mrs. Lora C. Little, 1114 12th St., N.  
 Buffalo, N. Y.—Mr. Frank L. DeBoy, Jr., 454 William St.  
 Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.

Manhattan, N. Y.—R. R. Purdy, P. O. Address, Ossining, N. Y., Box 294.  
 Pittsburg, Pa.—Miss May McCausland, 1704 Buena Vista St., Allegheny, Pa.  
 Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.  
 Cleveland, O.—Miss Jennie Eves, 4506 Lorain Ave.  
 Chicago, Ill.—Mr. A. G. Gobrecht, 3541 Cottage Grove Ave.  
 Paterson, N. J.—Mr. Frank Berdan, 35 Clinton St.

### SPECIALISTS FOR THE NAVAL

At a meeting of physicians one speaker said: "The rage for parceling out the human frame into special territories is passing all bounds. We have specialists for the nose, the throat, the ear, the lungs, the heart, the genito-urinary organs, the rectum, the mouth, the brain, etc. It seems to me, gentlemen,

that it will not be long ere the specialists, like Alexander, will have to sigh for new regions to overcome. It seems the umbilicus is about the only portion of the human body not allotted to a specialist."

Whereupon a veteran practitioner exclaimed: "Doctor, you're forgetting the naval surgeons."

## President Roosevelt's New Vacation Retreat

By JOHN A. STAPLES



"roughing it"

PART from his state-manship, President Roosevelt is famous for his love of the strenuous life in the open, and he has recently acquired a vacation retreat which will afford him more opportunities for than he has enjoyed since

manifestly after the President's own heart, yet to Mrs. Roosevelt belongs the credit of discovering the little estate in question. Indeed the purchase of the fifteen acre tract had been concluded and the two-story frame house on it had been altered to meet the needs of the Roosevelt family before the President set eyes on either. Mrs. Roosevelt had in the interval, carried the incidental work to a successful conclusion.

From the time that the family took up its residence at the White House, Mrs. Roosevelt has been on the look-out for a place where she, her husband and



The President's new cottage at Pine Knob, Virginia

his ranching days in the Dakotas. This new wilderness playground of the Chief Executive has been named "Pine Knob." It is in the heart of Virginia mountains in an isolated and rather sparsely settled territory remote from railroads, telegraphs, telephones and other conveniences or nuisances of civilization.

Although the broken and picturesque Piedmont region of the Old Dominion is



President Roosevelt's Horse

children could live the simple life during the brief intervals between official duties at the White House. An out-of-the-way place was wanted which would promise

seclusion and yet not be too far distant from the Capital. As may be imagined, the combination was one that seemed somewhat difficult of attainment but finally Mrs. Roosevelt discovered "Pine Knob," in the highlands of Albemarle County, Virginia, and it was purchased from Mr. William N. Wilmer, a New York banker and old personal friend of the Roosevelts, whose estate, "Plain Dealing" adjoins the new Roosevelt property.

As has been mentioned, the house which was on the property when it came into the possession of the Roosevelts has been altered. But even in its present form, the half dozen rooms are barely sufficient to meet the requirements of the household and as not more than one servant can be tucked away in the limited space under the roof, most of the "help" make shift in an adjacent cabin or at the Wilmer home.

The Roosevelt cottage, which is hemmed in by the forest on all sides, is of an ochre color with brown trimmings and green blinds. A porch, supported by the trunks of young trees with the bark on, extends across the front of the building and has been so constructed as not to disturb an especially beautiful tree that grows close to one end of the



Kermit Roosevelt and his dog—the second son of the President is a dog fancier

veranda. The interior of the house is simplicity itself but is nevertheless suggestive of "solid comfort." Among the other attractive features are the huge old-fashioned open fireplaces, built to accommodate logs of goodly lengths and big dimensions.



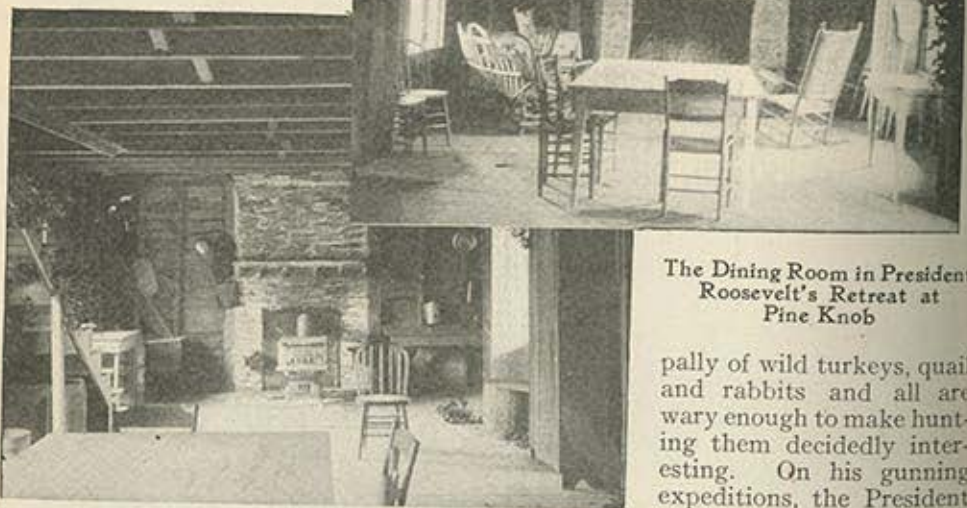
The Roosevelt Servants at Pine Knob, Virginia

The kitchen is almost primitive in its equipment, but here, Mrs. Roosevelt, fortified by experiences gained on many a camping expedition, rarely fails in having ready, appetizing meals for her husband and sons when they come home hungry from tramps over the mountains. The First Lady of the Land has a valued assistant in the person of "Aunt" Lina Coleman, a colored "mammy" eighty-six years of age who lives on the place and is past mistress of the art of preparing those Southern delicacies for which President Roosevelt has inherited a liking from his Georgia ancestors.

All members of the Roosevelt family lead a free, out-door life when at "Pine Knob." Most of

On one occasion Mrs. Roosevelt, while on a long solitary tramp, through the pine woods, was caught in a severe thunder storm and thoroughly drenched.

Hunting is a secondary consideration with the President when at "Pine Knob," but his sons are all enthusiastic sportsmen and the head of the household is frequently challenged to defend his laurels as a marksman. The game that abounds in this section, consists princi-



The Dining Room in President Roosevelt's Retreat at Pine Knob

Mrs. Roosevelt's Kitchen at Pine Knob

the time is spent in the open no matter whether the visit to the place is being made at Thanksgiving or Christmas, when the ground is covered with snow, or in the spring or early summer, when a vivid and rich vegetation clothes the aptly named Green Mountain and surrounding country. One of the President's chief diversions at "Pine Knob" is found in long horseback rides with Mrs. Roosevelt. Long walks are indulged in by all members of the family.

pally of wild turkeys, quail and rabbits and all are wary enough to make hunting them decidedly interesting. On his gunning expeditions, the President has usually, as guide, "Dick," a strapping big negro. Dick also acts as caretaker at "Pine Knob," opening the house and starting the fires when the Roosevelts send word that they are coming, and looking after the wants of the hunting dogs and the handsome black horse, "Virginia Chief," which the President rides when at his mountain home.

"Pine Knob" is located fully twelve miles from the nearest railroad station, which is at North Garden—a quaint hamlet about eleven miles from the old



Mrs. Roosevelt and her only daughter, Ethel

town of Charlottesville. The Roosevelts usually make the overland journey to and from their estate in a stage coach drawn by four powerful bays. With the foresight of experienced campers, the Roosevelts usually bring their provisions and other supplies with them from Washington, but there is scarcely a day that some member of the family does not walk or ride several miles to the nearest cross-roads store to replenish the larder or secure such food or articles as have been overlooked.

President Roosevelt is a great believer in frequent if brief vacations. He admits that he owes much of his marvelous energy to his ability to drop business affairs when play-time comes. Hence he tries to leave all official cares behind him when he goes to "Pine Knob." However, the President's personal stenographer and a Secret Service officer are stationed at the nearest telegraph station in order that the Chief Magistrate may be in touch with the White House in the event of an emergency.

#### THE DIFFERENCE

'Twixt optimist and pessimist  
The difference is droll,  
The optimist sees the doughnut,  
The pessimist the hole.

# The Chicago Chambers of Horrors

By HENRY ARTHUR WELLS

Something Akin to a Dietetic Revolution Will, Among Other Things, be the Apparent Outcome of Upton Sinclair's Book "The Jungle."—The Revelations Regarding the Stockyards and Packing-houses of the Windy City Made in the Book in Question, Have Sent a Wave of Horror and Disgust all Over the World—Physical Culturists are to be Congratulated on the Fact that Meat, and Meat Products Enter but Little into Their Daily Diets—The pen of a Comparatively Unknown Writer has Done That Which the United States Government with its Resources and Machinery Failed to Accomplish.

PHYSICAL culturists have much to be grateful for in a general way, inasmuch as their methods of thought and modes of life remove them from many of the evils which beset the great mass of unthinking and unhygienically living humanity. And in view of the current revelations regarding the astounding and appalling conditions that exist in the Chicago abattoirs and packing houses, they should be additionally grateful that their diet is, as a rule, meatless or nearly so. The revelations in question will not only confirm the practical vegetarian in his dietetic beliefs, but they are also certain to cause a large influx into the ranks of physical culturists of those who have been meat eaters. In this respect, that which was being slowly done by preaching physical culture doctrines, and that which common sense, natural instincts, and physiological facts had failed to bring about altogether, bids fair to be suddenly accomplished by the fierce white light which a hitherto practically unknown writer has thrown upon those chambers of horror in Chicago, to which allusion has just been made. In this instance at least, the pen was mightier than greed, graft, and the biased laws of which they were the parents.

Entrenched behind years of brutal custom, armored by corrupt legislation, and using the tactics of browbeating or bribery in order to crush their critics, the packing-house men had brought

into being such filthy and bestial conditions in connection with the preparation of their adulterated, poisonous, and diseased food products, that when Upton Sinclair through the medium of his book *The Jungle*, told the true story of them and theirs, the public at first doubted, then shudderingly believed and at length called upon the authorities to act. The rest the reader probably knows. Because of *The Jungle*, Senator Beveridge introduced an amendment to the Agricultural Appropriation Bill which provided for the United States Government inspection of meat products, Commissioner Neill and Special Inspector Reynolds were appointed by President Roosevelt to investigate the conditions in the stock yards and packing houses, their report was sent to Congress by the President with his personal comment that it was an emphatic reason for the passage of the Beveridge amendment, and the meat packers got busy forthwith. The committee appointed to hear the report of Messrs. Neill and Reynolds, were obviously in favor of those whose interests were affected by that same report. Subsequently the Beveridge amendment was defeated, and another amendment offered in its place much to the outspoken indignation of the President, as well as of the country at large. Bitter criticism of the proposed measure on the part of that portion of the press that was not subsidized by the packers, the frank

utterances of the Chief Executive, and the general arousing of the public resulted in this second amendment being somewhat modified. The Congressional fight around both it and the Beveridge amendment centered on the question of the payment and powers of the United States inspectors of the stockyards, abattoirs, and packing houses. Senator Beveridge desired that the expenses of the inspection should be defrayed by a tax on the owners of the cattle, and that these inspectors should be removed from the plane of political appointees. The other measure was of an almost directly opposite nature, and called for the Government defraying the expenses of inspection. As the matter stands, the amendment accepted will if enforced, act as a check on the packers, but it would seem to be full of possibilities in the way of offsetting its intentions through corrupt political or personal influences. It should be added that the wave of disgust and indignation which swept over not only this country, but the countries abroad, resulted in a falling off in the business of the Chicago criminals to the extent of nearly 50 per cent. Unhappily, thousands of innocent persons were made to suffer also, by reason of the exposé.

Of course, it is not meant to imply by the foregoing that *all* of the meat that comes out of the Chicago abattoirs is diseased, or that *all* of the products of the packing houses are unfit for human food. Nevertheless, the fact remains, that owing to the laxity of Government inspection, the unscrupulousness of the packers and their agents in regard to the use of diseased meat, the incredible callousness of the latter to the comfort or health of their employees, and their total disregard of sanitary arrangements or ordinary cleanliness, the conditions related in *The Jungle* obtain in the majority of the Chicago establishments, including those belonging to the great firms whose names are as household words on both sides of the Atlantic. The proof of all this does not rest upon Sinclair's book alone. That book was only published after its main facts had been confirmed by care-

ful investigation on the part of its publishers. Also were the facts, to all intents and purposes, confirmed by the Neill-Reynolds report, by private investigators in the employ of the President, by other investigators whose statements are to be fully relied on, and by several ex-Government officials, who had been "removed" or gagged when they had in the past, attempted to let light on the horrors which Sinclair so vividly illuminated.

It will occur to the reader that, as the young author of *The Jungle* has succeeded in accomplishing that which the United States Government itself with all its resources had failed to effect, his personality *in toto* must be considerably out of the common. The supposition is correct, but more than that, the sudden fame that has come to the young man has its lesson apart from its results. Sinclair is a man with a purpose. Also has he that belief in himself which is always to be found in the case of the man who does things. Furthermore, he possesses that grit and perseverance which refuse to acknowledge defeat, and lastly, he, like all other pioneers of thought or action has had to undergo the sneers of the ignorant, the jibes of the witless, the opposition of the subsidized, and the threats, the cajolery, and even violence of those who stand for the evils which he so bravely combatted. Because of this his life story is well worth the brief telling.

Up to two or three months ago, Sinclair was a very dim light in the literary firmament indeed. He had published two or three novels, but none of special note, and he had incidentally undergone those hardships and privations which dog the heels of a young writer who is without money, influence, or a public. Today he can not only obtain whatever he desires from the publishing world, but in addition, he is positively embarrassed by the multitude of offers which reach him from magazine editors, newspaper proprietors, or book publishers—all importuning him for stories, articles or novels. Please remember these things in connection with the fact that the heartsick and body-worn young man went from publisher to publisher

with the manuscript of *The Jungle*, offering it for sale and failing to find a purchaser. The lesson should not be lost on those who may feel discouraged because their beliefs find no sympathy, or their work no appreciation.

Upton Sinclair is only a little over twenty-seven years of age. He was born in Baltimore, and educated in the College of the City of New York. When quite a lad, his love of literature became apparent, and at fifteen he had written several boy's stories. It is also stated that he paid his way through college by writing jokes. He confesses to having manufactured seventeen hundred of these same jokes, which were sent the rounds of the comic papers until they either proved to be "dead ones," or had found a buyer. Later, he went into the business of writing dime novels of the most sensational sort, and it is said that on one occasion, he turned out a sixty thousand word story in six and a half days. By the time that he was twenty he had written a "hack" library, equal in volume to the total literary output of Sir Walter Scott.

Up to 1900, Sinclair's life was a curious one. He used to think up his stories in Central Park, and dictate them in the evening to a stenographer. He also began no less than forty courses at Columbia University, but finished none of them. About this time he became a devoted student of Shelley and Tennyson. Also he began to study the violin, practicing sometimes eleven hours a day. During vacation times, he would spend entire days in the woods with his fiddle. But all at once he decided to change the whole course of his life and go in for serious literature, the Great American Novel being his objective. In order to do this, he went to Canada and lived for four years in the wilds. Then he came back to New York and wrote a novel entitled "King Midas," the success of which he was so sure of, that he got married on the strength of it. "King Midas" was refused by the publishers, and Sinclair had subsequently hard work to support his wife and himself. He next wrote "Prince Hagen," which was rejected thirty-seven times, by fifteen magazines and twenty-two publishing houses. Other novels

produced by his pen proved to be equally unsalable. More bitter experiences followed, including periods when the larder was empty or practically so, and it was hard work to keep a roof over the heads of the young couple. Finally came a proposal from the *Appeal to Reason*, a Socialistic paper, for Sinclair to write *The Jungle*, in consequence of which he went to Chicago and spent many weeks in the stockyards studying the conditions there. He was not satisfied with inspecting the establishments in the manner that an ordinary visitor does, but went to the root of things. Sometimes he made his inquiries in company with experts, one of whom was the correspondent of the *London Lancet*, who, as an expert sanitarian, declared "That he had never seen such abominations as he had witnessed in the Chicago slaughtering houses, and that he would not believe that such horrible atrocities had existed since the 'Dark Ages.'" He afterwards wrote to the *Lancet* that the conditions in Packingtown were a menace to the health of the civilized world. Thanks to the fact that Sinclair is a Socialist, he was enabled to see and hear things that ordinary visitors were never cognizant of. For Packingtown conditions have made its inhabitants Socialists where they are not Anarchists.

When finally, Messrs. Doubleday, Page & Company, who published *The Jungle*, accepted the manuscript, they asked Sinclair if he would have any objection to have his statements relative to the packing houses verified by their own representatives. He replied that he would have none in the least. On this, Thomas H. McKee, a New York lawyer, was sent to Chicago and returned with a report that corroborated Sinclair in all particulars. At about the same time Isaac F. Marcossou, one of the editors of the *World's Work*, also published by the firm named, in company with Dr. W. K. Jacques, formerly the director of the Chicago Municipal Laboratory, and ex-head of the Meat Inspection Bureau of the stockyards, made a further investigation of Packingtown conditions. He too, confirmed Sinclair in all details. Mr. Marcossou also succeeded in getting some photographs of the horrible, filthy



slaughter houses and the men at work in them. Later came the publication of *The Jungle*, and the profound wave of indignation and horror in regard to the Chicago establishments of which it was the righteous cause.

In this and a following series of articles we propose, first of all, to give extracts from *The Jungle*, together with statements by Mr. McKee, Dr. Jacques, Dr. Caroline Hedges, who is a practicing physician among the people in Packingtown. These extracts and statements will tell far more emphatically than anything else of the unutterable things that exist in "the kitchen of the Nations"—Packingtown. In reading them, please to remember that each and every one of them has been fully verified.

We shall also follow the progress of Congressional action in regard to the conditions in question, and shall throw such sidelights on the whole subject from certain of our own sources, as shall still further tend to bring the matter clearly before our readers.

To those who have not read *The Jungle*, perhaps a brief resumé of its plot and purposes may be interesting. It has to do with the daily life in Packingtown of one Jurgis, who is a brawny, ignorant, yet well-meaning immigrant, of Slavic descent—the kind out of which, under proper conditions, excellent citizens may be moulded. The details of his daily existence amid the revolting sights and sounds, and smells of the slaughter houses in which he toils, are told in a manner that is horrible, fearful, brutal, and yet most impressive in its reality. In a like manner, does Sinclair relate how "disease is disseminated, the health and morals of the workers, ruined, the death of Ona, Jurgis' wife, the crushing out of the lives or reputations of many of her companions, the social conditions which breed human brutes instead of men, how Jurgis yields to force of circumstances and becomes one of the degraded beings and outcasts for which the Packingtown magnates are responsible, and his final reclamation, together with a prophesy regarding the future of the workingmen of this country.

Those quotations from *The Jungle* which follow, have to do with Jurgis'

work or that of his companions in the stockyards, and their related abodes of noisome toil.

"Before the carcass was admitted here, however, it had to pass a government inspector, who sat in the doorway and felt of the glands in the neck for the tuberculosis. If you were a sociable person, he was quite willing to enter into conversation with you, and to explain to you the deadly nature of the ptomaines which are found in tubercular pork; and while he was talking with you, you could hardly be so ungrateful as to notice that a dozen carcasses were passing him untouched.

"There was said to be two thousand dollars a week hush money from the tubercular steers alone, and as much again from the hogs which had died of cholera on the trains, and which you might see any day loaded into box-cars and hauled away to a place called Globe, in Indiana, where they made a *fancy grade of lard*." (The italics are ours).

\* \* \* \* \*

"As for the other men, who worked in tank-rooms full of steam, in some of which there were open vats near the level of the floor, their peculiar trouble was that they fell into the vats; and when they were fished out, there was never enough of them left to be worth exhibiting—sometimes they would be overlooked for days, till all but the bones of them had gone out to the world as Durham's Pure Leaf Lard."

\* \* \* \* \*

"When for instance a man had fallen into one of the rendering tanks and had been made into pure leaf lard and peerless fertilizer, there was no use letting the fact out and making his family unhappy."

\* \* \* \* \*

"There were cattle with broken legs, and some with gored sides; there were some that had died, from what cause no one could say; and they were all to be disposed of here, in darkness and silence. 'Downers,' the men called them; and the packing-house had an elevator upon which they were raised to the killing-beds, where the gang proceeded to handle them, with an air of nonchalance which said plainer than any word

that it was a matter of everyday routine. It took a couple of hours to get them out of the way, and in the end, Jurgis saw them go into the chilling rooms with the rest of the meat, being carefully scattered here and there so that they could not be identified."

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"The carcasses of steers which had been condemned as tubercular by the government inspectors, and which therefore contain ptomaines, which are deadly poisons, were left upon an open platform and carried away to be sold in the city."

\* \* \* \* \*

"Any man who knows anything about butchering knows that the flesh of a cow that is about to calve or has just calved, is not fit for food. A good many of these come every day to the packing-houses—and, of course, they if had chosen, it would have been an easy matter for the packers to keep them until they were fit for food. But for the saving of time and fodder, it was the law that cows of that sort came along with the others, and whoever noticed it would tell the boss, and the boss would start up a conversation with the government inspector, and the two would stroll away. So in a trice the carcass of the cow would be cleaned out, and the entrails would have vanished; it was Jurgis' task to slide them into the trap, calves and all, and on the floor below they took out these 'slunk' calves and butchered them for meat and used even the skins of them."

\* \* \* \* \*

"In the pickling of hams they had an ingenious apparatus, by which they saved time and increased the capacity of the plant—a machine consisting of a hollow needle attached to a pump; by plunging this needle into the meat and working with his foot, a man could fill a ham with pickle in a few seconds. And yet, in spite of this, there would be hams found spoiled, some of them with an odor so bad that a man could hardly bear to be in the same room with them. To pump into these, the packers had a second and much stronger pickle, which destroyed the odor—a process known to the workers as 'giving them

thirty per cent.' Also, after the hams had been smoked, there would be found some that had gone to the bad. Formerly these had been sold as 'Number Three Grade,' but later on, some ingenious person had hit upon a new device, and now they would extract the bone, about which the bad part generally lay, and insert in the hole a white-hot iron. After this invention there was no longer Number One, Two and Three Grade, there was only Number One Grade. The packers were always originating such schemes—they had what they call 'boneless hams,' which were all the odds and ends of pork stuffed into casings; and 'California hams,' which were the shoulders, with big knuckle-joints, and nearly all the meat cut out; and fancy 'Skinned hams,' which were made of the oldest hogs, whose skins were so heavy and coarse that no one would buy them—that is, until they had been cooked and chopped fine and labeled 'head-cheese.'"

\* \* \* \* \*

"He was working in the room where the men prepared the beef for canning, and the beef had lain in vats full of chemicals, and men with great forks speared it out and dumped it into trucks, to be taken to the cooking-room. When they had speared out all they could reach, they emptied the vat on the floor and then with shovels scraped up the balance and dumped it into the truck. This floor was filthy, yet they set Antanas with his mop sloping the 'pickle' into a hole that connected with a sink, where it was caught and used over again forever; and if that were not enough, there was a trap in the pipe, where all the scraps of meat and odds and ends of refuse were caught, and every few days it was the old man's task to clean these out, and shovel their contents into one of the trucks with the rest of the meat."

"There were cattle which had been fed on malt and refuse of the breweries, and had become what the men called 'steery'—which means covered with boils. It was a nasty job killing these, for when you plunge your knife into them they would burst and splash foul-smelling stuff into your face; and when

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a man's sleeves were smeared with blood, and his hands steeped with it, how was he ever to wipe his face or to clear his eyes so that he could see? It was stuff such as this that made the 'embalmed beef' that killed several times as many United States soldiers as all the bullets of the Spaniards; only the army beef, besides, was not fresh canned, it was old stuff that had been lying for years in the cellar."

"There was never the least attention paid as to what was cut up for sausages; there would come all the way back from Europe old sausage that had been rejected, and that was mouldy and white; it would be dosed with borax and glycerine, and dumped into the hoppers, and made over again for home consumption. There would be meat that had tumbled on the floor in the dirt and sawdust, where the workers had tramped and spit uncounted billions of consumption germs. There would be meat stored in great piles in rooms; and the water from leaky roofs would drip over it, and thousands of rats would race about on it. It was too dark in these storage places to see well, but a man could run his hand over these piles of meat and sweep handfuls of the dried dung of rats."

"These rats were nuisances, and the packers would put poisoned bread out for them; they would die, and then rats, bread, and meat would go into the hoppers together. This is no fairy

(To be Continued.)

story and no joke. The meat would be shoveled into carts, and the man who did the shoveling would not trouble to lift out a rat even when he saw one. There were things that went into the sausage in comparison with which a poisoned rat was a tidbit."

"There was no place for a man to wash his hands before he ate his dinner, and so they made a practice of washing them in the water that was to be ladled into the sausage."

"There were the butt-ends of smoked meat, and the scraps of corned beef, and all the odds and ends of the waste of the plants, that would be dumped into old barrels in the cellar and left there. Under the system of rigid economy which the packers enforced, there were some jobs that it only paid to once in a long time, and among these was the cleaning out of the waste-barrels

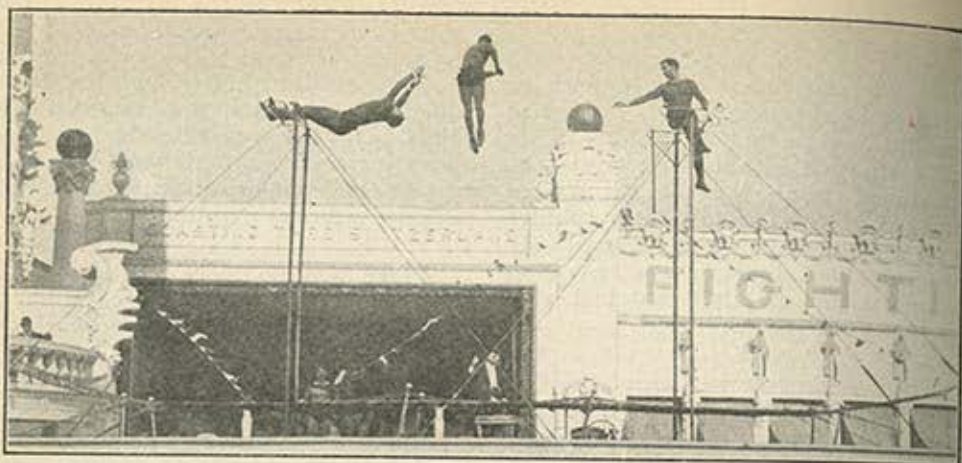
"Cart-load after cart-load of it would be taken up and dumped into the hoppers with fresh meat, and sent out to the public's breakfast. Some of it they would make into 'smoked' sausage, but as the smoking took time, and was therefore expensive, they would call upon their chemistry department and preserve it with borax and color it with gelatine to make it brown. All of their sausage came out of the same bowl, but when they came to wrap it they would stamp some of it 'special' and for this they would charge two cents more a pound."

We have arranged to supply cloth-bound copies of "The Jungle" at \$1.50, or with a yearly subscription to Physical Culture for \$2.00.

### NEW MOVE OF THE ALCOHOLIC QUACKS

In regard to the recently passed law declaring certain quack medicines to be nothing more or less than "booze" it is now stated that the manufacturers of these compounds propose to add more "medicines" to their nostrums so as to reduce the proportion of the whiskey in them.

They admit to officials of the Internal Revenue Bureau that it is the whisky that makes the medicine attractive to the public, which is not sufficiently well versed in medicine to know whether it is getting stimulation of appetite and digestion from whiskey or medicine.



The Four Lukens, Acrobats. The Human Trapeze. Note how Centre Gymnast is Caught by Camera

## The Lesson Taught by the Professional Acrobat

It is in the Main, that the Average Citizen does not live out Three-fourths of his Muscular Life—Why the Hippodrome and Similar Amusement Enterprises Stand so high in Public Favor—The Professional Gymnast or Exponent of Muscular Possibilities is More or Less of a Public Educator—Social Conditions are in the Main to Blame for the Muscular Flabbiness of the Greater Portion of the Community

By H. MITCHELL WATCHET

**F**EW persons realize the possibilities of their own bodies in the way of muscular development and muscular control. Or, if they do, such possibilities are rarely taken advantage of. The reason for which is, in the main, the artificial conditions amid which the majority of people live. These conditions are for the most part, such that there is not only no occasion for healthy muscular action, but in addition, even a moderate use of the muscles is impossible or forbidden. Hence it is that ninety-nine people out of a hundred do not live out three-fourths of their muscular life. Or in other words, they are only one-quarter as developed muscu-

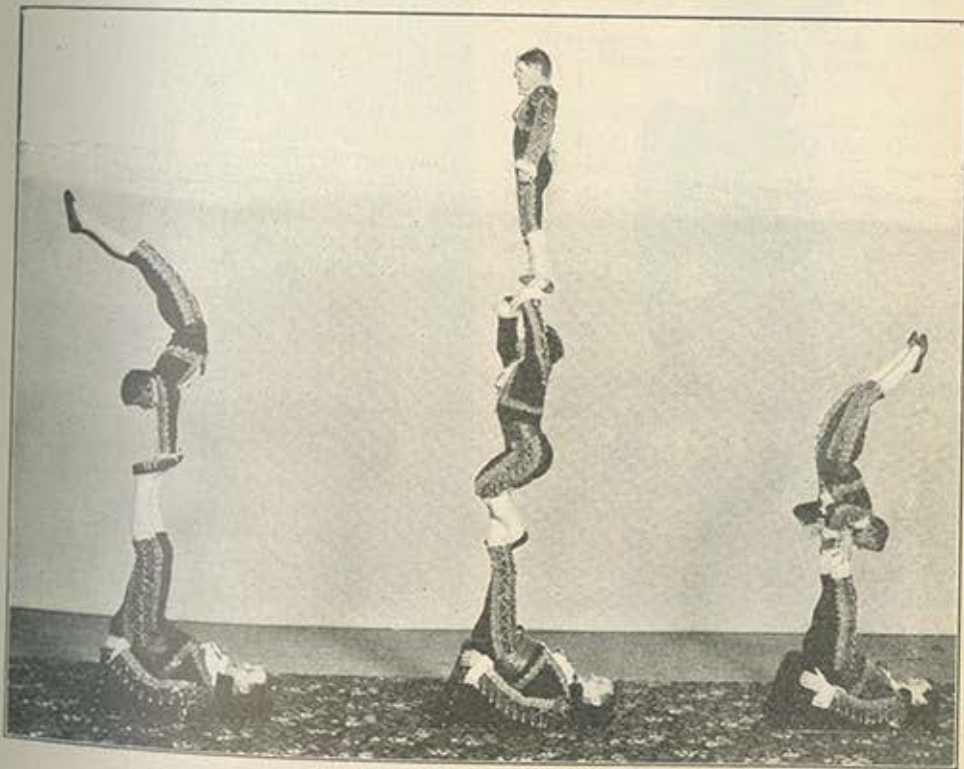
larly as they ought to be. And the worst of it all is, that wherever there is muscular inaction there is a corresponding general weakness of the system with consequent ill-health, unhappiness and a stunted life in general.

Social conditions of a deeply rooted and widely spreading sort are more or less responsible for this dwarfing of humanity. These conditions will remain until there is a thorough recasting of the whole social form and figure. As it is, custom has taught us and the law impresses on us, that one man may by hook or by crook, absorb the earnings of a multitude and yet retain his standing in, even if he loses the regard of, the

community. Custom and such laws alike ignore the fact that where the thousands toil for the one, the latter not only robs them of the money that in equity belongs to them, but that he also steals so much of their time and their strength, that they have none left in which to develop their physical and mental personalities. The man or the woman whose everyday life consists of toiling for as many hours as may be simply in order to earn the food that shall make that same toil possible, has naturally but little inclination left for those exercises or practices which make for grace of body or brilliancy of mind. Herein lies the chiefest sin that attaches to the acquisition of those gigantic fortunes which disgrace our nation and do harm to the world. These fortunes represent a plundering of the worst—not merely the plunder of gold and greenbacks, but the plunder of the health, hours and happiness of the common people, besides which mere dollars count for nothing. The results we see on one

hand in the shape of a few plutocrats whose names are a stench in the nostrils of the people, and on the other, uncounted millions of anemic, thin limbed, spiritless, unhappy souls, having no hopes in this world and but little thought for the next, mere machines, whose lives consist of one everlasting grinding labor in the products of which they have but the tiniest share.

You will perhaps think it queer, when I tell you that the foregoing thoughts are the outcome of a visit that I recently made to the New York Hippodrome. At first sight, there is apparently no connection between that marvellous place of amusement and the social conditions alluded to. But it came about in this fashion; the gigantic stage was given over to a troupe of acrobats—The Bonhair-Gregory Troupe they called themselves—seven in number, consisting of men, youths and boys, each of which was a superb specimen of perfectly developed humanity. From their first entrance to their final bow,



The Bonhair-Gregory Troupe, World's Champion Acrobats



The Bonhair-Gregory Troupe in a Characteristic Pyramid

they were object lessons in the possibilities that lie within the muscles of the human body, not only in the matter of feats of poise, daring, skill, but as far as grace of deportment and rhythm of movement were concerned also. It should be noted in this connection that their shoes were without heels, and that their clothing was, of necessity, of such a sort as gave free play to every muscle of their bodies. But independent of that, it was apparent that the lithe action which distinguished them throughout, was the outcome of the play of superbly developed muscles. And furthermore, in each and every one of their movements, there was a suggestion of abounding and elastic life that was eloquent of the bodily perfection which brought it into being.

Now don't think that I am unduly enthusiastic about this particular troupe or am in any way trying to "boom" them. On the contrary what I am saying regarding these special acrobats stands good in the case of dozens of others whom I have also seen either at the Hippodrome or elsewhere. Whether they happened to be artists in "ground work," lofty tumbling or bare back riders, or were exponents of the trapeze, flying rings, horizontal bars, bicycle or what not, yet in each and every instance the boy, or the man, or the woman, was an illustration of what human muscles are capable of encompassing when trained for a given end, or of what they can accomplish when developed in an all-round manner.

But as I watched this particular troupe, as I saw them use legs and arms with equal facility, as I saw them accomplishing apparently impossible feats with as little apparent effort as the average man steps down-stairs, as I noted the exquisite accuracy with which one would land on the shoulders of a companion after a couple of somersaults in the air, or after an aerial swoop through the air, come head down with extended palms that met to a hair-breadth, a pair of palms awaiting him, and much more of the same, it came to me—almost with a shock—that not only is the average individual incapable of performing even one of the simplest of the feats that were then being done

on the Hippodrome stage, but that he is usually incapable of even walking properly, or carrying himself correctly or lifting his chin to the level of a bar a little above his head. In other words, the acrobats in front of me were as muscularly as far in advance of the average citizen as President Hadley of Yale University is mentally in advance of a naked, brutalized Hottentot.

This statement may seem startling, but it is true nevertheless. If you have a fancy for mathematics, figure it out for yourself. I believe that you will have no difficulty in proving that you, presuming that you are the ordinary muscleless, sedentary sort of individual, are somewhere near the zero mark and the Hippodrome acrobats and their like are not many degrees from the zenith.

The realization of this naturally led me to ask how it was that the average citizen including those that our British



The Gerome Brothers in Classic Poses  
Barnum and Bailey Circus



The Duel

cousins call the "lower classes," were so totally different to the Bonhair-Gregory aggregation. And the answer came to me in the fashion that I have already set forth. But on further reflection, another aspect of the subject impressed itself upon me—that, while there are thousands who, not altogether lacking in opportunity, yet while either through ignorance or laziness or want of advice, do not take the exercise which they otherwise could, and so suffer in consequence.

Do not misunderstand that which I have just written. The acrobat is of course, more or less of a specialist who proves to an extreme degree the possibilities of muscular development in a given direction and for a given purpose. As specialists they have to devote most of their time and much of their energy to their chosen profession. Obviously we cannot all be acrobats. But certainly, we can so improve our physical powers that we may become acrobats, that is, as compared with the muscular conditions which now obtain with us.

The acrobat serves an educational purpose in impressing upon us what the human body is capable of in the manner set forth. This, quite apart from the amusement which he affords us and the admiration which he excites in us. And I venture to think that no man who has yet remaining, a spark of athletic ambition, can ever attend the Hippodrome or a similar show, and there witness the feats and evolutions that are the direct outcome of some form of muscular training, without feeling a wholesome desire to do likewise or be likewise, at least, to some extent. I have often thought in this connection that the reason that shows of the Hippodrome or Barnum and Bailey Circus type enjoy the popularity which they do, is due to the healthy, wholesome atmosphere which distinguishes them and which is the outcome of the fact that they are to all intents and purposes, exhibitions of athletic feats of an unusual order, and the sustained interest of the public in emusements of this character well illustrates its appreciation of athletic skill.

In the case of the theatre proper, there is made manifest an artificiality of method which while it does not actually work harm, is nevertheless as different from the ways of, say, the Hippodrome, as is the perfumed air of the ball room different from the odor of a newly cut lawn. A ball is an excellent thing in its way, but I think that the normal man or woman would prefer a game of tennis on the lawn. Human nature, no matter how it is crowded and cramped and contorted by the conditions to which I have alluded, has at bottom, a yearning for out-of-doors and the things and sports that are possible in connection therewith. So it is, that those amusements in which we have spaciousness and healthy action, and exhibitions of finely formed men and graceful women, each of which depend upon their muscular activity to excite admiration and applause, will remain perennially popular. And it is well that it is so.

As long as the Greeks preserved the spirit of the Olympiad in its original purity, they remained wholesome in mind, pure in purpose and invincible in arms. As long as the Romans made



The Gerome Brothers in Wrestling Pose

athletics a portion of the education of their youth, an integral part of the life of the people and the basis of the discipline of their army, and recognized the relation between muscle breeding, and national growth, Rome remained Mistress of the World. And in those countries of to-day in which the affinity between athletics and national strength and influence is recognized, there is concurrent power and influence. The life and genius of a nation is made manifest as truly through its amusements as it is through its literature or orators, and the nearer those amusements approach those of the ancient Greeks, the closer will the nation of to-day draw to the ideals of that great and ancient people.

From this viewpoint then, it is most gratifying to note that the Hippodrome and similar enterprises maintain their grip on the public. For as long as the public cherishes its regard for the broad, breezy, wholesome exhibitions such as the Hippodrome furnishes its mind will remain broad and wholesome and healthy also.



## Weird and Wonderful Story of Another World

Unparalleled Experiences of a Young Scientist Who Solved the Problem of Navigation, not only of the Atmosphere, but of the Heavenly Spaces outside of it. Claims that Jupiter is peopled by a Superb Race who are Ideal Physical Culturists

By TYMAN CURRIO

### CHAPTER XXII.

NEVER before in my life had I felt so much alone; not even when I was darting through ethereal space, away from all human kind. It seemed to me as I crossed the portals of that silent, deserted palace quite as if I were entering a tomb.

I felt that I had been foolish to dream of sleeping in comfort in a house that had been unused so many thousands of years; and I was sure that the very odor that smote my nostrils as I penetrated further into the great hall, was damp and unwholesome and close.

As a matter of fact the air was as sweet and fresh and dry as it very well could be, as I discovered when the next day I explored the palace and found that it was as well-kept as any house on Earth so far as that was concerned. But that night I made it my excuse for turning about and going out into the sweet, pure open air; and I slept near Zil and Mira.

I mention this episode only because it was typical of many others. I had learned to sleep in the open air, on the very bosom of the planet, and never since have I been able to abide the stuffiness of a house. Now that I am on Earth, I sleep on the roof if I am so situated that I may not sleep on the lawn or in the fields. The same thing happened later when I tried to eat the same food that I had once enjoyed—I could not force meat down my throat. As for clothing, I wear it, but I suffer; and if I cannot return to Jupiter, I shall go to the South Sea Islands, where

clothing and decency do not spell the same thing.

I presume Zil did not understand why I should have wanted to sleep in one of the houses, but he was perfectly courteous about it, and did not make a jest of it, as I am sure I should have done in a similar case.

In the morning we all had a brief, but merry time in the lake and afterward breakfasted. Some of us did, I should say, for I learned that many of the Jupiterians ate but once a day. The fact is, there was no more a rule about eating than about anything else.

Zil would have returned to the governmental square for further talk on the subjects the buildings there suggested, but I had had enough of such topics and asked him if he would not walk with me through the city so that I might gain some idea of its general characteristics.

Of course he assented at once, as if his greatest joy was to give me that pleasure, though I could not help feeling that he was disappointed. But I was not yet so imbued with the Jupiterian spirit that I could find my happiness in pleasing others at the expense of discomfort to myself; so I first spent a little time in exploring the palace I had not slept in the night before, and then set out to investigate the great, silent city.

I will not describe the palace, because on the whole, it was as much like a similar residence on Earth as could well be imagined, excepting that it was more magnificent and that the sanitary and other arrangements were far, far more complete than anything I had ever seen on Earth.

I learned afterward that the water system and the sewage system were both on a most stupendous scale. What was most extraordinary as to that, however, was, that both had been restored to their pristine condition of splendor and usefulness.

I was so amazed at this as I had been by the generally perfect condition of the restored city that I asked Zil to explain it to me; and I think a bit of that conversation, taken from my note-book, will be most illuminating.

"I am astonished," I said to Zil, "that you were able to restore the city to such perfect condition."

"Why?" he demanded.

"The expense, for one thing. When I consider the labor and the engineering skill necessary for the restoration of the water system alone, I am amazed. How was it done?"

At first he did not comprehend my meaning, but when I had explained myself in a great many words, he said:

"It was no great matter. It was done long before my time, but I know how it was done by the way such things are accomplished now. Word of the intention to do the work was spread over the land and volunteers called for. You may be sure such a call would be answered by far more persons than could be used."

"And how were they repaid?" I asked.

"Why, they had the work to do," he replied simply.

Think of that! It was recompense enough for those odd people that work was given them to do. No pay, nothing but the delight of doing something that others wished done.

I shall not pretend to describe the ancient city. All the reader has to do is to fancy London, or New York or Paris or Chicago glorified a thousand times, and he will know what I saw. Street car tracks, street lights and all the other things characteristic of a great city of the Earth.

But deathly quiet! The workers in the libraries and museums were lost in the silence. The nearest approach to such a state that I remembered ever to have experienced was when one Sunday I happened to go into Wall Street in New York.

Over and over again I cried out at the splendor and magnificence of the deserted city; for the great avenues of palatial residences stretched out in every direction, broken at frequent intervals by beautiful parks. At last Zil said to me in quiet tones:

"It seems strange to me that you so greatly admire these great, cold mansions, when you know the fuller health and happiness that come from our present mode of life."

"But I do not know your present mode of life," I replied. "No doubt you have something much better than this since you do not use this magnificent city. I know only how Bel lives."

"In knowing that you know how we live," he answered with a smile.

"You all live like Bel, isolated and in little cottages?" I cried.

"Not isolated; that is her choice during the time that she prosecutes the work that at present absorbs her. Besides she can hardly be called isolated when at any moment she can visit her friends or call them to her."

That was true. I had forgotten the splendid facilities for going about from one place to another. Bel was isolated only so far as she wished to be.

"But," I objected, "this great city gives evidence of a country teeming with people. And you tell me there were other great cities. If this were the case how could there be room for all your inhabitants to live in small, detached cottages? Consider that in this city there could not have been fewer than ten millions of people—a stupendous number! See those monstrous residences built to accommodate quite a hundred families"—I referred to a number of gigantic apartment houses—"and no doubt in the poorer quarters of the city there are houses where people were crowded even closer together. How could such a population be accommodated?"

"That," said Zil, "is a question I can answer, for it is one we have already asked ourselves and have answered. In the first place you must know that at the time this great city was populated, the country parts of the land were but thinly occupied."

"Ah yes," I interrupted, "that is

increasingly the case on Earth: population flocks to the great centers."

"Another thing is, that for some reason which we do not understand, a great many of the children born in those days did not live."

"Ah," said I, "on Earth we reckon that about one-quarter of the people die before they reach the age of six years."

"What a shocking thing!" he exclaimed.

"And how is it with you?" I asked.

"Except in the case of some rare accident, no one dies but of old age," he answered.

I was going to cry out at that as an impossibility, but I remembered how careful they were not to permit any disease to show itself by always keeping their bodies in perfect condition. Another thought flashed into my brain however.

"But in that case," I said, "how is it that your country is not over-populated?"

"Of course we are all alive to that danger," he replied, "and we avoid it by regulating the number of children that are born. Very few women have more than two children."

"How strange!" I exclaimed. "Why on Earth we exhort our women to have as many children as possible."

"Then your land must be overpopulated," he said.

"Oh no," I replied, "there are vast tracts of land untouched. Why, if I remember rightly, there are about one billion five hundred people on the Earth, so that each person might easily have a piece of land as big as that park to live on." I pointed out a park of about twenty acres. Of course there is more land than would suffice for that on the Earth, but I referred to fertile land only.

"Well," said Zil with a smile, "it seems to me you have answered your own first question. Even in your land, which you say encourages women to bear as many children as possible, you still have room for each person to live in a cottage isolated in a degree from his fellows."

I confess this had never occurred to me before. I had always taken it for granted that the reason the Earth was

such a difficult place to live on was because it was overcrowded. Now I remembered how many acres lay idle in the hands of the wealthy. I saw now how, by allowing no one to selfishly hold more than he used, there would be land enough and to spare for everybody.

"There is a thing I would like to understand," said Zil as I remained silent for a long time; "why do you encourage your women to have as many children as possible?"

"Why, so as to keep up the population. You see each couple should have at least five children in order to keep the population stationary. Disease and hunger carry off a great many babies—"

Zil interrupted me to make me explain what I meant by disease and hunger; and he was shocked more than by anything I had yet said to him when I explained that thousands and thousands of our babies died from lack of food or from lack of fresh air or pure water, or from some disease bred by hunger and filth. He could not understand how it was if we wished a large population we did not do something to keep our babies alive, either by giving them proper surroundings, or better yet, by teaching parents how to avoid disease by proper cultivation of their bodies in the first place and then by giving them knowledge of sex life.

I will not go into that again, however, since I have said as much as I very well can in the little space allowed me, or as the strange laws of my country on the subject will permit.

And I will close this conversation with Zil by adding that he could not get over his amazement at the appalling waste of life on Earth, when I told him that what with disease, which he declared was preventable, and bloody wars, which he could not comprehend at all, and our fatal industries we had difficulty in saving one person out of every hundred to live to sixty-five years of age. And he simply stared at me when I said that the average duration of life among us was thirty-three years.

"Why don't you live properly?" he murmured over and over. "Oh, Wuzzy! you surely will tell your people how to live so as to enjoy life. You can see that we once were like you—even as

hairy and malodorous—and yet we gave it all up, set free each individual's activities and now live all at peace, no one better off than another, thinking not of fighting bodily disease but of being happy to the end of life."

I said I would do the best I could, but I did not tell him again how I would be laughed at for my pains. I know perfectly well that when this very imperfect account of mine shall have been read, there will be thousands who will scoff at the very idea of its being possible for men to keep free from disease by nothing more difficult than right living.

### CHAPTER XXIII.

The city had been so magnificent in residences that it did not occur to me at first that there must have been industries to support such an enormous population, until I suddenly found myself in a quarter of the city in which the houses were not restored. I remarked on it and Zil answered:

"These houses were in such a condition that nothing could be done with them. We think that it was here that a slave-like class of people lived—the ones who toiled for those who lived in the fine houses from which we have just come. Does it not seem terrible that a few should be able to live in such a luxurious state when the many had to put up with houses so poor that they could not last? Perhaps you can explain this."

"Am I to understand then," I asked, "that the greater part of the city is taken up with unrestored ruins of this sort?"

"Yes, with such ruins interspersed with monster buildings of such strength as to have resisted the ravages of time even better than the fine mansions we have recently been looking at. These buildings, of which yonder is a specimen, we believe to have been the places where the slave-people were driven to toil for the idle few."

It was a huge factory building, or rather a cotton mill, at which he had pointed. I set it down at once as a cotton mill, and it was so like what I had seen in the United States that I would not have been surprised if its

shrill whistle had blown the hour of noon to send its hundreds of weary workers pouring out for something to eat.

As we went toward the factory I tried to explain to Zil that the workers were not slaves at all, and that probably they were so ignorant as to be unfit to enjoy the refinements of life which were only commonplaces to the dwellers of the rich quarter.

"If they were ignorant they could have been taught," he answered sadly. "And if they had been given the opportunity they could have enjoyed life as much as the few who lived in the fine mansions."

I was mightily interested in the great building which had no doubt once been a busy hive of human beings; and I was amazed to find that it had the same massive doors to close against the outside world, the same whistle, the same general appearance. I eagerly explained these things to Zil, making him understand that just such buildings were common in my land.

"You say they come at the sound of the whistle and that the doors are shut against them if they are not on time?" he asked.

"Yes."

"And they enjoy their work so much that they are unhappy at being shut out?"

"Oh no," I laughed, "they mostly hate their work, but they don't like being shut out because they receive so little that a day's pay may mean hunger for the whole family. With people of that class, you see, all the members of the family work. And that reminds me of another reason why large families are considered desirable on Earth. Even the little children can earn something."

"Little children! you don't mean that they work in your land, Wuzzy? But no doubt you speak of the grown up children."

"I speak of very little children," I replied; "and I will venture to say that when we come to the right rooms we shall find evidences that little children were employed here too. You see children work for so much less pay than the older folks."

"This is something I had not dreamed

of Wuzzy," he said in a low tone of horror. "How young are the children in your land when they are made to work in the way you speak of?"

"Sometimes they begin to work at four years of age."

"Wuzzy!" gasped Mira, who seldom spoke during the conversations.

"Oh yes," I replied, grieved myself to think of it. "there are factories in my land where little children are made to work all night, sometimes, and go home so worn out that they almost sleep on the way home while walking."

"Horrible! horrible! But how can such little creatures work all night? I would suppose they would fall asleep."

"Oh," I answered, filled with shame, "men go about and throw cold water on the little things to wake them up when they go to sleep."\*

I disliked to tell such things about the planet I came from, but when we went through the factory I soon could point out to Zil and Mira the seats and trucks and other implements that had been made small to accommodate very little children. In fact I made it very clear that whole families must have worked together in the place.

"Come away!" Zil said at last in a choking tone, "I cannot bear any more such revelations now. And you say that people who have to work like that are not slaves? Can you call them free? Do they not have to do this or die in misery? Oh, oh Wuzzy! if your people are doing this thing now, go back and show them the horror of it. Tell them that since they love so much to live by rules that some rule be made to save the poor little children from this horror? Do not your people care that thousands and thousands of innocent creatures are tortured and starved so?"

"Laws have been made in most parts of my country to prevent very young children from working, but they are generally evaded because the men who own the factories can make more profit out of children than out of grown up workers."

"Make a profit out of human flesh!

\*I want to say that since returning to Earth I have discovered that I understated the case of the children in factories of the Southern States

Then what are those wretched creatures but slaves?" cried Zil, more moved than I had seen him yet. "Let us go to another building which I am sure will have no such horror to reveal to us. At another time I shall like to return here, but I am unable to bear any more now."

I can assure you I laughed joyously when I was taken to the building in question, for I recognized it at once as a school, and I felt that here would be nothing to put shame at once on the old Jupiterians and on me.

I explained the character of the building to Zil, and he told me that he and his fellow antiquarians had already decided that it had been used for such a purpose, though they had been unable to quite understand it.

It so happened that I had at one time taken much interest in the school system of New York City, and had gone about among the school buildings to examine them and have their fine features pointed out to me; thus I was now able to explain everything to Zil and Mira.

And, indeed, it was most remarkable that there was so great a likeness between the building we were then inspecting and the most modern ones that had been erected in New York.

I came at once to the conclusion that the identical conditions had at the time prevailed in Jupiter as now prevailed on Earth, since the same results had been attained; and I wondered how it was possible for the Jupiterians to have made any advance on our almost perfect public school system.

Another reflection that was constantly being forced upon me was, that if the Jupiterians had once been as we on Earth are, was it possible that at some future time, matters on Earth would be as now on Jupiter? That seemed impossible, but even while we stood in that great, long-unused school building I put the case to Zil and he answered:

"From the researches of our best antiquarians and philosophers we have come to the conclusion that no system of living which is not in accord with the best interests of life can endure, but will inevitably bring about its own degradation and end."

I told him I did not quite understand,

and he gave an example which struck me as being full of force.

"You have just told me," he said, "of the cruel injustice, which a powerful and privileged few exercised toward the enslaved and enduring many, in this once populous city. Now you may be sure that it was neither the magnanimity of the few nor the consciousness of their intrinsic power in the many that brought about the change which has resulted in our present condition."

I admitted that he was right, since our experience on Earth was, that the more power or wealth a class had the more it grew into the conviction that what they had was theirs by some divine sort of right; and that mostly the individuals of the enslaved many were concerned, not with righting any wrong which they recognized, but only in winning for themselves a place among the rulers.

"It is as if," Zil went on, "you were to balance a cone on its apex, perhaps assisting its precarious balance by thrusting the apex well into the soil, and then were to build more and more upon it. You would have a structure which would create wonder, but which would be more and more unsteady all the while, and which would have to be propped up with almost every new addition to its splendor. In the end the whole thing, despite all its supports, would inevitably topple over. It would bring about its own destruction."

It was while we were talking in this fashion that we came upon a feature of the school that I immediately made up my mind would be a good one to introduce to the notice of the school authorities at home; it was nothing less than a mighty lunch room at the very top of the building for the use of the pupils.

Zil explained that from inscriptions on the walls their scholars had been able to make out that the meal was served free to all the pupils; but what no one had been able to understand were certain inscriptions to the effect that no pupil would be excused from eating an allotted portion within a given time unless by permission of his teacher.

I understood better, although the rule seemed an absurd one even to me. I explained it by giving him an account of how the children were under strict

discipline and were all compelled to do certain things in certain ways at certain times.

I took him into the various class rooms and lived over as well as I could in words just the life of a pupil in one of our public schools. I meant to show him how carefully and how well ordered the life of a child is in one of our great cities, and how he is made into a good citizen.

"They all study the same things?" he inquired.

"Yes."

"Without regard to individual inclination or capacity?"

"How could we take note of individuality?" I cried. "Why the cost would be terrible."

"The cost is infinitely greater when you destroy individuality as you must do in your way," he answered. "Don't you see how you are crippling your powers to advance in civilization when you make automatons of your children? Ah, Wuzzy! you cannot soon enough begin to cultivate your individuals."

"But," I objected, "we teach our children everything. When they have learned all, then they may choose what they are best fitted to do."

"Do you find it so?" he asked me. "Why your plan is like pouring all those little, sensitive, impressionable minds into one mould. You teach them to revere one standard—the existing one; and in that way you bar the way to progress, since in the course of time people so educated will come to have an awed and superstitious regard for the thing, that is on the mere ground that it is the thing that has been."

I recalled how often I had heard phrases to indicate that he was correct: "My father's way is good enough for me;" "the good old times;" "It is according to precedent;" "The established order must not be changed;" "Revere the past."

Every reader of this will recall how often, particularly in his youth, he has been put down by his elders with the sufficient rejoinder that a thing he wished to change had always been done in that way, as if that were a conclusive reason for always doing it just so.

"To me," went on Zil, in his calm, reasonable tone, "this monster building

which seems to you so perfect and complete, is a most crude affair. I judge from what you say that hundreds and hundreds of children were brought under this one roof day after day and kept here from five to six hours, packed together in a sitting posture and then compelled to study out of books under the supervision of men and women whose main interest in their work was the payment they would receive from their rulers. Am I right?"

"I think the children seldom remain longer than five hours in the school, but study two or three hours at home afterward," I replied.

Zil raised both hands in horror.

"It is even worse than I thought," he said. "And when do they have time for the play that is necessary for their growing bodies? Is it possible that even in so backward a state as our people were in those days they did not understand the paramount importance of a healthy body for a child."

"On Earth," I said, "they are beginning to understand it."

"But in a great community like this," said Zil, "it is utterly impossible for a child to have the opportunity for play and for fresh air that he absolutely needs."

"Give me some idea then of what you do with your children," I said, piqued a little at his strictures on the school system of which I had always been so proud.

"Well," he answered with a smile, "I can tell you that we have no schools at all in this sense. Our first and constant care is the maintenance of a perfect physique, without which it is our belief that there can be neither virtue nor happiness."

"Virtue!" said I. "What do you mean by virtue?"

"Chiefly minding one's own business," he answered. "As for study, we find that our children are so eager to know things that we cannot keep them from learning. We encourage them to ask questions, and when they ask what we cannot answer, we take them to others who can answer."

"And you have no schools at all?" I asked.

"None in the sense you mean, but many in our sense. Some of us develop

or naturally possess a greater ability in explaining what we know than others. Such of us as have this ability naturally desire to exercise it, and we try to make ourselves so attractive to children that they will seek us out for what we can tell them. We hold such persons in the very highest esteem, and I suppose they really are the happiest persons alive."

"I would very much like to see such a school," I said.

"I have no doubt you will be surprised at the difference between this school and one of the present day," Zil said.

"If you will go with me I can take you to one of my schools," Mira said eagerly.

"Indeed I shall be very glad to go with you, Mira," I replied: "but why do you say one of your schools, as if you had several?"

"Oh," she answered, "I am so much interested in geology just now, that I am studying nothing else, but I have been studying literature and dancing; and pretty soon I shall have to take up chemistry again so as to understand some things in geology better."

"And do all children move about in this way from one study to another as they wish?" I asked Zil.

"Surely. We have found that a person will learn more of a subject when he studies it with desire. And also the desire to know all about any one subject involves the study of several others."

"But to trust a child to its own unguided impulses!"

"Ah," he said, "you see you take it for granted that there is such a wide difference between the child and the adult. That used to be the case with us, but since we have tried the plan of letting a child do what it wishes to do, we have found that there is no difference whatever between an inexperienced child and an experienced adult, excepting that the latter, if he be wise enough to have profited by his experience, can save himself from error. But we have learned that some children are naturally wiser than some adults no matter what experience the latter may have."

"There," I exclaimed, "is one great difference between you and my people then; for we take it for granted that years bring wisdom, and we are forever demanding respect for age."

"If you have to demand it," he said with a smile, "it would seem as if you did not generally deserve it through merit. No, we make no difference between children and adults. Indeed in some of our schools you will find as many adults as children. In mine there are more adults than children. On the other hand, in one of the schools I go to there are more children than adults."

"What!" I cried, "you teach a school and yet go to one?"

"Why not? I need the knowledge that some other person can impart to me, and I go to him. Why are you surprised?"

"It is not the custom for adults among my people to go to school," I replied.

"Do you mean that they cease to learn anything after childhood?"

"Oh, they learn a great deal," I hastened to reply. "In fact," I went on so as to emphasize my point, "their useful knowledge comes to them after they leave school. Most persons forget a large part of what they have been taught at school."

"But Wuzzy," he exclaimed, "do you not see that you are proving the lack of value in your school system 'at [the same time that you are showing how natural and sensible our way is?"

"Yes," I assented hesitatingly, "but the idea of adults going to school is an odd one. Of course we have big schools called colleges where young men go, but most men are so glad to get away from study that they never touch a book after being graduated."

"And lose all the joy of gaining new knowledge?"

"Oh, most men have a desire for knowledge of some kind, and if they have time and wealth they gratify it by reading and travelling, but not by studying."

"I see," he said, "your terrible school system makes learning so wretched a business that you can't endure even the idea of studying, though you may actually be acquiring knowledge, while with us, learning is such a delight that we never give it up but pursue it to the end of our lives. We all go to school."

"Oh," said I, "in that sense perhaps we all go to school; that is we all continue to learn something, though it is

only the few who are privileged by their wealth who can afford to travel."

"Of course there is no privileged class among us," he said; "though you might perhaps say that we are all privileged, since there is nothing all of us cannot enjoy."

"Perhaps," I said, "you do not care as much for amusement as we do. We devote a great deal of time to pleasure."

He shook his head gravely.

"What would life be without it?" he asked. "We give ourselves up to pleasure. I know of no one who does not."

"But you talk of studying all your life."

"We study only what we wish to study, we do only what we wish to do. Can life hold more happiness than that?"

"But the pursuit of pleasure weakens character," I cried in protest.

"It strengthens it, Wuzzy. How can it do otherwise?"

"Suppose I wish to do something that will injure me?" I asked.

"Surely," he answered, "you don't call injuring yourself a pleasure?"

"But mightn't I desire a momentary gratification at the expense of my permanent happiness?"

Zil looked at me and then at Mira and smiled. Evidently it was not possible for him to conceive of a rational human being injuring himself deliberately; and for my part I let the question go unanswered rather than explain how we on Earth eat and drink and sleep and exercise all our functions to get pleasure from the mere exercise, sinking life itself in the processes by which we live, making the means to life more important than life.

Of course I can now make excuses which did not suggest themselves to me then. At that time I was beginning to feel a disgust for the way we people of the Earth make use of the great opportunities of life. Now, however, I see that for most of us, all the happiness there is in life is in the exercise of its functions.

Naturally I hope that I shall be able to present all the phases of life on Jupiter in such a manner that my fellow creatures here will be won over to try to emulate their ways.

That will have to be later when I shall



have perfected my plans for best disseminating the knowledge I have acquired. At the present time, no one will pay much heed to me, and I may even have some difficulty in keeping out of the lunatic asylums.

Why, already I have been called all manner of opprobrious names in some of the places I have been because I refuse to eat flesh food, or because I won't use tobacco or spirituous liquors, or even more because I now eat but one meal a day.

Why should it make any difference to the persons about me if I live in a way new to them? Only the other day I went through the streets of a city with my hat in my hand instead of on my head, and a policeman spoke to me about it.

I explained to him that it was better to go without a hat than to wear one, and pointed to my luxuriant growth of hair in evidence, but all he said was:

"Ah! g'wan! wear de hat! wear de hat!"

I put it on rather than make a scene, for a great crowd had instantly gathered and was already jeering at me and saying I was "bug-house." At the time I did not understand the meaning of the odd term and assured myself when I returned

(To be Concluded)

home, that there was no reason for it, taken literally. I have since learned that it was intended to convey the idea that I was a lunatic.

This, however, is a digression and has consumed more space than I can well afford from my subject, since I am told that I must bring my narrative to a close in the next number of the magazine.

I may say here that I did not go with Mira that day to inspect her school, but started the next day quite early in the morning. I did protest against breaking in on Zil's work of verifying his observations in the ruined city, but he said that they always found that the time to do anything was when the desire for it was strong.

I admitted that I was more anxious at that moment to see the school than to do anything else, and therefore Zil arranged to get a machine for me so that Mira and I could get away the first thing.

"What do you say," Mira cried joyously as we lay down that night, "if we breakfast with Atte! She is the dearest girl, and she is only about two hundred miles from here."

I gladly assented; and with that in prospect I fell asleep.

## OBSCENITY LEGISLATION

*By Charles Turner Brown*

Is the action of the officials who are executing the laws on obscenity, a blind and purposeless movement which, without intent on their part, is making towards a class movement, discriminating against the masses and in favor of the classes?

The kingly idea that the common people should be kept in ignorance and only the favored few be permitted to know things is the practical result, if indeed that is not the sentiment in favor with our appointed judges of the Federal court.

To this end, they have not hesitated to legislate against the common people without the aid of the legislature; they have so changed the law as to relieve themselves from all responsibility and to obliterate the facts on which they

act, while they have created a rule which enables them to convict for immodesty one charged with obscenity through the instrumentality of twelve uneducated and bigoted jurymen; to avoid a review of the action of such jurymen; to prevent a record of the acts of the court being made; to destroy all uniformity of practice as to what obscenity consists of and what are the essentials of modesty in art and literature; to prevent discussion of marriage, its uses and abuses, its tendency to elevate or debase; and to limit the topics and subject matter in literature, science, philosophy, morals and art which may be discussed or illustrated to those which will not tend to arouse debasing thoughts in the minds of those whose thoughts are at all times debased.

## The Blotting Out of the American Race

Official Figures and Information from Authoritative Sources Prove Beyond Possibility of Doubt, that, Owing to a Low Birth Rate and a High Death Rate among Children of Native Born American Parents, this Country is Rapidly Becoming Populated by the Descendants of Aliens

By GEORGE C. ENDICOTT

NEARLY eighteen months ago there appeared an article in this magazine entitled "The Impending Extinction of the American Race" in which stress was laid upon the danger that threatened our national life, both physical and moral, from the influx of undesirable immigrants, and the low birth rate of American children, this last being also an outcome of the influx of the unwelcome strangers.

That the article and the alarm which it sounded was not uncalled for, is made manifest by the most recent figures of the United States Census Bureau together with data obtainable from other reliable sources. Without giving the mass of official figures which have to do with the matter, it may be said that the number of children born to those who have a right to the title of American parents, *is less than in any country in the world.* The popular belief seems to be that France is the nation which has the distinction of producing the fewest children. But this belief is not justified. The annual birth rate per thousand among the native white citizens of the United States is only 19½, while in France it is 22. Curiously enough it is in New England, a section of the country alleged to be peculiarly American in its men and methods, in which the birth rate is considerably exceeded by the death rate, while at the same time precisely the reverse stands good of the foreign born residents.

But there is an aspect of this woeful condition which seems to have been overlooked by the writers on the subject. It is this; not only as stated is the native

birth rate abnormally low, but in addition there is a fearful mortality among the children born. It is true that in this respect there is not so much difference between the children of the two classes, but nevertheless statistics seem to prove that once more, the foreign parents are more fortunate than those of American descent. Of this, more will be said later. But it will be noted that in each and every instance, the American baby gets the worst of it through conditions which have to do either with social condition, the vices of luxury bred of a high phase of civilization, or that struggle for existence which, in large cities, makes the additional baby looked upon as more of a burden than a blessing.

Let us revert to the low birth rate that obtains in the case of American-born white citizens. A century and a half ago, it is stated on excellent authority, that the average family of each married couple was eight children. From that time on, we have figures which go to show that the lessening of the size of the family kept pace with the growth of the wealth, power, and population of this country. At the beginning of the last century, the average was a little over six children in a family. In 1840, it fell to about four and one-half. In 1860, only about three and a third children constituted the average family in the United States, and in 1880 it dropped to two and a half children. Since the period last named, there has been a further falling off and so as already stated, the population of American birth is *not* holding its own.

That there is a direct relation between the facts given and the immigration question is proven by the fact that in all those states which are open to the influence of the incoming hordes from the Old World, the American birth rate is at its lowest. The further one goes south, the larger becomes the number of births per American family. Louisiana for example has in proportion to population, twice as many as Maine. Without going into exhaustive details on the subject, it is probable that Mr. Robert De C. Ward furnished the key note to the explanation of the situation in an article on the subject in the *North American Review* in the course of which he says:

"No statistical study of immigration can ever be complete because there is one element more important than all the others concerning which no statistics can ever be compiled. That element is the number of American children who, because of the pressure of foreign immigration *have never been born*—the decreasing birth rate of our native population has been largely due to the nature of foreign immigration. As newer and lower classes of immigration came to this country, Americans shrank more and more from the industrial competition which was thus forced upon them; they became unwilling to subject their sons and daughters to this competition, and hence these sons and daughters were never born."

Other authorities have offered a number of explanations as to the dying-out of the old stock, but in general they agree with Mr. Ward. Of course, a number of complex conditions are embodied in the proposition, but there seems to be no reason for doubting the soundness of the deduction as a whole.

Nevertheless there are other influences at work in American life which tend to diminish the dominance of the native blood. Some of these having been already hinted at, there is no doubt whatever that the educational methods of to-day inasmuch as they divert the natural forces of American womanhood into unwonted channels, are antagonistic to American motherhood. The moment that we begin to tamper with the intent of nature, mischief is sure to

result, and never is this more so than when we destroy that delicate poise between the mental and physical which obtains in the case of young womanhood.

"Higher education" so called, has also a disastrous effect upon young manhood if we hold, as we should, that one of the chief aims and ends of the race is to perpetuate a normal posterity. It will be remembered that not so long since, President Eliot of Harvard declared that the graduates of that university "did not perpetuate themselves." And the reproach seems to have been well deserved. It has also been shown that for nearly a century, the families of Yale graduates have been growing less and less. In the case of woman's colleges the graduates, on the basis of reliable statements, show that in respect to fecundity they are lower than any class or group in the country. It is useless to disguise the fact that our whole scheme of civilization—that is the civilization of society and the colleges—is directly opposed to large families. As a writer on the subject says "In the early days of this country a large family was a distinct advantage in the industrial struggle. To-day it is a luxury. Children in the old days were easily and cheaply raised and soon began to add to the family income. To-day it costs a great deal to rear them. They are late in getting to work because of the long training that they now must have, and few parents get anything back from them."

It is estimated that because of this view of the family question, this country is deprived of a thousand children a week, so that in ten years we lose in this way more than a half a million babies. Remember that these remarks apply to the native American parents. The high birth rate among the foreign born population acquits them of participation in this disastrous state of affairs.

If space would permit, it might also be shown that many of our childless homes are due to the expenses incidental to the arrival of a little one. A well known New York physician declares that doctors nowadays in order to justify the enormous fees they charge, exaggerate the dangers of child birth until

women become morbidly afraid of it. In this connection it is also pointed out that in the maternity hospitals the death rate from child birth is so small as to be almost *nil*. Furthermore, the crusade against children inaugurated by the owners of hotels, apartment houses, and even boarding houses of the so-called better class is another factor in the decrease in the birth rate. Public opinion too is usually the outcome of conditions, and hence it is that as conditions do not favor a large family, the mother who has a flock of little ones is an object nowadays of ridicule rather than admiration. This may seem an extraordinary statement but the fact remains. If the mother of a large family happens to be well to do she is laughed at; if she is poor she is blamed. Public opinion as it is now shaped sets its face against those who obey the scriptural injunction "to be fruitful and multiply and to replenish the earth."

Among the foreign born white people of this country, the birth rate is  $36\frac{1}{2}$  per thousand, or nearly twice what it is among the American born whites. But one conclusion can be drawn from this, and that, that as already stated, the American race as we know and understand it, is dying out and a new people are coming into being in its place. It is not the purpose nor does it lie within the scope of this article to forecast the future of America in consequence, but the fact remains as stated. Robert Hunter says in this connection "Our national characteristics may be changed together with our love of freedom, our religion, our inventive faculties, and our standard of life; all of the things in fact for which America has been more or less distinctive among the nations may be entirely altered. Our race may be supplanted by another, by an Asiatic one for instance, and not because it is better so, but because it is for the world's good. It is in order that certain individuals interested in transportation corporations, may be benefited, and in order that employers may have cheaper labor." Be that as it may, the American nation is undergoing a rapid process of re-formation, which in some localities, is not a reformation but quite the contrary.

I just now stated that another factor

was at work in the case of infants born of American parents to the further diminution of the former, the allusion being to their improper feeding. What stands good of the American baby is equally true of the British infant. In Great Britain it has been proven that 40% of the children who die, actually meet their deaths through bad feeding, these unfortunate little ones amounting to about 100,000 every year. An authority on the question states that "the diminishing birth rate and the increasing death rate of children in the English speaking countries (meaning England and America) is of so great importance, that if the nations could see it in its true proportion it would be found to dwarf all the other questions of the day." This remark, it must be remembered, is in part allusion to the improper feeding of children. Prior to the stringent milk laws enforced in New York, the annual deaths of little ones from impure milk was 66 per cent. more than at present—an emphatic object lesson indeed. In an article in the *Independent Review*, Mr. Havelock Ellis states that in the United States, in Canada, and in Australia not only is the birth rate of the Anglo Saxon elements of the population constantly sinking, but that in the case of foreign immigrants in the countries named, the Russians are rapidly increasing in numbers, as are the Austrians, Italians, and other Latin races. And he intimates that improper and proper food is at the basis of the whole question.

A woman doctor who has devoted her life to ministering to the poor in New York declares that among the native born children, many of them when mere infants were fed on such things as cold cabbage, sardines, sausage, cheese, tea, beer, etc., and that when at times we ask the mothers what food the little ones had been accustomed to, the reply sometimes indignantly was "Well, we didn't starve the child, but gave her whatever we had ourselves." In one of the East Side districts of New York it was stated that of Jewish children 17% were rickety, of Gentile 45; of Jewish children 27% had bad teeth, of Gentile 51. The Jewish girls were on the average much taller and heavier than the Gentile. The report significantly adds

"The Jewish mother studies the diet of her children, giving them milk, eggs, whole meal, butter oil, etc." Compare this with the common dietary of the native born child, the sometimes extravagant and usually unwholesomeness of such, and the difference in the physical status of two races is accounted for.

American babies are often fed on bread and tea, or given bacon, fried fish, etc. It is not generally known perhaps that nervous diseases of little ones are mainly the direct outcome of improper diet. A writer in a Boston Medical Journal says "The practice of giving small children meat produces maladies which often end fatally, besides bringing into being indigestion, constipation, catarrh of the mucous membranes, nervous conditions, and less resistive powers in general." J. F. Johnston, M. D., a specialist on children's diseases, in one of his works says that he believes that 80% of infants of American birth die as the direct result of lack of mother's milk, and the substitute therefor, and declares that the condition is one that calls for medical jurisdiction precisely as do infectious diseases.

In comparing the difference between the Jewish mother and the Gentile mother in New York, Dr. William Hall observes that "The Jewish mother suckles her child and stays at home, her first duty being the care of her children and their food. Jewish parents live well on eggs, poultry, fish, olive oil, fruit,

and sugar, all of which adds, in the case of a mother, to the natural food supply of the child. On the other hand, the Gentile infant is fed on all kinds of odds and ends of innutritious foods, and when it gets older it is sometimes given a couple of pennies to get its own dinner, which pennies it may spend on cheap candy, sausage, or what not. The fare of Gentile parents of the poor classes in a great many cases is of an absolutely poisonous nature."

Apart from the food question, the American baby, whose coming is hailed as a misfortune is not infrequently later looked upon as an obligation to be shirked. So it is that the bottle takes the place of the breast, prepared foods are substituted for natural food; it is dosed with "teas," drugged with "syrups," left to the care of strangers neglected hygienically and in other ways, and so treated in general that if it survives, it is indeed a marvel. So we have a high baby death rate, and because of the conditions imposed upon it in babyhood, the neglected infant when reaching adulthood can do but little towards increasing the birthrate. The situation is indeed a serious one, but until the public recognizes the duties of parenthood and motherhood, and the elimination of the mists of ignorance which are due to the miasma of prudery, there seems to be but little hope that the process of extinction of the American race will either be checked or hindered.

#### DRUG ADULTERATION IN INDIANA

It is in the middle western states that the drug and patent medicine habits are most in evidence. In view of this fact the following will be of obvious significance. The monthly bulletin of the Indiana State Board of Health lately issued contains a detailed account of 1,400 analyses that have been made in the laboratory of the State since its establishment.

The bulletin publishes the names of the manufacturers of adulterated products, the name of the brand and the amount and character of the adulteration.

Out of 1,237 samples of food stuffs examined 679 or 54.9 per cent. were adulterated. Of the samples of olive oil examined, 38.1 per cent. were found to be below standard; of lemon "extract," 93.4 per cent.; of vanilla "extract," 9.15 per cent., while only 1 per cent. of cream of tartar was bad.

Out of 174 samples of drugs examined, 76 or 43.6 per cent. were adulterated. Alcohol showed 37.6 per cent. of adulteration; lime water, 43.1 per cent.—several samples being simply well water; as to tincture of iodine, 90.5 per cent. was adulterated.

## Rounding up the Quacks

There are, at the present day, so many quacks, medical fakirs, mail-order grog sellers, and scoundrels of every kind enriching themselves at the expense of the ignorant and sick that it would be impossible for us to take up each particular fraud and deal with it at length, even if we had the space of a dozen magazines at our disposal. Here and there, we will continue, in special articles, to expose single individuals or concerns, that we deem worthy of the space, but when it is possible to point out a fraud in a brief manner, the same will be touched upon in this column. Readers are invited to send in items of information suitable for this purpose.—Bernarr Macfadden

“UP in the interior of Pennsylvania,” says J. Titus in the *Homoeopathic Envoy*, “there dwells a wise woman who takes so much interest in new babies that she writes letters to the city clerks of many towns asking for baby data. One of such letters which tells its own story is as follows. Be sure to note the heading of the precious mis-sive:

“Mrs. J. A. Kopp, sole proprietor of Kopp's Baby's Friend, The King of Baby Soothers. Office and Laboratory, 318 and 320 E. Poplar St. (near Pine). C. Robert Kopp, Manager and Manufacturing Chemist.

“York, Pa.

“City Clerk, Knoxville, Tenn.

“DEAR SIR:—Would you, for a compensation, furnish me with a monthly report of the births occurring in your city? What I desire is the fathers' names and addresses. In case of illegitimates, the mothers'. I have made arrangements with the City Clerks in many cities for the furnishing of this report and would like very much to have that of your city. Kindly let me hear from you and oblige,

“Yours very truly,

“MRS. J. A. KOPP.

“Now, that misguided City Clerk of Knoxville, instead of furnishing these baby benefactors names and data, sent the letter to the editor of the *Journal of the American Medical Association*, and the editor, entirely without regard to the best interests of the infants or the feelings of the benefactors, published this letter, and also reports of deaths that

followed the administration of Kopp's Baby's Friend.

“It is certainly an unfortunate coincidence that four babies should die after taking this Baby's Friend.

“With the letter the *Journal* publishes the account of these same untimely demises. A baby in Omaha took four drops of the Baby's Friend and ‘passed.’ An analysis of the Baby's Friend shows nearly one-third of a grain of morphia sulphate in one fluid ounce. Another child three and one-half months old took the Baby's Friend and also ‘passed.’ The State Attorney in commenting upon this case, with no regard to the tender feelings of originators of the Friend, and the benefactors of babies, said: ‘There is urgent need of a law prohibiting the sale of any patent or proprietary medicine containing any deadly drug unless the same is labelled “Poison.”’ - Later, another death was reported from Omaha. And Mr. Stanislaus Gnad, of Utica, N. Y., became the fond father of twins, and when they were five weeks old, the said father gave them Kopp's Baby's Friend and they also ‘passed.’ The following is quoted from the official report of the case: ‘The said Adam and Eve Gnad otherwise known as Zarlach, died on the 25th day of January, 1906; the boy died at 2.30 P. M., and the girl died at 7.45 P. M., at No. 25 Kossuth Avenue, in the City of Utica, County of Oneida, N. Y., of morphine poisoning. The evidence shows that Stanislaus Gnad, the father of the infants, had administered to them a dose of mixture known as Kopp's Baby's Friend on the night of January 24th, 1906, and that the infants (whose

age was one month and one day) died on the following day. Now after investigating the circumstances attending such deaths and obtaining the report of Drs. James G. Hunt and H. F. Preston, who made an autopsy on the bodies of the deceased infants, and also the report of Drs. Nelson and Smith, chemists, who made an examination of the stomachs and stomachs' contents of the dead infants, and also an examination of a portion of the mixture above mentioned, showing that it contained morphine, I find and decide that the said Adam and Eve Gnad, otherwise called Zarlach, died from an overdose of Kopp's Baby's Friend which was administered by their father, but without criminal intent.'

"The editor of the *Journal* thus concludes: 'Thus without any particular effort on our part there has come to our attention within three months, evidence of four deaths and one poisoning from this 'soothing' medicine for infants. The question is, how many cases have occurred to which our attention has not been called, or which have not been reported? Is it possible that we have accidentally heard of all such cases? Is it not more likely that there are hundreds that are never even reported to the coroner? Of course, it would be wrong to check this kind of business by legislation; vested interests are at stake, especially vested interests of newspapers. Kopp's Baby's Friend is only a sample; it is no worse than hundreds of others that are allowed to be sold for the aggrandizement of the few, but to the injury and death of the many.'

"That is what I call a good manly protest for the poor babies. Some of these Soothing Syrup Fiends would dig up their grandmothers to get the rings buried with them. Anybody who will put up and sell any sort of stuff containing enough morphine or other poison to become easily lethal in the hands of an unsophisticated layman ought certainly to be put out of the medicine business. But what a new method of graft, this sending letters to the city clerks and thus getting in on the ground floor! Most patent medicine benefactors trust to advertisements in the papers or to the corner druggist, but here is one who evidently gets up very early

in the morning. So soon as a baby is born and the faithful guardian of the city health reports has, *for a consideration*, time to notify the great hearted proprietors of the Baby's Friend, that poor infant is exposed, in addition to colds and colic and other ills of early babyhood, to the seductive perils of the patent medicine man. Imagine the circulars sent to the proud father and mother and how they pored over them and then rushed out to get soothement for the dear new baby.

'I'd like to see one of the circulars, it must be a masterpiece of glittering generalities.

"Yes, I know about how one would read; 'It is not well for a new baby to cry, and this Soother is very good for colic, it will induce sweet sleep, aid the baby's digestion, make its hair grow, and assist in dentition.'

"A woman told me that a sample of soothing syrup was left at her door the other day; just thrown in. I did know that the conscienceless medicine grafters were wont to distribute headache powders, liver pills, emmenagogues, and *sich*, at the doors of a fool public, but I did not know that the Baby's Friend folks were adopting that method. And this woman told me that a neighbor, also a mother, advised her to try this peripatetic and irresponsible soothing syrup on baby. Think of it. Give at random, to the darling of the household, a concoction left at the door by an unknown peddler of patent medicine samples! Blindly try on the baby a preparation whose contents and whose effects are unknown! Verily, the credulity of people was much underrated by the late Mr. Barnum.

"No man should be allowed to sell any sedative to the people unless the names of the drugs composing it are printed on its label, and if there is any poison in it, no matter how seemingly harmless, then a big, big POISON should be printed on the bottle label. It is not half as necessary for a lot of medical grafters to get rich as it is that our babies should be protected from danger."

The thanks of the public are due to Mr. Titus for his exposure of the criminals who manufacture the stuff which with hideous mockery, is called "The

Baby's Friend." But what are the officers of the law doing or going to do in this connection? It has been apparently clearly proven that, in at least four cases, and as suggested, in all probability in hundreds of others, children have been deliberately murdered by this woman Kopp and her accomplices for the sake of an incidental few cents profit. She and the others administered poison to the dead little ones, and that is all there is to it. There was no warning to the parents in regard to the morphine in the "Friend," and apparently no suggestion that the stuff was a lethal sort. The verdict brought in by the coroner's jury, and the report of the medical investigators, tell the rest. The infants were killed—murdered—by Kopp's Baby's Friend. And the question now arises "How comes it about that the murderers have escaped the justice that should have been meted out to them."

We propose to investigate this miscarriage of justice, for it certainly would seem that there is such miscarriage, and will let our readers know in due season just what are the results of our inquiry.

I rather admire the thorough individual—even if he is a thorough liar. The petty, lean, anemic lie, always excites one's contempt if not detestation.

### THE DOCTOR AND HIS DISTINGUISHED PATIENTS

The following true story is related of an eminent Chicago physician: He was called into court one day to testify, and the lawyer took particular pains to emphasize the prominence of the witness; he brought out the fact by asking the following questions:

"Now, doctor, are you not the physician for the Armour family?"

"Yes, sir," was the reply.

"Are you not the physician for the Pullman family?"

"Yes."

"Are you not the physician for the Palmer family?"

"Yes."

"You number among your clientage the Swifts, the Fields, the Keiths, etc.?"

"Yes."

After a dozen or more of the most prominent families in Chicago were

But the broad, spacious, comprehensive all-embracing lie, is different. You may recognize it as a lie, but its sheer size will often excite your astonishment, if it does not indeed, provoke your admiration.

Hence it is that the assertion of one C. I. Thacher, M. D., of Chicago, has to be treated with an amount of consideration bordering on appreciation. Thacher, M. D., proclaims in his advertisements—which are as big as his fabrications—"I can cure any known disease by using my famous magnetic shields." Also, "There is not an incurable disease, if the shields are used." And again, "I can cure any disease that afflicts the human race. I make that statement just as broad, sweeping and all inclusive as I know how. I can prove that my shields do just what I say. Nothing else on earth can take their place."

In the presence of a quack of this kind, comment falters and sarcasm gets wobbly about the knees. Thacher, M. D. and his little shields are to revive and rejoice and rejuvenate the whole Creation. Provided that humanity will swallow his statements and apply his shields, it is evident that, according to Thacher, it is only a question of one generation when disease will be banished from off the face of the earth.

enumerated, he was questioned as to his knowledge of the case in court.

When it came to the turn of the opposing lawyer to cross-examine the doctor, he surprised every one by asking precisely the same questions that the first lawyer had asked; and after he had emphasized the prominence of the doctor, he suddenly said:

"By the way, doctor, where is P. D. Armour now?"

"He is dead."

"Where is Potter Palmer?"

"He is dead."

"Where is George M. Pullman?"

"He is dead."

"Where is Mr. Field?"

"He is dead."

Then the lawyer calmly said:

"I believe I have no more questions to ask the doctor."—*Exchange.*



## Value of Our Methods Proven

### Don't Die!

TO THE EDITOR:

Some few years ago, a clairvoyant friend of mine, who was somewhat illiterate, said in a reading of my future, "a strong constitution is visible," meaning, I suppose, that I had inherited strength enough, if developed, to enable me to become a strong man.

I was always trained to believe that I was naturally a weakling and made to feel it by being kept indoors, when I should have had outdoor work and exercise. Being too weak for farm work, I was forced to adopt a professional life and accordingly was kept in schools, sent to college, and finally shipped abroad where after a strenuous sea-voyage, I landed in Germany, a land of beer, music and tuberculosis.

Music is what I sought, beer, what I got, and tuberculosis, what I thought I had. I went to a "real rational" physician, who to my surprise, did not "drug me," but recommended natural foods and exercise, while beer was also to be consumed daily.

I followed his instructions and got health and music without tuberculosis, and without going to Italy as I first thought of doing.

It was not until the year 1904, that I was ever fully aroused to my condition, and then it came as an alarm of fire at night, when one is in the midst of a sound sleep. That year I had laid aside my professional life and sat idly, one day, wondering what to do, when I received news of an appointment to a place as attendant in a hospital for the insane. Here brawn was at a premium, brain totally eclipsed.

The second day I resigned. That morning I had seen a fight. I was as much afraid as a woman dare be. I had never known harsher tones than those of my piano. LEAVE? Yes, bag and baggage, and forthwith.

Fortunately my resignation did not

reach the Superintendent. It had been thoughtfully withheld by the Supervisor who, I suppose, could see that "a strong constitution was visible," and through his persuasion I promised to remain a while longer. A kind friend advised, "after you are here three weeks, you wouldn't want to leave."

"Three weeks in a real hell! How can I stand it?" I exclaimed.

But it turned out exactly according to his predictions, I did stay three weeks and much longer.

Not many days after my arrival I soon perceived that if I held my job long, I must, by some means, increase my strength. About this time I found a copy of PHYSICAL CULTURE, at a bookstore, and after absorbing its contents, set about to do a daily regime of exercises. I secured afterwards, "The Superb Virility of Manhood" and Treloar's "Science of Muscular Development" and these, with the continuous reading of the magazine, have helped to change my condition altogether.

As time went on the culture became more interesting and at the same time absolutely necessary with me and physical culture has become a part of my religion. It has not only developed the "constitution which was visible" but has developed into "self culture," which embraces all phases of man's existence.

I regard the PHYSICAL CULTURE magazine as a voice crying in the wilderness of sin and disease. The simplest life is the greatest and the greatest life the simplest. Macfadden's advice and rules of health and exercise are so plain and simple that I am made to exclaim like Liszt, a master of music, when a certain edition of technic was published, he said, "I am surprised that no one has thought of this before."

Macfadden makes everything reasonable and within reach of us all. Since following the advice and practice gained from the source of his publications, I

have become strong and healthy. Have gained seventeen pounds; have cured general debility, rheumatism, indigestion, catarrh, and bronchitis. Every morning, no matter what sort of weather I take either a two or three mile run before breakfast, and go through a daily regime just before retiring. I experience an exuberance of health hitherto unknown, have a new disposition and an endurance far beyond all expectations. A seven mile jaunt is a trifle. A roll in the snow, naked, highly exhilarating. I never have a cold, while every other member of the household is snuffing.

There are three things that I believe money cannot buy. Love, health and escape from death. The two former will offset the latter, but as we know, death and taxes come sooner or later.

It is easy to die—the bugs are always ready and waiting for us. Live, and live forever! DON'T DIE, for the world needs live people now if ever she needed them.

Yours for health,  
C. M. McFALL.

#### Tensing Exercises at Sixty Years of Age TO THE EDITOR:

Your "Tensing Exercises" in April and May PHYSICAL CULTURES are fine and are enjoyed very much by the writer, who has brought your publication regularly for years. I had practiced Swoboda's exercises for several years quite regularly once a day—but these are quick and seem to tone up the entire system, making one feel vigorous in a short time, even though he may be like the writer, over sixty.

But I would suggest that while it is well enough to have a cut of one of the exercises on the outside cover, yet to have it only on outside is unhandy. A cut should also be placed over the description like the others. Also, if one cuts out these pages as the writer has, to save the exercises, it is very awkward.

Yours for Physical Perfection,  
COMMERCIAL TRAVELLER.

#### A Minister's Experience

TO THE EDITOR:

I am a reader of your magazines and your books and a disciple of the ideas of right living set forth so well in them,

As for putting down what they have done for me, I can only attempt it.

They have rid me of prudishness. If my parents and others had had the same privileges my own ignorance would not have handicapped me at the outset in the race of life.

By physical culture methods I am now gradually curing myself of a trouble which I would never have known had I been instructed along sexual lines when young. If parents only knew how much they could save their children from by simply instructing them properly along these lines, there would be a great change. It would have saved me years of mental torture and a listless, harmful existence.

I am without exaggeration a new man. Life looks rosy and hopeful in so many places where it was gloomy and hopeless and discouraging. There is a pleasure in work and accomplishment unknown before.

It has developed my body so I feel that I am a man among men. No gnawing deadly knowledge of weakness and blasted hopes to devour the happiness and satisfaction of life intended for us. I have taken up lately the work of the ministry with its trying and wearying labors but I can preach His glorious gospel with a freedom and power that I could never have known in a body weakened by sin and not throbbing with the pulsations and energy of good health. "Ye are the temples of the Holy Ghost" and the Holy Ghost loves to dwell with him who cares for and develops a good healthy body as well as his mental and moral faculties. We cannot begin to realize the full benefits of Christian experience in our lives when hampered with the peevishness and dissatisfaction of poor health. That is part of the gospel I am preaching to my people.

It is enabling me to do a great deal of work these hot sultry months. In addition to my pastoral work, of which there is very much, I am studying hard, and I firmly believe that if it were not for physical culture I could not stand the work. It has given me such a much more exalted true and ennobling idea of marriage and all its sacred relations. May God bless you.

A MINISTER.

## Women Athletes as Saviours of the Race

Unless the Degenerative Tendencies of our Hordes of Undesirable Immigrants are Offset by the Young Womanhood of Sound American Stock Perfecting Itself for the Office of Motherhood, our Race, as it now is, seems Doomed to Destruction—A Hopeful Sign of the Times, however, is the Interest in Athletics Shown in Many Parts of this Country by Young Women—A Typical Center of Athletic Womanhood

By CAROLINE C. ENDERBY



One of the Exercises for Young Women at Dr. Sargent's Gymnasium, Cambridge, Mass.

**T**HAT the increasing tidal waves of immigration which are most in evidence between early spring and late fall and reach their greatest height during the summer, are menaces to the moral and physical well-being of this country is generally admitted. The fault lies not in the fact of immigration but in the quality of the immigrants.

And, the danger that the actual American stock—the stock that has made this country that which it is—will be submerged beneath a flood of humanity whose modes of thought, and manners and actions, are more or less at variance with American traditions, and American ideals, is not only imminent but an actuality.



A Class in Aesthetic Dancing

Those who have given thought to the matter declare that the danger can only be averted by one, or perhaps two methods. The first of these is a drastic restriction of immigration, and the next, such a moral and muscular cultivation of the existing American type, as shall enable it to remain a dominant factor in the future of the race. This last can only be done through the preservation and development of those qualities that have made Americans leaders in the world's progress and shapers of the world's destinies. And this, it need hardly be said, depends upon the sound personalities of the fathers and mothers of the coming generations.

One of the hopeful signs of the times in this connection, is the manner in which no small proportion of the young womanhood of America are beginning to recognize the fact that they owe it as a duty to themselves, to posterity, and to the nation at large, to so cultivate their physical powers that they shall bestow a heritage of health and vigor upon those whose mothers they are to be. It is unnecessary to attempt to tell in detail the causes which led to this current athletic movement among women. But among the more prominent of such causes are the physical culture propaganda of the editor of this magazine, the establishment of physical culture soci-

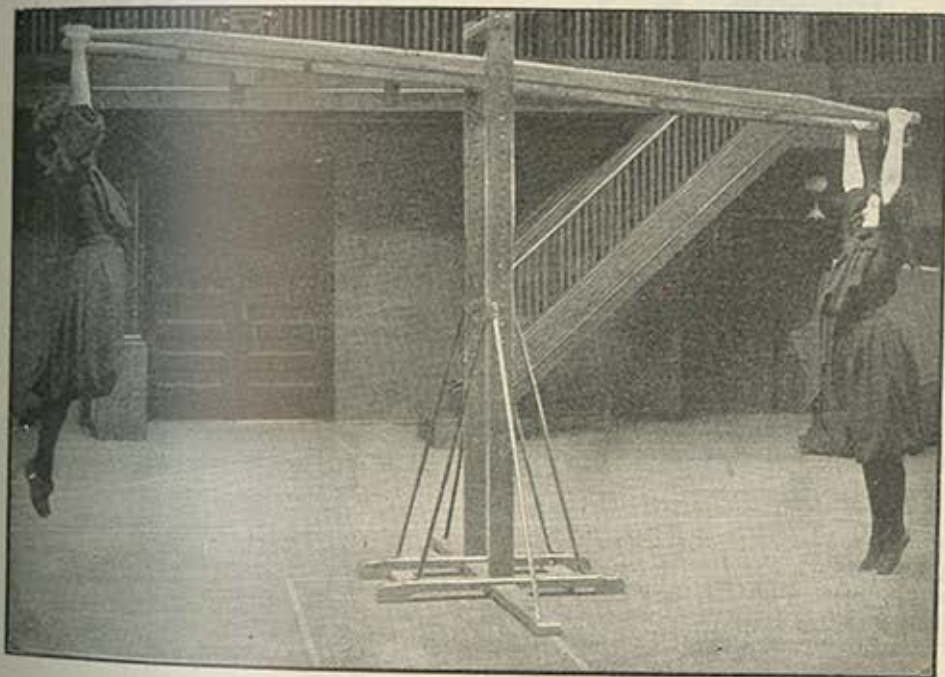


Drill with Indian Clubs—A Beautiful Form of Exercise when carried on in Classes

ties throughout the length and breadth of the land, the embodying of athletics in the curriculum of women's colleges, the general awakening of the national conscience in regard to the needs of the body—this also being one of the outcomes of the gospel preached by PHYSICAL CULTURE—and, as a by-product of the same, the publicity given to athletics through the medium of the daily newspapers. The seed thus sown broadcast has, among other things, resulted in a multitude of what may be termed women's athletic centers which are con-

either on the score of family or wealth. There is also a smattering of students from certain New England women's colleges who attend in order to take part in special gymnasium work.

As will be seen by the illustrations, the gymnasium in which the members of the organization meet is ample as to size and well equipped in the matter of appliances. Special attention is called to the fact that the need of pure air and plenty of it in connection with athletic work, has been recognized by the architects of the building. PHYSICAL CULTURE



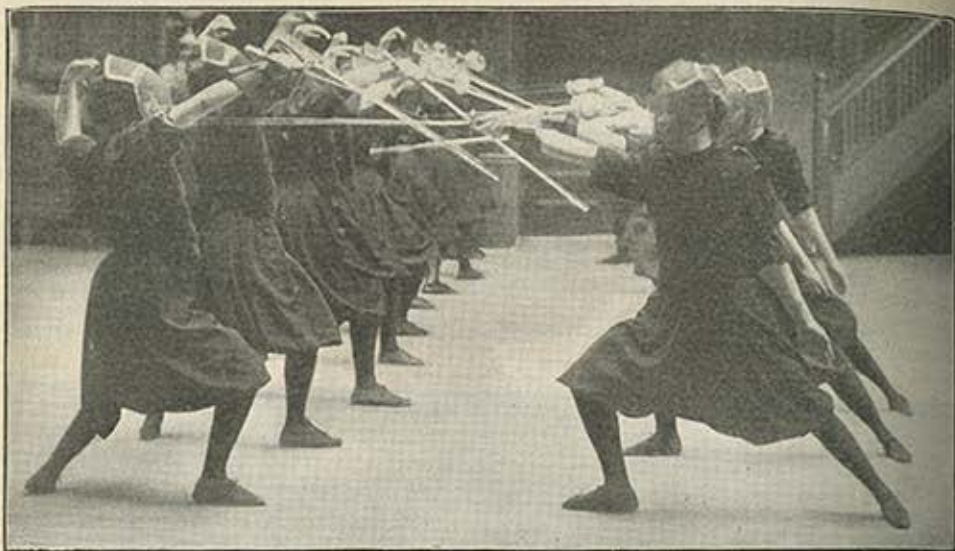
Exercise on the Balance Ladder

finned to no one locality, but may be found from Florida to Maine, or from the Atlantic to the Pacific. Such center is in each instance, productive of results which are as manifest in the present as they will be emphasized in the future.

The pictures which go with this article, illustrate a typical center of the type in question. This particular coterie of athletic young women is to be found in Cambridge, Mass. Its members are, in a great many cases, the daughters of those having claims to social distinction

has on many occasions emphasized the fact that much of the good to be obtained in gymnasiums, is too often offset by the poor ventilation of such buildings. A model structure in this regard is the Bernarr Macfadden Institute at Physical Culture City, New Jersey, in which the students are, to all intents and purposes, in the open as far as the air supply is concerned.

The Cambridge athletic organization of which we write is based on the principle which it would be well for all ath-



A Fencing Contest

letes—actual or prospective—to bear in mind, especially if they are women. This is, that all-round development is, for the great majority, not only the most, desirable of all developments from the standpoint of health, but also from that of beauty. Nature is harmony, and harmony is the very soul of beauty. Hence the truly beautiful woman is she who is harmoniously developed, and the same remark stands good of one of the opposite sex. The results of the practical application of this principle through the medium of the athletic exercises that take place in the gymnasium, are made manifest in the case of the pictures.

If you study these same pictures you will observe that one of the most evident characteristics of the young women is the ease and consequently, the grace with which they are doing their work. If you will note the beautiful physical development of the majority of the young athletes, you will have no difficulty in forming the conclusion that their grace arises therefrom. In other words, a well developed physical personality leads to that muscular poise and self-confidence that breed ease, and grace is the natural sequence thereof. The gymnasium costume of the young women give one an opportunity of seeing the manner in

which the shapely limbs and trunk of each, readily and attractively obey the will of their owner. But even if you were to meet one of these fair athletes in ordinary street costume, the probability is that you would instinctively note how



The Giant Stride—A Game Exercise

delightfully different she was in the matters of gesture and movement to those less lucky sisters of her who know not of the benefits that arise from properly directed athletic exercises.

Note further, the graceful assurance which they show when doing stunts on the various apparatus of the gymnasium. To non-athletic girls or young women these same stunts would be as impossible as they would be more or less terrifying. But as you will see, the young athletes perform them with an indifference that proves their pluck, ability and perfect confidence in themselves. If work in a gymnasium did nothing more for a woman than promote this same self-confidence, it would be well worth taking the course. Generations of foolish training has resulted in the average woman believing that timidity which amounts in many cases to pitiful cowardice, is a most attractive characteristic of her sex. She is led to believe that to faint at the sight of a black-beetle, or go into convulsions at the appearance of a mouse, or in other ways to show how utterly and ludicrously she is lacking in courage is highly feminine. But by degrees, she is learning that men prefer a plucky girl rather than a squeaking and idiotic poltroon in petticoats. It is in this, as in other matters, that athletics have done such missionary work. As will be seen by the illustrations, this unwomanly shrinking from a little stimulating, personal risk, has been practically eliminated in the case of the young women at Cambridge.

Few indeed are the ordinary gymnasium feats that are not undertaken by the members of this organization. In the majority of cases, those that are not attempted during the course, are those that are more showy than useful; in

other words, they are "frills" that can be dispensed with on account of their "frilliness." It is to be regretted that space does not permit of the publication of a great many more pictures showing the scope of the exercises that form the course, and the grace and daring of those who accomplish them. But those given, will at least furnish a general hint of the character of the work.

From time to time, a medical examination of the students is made and the results indicate the need of specializing in some directions, or eliminating in others. But it is said that, taking the young women as a body and from a medical standpoint, they are about as perfect physically as they well can be. Which brings us back to the value of athletics for women in the first place, and their value from a national viewpoint in the second. For it is the mothers of a nation that hold the destiny of the nation in their hands. Unless the mothers of a race are pure, morally; wholesome, mentally, and robust, physically, that race is as assuredly doomed to destruction as if centuries of oblivion had already blotted out its name and effaced all traces of its existence. Hence it is that anything that tends to perfect motherhood should not merely be encouraged, but lauded and proclaimed. And one thing which mostly makes for the bringing into being of such motherhood is, physical culture as practiced by these young women of Cambridge, and in hundreds of other communities in which the tenets of physical culture are honored and observed.

### PURE FOODS

Boracic acid in the soup,  
Wood alcohol in wine,  
Catsup dyed a lurid hue  
By using aniline.

The old ground hulls of cocoanuts  
Served to us as spices;  
I reckon crisp and frigid glass  
Is dished out with the ices.

The olive oil's of cottonseed,—  
There's alum in the bread;  
It's really a surprise to me  
That all folks aren't dead!—*Exchange.*

The milk—the kind the old cow gives  
'Way down at Cloverside—  
It's one-third milk and water, and—  
And then—formaldehyde.

The syrup's bleached by using tin,  
The candy's just glucose,  
And what the fancy butter is,  
The goodness gracious knows!

## Ground Tumbling for Boys

By HARRY WELLINGTON



To make any progress in the art of tumbling, it is necessary that you become accustomed to the sensation of being upside down, and learn to balance yourself and acquire perfect control of your body when in all possible positions. For this purpose, the exercise illustrated herewith is of great value. I presume that in the past month you have practiced the tumbling exercises given in the first instalment of this series, and that you can by this time, stand on your head in the manner described. This should have been quite easy, and have taught you how it feels to have your heels over your head.

However, the hand stand is of still more value, and at the same time much more difficult. To begin with, it requires considerable strength to do it well, and the practice of it will develop even more strength. If you are not quite strong enough to accomplish it at first, persistent attempts to master it, will gradually strengthen the muscles that you use until you can do it easily.

To begin with, it is advisable that you try the feat at first about a foot and a half away from a door, so that you will have something to lean against and prevent you from falling on your back. Furthermore, the door will help you to steady yourself when you are uncertain in maintaining your balance. But when you have a more perfect control of yourself, you can do the hand stand without any such assistance.

A great many find that it is easier to learn the hand stand by bending the legs at the knees, letting the heels hang down and arching the back considerably. It would be advisable to try this at first, for until you learn to do the feat well, it is harder to hold the feet high up, with legs straight in the manner shown in the illustration.



Photo No. 3.—The Hand Stand



## Boys' and Girls' Question Department

Q. I have a question which I believe will interest a great many boys. How can one acquire that light, springing step which is characteristic of a soldier.

A. The step which you mention is the result of training, health and superb strength. You never see a man who is tired, or who is physically weak, walking with such a stride. This buoyant carriage of the body is the result of rising on the toes with each step, and indicates that the walker is just charged with health and vitality. With its help, fast walking can be enjoyed with ease. It is apparent that no extra effort is required, when using this step, because he who does so has a surplus of strength, more than he needs for mere walking. Such a person could readily break into a run at any instant, and enjoy it. When you have similar health and strength you will doubtless find that you have a like light, springing way of walking.

Q. I am a girl of fifteen, but am very stout for my age. Kindly advise me

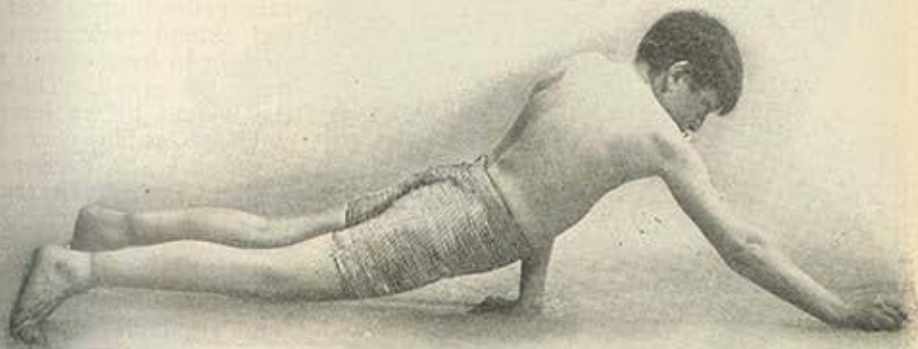
how I should exercise, and what to do for a double chin?

A. You should not eat more than twice a day, and then take only a light meal. You should be very active in play and all kinds of lively games and try to be out of doors as much as possible. Massage of the parts under the chin could be recommended, together with exercises for the neck, bending the head far forward, then far back, then far to each side, also turning the head around vigorously from side to side, thus twisting the neck.

Q. I am a boy of sixteen years. Do you think it injurious for me to get up at 4:00 A. M. to carry papers? I generally get eight hours sleep or a little more, and usually feel fine.

A. There is nothing injurious in the work you mention provided that you get sleep enough. If you get up at four in the morning, you should go to bed at seven in the evening or half past seven.

### CONTESTS OF STRENGTH AND AGILITY



There are a number of little games or contests which can very suitably be practiced out-of-doors in the summer time, and the above photo illustrates one of them.

Draw a line on the ground or, better yet lay a board down, upon which to place your feet. Your toes must not leave this mark. First stand up on the

mark, then lean forward and place one hand on the ground as far ahead of you as convenient without touching the knees or any part of the body to the ground. Then with the other hand, stick a little wooden peg in the ground as far ahead of you as you can, in the manner illustrated in the above photograph. Then return to your original

standing position without touching any part of the body to the ground and without helping yourself with the free arm. You will have to depend upon the hand first placed on the ground to push yourself back with, and this hand should not be moved after it has first been put down. You will find this a great exercise both for the arm and for the trunk of the body. Each time you do it, try to do better than before, and see which

among the various contestants in the game can place the peg in the ground the farthest from the mark. Let each make six trials, taking turns.

To develop both sides of the body you should try it also with the other hand. If your arm suddenly gets weak you are likely to drop flat on the ground, which is good fun for the others who are watching you attempt to perform this interesting feat.

### JUMPING BACKWARD



**W**HEN one speaks of jumping, we nearly always think of jumping forwards, or upwards. We almost never think of jumping backwards. But there is lots of fun and good exercise in so doing.

Select a certain mark from which to jump, and see that the ground upon which you are to alight is soft, so that you will not hurt yourself. If you stumble in getting ready to make the jump, raise yourself upon your toes and extend your arms straight in front of you as in the photograph. Then, at the instant before jumping, suddenly swing your arms downward and back as far behind you as you can, at the same time jumping up and backwards. Practice will help you a great deal. You will find that the momentum secured by swinging your arms smartly back in the manner described, will help you greatly.

Make a game out of it by entering into contests with your play-fellows, each trying to jump backwards farther than the others. Measure the distance of your best jump, if you like, and see how much you improve from day to day.

## Hand Wrestling for Boys and Girls



Learn the little tricks of hand wrestling, I would suggest that you take up each movement separately, the same as in ordinary wrestling or in boxing, and practice it over and over again until you know it well. In that way, you will soon become a complete master of the different movements. But if you start out at first to wrestle in earnest, without knowing the different tricks, it will take you much longer to master the science of the game. You should try to use your head in this hand wrestling, the same as in nearly every other sport, that is learn to act intelligently instead of struggling blindly and stupidly.

One who knows just how to twist his

opponent's wrist will often have somewhat of an advantage in a contest of this kind. However, one or the other is liable to be hurt in a wrist twisting contest, and care should be used to avoid this. But while we cannot approve of this practice, nevertheless, if your opponent should ever attempt a little wrist twisting, it is a good thing to know something about it and thus be able to protect yourself. It is something like a knowledge of the art of boxing, or of jiu jitsu, the Japanese art of self-defense. If you become a good boxer, we do not expect you to go about fighting with every one you meet, pounding and bruising them just because you know how to do it. But it should be of value to you in the case of an emergency in which it becomes neces-



Illustration No. 3.—Imagine that you are in the place of the boy on the right hand side, who is wearing the white waist. Your first position should be like that shown last month in Illustration No. 1. When both of you agree that you are ready, the struggle begins. The boy in the white waist gives a sudden hard pull sideways to his left. If done quickly enough to surprise the other the latter will probably fall backward. His best method of protecting himself would be to lean forward and to the other side, as he is shown doing in this photograph.

sary for you to protect yourself or some one from the violence of some other person who is either drunk, insane or simply vicious. Jiu Jitsu is properly a system of defence, not of attack, and almost every trick involved in the entire system is based upon the supposition that the antagonist is the aggressor. Imagine that your opponent is angry and makes an attack upon you with the intention of overpowering you with brute force, and the jiu jitsu instructor teaches you how to turn aside his attack in some gentle and delicate manner with the final result that his own violence will injure him. Hence it is possible for a man familiar with jiu jitsu principles to go about breaking the bones of other people with his little tricks, but he really does not do this. He simply employs his knowledge to protect himself in case he should be attacked.

When hand wrestling, it is possible, when caught at a disadvantage, to twist your hand loose from that of your antagonist, and that way avoid a fall. However, this is a somewhat dishonor-

able course of conduct, for when your opponent has got the better of you through his strength or cleverness, he is honestly entitled to the credit of a fall. You would enjoy the sport more, and feel far more manly afterwards, if you do not employ any such means to save yourself from defeat. It is only sport any way, and it does not matter if you are beaten. You may win the next bout.

In the first illustration presented herewith, the boy in the white waist might secure an advantage by twisting the other's hand inwards. That is, by turning his own hand down and outward, with his thumb in the position shown, turned downward. This is likely to help you greatly in upsetting your opponent, though as a rule I would advise you not to resort to it. When you are outmatched, or in other words, when you are wrestling with one considerably larger than yourself, then it might be to your advantage to use your knowledge of every possible trick, to offset his superior strength and weight.

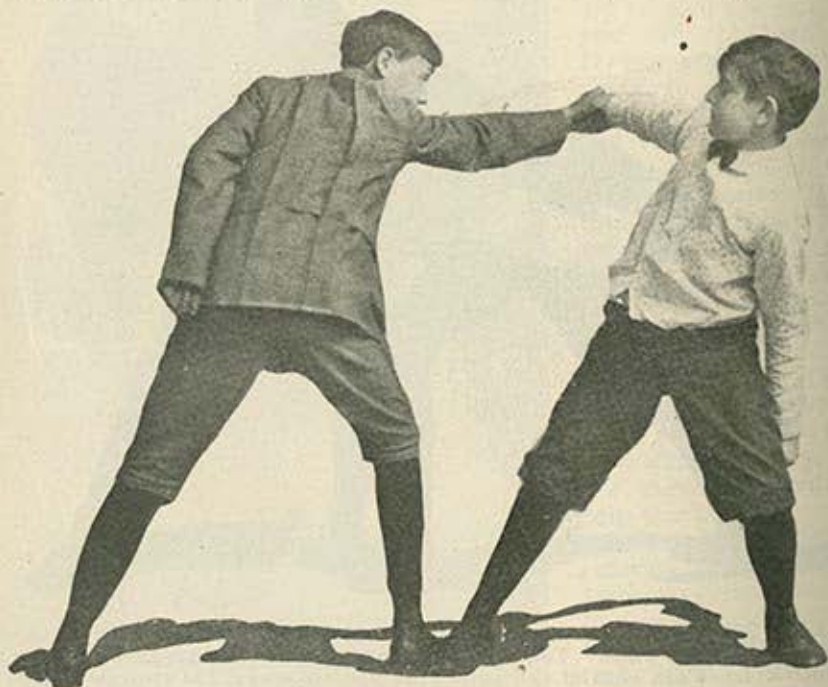


Illustration No. 4.—In this case again imagine yourself in the place of the boy in the white waist, who is the aggressor. This movement is directly the opposite of the previous one. You unexpectedly give a quick, hard pull far to your right, and your opponent, unless he is well guarded against your attempt, will fall forward.

## Exercises for Strengthening the Digestive Organs

Second of Two Articles for Women on Building Vital Strength and Improving the Assimilative Powers

By BERNARR MACFADDEN



HEREWITH I am illustrating further exercises designed for the purpose of strengthening the digestive organs and building increased vitality. They are considerably more vigorous than the

While these last may seem rather difficult for those who are not yet very strong, yet diligent practice of the first movements referred to, for a month or two, should build up sufficient strength to enable you to undertake and enjoy those with which this article has to do. Of course there are many other ways



Exercise No. 5.—Place a pillow or folded comforter over the seat of a chair, then sit upon one edge of it, placing your feet under a dresser, commode, bedstead or anything sufficiently heavy to hold your feet down while performing the exercise. Clasp the hands over the stomach by way of support, bend backwards and down as far as possible, letting the head hang down in the manner illustrated in the above photo. Then raise yourself again to an upright, sitting position, and repeat the entire movement, continuing as many times as necessary. The faster you execute this movement the more vigorously exhilarating it will prove. You should tire the muscles with each exercise, but do not exhaust yourself too much. For strengthening the stomach and abdomen.

movements for the same purpose described and illustrated last month, and should be taken in conjunction with them; the latter should each day precede these of which I am about to tell.

in which one can thoroughly exercise the muscles which are affected by these movements, and you could probably devise or invent some of such yourself. Furthermore, there are countless other

exercises of a general character, which, while they involve the use of muscles in other parts of the body, also affect this region to a greater or lesser extent, and are therefore additional benefit to in this connection. Most out-of-door sports can be recommended, particularly tennis, handball and others that require considerable bending, turning and twisting of the trunk of the body, thus calling into vigorous activity the muscles of the sides, stomach and abdomen. But the

any one troubled in this way. And if, in addition to the exercises, one makes it a point to eat proper foods and drink very freely of water between meals, then there should be little difficulty in relieving the most aggravated and obstinate cases. For the sake of emphasis, I would again call attention to the remarks in my article of last month on the subject of proper habits of eating, in reference to the quantity and character of foods, and the manner



Exercise No. 6.—Sit down upon a chair, with feet placed under some support, and bend backwards exactly as in the case of the preceding exercise. While in this position turn, or rather twist the body from side to side, first to the right, as illustrated, with the left shoulder up and the right shoulder down, then back to the left, and repeat until tired. This exercise is especially valuable for all the muscles about the waist line.

The exercise can be varied by reclining across the seat of the chair on one side, with feet firmly braced, and then raising and lowering the upper body, as in exercise No. 5, except that it is performed on the side instead of on the back.

movements here illustrated have a more direct and powerful influence upon the digestive organs, and hence they should be of inestimable value to all those who are not as vigorous in this respect as they would like to be.

Constipation is a widely prevalent complaint, and one productive of a great many other physical disorders. But it can oftentimes be cured by exercise alone, and these movements would be of the greatest advantage to

in which various foods are consumed.

Some of my readers may not realize just how very much the mass of the people is in need of information and exercises of this kind. Of all forms of ailments none are more common than those which affect the digestive organs. There are many victims of lung diseases, heart troubles, bladder, kidney or liver complaints, but they do not compare in numbers with the vast armies who suffer from dyspepsia and other forms

of stomach troubles. Not only are there hundreds of thousands of alleged civilized human beings afflicted with disorders and weaknesses of the alimentary tract, but those suffering from other diseases almost invariably have stomach troubles also.

It is commonly considered among physicians that a large majority of all diseases, probably ninety per cent., were originally caused by stomach troubles. This may not be exactly true, in fact, the writer has found that in most diseases there are a number of contributing causes, but at all events it illustrates the importance of being possessed of a perfect digestion. And a recognition of the fact will help you to realize the value of these exercises and the necessity for giving due attention to your general dietetic habits.

But apart from the general constitutional benefits referred to, a vigorous development of the external muscles in this region is in itself well worth consideration. Nearly every one will admit that muscular strength is at least a convenient possession. But it is more than that, it is a necessity, and no less so in the case of woman than of man. In fact, it is of even greater importance in the case of the former than in that of man for she requires vigorous strength in these parts of the body under consideration to help her through the crises of maternity. Strong, firm bands of muscle in this region will also serve as a protection against the possibility of rupture. And not only are the external muscles made more vigorous by these exercises; but all the muscles and organs in the interior of the pelvis are also indirectly strengthened and benefited, which is of especial advantage to womankind.

Another consideration which is sure to appeal strongly to every representative of the fair sex, is the influence of these exercises in beautifying the figure. Of course improved assimilative powers

will enable one to fill out those portions of the body which are deficient in flesh, thus improving the contour of both the face and the entire figure, and so doing much to make one more attractive. But real shapeliness of the body depends primarily upon a normal development of the muscular system, and, irrespective of the covering of fatty tissue, it is the muscular system which really gives character to the body and establishes those well-defined, symmetrical, graceful lines in which are found the true beauty of the human form. An accumulation of soft, flaccid fat, without a vigorous muscular foundation, is not only utterly shapeless, but positively ugly. If you have considerable fat about the hips, waist and abdomen, it will give place to firm muscular tissue as a result of the diligent practice of these exercises, producing a more beautiful and artistic contour. The improvement in some case will be a positive surprise. Not only will the appearance of the waist become more symmetrical, natural and graceful, but, in the case of a fleshy, enlarged or protruding abdomen, this also can be reduced by these means to its natural shape.

The constriction of the waist by means of the corset is an abomination, since it not only destroys the natural beauty of the figure and distorts it into a hideous, wasp-like monstrosity, but also crowds and displaces the digestive and other organs confined within this and adjacent parts of the body, impeding the proper working of their functions and playing havoc generally. It need not be said that the abandonment of the corset is of vital importance to one who desires health and shapeliness, and as long as this relic of barbarism is adhered to, very little can be accomplished, either in the way of building up increased beauty of person or in strengthening and improving the assimilative powers. The corset is a foe to both health and real beauty.

#### POISONING POISONS.

Out of 139 decoy prescriptions sent out by the Illinois Board of Pharmacy to Chicago druggists to be filled, 23 contained no trace of the drug called for, 60 were 80 per cent. impure, 10 were 20 per cent. impure, and only 31 pure. The board will prosecute 100 druggists for selling impure drugs.

## Dainties for a Wedding Breakfast or Luncheon

**C**HOOSE large, smooth, bright oranges, one for each guest expected. To form them into baskets, find a teacup that will just fit the orange. Cut a strip of paper of desirable width for handle. Place the orange in cup, mark, and with sharp knife cut out upper half leaving handle. Remove pulp carefully for fear of breaking through skin of baskets.

### JELLY FOR FILLING.

Dissolve one package of any first class jelly-powder in a pint of hot water. Set it aside to cool. As a contrast to the orange, pistachio jelly may be suggested.

When it begins to form, fill oranges prepared as described above, about half full. Have ready a bottle of maraschino cherries, blanched Brazil nuts and small pieces of the orange pulp, slice the nuts lengthwise, and put in alternately with oranges and cherries. Fill up oranges with jelly and set in cool place to mould. When needed, decorate the sauce dishes in which they are served with orange or bay leaves or orange blossoms if available. A bow of narrow white satin ribbon may ornament the handle, which may also hold the guest card if desired. For decorative purposes nothing can be more effective.

### BRIDE'S AMBROSIA.

To utilize the unused orange and evolve a most delicious and dainty dish, make ambrosia, which requires one very ripe pineapple and one cocoanut, besides the orange and sugar. After removing outside covering of pineapple, shred it with a fork. Have the cocoanut grated. Put in crystal dishes alternate layers of orange, cocoanut and pineapple, finishing with cocoanut, which may be decorated with cherries, and blanched almonds. Serve with, or without whipped cream.

### BRIDE'S PUDDING.

Wheat flakes, ground wheat or toasted wheat, sugar and vanilla, chopped (blanched) almonds, chopped raisins, pine-nuts, dates and citron.

This may be made in the dish in which it is to be served, putting alternate layers of wheat, fruit and nuts. Beat very lightly, yolks of eggs, adding sugar and vanilla or bitter almond. Pour over the whole and press down firmly. When ready to serve, beat whites of eggs with powdered sugar and thick cream and cover the top. Decorate with candied fruit.

### CREAM CHEESE "EGGS" ON WHITE LETTUCE LEAVES OR WATER CRESS.

To cream cheese in any quantity desired, add cream, a little sugar, and a little salt. Have ready blanched filberts, raisins and halves of English walnuts. Mould eggs of the cheese containing one filbert and one raisin. Make about as large as pigeon eggs, and put on outside four halves of walnuts. Serve on a lettuce leaf or in a nest of water-cress.

Another delicious way of serving cream cheese is alternately with layers of grated cocoanut, whipped cream and chopped figs. Finish the dish with cocoanut and cream, decorated with white grapes. Cut the grapes in two, remove the seeds and put in their place a cherry, or pine nuts.

### SANDWICHES.

Cut thin slices of gluten bread or use uncooked bread. Have ready ground nuts, pignolias or almonds, and chopped or ground figs and dates. On one slice put nuts, on the other the fruit, having spread them first with a slim coating of butter. Make very carefully, having all edges smooth. The sandwiches may be tied with ribbon.

They also may be made of cream cheese and nut butter. Another desirable filling is made of chopped ripe olives and nuts.

### BLANCHING NUTS.

Do not pour boiling water over the nuts, as it serves to harden and render them indigestible, but allow them to soak in cold water over night or for eight or nine hours.



# Detailed Menus for Four Days

By MARGUERITE MACFADDEN

## THURSDAY.

- Breakfast.* Plums,  
Grape-Nuts and Cream,  
Pop-overs with Maple Syrup,  
Boiled Eggs,  
Chocolate.
- Dinner.* Tapioca Cream Soup,  
Baked Young Onions with Nut Sauce,  
Vegetable Pottage,  
Graham Pudding,  
Strawberries and Cream.
- Supper.* Huckleberries and Cream,  
Scalloped Clams,  
Tomatoes Mayonnaise,  
Graham Bread,  
Milk.

## FRIDAY.

- Breakfast.* Fresh Currants,  
Cracked Wheat and Cream,  
Scrambled Tomatoes,  
Toast,  
Banana Coffee.
- Dinner.* Green Pea Soup,  
Broiled Blue Fish,  
Sliced Cucumbers,  
Baked Young Onions,  
Potatoes with Cream Sauce,  
Green Gooseberry Tart.
- Supper.* Blue Fish Salad  
Mayonnaise,  
Berry Tea Cakes,  
Chocolate.

## SATURDAY.

- Breakfast.* Blackberries,  
Graham Mush and Cream,  
Vegetable Omelet,  
French Toast,  
Postum.
- Dinner.* Dark Surprise Soup,  
Chicken Stew with Biscuit,  
New Peas, Egg Plant,  
Dressed Cucumbers,  
Snow Cream with Sponge Cake,  
Cold Lemon Postum.
- Supper.* Water Cress Salad with Cheese Toast,  
Red Raspberries and Cream,  
Layer Cake, Milk.

## SUNDAY.

- Breakfast.* Muskmelon,  
Egg-O-See and Cream,  
Minced Eggs on Toast,  
Breakfast Puffs,  
Postum.
- Dinner.* Spring Vegetable Soup,  
Steamed Chicken, Fresh Mushroom Sauce,  
Green Peas, Fresh Lima Beans,  
Baked Stuffed Potatoes,  
Fruit Salad with Toasted Crackers,  
Ice Cream with Maccaroons,  
Fruit Punch.
- Supper.* Lettuce and Nut Sandwiches,  
Cream Cheese Balls with Dates,  
Floating Island with Fresh Berries,  
Cake, Milk.

## SEASONABLE RECIPES

### *Pop-overs with Maple Syrup.*

One cup of white flour, one cup of whole wheat flour, two cups of sweet milk, two eggs, one dessertspoonful of butter, one teaspoonful of salt, bake in cups in a quick oven fifteen minutes. Serve hot with maple syrup.

### *Tapioca Cream Soup.*

Three pints of milk, one onion, two stalks of celery, one third of a cup of tapioca, two cupfuls of cold water, one and one-half tablespoonfuls of butter, a small piece of mace, salt and pepper

to taste. Wash the tapioca and soak over night in cold water. Cook it in your milk for half an hour. Then chop up your onion and celery, and add with the mace to your tapioca, cook all for twenty minutes. Season with pepper and salt, add butter and serve, with croutons.

### *Baked Young Onions with Nut Sauce.*

Arrange onions in a shallow baking dish, cover with milk and season with salt, bake in a slow oven for two hours. Stir two tablespoonfuls of minced nut meats in two tablespoonfuls of cream,

one teaspoonful of butter, and a tiny dash of cayenne pepper. To this add one teaspoonful of corn starch blended with a little cold milk. Mix all together and pour over the onions, half an hour before taking them from the oven.

#### *Vegetable Pottage.*

This is made of cold vegetables. One cup of peas, one cup of string beans, one cup of corn, one cup of fresh lima beans, one cup of chopped tomatoes, uncooked, one chopped onion. In your skillet heat one cup of milk with three tablespoonfuls of olive oil and a dash of nutmeg, parsley, pepper, and salt. Boil until tender and mash two good sized potatoes, stir into the hot milk and other ingredients and beat smooth. Mix thoroughly all the vegetables, place them in a baking dish, pour over them this latter dressing, sprinkle with crumbs and bake for twenty minutes in a slow oven.

#### *Graham Pudding.*

Mix together half a cupful of molasses, half a cupful of butter, one egg, three tablespoonfuls of milk, one-half a teaspoonful of soda dissolved in the latter, and one and one-half cups of graham flour, one small teacupful of chopped dates or figs, one teaspoonful of cinnamon, and half a teaspoonful of cloves. Steam four hours. Serve with hard sauce.

#### *Scalloped Clams.*

One dozen large soft clams in the shell, and three dozen opened clams, are required for this dish. In opening the first dozen care must be taken not to break the shells. Clean these shells well, and put two of your soft clams on each shell, add to it a sprinkle of pepper and teaspoonful of minced celery, a dab of butter and light sprinkle of saltine crackers (crumbed fine) and bake brown in a quick oven.

#### *Tomatoes Mayonnaise.*

Scoop the centres out of some nice firm tomatoes, and fill each with a spoonful of mayonnaise dressing, one olive, and one walnut. Mince up the centres, removed from your tomatoes with chopped hard boiled egg, in equal proportion with a sprig of chopped parsley,

make a bed of this latter, on which place your filled tomatoes, garnish with lettuce or cress and serve.

#### *Scrambled Tomatoes.*

Chop tomatoes to the extent of three cupfuls with one small onion, a piece of cheese the size of the latter, two tablespoonfuls of whole wheat bread crumbs, one tablespoonful of butter, one teaspoonful of sugar, half a teaspoonful of salt and the same of pepper. Have hot in your skillet, three tablespoonfuls of olive oil, turn in your mixture, toss about as you do any scramble, and serve on toasted triscuit.

#### *Berry Tea Cakes.*

Three eggs, one cupful of sugar, two of flour, one tablespoonful of butter, a heaping teaspoonful of baking powder. Beat the butter and sugar together and add the eggs well beaten. Stir in the flour and baking powder well sifted together. Bake in patty tins. Split when warm, and fill with strawberries, raspberries, peaches, or any fresh fruit desired mashed with a little powdered sugar.

#### *Vegetable Omelet.*

Prepared as the regular omelet, but filled with fresh vegetable in season before folding over.

#### *French Toast.*

Take slices of stale whole wheat bread, dip them in a preparation made of one egg well beaten, one cup of sweet milk and a little salt, allowing each slice to lie in it long enough to absorb some of the milk, then brown in a hot griddle or frying pan, butter, and serve with maple syrup.

#### *Dark Surprise Soup.*

Soak over night one pint of black beans, and one pint of lentils, next day boil them for four hours with one onion, and one stalk of okra. Now mash all together and strain through a colander. Tie up in a piece of cheese cloth, a little thyme, summer savory and parsley, and let boil in the strained soup for ten minutes. Add a tablespoonful of butter, salt, pepper, and a dash of celery salt. Chop finely four hard boiled eggs, add to the soup, with one lemon, sliced thin, before serving. Serve with croutons.

## Ideal Babyhood

By MARGUERITE MACFADDEN

Ah! what is this that I find here—  
A tiny pearl so white and clear  
Upon a ruby cushion?  
Soon its comrades will appear  
And join the ranks, but never fear;  
They come on Nature's mission.

THAT hideous bugbear known as "teething sickness" which has been foisted upon each young inexperienced mother for many generations has been at last swept away by the broom of reason. Today, it is only the woefully unenlightened who look upon teething as anything else than a natural process, which, though it may prove somewhat trying, to baby, need never be anticipated with dread or anxiety. Indeed the normally healthy baby usually cuts many of its teeth without any preliminary notice unless it be a frequent desire for water indicative of hot gums, and an increased activity of the salivary glands usually alluded to as "drooling." This drooling will often keep baby's little dress or bib moist, but no greater inconvenience need attend it. Remember it is to the normally healthy baby, to which I allude, one who has been fed from "Nature's fount" and not gorged in such a manner that its digestive apparatus has been over-taxed.

Among the earlier indications of teething are irritation of the gums, and a desire upon baby's part to bite everything within reach, ranging from mother's finger tip to the edges of chairs, tables, etc. This desire should be anticipated by supplying baby with a ring, preferably of bone or ivory. Those made of rubber or celluloid are not hygienic, the latter being unpleasant to the taste as well. Mother's silver thimble is also admirably suited to the same purpose. As the little teeth begin to make their appearance, mother will find that the old time habit of rubbing the gums with her thimble will afford much comfort to her little one, due largely to the cold metal coming in contact with

the hot gums. Fortunately the barbarous plan of lancing the gums is, by intelligent people at least, relegated to oblivion.

Many amusing anecdotes are told relative to "baby's teeth" and just here this one recurs to me. Interest and excitement attended the advent of a son and heir to a very young couple. The little stranger, after being duly admired by its relatives, evinced its weariness of the ordeal by a lusty outburst. The proud father standing near, however, threw up his hands in dismay, and exclaimed, "Oh! the poor, unfortunate little beggar hasn't got a single tooth, isn't that too bad." For an instant the humor of the situation did not make itself apparent, veiled as it was by the evident distress depicted upon the young father's countenance. Then baby's grandma came to the rescue and with a placid smile remarked: "Neither had father at its age," when the laugh became general at the expense of his ignorance. However, funny this may sound I assure you it was actually the case. There is still, however, a vast amount of general ignorance in regard to teething, for one not infrequently hears such questions as: "Well, how many weeks will it take?" or "Which teeth come first?" etc. Some one has said, "Trust a mother's memory for birthday dates," I might also add: "Trust a mother's memory for all the events in her infant's career from its birth, including the cutting of its first tooth, first step, etc." It is quite impossible for anyone to specify the exact length of time over which the teething process will extend for it varies greatly in the case of individual babies. Some children begin teething as early as

five or six months, yet six to seven is the average period, and it not infrequently extends well into the third year. Mothers whose children have been reared on physical culture lines have really nothing to fear from dentition.

Normally, healthy babies usually get their teeth quite early, in rapid succession and with little or no physical disturbance. Should there be any attendant restlessness or discomfort, for instance during the hot weather, a warm bath will soothe and allay. Should the bowels be in any measure constipated or irritated, a rectal injection of warm water, that has been boiled, will afford immediate relief and comfort. The teeth should appear in the following order:

Two middle lower incisors, two upper middle incisors, two upper lateral incisors, two upper front molars, two lower lateral incisors, two lower front molars, two lower cuspids or stomach teeth, two upper cuspids or eye teeth, four second molars.

There are, however, deviations from this order, even in healthy babies.

Regarding the dread that exists among young mothers about this period of their babies' lives, Dr. Dawson, an eminent authority says: "If there was ever an absurd fallacy fastened upon the popular mind, it is, in my opinion, this of 'teething sickness.' I have never seen such a case myself, and it is beyond my conception why the Creator should afflict only the young of man with an abnormal physiological process dangerous to health and life. But, nevertheless, multitudes of infants are taken sick or die just at this period with gastro-intestinal disorders, and some cause there must be for this. The latter is not hard to find. It is faulty alimentation either prior to, or, as is most generally the case, during the cutting of the teeth. The erroneous supposition that baby requires stronger food than milk at the teething period, and the putting of this theory into practice often leads to serious trouble. Milk contains all the elements necessary for the formation of teeth, and not until the mouth is fairly well supplied with such, should any additional food be given."

The weaning period is also variable

and many excellent authorities advocate the nursing of one's baby until the teething process is well advanced, indeed, some hold that if baby be thriving upon Nature's food, it is well to nurse it up to eighteen months or until the mouth has a goodly supply of teeth, and then making the weaning process a very gradual one, by substituting cow's milk for an occasional meal, and increasing the amount by degrees as the natural food is withdrawn. I found uncooked strengthfude, or rolled oats, soaked in a little warm milk to be the most acceptable food in the case of our baby, she preferring it to the milk alone. On that diet she is thriving. Her morning and evening meals never vary, these being, a dish of these oats and milk, while at midday a baked potato, or a little boiled rice are substituted, therefor; her favorite fruit is prunes, but upon the suggestion of Dr. Page, of Boston, I treated her to some dates, he assuring me that they abounded in healthful nourishment. Baby indeed appreciated them, either by themselves or mixed with her meal or rice. She has never been given anything in the way of sweetening but fruits, which are the natural sweets, so that sugar is to her quite unknown. Now at sixteen months of age her mouth gleams with splendid teeth which have come all uneventfully, her healthy, happy existence being unruffled by their arrival.

I want to call each mother's special attention to a habit and its results, which are alike unwise and unsightly, these being that of permitting baby to "suck its thumb" or worse still one of those rubber abominations, known as "a comfort." You will probably be somewhat surprised to learn that most of the unsightly mouths which are caused by protruding teeth are the direct results of this habit. Many a man and woman thus disfigured would be justified in blaming their mothers for having permitted them to indulge in the habit just spoken of. It may have been that mother was unconscious of the results of the habit; indeed we feel sure she was. But it is to well meaning, but ignorant mothers that I now address myself. Break your baby of the habit, even though it may seem a solace to it

for the time being. "Comforts" are unhygienic to the utmost degree and is a fitting companion to the "gum chewing habit" of adults.

After baby's teeth have come, many a mother feels that the subject of teeth was, as it were settled. This is not so. The teeth probably more than any other organs of the body require and reward, continuous care. As a mouthful of good teeth is indicative of superb health, so a poor set of teeth is a sign of an unwholesome, unhealthy condition. Hence, as soon as baby is old enough to use a tooth brush, such should be given it. The novelty of the brush will usually aid you in teaching its purpose. No difficulty should be found in establishing this habit of brushing the teeth, at least morning and night. Aside from the unwholesomeness of unclean teeth, nothing is more disgusting than a mouthful of dirty or decayed molars or incisors with their accompanying foul breath. Such teeth are not only "indigestion breeders," but they are the certain forerunners of false teeth. Give your little ones then, I beg of you, the knowledge and care that will save them from these distressing consequences.

If a dentifrice or powder is used, the simpler it is the better. A little powdered chalk is about the best preparation. Fine table salt is also satisfactory. Cracking hard substances such as nuts and the like should be guarded against, as should the eating or drinking of excessive cold or hot foods, as these last crack and destroy the enamel of the teeth and pave the way to permanent injury. Many people who take scrupulous care of their teeth, however, use only a form of silk thread, known as dental floss, to remove any accumulation between the teeth, and cleanse them with soft old linen and rinsing.

Just here we might dwell upon the vast import of diet, as a teeth producer as well as a preserver. For instance we frequently hear the excuse given for overfeeding an infant, "Oh, well but baby is teething and really requires more food." What folly! Baby's natural food—"mother's milk"—contains, as has been stated, all the elements necessary for the formation of teeth, and it is at this very time that baby's digestive

apparatus should be spared rather than over-worked. But when the teeth begin to come, and when baby is required to digest and assimilate some solid food, a still greater mistake is so often made by an uninformed mother. Such foods as corn starch, farina, arrow-root, fine flour and refined sugar are added to baby's usual diet, while these are, in reality, about as bad a selection as could possibly be made. It is a great mistake to suppose that an infant's food should be fine and robbed of all unnutritious matter which the process of refining often does. These very elements thus removed serve a wise purpose in regulating the bowels. When baby begins to have something added to its milk diet, choose such things as wheat-meal, or whole-wheat bread, cracked wheat, oat-meal, hominy, apples in every form, raw, scraped, baked, stewed and so forth, with the addition of dates and prunes. This plan of dieting will tend to nourish, while colic, dysentery, painful teething and such things will be unknown, and the teeth that baby does get will be of the "lasting" order.

Again, and once again, I would lay stress upon the subject of water. Baby should have a drink of water several times during the day. At no time is it more essential to do this than during the teething period. The little mouth is naturally hot, and a cool refreshing drink of pure water means so much to baby. But alas! too often when the wee one frets, it is thought to be hungry and food is given it, only to increase rather than diminish its thirst. Thus is baby harmed rather than relieved. Or again, its desire for water is thought to be the restlessness due to cutting teeth. To the little one is consequently denied that which it craves. So it suffers, not through any intentional neglect but by reason of simple thoughtlessness on the part of nurse or mother, which certainly should not go uncensured. Try dear mother to anticipate the little one's every need, until such time as with "sweetest prattle" it can make its wants known, for as Whittier says:

Still to childhood's sweet appeal  
The heart of genius turns,  
And more than all the sages teach  
From lisping voices learns.

## Women's Question Column

By BERNARR MACFADDEN

### Hot Water in the Morning

Q. What is your opinion of the habit of drinking one or two cups of hot water each morning upon arising?

A. As a habit, I do not approve of the use of hot water each morning. But in the case of an acute attack of stomach trouble of almost any kind, hot water is one of the best of things to bring relief. It affords a satisfactory means of thoroughly cleansing the stomach, when in a disordered condition. But if its use becomes a morning habit, one will in time come to depend upon it to regulate the stomach with consequent harm. I would advise, however, the drinking of one or two glasses of cold water upon arising each morning. Cold water thus used has a tonical, stimulating effect of an admirable kind. Hot water is as stated invaluable, for remedial purposes, and, in some cases, it is sometimes advisable to drink four or five cups of it in succession.

### The Only Radical Corn Cure

Q. I have been troubled with "soft corns" for over a year, and have tried many so-called corn cures without getting any relief. Kindly give me a remedy.

A. There is only one real cure for corns, and it involves a clear understanding of the causes which produce them. Then if you remove the cause the corn will disappear naturally. Corns are the result of the irritation produced by ill-fitting shoes, and though some relief from a painful corn may be obtained by soaking it in cold salted water, yet the only rational and effective treatment is the use of footgear that does not cause friction of the flesh and leather with a consequent growth of corns.

### Stomach Worms

Q. Can you tell me the cause of stomach worms, and the best way to get rid of them?

A. Worms are the result of an unwholesome condition of the stomach, due either to imperfect mastication, the use of raw or badly cooked meat, unclean vegetables, improper foods or over-eating. You probably eat three meals a day and perhaps eat between meals, so that the stomach is never really empty. In the future, never eat more than twice a day and take the utmost care to masticate every mouthful of food thoroughly.

Drink water freely between meals. It is best to avoid meat altogether. To get rid of worms quickly I would suggest fasting combined with the free drinking of water. A few drops of lemon juice added to the water would be of advantage. Cures of cases of long standing have been caused by prolonged fasts.

### Fruit and Nut Diet

Q. I should like to try the nut and fruit diet. Could you advise me how to start, and suggest a menu, with quantities of different articles required?

A. Habit is a powerful factor in our daily lives and hence the dietetic habits of a lifetime are often so firmly established that a sudden and radical change in them is as difficult as it is inadvisable. One who suddenly adopts an exclusive nut and fruit diet is likely to find that after a few days he has a craving for some of the foods to which he has been accustomed to. Hence, many who undertake to live upon a new diet, find difficulty in adhering to it. For this reason I would advise that you make the change gradually, mixing nuts and fruits with your cooked meals, and increasing the amount of them by degrees and simultaneously decreasing the quantity of cooked foods, until you have abandoned the latter altogether. Eat the kinds of nuts that you most enjoy. All nuts are good, but are so rich in nutriment that one does not need a great quantity. Probably four or five ounces of shelled nuts per day would be sufficient, together with a due proportion of fruits. Dates, figs and bananas are especially valuable for their food properties. One can also eat a large quantity of the fresh, juicy, acid fruits, in fact, just as much of these as may be desired. There are some who advise the free use of juicy fruits to take the place of water for drinking. At all events, it is scarcely possible to eat too many of these.

### Floating Kidney

Q. Is there any physical culture treatment for floating kidney? If so, what?

A. In some instances in which there is supposed to be a floating kidney, there is some other cause responsible for the symptoms experienced. However, a movable kidney, or what is called a floating kidney, can almost invariably be cured by exercise, massage, hydropathy and the adoption of rational dress. In the case of pain being

a part of the symptoms, apply a cold wet cloth to the region of the body affected. The building up of general constitutional strength and a more vigorous muscular system, through the observance of all the laws of health, is imperative. An operation is seldom or never necessary for the cure of this trouble.

#### Fruit Seeds

Q. Is there any danger of appendicitis from eating fruit that has small seeds, such as strawberries, blackberries and huckleberries?

A. There is no such danger as you refer to. It is pretty well established that the swallowing of fruit seeds has nothing to do with appendicitis. The fruits of which you speak, like nearly all others, are both healthful and delicious, and hence it is foolish to avoid them. It is practically established that appendicitis is the outcome of aggravated constipation, in which inflammation and congested matter center about the vermiform appendix. The disease is impossible in the case of one whose bowels are acting regularly.

#### Twitching of the Eyelids

Q. Kindly tell me what causes a twitching of the muscles of the eyes, and also the cause of spots before the eyes. What is the remedy?

A. It may be that you have over-taxed and so strained the eyes though it is still more likely that you are constitutionally run down and deficient in vital or nervous energy. Perhaps both of these conditions are responsible in your case. The remedy is obvious. The methods of strengthening the eyes as outlined in my book "Strong Eyes," would also be of the greatest value to you.

#### Nose Bleed

Q. I am troubled with nose bleeding which occurs usually about five days before the monthly period, making me feel extremely nervous. Will you kindly suggest a remedy if this is an unnatural condition?

A. Without doubt your circulation is very poor. Your greatest need is general constitutional building up. Exercise, cold water baths, air, friction and sun baths should in time bring about a more perfect and evenly distributed circulation which will, without doubt, effectually remedy the trouble. Furthermore, when every tissue of the body has been made more vigorous and firm, hemorrhages of this kind will be almost impossible except as the result of an injury. Avoid tea, coffee, meats, spices, and all stimulating foods and hot drinks. As a

temporary relief, apply cold water to the face and back of the neck, and hold the arms high over head. Don't sniff or blow. In a severe case, place feet in hot water.

#### Use of Shoulder Braces

Q. I am a woman of fifty-five years and since a recent illness, I have a habit of stooping. My back is weak. Can you recommend any form of shoulder braces to correct this?

A. Shoulder braces as a rule are not to be recommended for the reason that one comes to depend upon them, and the muscles which are intended to hold the body erect are not exercised and so become weaker and weaker. The only remedy for a weak back is exercise, and so you should give particular attention to special exercises which will strengthen this region of the body. The "Reminder Suspenders" which we offer as a premium for subscriptions for men, are not shoulder braces in any respect, but are so constructed as to bring a slight pressure to bear when the wearer stoops, and thus "remind" him of the correct, upright position that he should acquire.

#### A Strict Physical Culture Regime

Q. I have noticed that you frequently refer to a "strictly physical culture regime." Kindly state definitely just what you mean by the expression.

A. The expression referred to, means a plan of life in which one conforms strictly to all the natural laws of health, and adopts every one of those habits and practices which will tend to develop a more vigorous bodily condition and more perfect health. The term "physical culture" includes every form of activity, every condition and every influence which help in the cultivation and development of all of the physical forces of the body. There are some who may take exercise and a daily cold bath, but who commit many dietetic errors and live much of the time in an impure atmosphere. Others may be careful as to diet and ventilation, but dress unhygienically and neglect to secure a natural amount of physical activity. Often when an individual follows some of the required health habits, there may be several to which he or she does not conform, and this omission will be sufficient to prevent the attainment of a perfect bodily condition. In a "strict" physical culture life, there would not be a single infringement of natural law, and the result must inevitably be a normal, healthy condition, providing that to build. It must be understood that the individual has any vitality left on which habits of life of the ordinary so-called civilized man and woman are far from natural, and a rigid physical culture regime would, in many instances, mean a very radical change in one's accustomed modes of existence.

## 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.

### Percussion and Nerve Tonics

TO THE EDITOR:

In a recent issue of **PHYSICAL CULTURE** is a short article on "Percussion as a Nerve Tonic." The statement is made, "that percussion applied to the ganglion located at the base of the brain—is a powerful stimulant to the nervous organism."

Now as this is a very interesting and a rather important matter, I am going to reply at some length, in fact it is the only way I feel an answer can be given. Let us first consider a little question of anatomy. There is *not* any nerve ganglion, of either the sympathetic or cerebro-spinal nervous system, located at the "base of the brain, or nape of the neck." A most indefinite statement this "that percussion at the base of the brain, is a powerful stimulant to the nervous organism." Right here we must remember a well known law of physiology: "too much stimulation results in inhibition." Therefore if a little percussion at the base of the brain would act as a nerve stimulant, too much would have just the opposite effect. So we see the "amount" or "quantity" of percussion is indefinite. Then how about the kind of percussion? It might be with an instrument like a rule, or the edge of the hand, or the tips of the fingers. Each of these would give a different amount and character of stimulation. Again we find the writer's "method" of percussion is very vague.

One more point. The title is "Percussion as a Nerve Tonic." Then the writer describes the results as "a powerful stimulant to the nervous organism." I desire to say that if a nerve needs a tonic, or toning, it will not receive it through stimulation. It is like the false methods of drug doctors who give strychnine or digitalis to urge on a tired out heart instead of removing the cause of the weakened heart action. Fresh air, sunshine and rest with proper diet and bathing is the best "nerve tonic" in existence. Of course I am presuming that the nerve or nerves in question need toning. If they are not played out or overworked, leave them alone.

What the writer probably means is that

stimulation at the base of the brain usually gives a temporary invigorating result. He may also like to know that long continued, pressure at the same place will make him drowsy.

DR. JOSEPH FERGUSON.

44 Court St., Brooklyn.

### Vegetarians for Our Own Sakes

TO THE EDITOR:

In your April number of **PHYSICAL CULTURE**, Mr. Clarence Cowe asks what we vegetarians are going to do for footgear. He assumes that we are all vegetarians for the sake of the lower order of animals, wherein I am of opinion that he is mistaken. Personally, and I think there are many more like me, I refrain from eating meat for my own health's sake. He speaks of "our murdered fellow creatures." Does he not realize that it is the order of Nature for one species of beings to prey upon another and appropriate them to their own uses? Does he not believe in the law of the survival of the fittest? If the human race was to refrain absolutely from killing other animals, how long would we be the strongest race? A vegetarian that refrains from eating meat simply because he can get something better can wear leather shoes, in the absence of something better, without being inconsistent. Let us be vegetarians for our own sake and not for the animals' sake.

E. C. LEIGHTON.

Philadelphia, Pa.

### Two Methods of Treating a Case of Blood Poison

TO THE EDITOR:

I would like to inform you of the "model" method used by some M. D.'s in this city in treating blood poisoning.

Mrs. B. has bruised her hand and blood poisoning sets in. She goes to Dr. G. for treatment, who tells her that the only relief is to split open her hand and draw out the poisonous substance in that manner. He performs this operation and poultices the hand. She is not required to take any medicine but must use a certain amount of whiskey



each day, also to eat all she can and anything she wants.

Time goes on and strange to say her hand becomes worse. Now she has become dissatisfied with Dr. G. and so goes to Dr. V.

Dr. V. states that if he had had the case sooner there would not have been any cutting done. He gives her calomel and tells her to keep up the whiskey and the stuffing process. "Pickles and sauer-kraut" alone are eliminated, but only while she is taking calomel. The hand gets worse and worse and is in a very bad condition indeed at this writing. I am relating an actual case, remember. Now I have cured a similar case by a series of short fasts and a limited diet without the use of whiskey, knife or calomel.

All I can say is that I am very thankful for the good your publication has done me and mine, and may God bless you. G. G. Urbana, Ill.

#### Sodium Chloride, The Element of the Body, is Not the Salt of Commerce

TO THE EDITOR:

Several articles have appeared in this magazine of late concerning the use of salt as a food and as an element of the body while the trend of opinion favors its use. From the various opinions held in this as well as other important facts concerning man's natural ailment or food by people apparently well informed, it is evident that a large number fail to arrive at truthful conclusions in abstract science mainly because they do not take into account all the evidence.

Sodium and chlorine do constitute 60 to 90% of the blood and sodium chloride is found in the bile and the digestive juices. But while this is true it must be remembered that repeated tests and experiment have proved that nature or the human organism will not make use of inorganic salts and substances for nutrition and building purposes, hence the sodium chloride of the body is not the salt of commerce, which Nature positively rejects.

Table salt is an irritating condiment interfering with digestion, increasing the excretion of albumen by the kidneys and in time its use engenders serious and dangerous chronic disease besides giving rise to thirst—unnatural thirst leading often to drunkenness. The sodium chloride necessary for the nutrition of the body abounds in fruits and nuts and it is only in this form that it is acceptable to the organism or assimilated by it. That man and animals display a ravenous appetite and desire for certain elements is not an absolute indication that their presence in the body is a physiological necessity. Liquor alone often satisfies a morbid craving all of which are unnatural and man will do well to reject all science which is not truth and seek diligently for that as a guide to proper living.

A passage by Victor Hugo in *Les Misérables* is so well timed and bristling with truth that I beg leave to submit it. The ideas come to us through a speech by the witty libertine *Thomolyes*.

"Now listen attentively" says he "Sugar is

a salt. Every salt is dessicating. Sugar is the most dessicating of all salts. It sucks up the liquid from the blood through the veins. thence comes the coagulation, then the solidification of the blood; thence the tubercles in the lungs; thence death and this is why diabetes borders on consumption." W. B. Fox. Salem, W. Va.

#### A Valuable Suggestion Regarding the Use of Sour Milk

TO THE EDITOR:

I saw in the editorial department of the April number of *PHYSICAL CULTURE*, a request for information regarding sour milk, as a food, and I wish to say that under certain conditions it is very wholesome. If sour milk stands two or three days it becomes thick and loses much of its acidity. It is then called clabber and is used in making cheese. In hot weather, a bowl of cool clabber sweetened with a little sugar is a delightful dish, and with good bread and butter and some ripe fruit makes a pleasant meal. Like butter-milk, it is easily digested and very refreshing. On the other hand, milk which has just begun to sour, will curdle in the stomach and cause distress. It seems probable that the fermentation gives off gases, which when the process occurs in the stomach are harmful.

L. P. HYNES.

Chicago, Ill.

#### Rescued from Comstockery:

TO THE EDITOR:

The question entitled "Power of Habit" in your May issue has made me wish that I had been told the same things your answer contains; that is, before I learned the "secret sin."

I too, was Comstocked, as plenty of other young men and women are and with the usual results. Christianity or Churchanity did not help me, for the Christianity held out to me absolutely tabooed the body. It was vividly forced upon me that the body is the seat of the mind, and if the mind is to be strengthened, the body must be strong. I was nearly ready to give up when my good angel appeared in the person of a gym. director. His advice was short but direct, viz.

"Cut bad company, get busy, go to bed tired, get up when sleep ends."

Well, I "cut" my old companions, gents and ladies. Got work that kept my hands and mind occupied; I made it a point to be tired out when night came, and working on a farm I had to get up when sleep ended and sometimes before.

My advisor also handed me a copy of *PHYSICAL CULTURE* and I have been a subscriber ever since.

Did I win? Yes, I did, but not at once, nor in a month. Habit is powerful and I found my struggle almost enough to put me in despair.

But gradually I won, as anyone can if they will.

My motto then and now is, "A man who tumbles in the gutter isn't always a fool, but if he lays there and grunts, he is."

From my failures I learned how to avoid others, and I would pass along the advice, but

I think prevention would be better than cure, of bad habits as well as disease. My father died of "Swamp Root" and my mother of consumption and I nearly died of ignorance. But PHYSICAL CULTURE is bringing me light in my little corner of the world and I'll make it as bright as I know how. Now Mr. Macfadden, don't mind Mr. Comstock. His fifty-ninth cousin lives near here and we shock her by wearing sleeveless jerseys and running trunks as our costume in summer on the farm.

ONE YOU HAVE HELPED.

#### A Clergyman's Commendation

TO THE EDITOR:

May I, a clergyman, wish you all sorts of success in your campaign against Mr. Comstock, who, in his wrongly directed zeal has surely in this instance hurt not you nor your readers, but the very cause he represents? I have read every copy of PHYSICAL CULTURE so far published, beginning at the very beginning, and it has always been invaluable to me in my work with boys and young men. I have at times been very critical of it and your love of extravagant superlatives when writing against an acknowledged wrong or custom. A hot, caustic pen sometimes burns but does not heal what it is directed against, and the cool sober pen is the better of the two. Even some of your advertisements have been as objectionable to me as those you have declined to publish. But I have forgiven much because I have liked much and have believed in you and your cause.

So I wish you continued success. And I hope you will not decrease the number of your splendid pictures of athletes and physical culturists against the publication of which Mr. Comstock protests. Many of us, I am sure, have derived our greatest inspiration, not so much from the printed page as from the illustrated page, which shows exactly what men have done and what is therefore possible to us. I am writing a protest to Mr. Comstock with this.

Very truly yours,

A VERMONT CLERGYMAN.

#### Occupation and the Physical Culture Life

TO THE EDITOR:

Being compelled to quit school in the year 1900 I did what thousands of other young men do accepted the first position that turned up. This happened to be a job as pressman in one of the printing establishments of this town.

After working ten hours a day and overtime for about eighteen months, I came to the conclusion that I was engaged in an occupation that was not very conducive to physical culture ideals. So I hunted up another "job" and became yard clerk with one of the railroads which have their terminals at this place.

While the atmosphere was not all that could be desired, still it was an outdoor job. I staid with this for another eighteen months and got plenty of out-door exercise and fresh air. This increased my stock of health and strength about fifty per cent. Still I wasn't satisfied, as I was working seven days a week. I had learned from PHYSICAL CULTURE

that a man needs a certain amount of days out of the week for recuperation and recreation just the same as he needs so many hours out of the day. So I cast my eyes about for another place and landed the one I have at present, which is circulation manager of the newspaper *The Citizen*. I have now been with *The Citizen* about two years and find it congenial and remunerative work, as I work for a salary and per cent.

The position formerly kept me out-of-doors a good part of my time, but of late my office duties have greatly increased. Still I intend to keep the physical culture ideal before me and to remember that "He that does the best his circumstances allows, acts nobly and angels could do no better."

FRED MORTON YALE.

Cairo, Ill.

#### Animal Instinct and Human Knowledge

TO THE EDITOR:

Some time during the year nineteen hundred I purchased one of your five cent PHYSICAL CULTURE magazines only by the merest accident. Personally I have lived most of my time out-of-doors. In my boyhood days I always played all kinds of games and kept myself in such good condition that mischievous boys, even larger than myself, always kept away from me insofar as inducing me to scrap them, as they feared me. You know the animal instinct is to be found in the human being as well as in the other animals, which was made plain to me one day when I off handedly asked a boy companion of mine the following question: "Say, Byron, why is it that when one dog meets another they always try to fight?" This boy was unusually thick headed in school and I passed him in studies three or four times over but even with that fault he instantly replied: "Can you answer me why when one boy meets another strange one they will try to get into a fight?" That answer has since proven to me that we all possess the same brute instincts as the lower animals, but we are their superiors when it comes to thinking. We are closely related to the other animals, and as animals have a natural way of living it occurs to me that the only way a human being can exist in every sense of the word is to live naturally. No one up to the present time has proven that we are not descended from the monkeys, or that we are, and all who have attempted have utterly failed in telling us where we came from. We see other animals, and they live on Nature's products. Human beings lean towards the same way. The point I am attempting to reach is, that an animal lives a natural life without anyone teaching it and there is absolutely no reason why a human animal should violate the natural rules of life when he has the advantage of the thinking power to see that there is a right and a wrong way. And no one is able to answer the question why a human being will take the wrong course when he knows it is not right. I took the wrong course myself once although I knew better.

J. K.  
Minneapolis, Minn.

### Suggests a Co-operative Physical Culture Colony

TO THE EDITOR:

On opening this magazine I find many contributions from readers lamenting the lack of opportunity for many to live a physical culture life owing to our present industrial and social conditions. Many readers seem to look toward socialism for relief. That a socialistic form of government will ever be established is highly improbable, and certainly impossible in our day.

While this magazine is doing such noble work in educating the people as they should be educated, the knowledge brings to many simply a realization of the hopeless condition in which they are placed in regard to living a life in accordance with physical culture principle. Are the benefits of all this teaching to accrue only to the privileged few who have leisure and whose environments are favorable? How about the clerk living in his "hall bedroom," swallowing quick lunches and breathing stale air? Is he living thus from choice or from stern necessity? Or would you have the young men leave the city for the farms, where living is almost invariably unhygienic, owing to general ignorance, and where the opportunities for social intercourse among the cultured and enlightened are usually very small. Many dependent young men and women have as strong a desire for right living as anyone could have but without the power to gratify it.

Now, while you are constantly preaching your sermons, why not help a little along the lines of practical suggestion, with a view to remedying, to some extent, these conditions, for they *can* be remedied. But to achieve any results along these lines you must have for your foundation: *cooperation*.

Every day we see examples of the mighty power of united effort in a common cause. In my opinion, there is no need for young men and women to spend their lives and energies in satisfying the greed of others, without adequate recompense for themselves or means to live this life as it should be lived. The remedy that I would suggest is a co-operative colony of physical culturists.

This is not by any means a new idea. Colonies have been formed and operated very successfully in many instances, and one formed and managed on physical culture principles would present to many the opportunity to practice the precepts you are preaching, and enable them to attain independence and what is more, that freedom which would enable them to live their own lives. It matters not what industry or industries, whether farming, gardening, fruit raising or any profitable and healthful occupation, be indulged in, if wisely managed the colony would be a success. The world is not all occupied. Acres and acres of virgin soil exist in this country and Canada, offering a wide field for such an undertaking. Every young man or woman can by thrift and economy accumulate a small amount, which, contributed to such an enterprise would soon set things moving.

In conclusion I would advise all those who are spending their energy and time in bemoaning present deplorable conditions to get together, find ambition, wake up and start the ball rolling, with freedom as the reward.

HENRY J. BLIMHART.

Detroit, Mich.

### Truth With Fig Leaves and Without

TO THE EDITOR:

While every word of the article entitled "Which? Ignorance and Shame, or Truth Without Fig Leaves?" is exactly true as printed in the February PHYSICAL CULTURE, there is another point that I am wondering if you will think of. Is it wise to put pearls before swine? I can better illustrate my meaning by an experience of my own. At home, four miles from town, I never wear a hat. When I go to town, I wear the lightest canvas cap obtainable, and have been asked, "Why does a man of your don't-care-a-darn-for-public-opinion make-up wear a cap in town?" My answer is, if I did not I would be a target for all the scum and fools in town. This I would be proud to stand, if I was doing the cause any good; but I would be doing it harm, for everybody would pull their heavy hats on tighter and say "What an idiot!" On the other hand, when I meet persons of ordinary intelligence I can tell them in a quiet way that hats stop circulation, that the scalp, like everything else, becomes impaired when relieved of its duty to stand sun and weather. That I can stand the heat better now on a hot day than I ever could with any kind of a hat when I was younger, that besides this physiological reason for such there is a philosophical reason, which is that the latent heat of evaporation of water is 536 thermal units, and when a drop of sweat on the head evaporates it absorbs a large amount of heat, but any kind of hat prevents evaporation and the heat is retained; that I was threatened with baldness when 30, but learned how to take care of my head so that I kept most of my hair and have it now at 50 years of age, etc. In this way I do the cause good instead of harm, as I would by harsh means. In other words, rare plants need tender culture. I might add that my clothing during eight months of the year, consists of a muslin shirt, linen pants and low slippers and I would have it less if I could. But to return to the subject; I wish to say that if you don't drape the parts of the human figure "that the devil made" (as one of my friends expresses it) you will be a target for vile remarks from the scum, and this will not please the public and your cause will be injured. Therefore, while it is true that the draperies are an eyesore to the pure, and a suggestion of evil to the impure, they may be the least of two evils so long as the majority is so ignorant of what constitutes true modesty, and so long as true modesty is so liable to come in contact with nobody-knows-what.

FRED FRANCIS.

Kewanee, Ill.

# General Question Department

By BERNARR MACFADDEN

In the past we have at times published detailed information for the treatment of various diseases by natural means. As it is impossible for us to repeat these instructions in this column from month to month for the benefit of individuals who have not read them, we have therefore adopted the following method of helping those who are in need of detailed advice of the character in question. We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily regime. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

## Increasing Weight Through Exercise

Q. I am five feet seven inches tall, and only weigh 112 pounds. I attend a thoroughly equipped gymnasium. Having heard that the best way to increase weight is to take light exercise, I would appreciate any information on this point. Would running, two or three miles out of doors twice a week, tend to increase my weight?

A. Very heavy or severe exercise cannot be advised for one in your condition. Your weight indicates that your vitality is low and your assimilative powers poor, and under the circumstances cross country running would exhaust you too much. At the same time, you require exercise suited to your strength. Such exercise must be of a rather light character, increasing in vigor as you gain in weight and strength. Appropriate exercise will not only enable one to reduce weight, but, if under weight will assist one in gaining flesh. Under right conditions, it will always make one more normal. In your case it will not only build up greater bulk and weight of muscle, but will so improve the circulation of the blood as to induce better assimilative powers and more thoroughly nourish every tissue of the body. Take those forms of exercise which you most enjoy. You should be your own best judge of how much or how heavy your exercise should be. Do not take enough to leave you too tired. Be careful to avoid overeating.

## Eating Sand

Q. What is your opinion of the practice of eating sand for the cure of dyspepsia? Is there any danger in it? I recently met a gentleman who claims to have been made stout and hearty by this method.

A. Personally, I certainly would not care to try sand as a "cure" for any form of

intestinal or stomach troubles. Sand is obviously not fitted for the human stomach, and one's natural instincts would prompt him to avoid it. It has absolutely no food value, and would probably act as a troublesome intestinal irritant. Fowls swallow it, but that is because they have no teeth, and the sand, when in their gizzards, assists in reducing their food to a pulp. But human beings have teeth and no gizzards. To introduce sand into the intestines would be a dangerous experiment indeed, for laceration might follow, with perhaps fatal results.

## How Often to Exercise

Q. Is there any physiological reason why exercise should be taken both morning and evening? It is my conviction that to exercise once a day, and that in the morning, is the proper plan. This leaves your evening open for study and recreation. Moreover, in exercising twice a day, one is more likely to either get tired of physical culture, or "stale."

A. This is a question to be determined by the peculiarities of the individual, as well as by the character of the exercise and the amount indulged in upon each occasion. In the case of this interrogator, once each morning is doubtless the most satisfactory plan. In any instance, where the exercise is prolonged and severe, once a day should be sufficient. For those of less strength, however, light exercise for a short time, and taken twice a day, would probably result in greater benefit. For one of sedentary occupation, a quick walk around the block, or two or three quick, brisk movements, might be repeated several times in the course of the day, for the purpose of arousing and maintaining a more vigorous circulation of the blood.

## Our Special Home Treatments

Q. Kindly outline the complete treatment for catarrh.

A. This is one of a great many similar inquiries that we have recently received to be replied to in this column. In this connection, I desire to again call attention to the editorial note at the top of this page, in reference to our special home treatments in which the natural methods of curing all the more common diseases are set forth in minute detail. I would, therefore, suggest that you read this note very carefully. Whatever your trouble is you probably can secure complete information in regard to the cure of your complaint through the medium of these same treatments.

#### Wants to Decrease Height

Q. Is it possible by any means to decrease one's height? I am twenty years old and weigh 132 pounds stripped, but am six feet tall. At what age does a man reach his natural growth?

A. It is not possible for a healthy person to decrease his height. Of course some decrease may come with advancing years, through depression of the cartilages of the spinal column, and also through the bent and imperfect carriage of the body common among old or debilitated persons. But this means of "decreasing the height" is not to be desired. You had better accept your stature cheerfully, hold up your head and be glad that you are a youth of so many inches. Cultivate the best of health, develop every part of your body and you will finally attain a proportionate, symmetrical figure of which you can be proud, rather than ashamed. Persons reach maturity at different ages, these varying from twenty to twenty-five years and sometimes even later.

#### Exercise and Tobacco Heart

Q. I have a weak "tobacco heart," which if I take moderate exertion and sometimes after meals, beats pretty fast. If I avoid all violent exercise and leave off tobacco altogether, will my heart become normal? Is the fast heart action following moderate exertion, beneficial or injurious?

A. While you, of course, understand that all violence is to be avoided in exercise, yet some light exercise is positively necessary if you expect to strengthen and improve the condition of your heart. Naturally it is absolutely essential that you discontinue the use of tobacco. Every influence that will tend to improve the condition of your general health will also indirectly benefit the heart as well. I would suggest walking as a capital exercise for one in your condition. You need not be alarmed if there is an accelerated action of the heart, for that is to be expected in all exercise, provided that your heart acts normally at other times. Of course if the beating of the heart at any time becomes alarming you can desist for a few moments. The fact that you suffer from a "tobacco heart" proves that tobacco

is at the root of your trouble and hence the remedy is obvious.

#### Acrobatic Exercise

Q. What do you think of tumbling as exercise? I am an acrobat by profession. If I do tumbling regularly do you think that I need any other special exercises?

A. Acrobatic tumbling is a splendid, vigorous form of exercise, and if you are engaged in it professionally, you need no other exercise of any kind.

#### Foul Breath and Decayed Teeth

Q. What is the cause of a foul breath? Would two or three decayed teeth be likely to affect the breath in this way? Could it be the result of a coated tongue?

A. A foul breath usually indicates a disordered condition of the stomach, or of the entire alimentary canal. But if you have two or three decayed teeth, they may be responsible for this unpleasant symptom, wholly or in part. I would advise you to visit a dentist and have them attended to as early as possible. If your tongue is coated, however, the bad breath is partly due, also, to a foul condition of the digestive tract. You are probably more or less constipated. This must positively be remedied.

#### Chest Expansion

Q. Is it essential for a good physical culturist to develop a large chest expansion, and why? What is the advantage? What about abdominal breathing, so-called?

A. Abdominal breathing is the natural method of breathing under all ordinary circumstances, and the more deep and full one's habitual breathing the better. The waist line should be free of bands and constricting clothing so as to encourage this. However, during unusual physical activity it is necessary to secure as much air as possible in the lungs, and chest breathing will become necessary to permit of a greater supply, as in running, for instance. It is advisable to cultivate a full, round chest in order that the heart and lungs may have ample room for their work, but a prodigious expansion of the chest, as for example, ten or twenty inches, indicates very little except large external muscles. Chest expansion, beyond a certain point, depends upon the flexing of the external muscles, and particularly those under the arm. A flat, sunken chest is a very unhealthy sign, however. In diaphragmatic breathing, the expansion appears in the region of the stomach, waist line and abdomen, though this does not indicate that the lungs, or even any portion of them are located there. The entire lungs are located in the chest and there should be ample space for them. When inhaling, the pressure of the diaphragm forces the organs beneath downward, thus causing the expansion to be made manifest in that region.

## Opposition to the Pure Food Bill

At the present writing, the Heyburn measure which passed the Senate by an almost unanimous vote, is being held up in the House in such a mutilated shape that it is almost unrecognizable. The attitude of the House appears to be inexplicable in view of the demands of the people, and the prevalence of food adulteration—What can be the motives which prompt our representatives to ignore the action of the Senate?

IN the first of this series of articles, stress was laid upon the opposition that had always been manifested in the case of any attempt to pass measures either through the Senate or the House, which had for their end, the protection of the public against the food adulterators. It was also prophesied that in view of the fact that the bill introduced by Senator Heyburn of Idaho, popularly known as the Pure Food Bill, passed the Senate by a vote that was so practically unanimous that it surprised and dismayed the adulterators, the latter would rally their forces and do their utmost to throttle the Bill when it came before the House. That prophecy has been fulfilled in its entirety, and the consequence is, that the situation in the House in regard to the Bill, is apparently as much a national scandal as it is certainly a national calamity.

We do not of course wish to impugn the motives of the House in that it failed to pass the Bill as it reached it from the Senate. But the fact remains that those opposed to the Bill—those unspeakable miscreants, the food adulterators, who batten on the disease and death for which they are responsible—earn annually, ill-gotten gains that are estimated as amounting to three billions of dollars. Which explains why they have established a lobby headquarters at the Willard Hotel, Washington, where "money flows like water" and where, to quote the words of a well-known Washington correspondent, "The lobbyists are bending all their energies to break down or minimize the effect of such a

law as that before the House." The quotation just made, was written prior to the situation developing on its present ill-omened lines—ill-omened as far as the people of the United States are concerned.

As PHYSICAL CULTURE has told, Senator Heyburn's measure was based on the following facts, that have been established time and again in the past, and more recently by thorough and searching investigation, viz.:

That a large proportion of the chemical preservatives and colorings employed in food preparations are poisonous, and are responsible for the deaths of many.

That the use of such preservatives and colorings is not necessary, and that they are usually employed to hide the rottenness or poor quality of the foods in which they are found.

That their use permits of gross misrepresentation of food products, so much so, that refuse and materials containing absolutely no nutritive value can be made to represent pure and wholesome foods.

That the adulteration of foods has been carried to such an extent that the purchaser can rarely, if ever, rely upon the labels or cans or packages to truthfully indicate the contents of the same.

That the employment of these preservatives and colorings, and the misrepresentation on the labels, enable manufacturers to foist upon the public as wholesome food, a host of preparations, the cost of which bears no proportion to the price paid by the purchaser; that in consequence of this, the

United States public is cheated annually out of many millions of dollars.

We are aware that in citing the foregoing shameful, not to say appalling facts, we are traversing ground that has been already covered by us. But the subject is of such import, not only to the pockets but to the bodies of the public, that we feel that some amount of repetition is as excusable as it is necessary. This because the people of the United States are laboring under a bondage to which the slavery of the ante-bellum days was as freedom. The allegedly free and independent citizens of this country of ours, toil in order that these food adulterators may mulct us in an annual three billions of dollars, in return for which we receive poisons, diseases and death. The old time slaves were at least well fed and well housed by their masters. Our modern masters however, not only charge preposterous prices for poisoned food-stuffs but, through the medium of the diseases which these latter entail on the bread-winner, those dependent on him are too often rendered husbandless, fatherless and houseless.

The Heyburn Bill, even as it passed the Senate, was not all that it should have been. But considering that for seventeen years, attempts of a like nature had failed by reason of the lobbying of the food adulterators, the people of the United States were grateful for the portion of relief promised them by the measure in question. Once out of the Senate, the expectation of the country was, that the House would without hesitation accept the verdict of the former, and that the measure would become a law forthwith. Disappointment waited on this expectation, however. The Bill was referred to the House Committee on Interstate Commerce. This Committee reported the measure back to the House, but in such a mutilated shape that its original purposes are practically defeated. More than that, the Committee has continued to recommend still more changes in the Bill, nearly all of which tend to its further emasculation. As one authority on the subject says in regard to the situation—and no one who is familiar with the situation will venture to contradict him—"The clear duty of the House is to

substitute for the report of the Committee, the Heyburn Bill in its entirety, and anything short of that would mean the defeat of the original purposes of the Bill, and a consequent victory for the food adulterators."

The lobbyist is admittedly one of the most unscrupulous of political creatures. This for the reason that, in the great majority of cases, he represents private greed as opposed to public interest, and that his purposes can only be accomplished by means and methods that, to use the mildest of terms, are much akin to bribery and corruption. Where it is necessary for him to show his hand through the medium of those who so far forget their consciences and their duty to the public as to become his tools, the results have an appearance of legality which are totally at variance with their intentions. So it is in this case. One of the means employed to offset the Heyburn Bill apart from the action of the Committee named, is the introduction into the House of a number of other alleged pure food bills, the majority of the clauses of which are so palpably illegal or absurd a nature that they have no chance whatever of becoming a law. Nevertheless, their appearance in the House serves to confuse the situation and to add to the embarrassment of those who may favor the Heyburn Bill or some other legitimate measure.

A writer in the publication *What-To-Eat* puts the situation tersely thus: "Every voter in America must wonder why the House does not pass the measure (the Heyburn Pure Food Bill) that would protect the American people from frauds so outrageous, so flagrant and so harmful. The House is supposedly a non-corruptible body, whose duty it is to enact laws in the interest of the people. Surely, it is to the interest of the people that they be permitted to eat foods that will not poison them, and that will not cheat them out of their money. It is to the interest of the manufacturers who adulterate foods that they be allowed to continue their fraudulent practices by which they are enabled to rob the people of three billions of dollars a year. The defeat or weakening of the Heyburn Pure Food Bill would permit these manu-

facturers to continue chemically treating, coloring, poisoning and falsely labelling food products. Whose interests will the House protect? The peoples' or the manufacturers'? The passage of the measure as reported by the House Committee would serve the food adulterators' interests."

The hesitancy of the House in this connection is not calculated to make the average American glad or proud of his legislative institutions. Were the questions involved those which hinged on some subtle point of international law, or of diplomatic finesse, or anything else of an abstract or complicated kind, the House might be forgiven for its halting and shifty policy. But the proposition is, to use a homely simile, as plain as the nose on one's face. Ninety per cent. of prepared foods or food products are declared by unbiased experts to be adulterated. The people ask that they shall be protected against these adulterators, and that in return for their money, they at least get pure food. The Heyburn Bill is framed on this reasonable request. And yet, incredible and disgraceful as it may seem, the House has not only failed to pass the Bill as it was accepted by the Senate, but has permitted it to be so tampered and tinkered with that it is practically unrecognizable. In other words, the House refuses to the citizens of this country, the right to buy pure food, but gives to the food adulterators, the power to continue their food poisoning. Hence it is that, as has been said, the situation is as much a national scandal as it is a national calamity.

Again let it be said that there is no intention on the part of the writer to impugn the motives of the House. But the actions of the House are—what? Let the readers supply the characterization.

The active Anti-Pure Food lobby that has been established in Washington, has of course nothing to do with the hesitation of the House. The efforts of the whiskey interests to defeat the Bill and the tireless work of the patent medicine interests on the same lines, has, of course, nothing to do with the hesitancy of the House. The power and the money of the National Association of

Manufacturers has, of course nothing to do with the action of the House. This Association is by the way, responsible for a substitute bill being introduced into the House, known as the Lannon Bill, which openly sanctions the use in foods of boric acid, borax, sulphurous acid, sodium sulphites, salicylic acid, sodium salicylate, benzoic acid, sodium benzoate, and saltpeter.

Of course, none of the interests of corporations are back of the action of the House. What is behind it then? The country has the right to raise the question and demand an answer.

Another of the bills fathered by another group of food adulterators is known as the Lorimer Bill, which endeavors to continue the present intolerable conditions in the way of food adulteration. In this connection we wish to call the attention of the defrauded, poisoned public to one Dr. R. G. Eccles who is declared by interested individuals to be "an eminent medical authority." Dr. Eccles has, in return for a fat fee, it is to be presumed, discovered that the chemicals just cited, are, when mixed with foods "healthful" and he does not think in consequence, that the Heyburn Bill should be passed to prohibit the use of such chemicals. Naturally, he doesn't. It may be that the argument of Dr. Eccles is at the bottom of the hesitancy of the House. One never knows what motives prompt the action of that honorable body.

To once more quote: "The President in his message has requested the passage of a pure food law; the Department of Agriculture and the Department's Bureaus of Chemistry demand the passage of the Bill; the people with one voice throughout the country ask it; then why does the House hesitate, and what can it be that causes this august, dignified, and honorable body to dare the wrath of the populace, the condemnation of the legitimate press, the displeasure of the Nation's ruler, and the ill-will of the Department of Agriculture, as well as of all manufacturers of legitimate food products, in hesitating to pass the Heyburn Bill?"

An inquiring, suspicious and outraged public will echo the query—"Why?"

(To be Continued)



## Madame Ocean is the Best of Beautifiers

By W. D. VANDEWYDE



A Beauty-Making Sun and Sand Bath after a Dip in the Ocean

**T**HE ruling passion of the average woman is a desire to be beautiful. No matter how much she may be gifted mentally, no matter how well she is circumstanced in the matter of money, and no matter what her social position may be, all these count for little or nothing if she lacks beauty.

It is for this reason that "beauty doctors" flourish, that the venders of quack "beautifying" nostrums are legion, and that more sins are committed against the feminine constitution in the name of "beautifying compounds" than are found in the Decalogue.

In view of all of this then, isn't it singular that women, in their quest for beauty—for at least for nine or ten months in the year—overlook those things which will positively bring it to them. I refer to sensible clothing, open air exercises, open air bathing and consequently, open air water. And the place where all these can be enjoyed at one and the same time is the sea-shore, as the photographs which illustrate this article go to prove.

Madame Ocean is the woman's truest

friend. If you read the quack columns of the newspapers you might be persuaded to believe that Lydia Pinkham, or Madame Yale or Doctor This and Professor That had a lead pipe cinch on the "woman's friend" business. PHYSICAL CULTURE has said so much in the past about the claims of these "specialists" that there is no need for me to express an opinion of them also. So I'll simply come back to my old proposition that Madame Ocean is the true friend of woman. Of course, if you keep away from her and won't let her do the good to you that she always stands ready to, that is a different matter altogether. But give her a chance and you will find that she is as far ahead of all the lotions, potions, plasters and pills invented by Satan and peddled by the quacks, as the Hudson River is of Coney Island Creek.

The treatment of Madame Ocean isn't confined to your nose or your eyes or your finger nails. It is an all-over, through and through, head to foot treatment that tautens every nerve, stimulates every capillary, hardens every

muscle, and opens every pore. If you have a blemish on your skin and put yourself in the hands of a professional "beautifier," you will be given something that drives it in. If, however, you put yourself in the arms of Madame Ocean, she will proceed to drive it out and that permanently. If you have a muddy complexion, you can cover it up with the aid of some "cream" or "lotion," but Madame Ocean does more than that, for she removes the causes that lead to the muddiness.

If your eyes are lustreless, it is true



It is really as much fun to play and dig in the sand now as it was at four years of age



A Picnic in the Sunshine and Sand

that you can buy belladonna or some damnable preparation which will make them temporarily bright but which will permanently ruin them. With the assistance of Madame Ocean, however, your eyes may catch from her the brilliancy of her sunlit wavelets, or the softness and beauty of her moonlit calmness.

If your cheeks lack the natural hue of health, any drug store will furnish you with rouge, "bloom of beauty" or other abominations. But if you let Madame Ocean work her will with you in this respect, she will give you that most exquisite of all colorings—the glow of the sun transferred to the cheeks, the rouge of Nature, the lovely tinting born of sea-breezes, and distilled of sea-spray.

So much for mere beauty of face. But Madame Ocean, who does nothing if not thoroughly, will aid you still further. She will give you, if you will bathe in her and lave in her and frolic with her, that beauty of form which some aver is even more lovely than beauty of face. A perfect form usually means perfect health. Without health there can be no lasting beauty of any kind whatever. A man may be attracted for a day, a week or a month, to a face which has



Three "children," who have found one good means of keeping young  
at Coney Island

some of the elements of beauty, but unless a healthy body in general goes with that same beauty, the latter is sure to disappear sooner or later and meantime the man, if he be normal, is naturally repulsed by the defective or unhealthy physical personality of the owner of the face. You, if you are a man who read this, will acknowledge that out of a crowd of women whom you may meet at a public gathering, or see on the streets, the one or the two that will attract you or hold your notice, will be she or them who are possessed, not of

mere prettiness, but rather of those curving outlines which go to the making of a normal and distinctly feminine form.

So it is then, that the woman who desires beauty, should cultivate those things, that make for beauty of body, rather than mere attractiveness of face. If she does this, and even though she may not be able to materially change the natural shape of her features, she will certainly acquire that mystic and all powerful Something which we know and recognize as Beauty

#### FAILURE

What is a failure? It's only a spur  
To a man who receives it right,  
And makes the spirit within him stir  
To go in once more and fight.  
If you never have failed it's an even guess  
You never have won a high success.—EDMUND VANCE COOK.

# EDITORIAL DEPARTMENT

We are leading a reform that aims for a cleaner, stronger and nobler manhood and womanhood. We are trying to annihilate the greatest causes that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL and TOBACCO.

ONE of my correspondents makes a suggestion that would undoubtedly do a vast deal towards building up human physical welfare. He advances the idea that the doctors be made paid employees of the Government; that their services be free, and their advancement in proportion to their success in fighting disease in the locality for which they are responsible. Their chief duty would be to instruct the people how to avoid sickness.

## PHYSICIANS FURNISHED BY THE GOVERNMENT

A reform of this kind, would revolutionize the medical world. Instead of treating results, we would get at the causes. A physician in charge of one locality would use every possible method to keep the mortality record in his locality as low as possible. In other words, there would be a competition between physicians to see who could eliminate the most sickness. They would look out for conditions that would reduce disease, and thus prevent it from appearing, instead of treating it after it appeared. This may sound revolutionary, and would unquestionably put thousands of physicians out of business. They would be compelled to search for other employment, but where one doctor would be looking for a job, from one to five hundred people would be benefited by the new conditions which put him out of business.

Physicians have been making money out of illness about long enough. It is time for a change, which will make it financially interesting for them to keep the people well. Why cannot some such legislation be induced? Why not let the idea be tried in some locality? For instance, a number of families in a certain locality could combine and hire a physician, paying him so much a year, for his services. When any one in the family is ill, it will be the duty of the physician, of course, to attend the patient, but as he is being paid to keep his patients well, a given proportion of his income should not be paid, the amount depending on the length of time that the patient remains sick. In other words, make it of financial interest to him to maintain his patients in the highest degree of health. This is a sensible and reasonable idea, and no intelligent individual will deny that it would result in all round benefit. It would put incapable physicians out of a job, and it would give really able men an opportunity to better themselves in every way. I would like to hear from readers who might be interested in advancing a reform of this kind, or who might be able to influence a trial of the method suggested, in the locality in which they reside.



ON frequent occasions, we have received communications in reference to dancing. According to the ideas of some persons, it is an evil, second to none in demoralizing consequences. That there may be some harm in dancing, no one can doubt, but to universally condemn dancing, because of this, would in my opinion, be senseless folly. The dance is not innately evil. One might just as well say that walking is evil, because two persons yield to evil inclinations while taking such an exercise. I recently received a communication regarding dancing in which was quoted the opinions of Sylvanus Stall, D. D., as follows:

"That dancing deserves to be regarded as one of the amusements which are most dangerous and destructive to virtue, is attested by the fact that recently a bishop in the Roman

Catholic that the who fall, dressing, array of however, greatest, the un- personal upon the ous, nor, nature."

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Catholic Church, in conversation with a bishop of the Protestant Episcopal Church, stated that the work of the confessional revealed the fact that nineteen out of every twenty women who fall, confess the beginning of their sad state to the modern dance. Late hours, expensive dressing, violent and protracted exertion, and other reasons might be named as a sufficient array of arguments showing the objectionable character of this amusement. To our mind however, the insurmountable objection, and that which constitutes its real and by far its greatest attractiveness, consists in its appeal to the sensual nature. The insufficient dressing, the undue exposure of the persons of the females in the dance, the suggestive attitudes, the personal contact, the passionate excitement, and the undue license allowed while whirling upon the floor to the strains of music, are such as cannot help but arouse in any strong, vigorous, normally-developed young man the strongest sensual tendencies and propensities of his nature."

Many of my readers, no doubt, have well defined opinions on this subject, and I would be pleased to publish the ideas of those who might take the trouble to write us relative thereto. It is a matter that is well worthy of discussion.



**M**Y advice to all athletes is to move to Canada. Across the border they know how to treat good men. William J. Sherring was a brakeman on the Grand Trunk Railway. His salary was \$30 a month. He became interested in athletics. He trained hard, diligently, continuously. He finally discovered his abilities as a distance runner. He was encouraged in his efforts by all his friends. He entered for the great Marathon Race at Athens, and as all my readers are aware, he won this race, defeating forty-eight competitors from

#### THE WAY THEY TREAT ATHLETES IN CANADA

all parts of the world. When he returned home, he was greeted like the Grecian champions of old. On his arrival, there were many brass bands to meet him and honor his victory. The City Council of Hamilton, his home town, first of all voted \$500 to him. Then the Ontario Government set aside another \$500 for him. The citizens of Hamilton, through a delegation of admirers, presented him with a purse which contained \$3,600, while another delegation, representing the citizens of Toronto, handed him \$350. The Toronto Baseball Club showed its appreciation by a donation of \$400. Some of his special friends and admirers bought a fine house and lot in Hamilton, and presented it to him. The Dominion Government then came forward, and appointed him to a position as an Inspector, a sinecure, by the way, calling for only a part of his time. The salary for this position is \$750, which in Canada will go about twice as far as the same amount in the United States.

This is the right way to treat athletes. Glory is all very fine. Of course an athlete is inclined to take all the honor that he can get, but when a few thousand dollars, a house and lot and a good position accompany fame of this kind, it shows tangible appreciation on the part of the sports-loving public that is much more satisfactory than mere plaudits.

In the eyes of the A. A. U., Mr. Sherring must be considered a professional, for he has accepted money as a reward for amateur athletic ability. The A. A. U., as you know, considers this a frightful sin. If there is any money to accept, the officials are there ready to quickly absorb it, but the idea of an athlete accepting money, is to them extremely repulsive.

My advice to every athlete is to go to Canada, where they seem to appreciate athletic ability. Some may be of the opinion that appreciation of the character of that extended to Sherring, is foolish, emotional, extravagant, but it should be remembered that there is something more behind such a commendation of an athlete, than the mere honoring of the winner of a race. It shows that healthy appreciation of manhood that is a sure sign of a wholesome-minded nation. It shows that there is a general inclination to encourage the development of that strength and manliness which is of so much value to the human race. Degeneracy and athletics cannot go hand in hand. An athlete cannot be a physical degenerate, because he is of necessity the direct opposite of a degenerate. An athlete must maintain his strength and health by a regular observance of all the laws that appertain to building up a high degree of manly vigor.

The encouragement of this manliness and strength is of vast value to the individual the community, the country. Physical vigor is the very foundation of the power and permanence of a nation. And it is in the main, a recognition of this fact that has prompted the Canadians to so vigorously honor and generously reward the Marathon champion.



**E**VERYWHERE the Medical men have well organized Societies. Their principal object is to protect medical men in the enjoyment of their present privileges, and to gradually extend the power of their profession in every possible way. It is about time for the non-medical physicians to "get together." In fact, if something is not done at an early date, physicians who do not believe in medicine, will find that their rights and privileges are curtailed to the point of extinction. An Association of non-medical physicians that would include all interested in the treatment of diseases by natural methods would unquestionably accomplish a great deal in the interest of natural healing, while the inalienable rights of every capable, conscientious person, would be protected. Any suggestions in the forming of a Society of this kind, would be gratefully received by myself and those who would profit by such an organization.

#### AN ASSOCIATION OF NON-MEDICAL PHYSICIANS

that would include all interested in the treatment of diseases by natural methods would unquestionably accomplish a great deal in the interest of natural healing, while the inalienable rights of every capable, conscientious person, would be protected. Any suggestions in the forming of a Society of this kind, would be gratefully received by myself and those who would profit by such an organization.



**O**NE of the youngest old men I have ever seen in my entire experience, is Edwin Payson Weston. He is now sixty-eight (68) years of age, and he is still a young man in appearance. Three or four years have passed since I last saw him, and at that time, he did not look like a man of over thirty-five or forty years of age. His skin was clear, smooth, and had all the appearance of youth, and there is not the slightest doubt that it and his marvelously preserved physical powers in general, are nearly all due to walking. He admits that he pays but little attention to his diet, eating mostly what he desires, but he walks from ten to twenty miles every day.

#### WALKING TO DEFER OLD AGE

My readers have no doubt read some of the newspaper comments on the remarkable feat which he recently performed, of walking from Philadelphia to New York in less time than it took him to cover the same course in 1863. In other words, he is a better man, physically, than he was forty-three years ago. His performance proves in a most emphatic manner the vast benefits of walking as an exercise, and clearly shows that youth is not so much a matter of years, as it is a matter of habit.

Again and again, I have stated that there is no excuse for "growing old" but that one should be strong, supple and alert for practically as long as life lasts. The stiffness and general decrepitude that usually accompany old age, are simply signs of disease, and can be eliminated by proper habits of life. Whether you are twenty, fifty or seventy-five, it makes but little difference. You are just as old as you feel, and your feelings are determined entirely by your habits of life.

The peculiarly beneficial nature of walking, considered as an exercise is recognized by athletes of all kinds, who make it an important part of their training. It is absolutely essential to vigorous health. It builds vital strength. It accelerates the action of every important vital function. It clears the skin and brightens the eyes. From every stand-point it will be well for you to cultivate the walking habit. The Transportation Companies are making too much money. Every five cents' car-fare saved by walking, will give you from one to ten dollars worth of health. If you cannot walk on a country road, then be satisfied with the city sidewalk, or the paths of a park. But walk you must, if you desire vigorous, exhilarating health. If Nature hadn't foreseen that walking was necessary to your well being she wouldn't have given you a pair of legs. Having got them, use them.

MORRISON I. Swift, in his book, "Marriage and Race Death," endorses the conclusion of many other writers and observers that Americans are rapidly degenerating. Though the length of life is gradually increasing in many localities, this fact does not by any means indicate a proportionate increase in general physical fitness.

### ARE AMERICANS DEGENERATING?

Americans of to-day are not as strong as their forefathers. In the majority of American families, there appears to be a gradual, and in some cases, quick physical degeneracy and ultimate extinction of the family name. This degeneracy is accurately proven, by the terrible decrease in the birth rate. It is also shown quite clearly by the increase of insanity in New York State. In 1892 the ratio of the insane was one to every 377 persons, and now it is one to every 300 persons. Doctor Geo. F. Shradly stated some time ago:

"That native-born Americans do not produce children at they once did, is a melancholy but fully accepted truth. At the beginning of the last century, they were among the most prolific races of the world, but the birth rate of the native born American has been steadily decreasing, until now, the inhabitants of the United States of native stock have smaller families than almost any of the civilized people of the world. The comparative sterility of native-born American women is a serious matter, but one which has forced itself upon the notice of thinking persons. The woman of this country, whose ancestors were born here, is generally averse to bearing children. She is, as a rule, of fragile make, nervous temperament, and far more intellectual than are women of other nations. But with her growth of brain-power she has declined in physique, and maternity, with her, is an ordeal to be dreaded and avoided if possible. Thus it probably happens that the birth rate among native-born Americans is continually decreasing."

J. Weston declares that:

"Nowhere, not even in France, is the problem so serious as it is in the United States. History may be searched in vain to find a parallel for a country dependent on foreigners for its vital strength."

He finds that in no New England State is the American in a majority. Dr. Jesse Pickering, of Boston, concluded in 1851:

"That there was no natural increase in the strictly American population." In 1860 "it was discovered that the first generation of Americans had families of 10 and 12; the second, third and fourth, families of 7 and 8; the fifth, families of 4 and 5; the sixth, families of 3 and less."

Our early colonists were remarkable fecund, without the aid of immigration, doubling themselves in twenty-five years. Since 1850, "the foreign birth rate has gained on the American birth rate, until it is now four to one in New England," and in lesser degree, the same is true everywhere.

It seems to me that it is about time for the American Nation to wake up. These are certainly alarming figures. Immigration will not continue indefinitely as it has in the past, but even admitting that it will do so, is it right or wise that "the scum of the earth," inferior persons of various European and Asiatic nationalities, shall ultimately furnish the moral and physical characteristics of the citizens of the United States?

There are many reforms that could be made that would quickly change present conditions. First of all, would be the abolishment of scandalous prudery. With this, would come educational methods that would tend to give both sexes a proper understanding of life. The suggestion that physicians be appointed to given localities and be held responsible for the health of those in their individual locality, would unquestionably be an important move in the right direction. The encouragement of athletic exercise by every possible means, is absolutely essential. Canada, through her remarkable appreciation of her representative who won the Marathon Race of Athens, shows that, as a country, she is awake to the full and national value of physical stamina.

The "grafters" who are the degenerates of finance and politics are everywhere being exposed. It is about time for us to make known the truth in reference to our physical degeneracy. The evils that are its outcome are clearly apparent in nearly every sphere of human life. With the down-fall of prudery, there will come a clearer insight into the effects of the corset curse, drugs, alcohol, tobacco and various other forms of evil that now claim their victims everywhere and coincidentally their influence

will be gradually lessened. Then we shall have reached that period when there will be a chance for the evolution of a real, true civilization.



THE Mayor of Pittsburg is endeavoring to annihilate the social evil in his City. He is going a step further than Parkhurst. He is trying, so he says, to get at the root of the evil. Instead of prosecuting the women, as is usual, he is attacking the people who rent them houses at enormous figures, who sell them clothing at two or three times its value, who fit them out with furniture and loan them money at usurious rates. This is certainly far better than the usual method of prosecuting

#### THE SOCIAL EVIL

the miserable outcasts themselves, but after all, it is only skimming over the surface of the problem. It is treating the results and ignoring the causes.

This miserable, degenerate, so-called civilization is to blame for the social evil. Prudery of the Comstock order, ignorance and prostitution are a trio of boon companions. They travel hand in hand. They are one and the same thing. Each depends upon each and grows through the existence and influence of the other. If it were not for this shameful prudery that shrouds the subject of sex in vulgar mystery, boys and girls would grow up with sense enough, even if they did not possess the moral character, to avoid the horrible influences that surround and the frightful results that arise from prostitution.

The fact that life yields the greatest happiness only to those who obey the moral law, is not by any means generally understood. The man who tries to lead a clean, moral life, is scoffed at by the average individual simply because the latter is usually ignorant of the physiological aspects of immorality. I would like to ask the Mayor of Pittsburg, now that he is so agitated over the social evil, is he doing anything to prevent the schools and other "enlightening" forces of the City from educating victims to feed the social evil? In other words is he insisting that there shall be no more ignorance regarding sex and its possibilities and responsibilities. The way to cure a disease, is, first of all, to eliminate the cause. Stop providing victims for this monstrous condition, and the evil will soon cease to exist. When parents and teachers everywhere begin to spread the truth in reference to sex, and prudery and Comstockery have been forced to the background, when human beings are allowed to grow up uncontaminated by the vile influences created by the monstrous conditions that arise from a lack of knowledge regarding special questions, then, and not till then, will the social evil of Pittsburg and of other cities be permanently eliminated.

*Gerrard Macfadden*

#### "NECESSITY KNOWS NO LAW"

A very small girl who lived in a Harlem apartment, was observed by a friend of the family eating a certain cereal preparation. She seemed to eat, as the English are said to take their pleasures, sadly.

"Don't you like that, my dear?" inquired the friend.

"Not partic'ly," replied the little maid.

"Why do you eat it, then?" persisted the inquirer.

The daughter of the house paused with the spoon on the edge of the bowl.

"It's got to be eaten," she answered gravely. "The groceryman gives mamma a rag doll for every two packages she buys, and it's got to be eaten every morning."

And she mournfully munched away.



## Frank Speech from the Doctors

FOR reasons which are of so obvious a nature that it is not necessary to recite them, physicians erect a wall of mystery around their craft which the layman has a good deal of difficulty in scaling. If it were otherwise, the outsider would soon become as wise as the doctor, and with this wisdom would disappear the income and the "practice" of the latter. It is only when you catch your doctor in confab with his fellows, or study the pages of the various medical organs, that you find him thinking those thoughts and expressing them, too, that he so carefully guards from the world in the course of his daily duties. For instance, we find the following in the *American Journal of Clinical Medicine*, which is so illustrative of the foregoing that it needs no further comment. It may be added, however, that as will be seen, the editors of the publication are not in favor of the advocated Federal measure which shall give the "regulars" a monopoly of the healing business.

"Times change and we with them. The time was when two physicians of different schools passed by on the other side, considering it derogatory to their professional dignity to so much as own each other's acquaintance. If they came into collision over a case, they glared across the bed of death and each hissed at the other—'You're totally wrong in your theories and murderous in their application!' But not now.

"At present if we really think our friend so completely mistaken, we are more apt to softly murmur under our breath—'Lucky for me! Now if I can only keep him from finding out his mis-

take for a season, I'll gather in all the success there is to be had and run him out of town.'

\* \* \* \* \*

"It has been found desirable to establish separate schools for the development of various specialties—electricity, massage, gynecic surgery, etc. There is no question but that this has resulted in a much more effective development of these branches than if they were considered merely as parts of the regular medical course. The same may be well said as to the special developments of their pet therapeutics by the various sectarian schools—the only difference being, that they have carried on their work outside the pale of regularism. At the time these sects were formed, electricity and hydrotherapy would have been equally excluded from the regular school.

"By all means let these sects continue their special schools and special work; but let this be done in the profession. Throw down the bars to every reputable legal practitioner; exact from their colleges the same standard imposed on the regulars; but leave to each man his constitutional rights of individual belief and action. Open the societies to every legal practitioner without any special requirements as to either. Sectarian quarreling only exposes us to the derision of the general public, who cannot comprehend why men supposed to be seeking the good of suffering humanity should show such animosity over individual beliefs. During this unseemly bickering the quack sneaks in and captures the bone."

### THE SUCCESSFUL OPERATION

The patient dies,  
The widow cries,  
The children grow distressful.  
Yet science sayeth  
In face of death,  
The operation was successful.

The loss of life  
Beneath the knife  
Spoils not the doctor's reputation.  
Whate'er befalls  
The case he calls  
"A most successful operation."

—Anonymous.



The Yale Varsity Crew

## The Athletic World

By ARTHUR F. DUFFEY



**A**LTHOUGH the colleges and schools all over the country have closed their scholastic terms and so put an end to intercollegiate and interscholastic contests, still the athletic world is more or less astir with numerous other branches of sport. Baseball, both professional and amateur, is continuing to enjoy its usual popularity. The game is gradually establishing its influence and interest all over the world. Today we find baseball teams in the West Indies, Australia, Honolulu and so on. Last, but by no means least, old John Bull has fallen in line and taken up the sport with such a keen interest, that it is reasonable to presume that in the future the game will be placed on the same footing with the English national game of cricket.

Swimming, tennis, rowing and other kindred sports come in for their usual share of recognition during this season of the year. American youth are to be congratulated on the many opportunities that they have for displaying their prowess in feats of skill or endurance.

The Intercollegiate Championships of both the East and the West have been held, and in both cases, although it could not be termed a record breaking season, the championships were all that could be desired.

In the West, Michigan proved her title as champion of the West by the drubbing that she administered to Chicago. In vain did Stagg's much heralded team strive to uphold their title of last year; Keene Fitzpatrick's team was too much for them! It represented one of the most evenly balanced organizations that ever competed in a college championship. Out of the fourteen contests on the programme, Michigan took second or better in eleven out of the fourteen events.

Again has the West sprung a phenomenon on the athletic world. It was only a few years since that a mighty man from out of the West appeared in the person of Kraenzlein. In the case of the newcomer, who is one John Garrels, we have a star who promises to equal, if not surpass the great Kraenzlein himself. As the Dutch-American champion had no one to extend him during his record run, so it was in the case of Garrels. For many years it was thought that in the high hurdles 15 1-5 seconds would not be equalled, but Garrels did the trick, only to be deprived of his record by his failing to clear all the hurdles. The rules specifically state that all the hurdles shall be standing for a record, and although many have attacked the rules in this particular, still after all is said and done, it seems perfectly just. It stands to reason that more science

and ability is shown in being able to just skim the hurdles, than it does knocking them down. So it should be in all championship contests. If we are to have a standard of excellence, let that standard be a high one, and consequently knocking down the hurdles should be considered as a serious point in the consideration of accepting a record.

Nowadays we have a very high standard of performances in the various events that make up the athletic programmes. For awhile, at least, it would seem that many of them will take a great deal of beating. One cannot help but remark the many recent shocks which the pole vault record has received. This particular event seems to be the objective of the attacks of the many ambitious college athletes. It was only a short while ago that Gilbert at the Games of the I. A. A. C. climbed over 12 feet 3 inches, and every one marvelled at the wonderful performance. However, the record only lasted a few days, as reports from the West announced that Samse, of Indiana, soared to the height of 12 feet 4 7-8 inches.

Another year has passed and the much talked of dual meet between the Eastern and Western colleges, has not come into being. Ever since Western colleges have come into track prominence, their athletes have looked with longing eyes towards the East for athletic contests. But to no avail. The West has of late years produced so many excellent athletes that many of their admirers are very desirous of seeing the men pitted against the brawn and speed of the Eastern Universities for the purpose of annually settling the question of supremacy.

The cry out West has been that the East has a monopoly on contests with Oxford and Cambridge of England. Why cannot the West have such contests? This to the majority of athletic followers seems to be a perfectly justifiable desire. To many, the plan suggested of having a dual meet between the East and West, and to chose respective winners to compete against the English varsities, seems a very good one and it is to be hoped that the idea will be carried on.

In the future indications are that the Intercollegiate Championship of the East, known as the Mott Haven

Games, will have a new competitor in the person of the athlete representing the Michigan University. It is common report in the West that Michigan will not remain in the Western Conference Intercollegiate Association another season. Michigan at present is the champion of the conference college teams, and the announcement that she intends to affiliate with the Eastern Intercollegiate Association for the track and field title in this section, will be received with universal favor by followers of college athletics in the East. The underlying motive for the action of the Western college is declared to be that legislation on athletic sports out West, as stated by Michigan authorities seems to be directed at it in particular. With her decision enforced as told Michigan would, however, lose a number of her good men. Next year the Wolverines could probably put out a track team that would bid fair to beat the entire field bunched together. But if the conference representatives abide by their decision, such stars as Garrels, Raney, Stewart and Curtis will be declared ineligible.

Michigan in the past has sent some good men to the intercollegiates. If she decides to send her representatives East next year, this will be a real chance to compare the relative abilities of the Western champions with those of the East.

In the last meet of the Western college championships Michigan had winners in the half mile, one and two miles, high and low hurdles, discus, broad jump, and shot put. In all, eight feats out of a possible fourteen.

The comparative abilities of the East and West have of late caused considerable discussion. Many claim that the performances of the Westerners in the recent championships, prove that the Westerners are entitled to at least a tie, while others claim that the Easterners' performances show that we are ahead of our Western confreres. There is no getting away from the fact that in the East this year at Cambridge the weather

materially hindered many of the performances. The sprinters ran against a strong wind, but in spite of this fact, equalled the time of the Western sprinters. I am inclined to believe that Cartmell would at present trim Hamilton, of Iowa Normal, both in the 100 and furlong dashes. The West, however, did better in the quarter and half mile runs. The mile and two miles in the East was faster than the Westerners' time. Also the Western hurdles were faster than the Easterners. In the field events the Westerners fairly out-classed the Easterners, except in the high jump and shot put. The Western broad jump was not as good as the Eastern, and the high jump here was three inches better than that of the Conference. In the hammer throwing the West was again in evidence, and the same was the case in the pole vault. Still in the East, as I said before, the weather was against good pole vaulting. But we have no one who could beat Samse of Indiana. Taking everything into consideration, it looks as though the East would just about win out. Let's hope the rival sections will soon have an opportunity to settle this much mooted question.

Athletics abroad are now in full swing and though as yet no really meritorious performances have been recorded, nevertheless everything points to a season full of interest and surprises. So far the usual preliminary

sports meeting which have been held throughout the United Kingdom, have been the only means by which athletes and public have had an opportunity to get a line on the possibilities of the respective athletes in the forthcoming championship at London in July.

For some reason or other, the British public seems to delight more in sprint running than in the other track and field events. Consequently the fortunes of the sprint champions are very closely followed. As the season is young yet, Morton has not been able to display his real form, but from his showing at the recent Midland County Championships, where he won the 100 yards in 10 2-5 seconds, it is more than probable that the South London Harrier will successfully defend his title in the championships.

In the absence of the American representatives, Morton's hardest competitor will be Hargreaves, the ex-Booth Hall Plate winner, and Watson of the London Athletic Club. Both of these sprinters have already shown good form in the northern meetings, especially Hargreaves, and many claim that he will defeat Morton. Still I expect to see Morton win, though I feel that it will be a very close contest.

In the middle distance and long runs, the Britishers will endeavor to even scores with Pilgrim, the American champion, and Sullivan and Bacon, of the I. A. A. C., who at present are in England and who expect to compete in the



Columbia Varsity Crew



The Syracuse 'Varsity

British championships. Although Pilgrim successfully defeated Halswell in the 400 metre race at Athens, the British champion was not by any means fully satisfied with the result, and the quarter mile championship at London promises to be one of the finest contests since the days of Wadsley and Long.

In the longer runs, Britain has many runners on whom she can rely on to uphold her prestige, so I do not look for an American victory.

After months of hard, exhaustive training, the college navies of the Intercollegiate Rowing Association held their annual championship contest at Poughkeepsie. Never before in the history of the contests were the races followed so closely by thousands of enthusiasts as they were this year. This chiefly for the reason that at last it seemed evident that the crack Cornell crew were to meet what the experts thought to be their equal in the crew of Syracuse. The coming to the front of Syracuse was a good thing, for an unbroken series of victories on the part of one college would be a rather unfortunate state of affairs for college rowing. As it is, rowing at the other varsities seems to be in need of encouragement. Consequently it was felt before the races that it would be much more encouraging for

the other colleges, and would create a keener interest in rowing in general, if some college other than Cornell proved itself efficient enough to win the 'varsity event.

The race this year resolved itself practically into a contest between the rowing systems employed by the respective coaches. No one can deny the effectiveness of the Courtney stroke, for ever since this wonderful coach became affiliated with Cornell University, he has succeeded in proving to the rowing world that his stroke, up to the present, surpassed all others. To praise Cornell then, is to praise Courtney. Courtney seems to have a way of training of his own which seems to be lacking in many of the other rowing experts. The manner in which he coaches and also instills energy into his men are the most potent factors of his success. A firm believer in Cornell and its methods, he is a strict disciplinarian at all times, and coaches his men with wonderful judgment. Yet in this connection, one cannot overlook the results which Ten Eyck has produced with the Syracuse crews, and Ellis Ward with the Pennsylvania boatmen.

The battle between the first three crews was so close that only a length separated them at the end of the four miles. Last year, Courtney had things

pretty much his own way in the race, but this year the closeness with which Ten Eyck and Ward trod on the heels of Courtney, shows that at last we are arriving at something like uniformity in rowing.

Ten Eyck has only been connected with Syracuse a few years and considering this he has done wonders. In fact, I am inclined to believe that he will soon be occupying the foremost position among American rowing experts. In the contest at Poughkeepsie, the manner in which he had his men jump into action at the start was a special matter of comment, and taking into consideration that Cornell was the more experienced crew, it is reasonable to believe that with a little more time, the Syracuse crews will yet be able to land the varsity eight oar event at Poughkeepsie. In the freshmen race, with the assistance of his son as stroke, he handily defeated the Courtney combine.

Probably no coach on rowing has been subject to more criticism on the ineffectiveness of his stroke than Ward of Penn has been. Indeed, many are wondering how the Quaker City eight managed to finish in second place. The peculiarity of the Ward stroke was distinctly in evidence at Poughkeepsie. The whole power appeared to be put in the finish of the stroke. Still the stroke that Ward employed is assuredly entitled to worthy distinction from the fact that the crew was there at the finish.

From the result of the races at Poughkeepsie, it seems evident that a new idea might be worked which would greatly enhance the interest in the contest. Every one present at the races remarked that there were practically two contests. For instance, Cornell, Pennsylvania and Syracuse were battling royally for the premier position, while five or six lengths behind came Columbia, Wisconsin, and Georgetown, who were fighting it out respectively for fourth position. Now if two classes were formed, by placing the larger colleges in the first class and the small colleges in the second class, there is no question but what the races would prove much closer. That this system can be employed successfully in college track athletics is proven in the Pennsylvania

Relay Carnival, and such an idea could very easily be applied to college rowing.

Many people in America are regretting the drastic decision of the British Henley Stewards which gives the "throw down" to American oarsman. Besides declaring that no further entries shall be accepted from the Vesper Club, the Stewards further declare that no entry comprising any member of the crew of 1905 shall be accepted in the future. In a word, it is the intention to try and debar all American oarsmen from the Henley races on the Thames. For many years the Henley men have looked with disfavor on the visits of our American oarsman. They have done everything in their power to discourage the visitors from competing. It is the same old question regarding the amateur status of an athlete that lies at the root of the trouble. The stewards declare that they were not aware that a public subscription was raised to defray the expenses of the Vesper crew or the entry of the Americans would not have been accepted. Such means as this they believe act as a disqualification for a Henley regatta. They further declared that the Vesper oarsmen accepted money and that the sworn declaration of some of the members of the Club were untrue.

There is no getting away from the fact that the Englishmen closely adhere to the old aristocratic opinion of an amateur. In this connection one cannot very well protest against the action of the Henley Stewards in refusing to allow their athletes to compete against athletes who have had their expenses paid by public subscription. This in itself seems perfectly reasonable and permissible. But in the other cases, namely of the Vesper oarsmen receiving money, and the giving the lie to the statement of the Vesper committee, one cannot rebuke the Stewards too severely.

The recent Vesper exposure showed that there continues to exist that same graft that is so apparent in other amateur branches of sport. At any rate one good effect that may arise from the Stewards' decision is the increased interest that will be awakened in our own American Henley.

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There is every reason to believe that the outdoor swimming season of 1906 will be one of the most successful in American aquatic annals. No athletic club in the world encourages and fosters this valuable sport and pastime as does the Mercury Foot organization at its summer quarters on Travers Island. Swimming and kindred sports have taken such remarkable strides during the past few years that enthusiasm and interest attached to them seem to have reached the highest pitch possible. The indoor season, which closed May 12th, was marked with so many brilliant performances, that it would cause little surprise if a good many of the outdoor records are smashed before fall. In particular has Handy come to the fore in the indoor season, having successfully lowered the colors of Daniels in several cases.

The N. Y. A. C. started the outdoor season with a series of closely contested events and handicap races with some fancy diving.

Goodwin, the Winged Foot crack, who was recently the victim of a serious accident, which not only threatened his life but threatened to even put an end to his swimming career was enthusiastically received, and the form he displayed in his racing shows that he has

not ceased to be the formidable competitor that he has always been.

The absence of Daniels, the Olympic champion, who was in England, was a subject of considerable discussion, for many were eager to see him perform. Daniels takes a great interest in swimming in foreign countries, especially in England, and his actions in regard thereto are the outcome of the fact that there is greater enthusiasm and interest displayed in sports in general in England than in this country, as I have repeatedly stated. I have been censured many times for expressing the statement that sports abroad are on a firmer foundation than in this country; nevertheless, it is my candid opinion that this is so.

Daniels fully realizes that there are so many valuable trophies, to be won and such great honor attached to the winning of them in England, that in both respects does a win abroad far outclass any victory that could be won in this country. For instance, who would not delight in winning a trophy donated by the King and Queen themselves? At the life-saving races their Majesties are almost always present. Contrast their actions in this respect with that of the big men of America. Swimming races in this country are generally confined to a sprint, either handicap or



Finish of 100 Yard Dash for 115-Pounders, Public School Athletic League, New York.



└ The Princeton Base Ball Team

otherwise, long or middle distance swimming, handicap or otherwise, and probably fancy diving and sometimes English water polo is introduced. These are all very interesting in their way, but the American athletic authorities and swimmers seem to have the same object in view, namely, to cultivate only that form or forms of the sport which shall enhance the reputation of an individual athlete or of the club of which he is a member. In England they seem to have other ideas in view. Not only do they encourage the systematizing of speed and endurance to the end of developing swimming to the point of perfection, but in addition, they endeavor to make swimming of some practical advantage to mankind at large. For instance, at Blackpool they have such events as the rescuing of human beings from drowning, the swimmer jumping into the water with all his clothes on and swimming to the individual in supposed peril, and rescuing him. Many other differences could be pointed out in the manner of English swimming contests and American contests. But to my mind such rescuing races as those that are followed in England, would be of much more interest and value than the mere trying to establish a record for

50 yards, or the adoption of a crawl stroke or the like.

Recently I was an official at some PHYSICAL CULTURE swimming races at Outcalt, and one of the features of the meeting was the wonderful underwater swimming of a contestant named LaRue, who is termed the "Nature Man." The name of this hardy physical culturist does not and undoubtedly will not, figure on the record pages of athletic world performances, nevertheless, his swimming was most marvellous. There is no knowing what he might not have done if he had had the training and care which many of our foremost athletes have to-day.

Princeton by its double header victory over Yale, decisively won the Intercollegiate College Baseball championship in the East. In glancing over the record of the strong Tiger combination, it will be seen that it went through the season without a defeat from any of the Big Four, but the strong Brown team succeeded in taking the first game from the Tigers and others were lost to Penn State, Mercersburg and University of Penn. Princeton's greatest rivals namely, Yale, Harvard and Cornell, were each beaten twice in succession.





The Princeton Base Ball Team

Taking the season as a whole, the Tigers played very consistent ball. With an unusually effective pitching staff and with a strong combination at the bat, it outclassed all the other competitors in these respects. Although Cosgrove has only been coaching a few years his efforts are worthy of all commendation and fully emphasize the fact that the graduate system of coaching can be applied to advantage to college baseball.

After the Princeton and Yale series of championship games, the next contests to attract considerable attention were the annual struggles between the Harvard and Yale teams. No matter what the showing of the respective teams might be prior to these contests, each seems to show unusual form when they come together at commencement time. This year, Yale succeeded in defeating Harvard in both games. The second place was deservedly won by the Ithacan team. Cornell lost twice to Princeton and once to Yale. On the other hand, Yale beat Cornell, but on the season's showing, the Eli's record was not as good as that of the Cornell men. The standings of the Big Four in the games played with each other are as follows:

|           | Won | Lost |
|-----------|-----|------|
| Princeton | 9   | 0    |
| Cornell   | 5   | 3    |
| Yale      | 3   | 3    |
| Harvard   | 2   | 5    |

In the minor college world one cannot help from noticing the remarkable teams that were placed in the field by Brown, Dartmouth, Williams, Amherst, Holy Cross and Georgetown. Without question Brown won first honors from her many formidable opponents. In fact it is the belief that this year's team was the finest ever sent out by the Providence college. Brown defeated Yale twice in succession, also shut out Harvard, and took one of the series from Princeton. She likewise played two most spectacular tie games against Georgetown.

Next to Brown, Dartmouth deserves second honors among the minor colleges. The Hanover college's successes should be attributed to the effective work of Skilling. This wonderful twirler is reckoned as one of the foremost college pitchers. It was through him that his college was able to defeat Harvard, and in the Cornell game, his twelve inning pitching was nothing short of marvellous in spite of the fact that he was defeated

The Williams nine took third place. Williams defeated Harvard, Yale and Dartmouth, and also beat her old rival Wesleyan and Syracuse.

Amherst, owing to her lengthy schedule, played good ball but undertook a too difficult task. Not only was she playing many of the leading colleges in the East, but likewise played in the Middle West. Michigan, the champion of the West fell, a victim to the Massachusetts lads during their trip westward, and Illinois and Chicago were forced to play their fastest ball.

Georgetown, Fordham and Holy Cross, the foremost Catholic colleges in America, played their usual high standard of baseball. Holy Cross proved a hard pill for Harvard and Yale, and also for the other minor New England colleges.



John McGraw, Captain and Manager, New York National League Team, 1906

In the south, Georgetown and Virginia fought it out bitterly for Southern championship honors, the result being practically a tie.

In the future, Georgetown will make no more Northern trips, and thus many of the Northern colleges will lose a prominent opponent. The Blue and Gray nine have been forced to make their trip just at examination time, and in view of this fact, the faculty has decided to cut out all future trips. This seems to be a wise move on the part of the Jesuit faculty. Examination time is a most important period in a student's life, and it is perfectly evident that a player cannot be chasing around the country and keeping up with his class at the same time.

A lamentable phase of professional baseball is the current attitude assumed by the spectators in their actions towards the management. Of late many league managers who have developed winning teams in the past, have been subject to attacks of adverse criticism, similar to that recently directed against Clarke Griffith. Because of a temporary failure to place their teams among the leaders they have been condemned without stint.

In no branch of sport do we find the actions and criticisms of the spectators so adverse to the players and managers as we do in professional baseball. All goes well while the team is a winner, but let it have an off-day and see what a difference takes place in the feelings of the spectators.

Fortunately, McGraw by his efficient dictatorship has been enabled to hold the Giants pretty well together, with the result that they have been playing fast ball. But, as in the case of Griffith, Collins and those who have produced champion teams in previous years, McGraw will suffer at the hands of the fickle public just as soon as the team receives a slump. This to a fair minded sportsman seems to be a crude manner of showing our sporting spirit. All can be gay and jovial during victory, but it takes a true sport to bear up against defeat.

On the whole it appears that the general public of England shows a more sportsmanlike spirit than we do here.

Never in the history of tennis was there a more universal boom than at present. Especially is this true among the colleges. Princeton has been decidedly the favorite with tournaments against Penn, Columbia, Cornell and Yale, all of whom she has defeated, and thus brought to a close one of the most successful seasons.

In the meet between Harvard and Yale the former was victor, winning all but two matches. In the minor college world, Williams carried off the palm in the triangular meet with Dartmouth and Wesleyan.

In the New England championships, Behr of Yale defended his title as tennis champion of New England, defeating T. Pell, of New York. By his victory Behr retains his championship laurels and the cup which he won last year.



Sherring, the Canadian runner, who won the Marathon Race at Athens this Year

With the defeat of our American team at Wimbledon, it appears that the Dwight F. Davis trophy has gone to England to enjoy a much prolonged stay there. Before an accident happened to Beals C. Wright, the strongest member on the team, tennis followers were entertaining the idea that if we were ever to bring back the much coveted trophy, this year would see the accomplishment of the feat. Unfortunately, Wright's injury, which happened just previous to his sailing, instead of getting better got considerably worse, and as a result the American team were forced to play without his able help.

The Wimbledon meeting or final round, marks the second time that the Englishmen have won all of their matches with the American challengers. The Doherty brothers, as was expected, displayed their usual phenomenal playing, but were forced to put up their best game in each instance. Many anticipated a lame finish owing to the absence of Wright, but Little upset all calculations and played a magnificent game against H. S. Doherty.

Summary: S. H. Smith, Great Britain, beat Holcomb Ward, 6-1, 6-0, 6-4; H. L. Doherty, Great Britain, beat; R. D. Little, 3-6, 6-3, 6-1, 6-3.

In the ladies single championships, Miss Sutton, of America, again visited England to defend her title, which she won from Miss Douglas of England last year. The American lady had things pretty much her own way until she met Miss Douglas in the final. The latter certainly lived up to the expectations of British tennis experts.

The reader's attention is directed to further comment on athletic world happenings to be found on page 218.

## The Advantages of All-Round Athletics

By ADAM B. GUNN, A. A. U. All-Round Champion, 1901-1902

ADVOCATES of physical culture were only a few years back, regarded merely as athletic enthusiasts with a hobby, and were not taken seriously. But now that the advantages to be derived from a course of physical culture are being recognized, it is no longer regarded as a theory of the few, but rather a beneficial fact for the many. And so, eminent authorities are advocating it, particularly in regard to those business men and others confined in offices to whom proper physical exertion is practically impossible.

Having been in athletics for fifteen



A. B. Gunn Putting the Shot

years, it is my intention to address myself to the young American who may have aspirations in regard to athletic sports. To such, I would say in the first place, don't specialize. Don't confine yourself to one particular event, if possible, enter the field of all-round athletics. Of course all aspirants cannot attain championship honors in this field but on the other hand, you have the advantage over the specialist that should you fail in competition in one event you can fall back on several more. But the winning of the all-round amateur championship means that you have reached the highest honor obtainable and captured the blue ribbon event of the athletic world. And why should it not be so? A man who is versatile enough to reach almost championship form in the ten events that constitute the all-round championship is an athlete in every sense of the word. The ten events in question are: 100-yard dash; putting 16 pound shot; running high jump;  $\frac{1}{4}$  mile heel and toe walk; throwing 16 pound hammer; pole vault; 120-yard hurdle race; throwing 56 pound weight; running long jump; and one mile run. The selection of these events was a wise one and could not have been improved on, as the three special classes in athletics have received equal consideration.

There are three races for the runner three styles of jumping and three contests in weight throwing, while the tenth event is of a neutral kind, being Nature's instinctive athletic feat, viz., walking.

The system of scoring in this championship in vogue at present, is also practically perfect. The world's record in each event is equivalent to one thousand points. There is a qualifying stage which must be reached in each event. The points start at the qualifying stage and are distributed equally up

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A. B. Gunn Clearing the High Hurdles

to the record point. For instance, the shot putting record is forty-seven feet and scores one thousand points. Now twenty-six feet two inches must be made before you can qualify, every inch you throw over that distance, adds four points to your percentage, which totals one thousand when you reach forty-seven feet, and every inch over that point also counts four, should you happen to beat the record. The other events are scored on an equal basis, so that you get a percentage according to your merit in each event.

Space forbids me going into detail as to the proper method of training for each event, and so many articles have been written by men who are specialists that it would be superfluous to recapitulate.

In the matter of food while training, eat as much as the stomach craves for, and let it be plain and wholesome. No seasoned foods or vinegared stuff should be eaten, but use plenty of fresh vegetables and fruit, but always in season. Drink plenty of pure water when you desire it and always remember to rest well, as sleep is of vital importance.

No better evidence need be furnished to prove that the all-round athlete is the greatest of all athletes, than the work of Martin Sheridan of the American team at the recent Olympiad at Athens. His work stands out far and above that

of any other member of the American team. Entered in the pentathlon or all-round contest, he was additionally forced to compete in several other events because of the taking along of several American second raters and others of no rating at all. Unfortunately, he injured himself before the pentathlon had been decided or he certainly would have won that.

Although I have figured as successfully as any athlete in America in all-round work, I received no consideration whatever from the committee who chose the team to represent the United States (although I did from the Y. M. C. A.); instead of being taken with Sheridan, a man was chosen whose record in the all-round athletic contest was a thousand points below mine and who proved a failure as far as point-winning went. He was the namesake of J. E. Sullivan, secretary of the A. A. U. It is hard to explain why such things should be allowed to happen in the A. A. U., where everything is supposed to be fair and above board and where they are everlastingly heralding the fact that athletics "must be kept pure and free from all blemish." But it is not always so, dear friends.

One of the most bare-faced occurrences that I ever witnessed in athletic circles took place in the stadium at St. Louis, at the World's All-Round Cham-

pionship, in which I was a contestant. Clark, of Boston, Kiely, of Ireland and myself were in the first heat of the hundred-yard dash. Delaney, of Boston, was starter, and, as is the custom, he warned us of the penalties of starting before the pistol cracked, viz., one yard penalty for the first, two yards on the second and out of the race on the third offence. He also remarked that as all three of us were old timers in the game, it was hardly necessary to call our attention to the penalties. Kiely ran over the line several yards on the first set, which meant one yard back of scratch, but imagine our surprise when Delaney ordered us all to take the same mark again. Clark at once protested and demanded that Kiely be put back a yard, Delaney swore at him and asked what kick he had. "Can this be the cold blooded official Mr. J. E. Sullivan told me about two days before, who would not favor his dearest friend?" thought I. Clark, however, was game and refused to stand for it, and Delaney knowing he

didn't have a leg to stand on, took a pace backward of about eighteen inches for Kiely to start from. Clark and I both refused to accept it, as it was very plain now where his sympathies lay. He swore again and asked Clark to get a tape measure if he was not satisfied. In the meantime the clerk of the course, who must have witnessed the incident, relieved Delaney out of a very embarrassing position by stepping out a yard which seemed reasonable, and we accepted it.

Delaney's action was worthy of one of those professional foot races that are decided before the pistol cracks. Such men as he are a detriment to clean sport and the A. A. U. would do well to guard against having such men in the important position of starter—where fairness is most essential.

But such men as he will crop up occasionally and give a black eye to the sport. I have met some of them, and may have something to say about them in a later article.

### ELBERT HUBBARD AND THE FRENCH HEEL

The French heel is not really French, but Parisian, and advertises that the wearer is not a peasant who carries burdens on her head. To carry a burden you must have your foot squarely on the ground, but to even walk at all with a French heel is a difficult performance. A case in point may not be out of place: A woman came up from New York to visit the Roycroft Shop. She wore very high French heels, and got along all right on the sidewalk or on the floor. But once she started to take a short cut across the lawn. There had been a rain the night before and while the sod looked smooth and pretty, it was very soft, so our good woman's heels went right down into the ground. I watched the lady from a safe distance and noticed her flounder. I have always been somewhat interested in dynamics and I feared she would fall forward, and as she weighed a hundred and seventy, there might be a "silver fork fracture." She did fall, but she did not fall forward as I had expected. She fell backward and

made her impress on the turf. She lost her center of gravity, and so did everybody who saw the operation. She was absolutely powerless to recover herself, and it took the combined efforts of two men to carry her to a place of safety.

I mention this seemingly irrelevant incident to prove the effectiveness of a form of dress that was designed to reveal the disability of the wearer. The woman did not—could not—work in those shoes.

This woman also wore the long skirt and the straight front corset, which further advertised her unfitness. Can one imagine a mother wearing such garments? Motherhood, and the signs of motherhood, are sacred to all good men, but here was a woman wearing garments that exaggerated her hips and bust, proved an alibi for other parts of her anatomy, and the shoes that rendered her an easy prey for any predacious Roman in search of female Sabines. Yet, she was a worthy wife and mother and her attire only a histrionic make-believe.—*The Philistine*.

# Physical Culture City Criticized

By BERNARR MACFADDEN

Recent Comments of the Press Throughout the Country Referring to the Citizens of Physical Culture City, Contain Many Erroneous Statements



ONE of the most amusing experiences I have had for some time was furnished by the interest displayed in a recent trial in which I was the defendant. The suit was brought to recover a small sum and is of no importance. It was simply a disagreement, and the courts were asked to decide it. The decision in the local

and citizens as they thought they ought to be. Therefore, stories of all kinds, created mostly from imagination, were published in various New York and other papers, and the press throughout the entire country copied many of the most sensational features of these articles.

To be sure, we do not wear any more clothes out here than we feel inclined to. Hats are rarely used. Shoes are



Swimming Costume for Men, a Small Pair of Trunks. For Women, Waist and Bloomers, no Skirt or Stockings

court was against me, but the case has been appealed, and I fully believe that the decision will be reversed. But the astonishing part of the proceedings was furnished by the extraordinary interest of the press. Failing to find anything in the trial, they turned to Physical Culture City in search of interesting matter. They found it in abundance, and if they did not find what they were looking for, they described our place

largely discarded. Most of the men wear a shirt and a pair of trousers. In fact, this might be termed "full dress." A pair of knee pants and an armless shirt, are a more popular costume, though many residents go about a large part of the time in abbreviated swimming trunks, covering the body from the thighs to the waist. The women wear the usual bathing suit, minus stockings and a skirt. In fact, we are trying as



Showing the Costumes Worn by Citizens of Physical Culture City at a Recent Ball Given in the Gymnasium by Our Baseball Club.  
No Decollette Gowns, Choker Collars or Claw Hammer Coats, and Shoes Replaced by Sandals

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near as possible, to be reasonably comfortable, and clothes at this time of the year, simply add to one's discomfort.

These various articles emphatically called attention to the objections raised by people living in the small towns adjacent to Physical Culture City. There has been no serious objection by the authorities in any of our adjoining communities. In fact, they have welcomed us with open arms, and treated us with the greatest consideration at all times. Of course, it must be admitted that they do not like our

laws" which have a generally deteriorating influence upon mind and body. I am fully aware that many people think that we are a lot of crazy fanatics, but if fanaticism builds the highest degree of mental and moral health, enables one to secure the best there is in life, and completely annihilates all evil and destructive influences, it is well worth cultivating. It is my humble opinion that when one is offered the opportunity to get away from the usual conventional idiocy; when one plainly sees how he can be a man, complete,



Barefooted and Hatless; Showing the Home and Apparel of Some of the Students

apparel, and at first they were no doubt shocked, but they soon became accustomed to our abbreviated costumes. Newspaper reporters delight in sensational stories, and the mind of the average prudish reader is quickly aroused to intense interest whenever any reference is made to the unclothed human body. We believe out here in the sacredness of the human body. We believe that the filthy attitude of the average prude towards the human body, is sacrilegious, and we take pleasure in ignoring those so-called "conventional

strong, superb, and then refuses to accept the opportunity, he is worse than a fanatic. He is a fool.

I want to again warn our friends not to give credence to any newspaper comment that they may see about physical culturists or our community. We are striving for high ideals. We have moved away from a condition that might be called civilized savagery. We have left behind us all the monstrous influences that tend towards the general demoralization of mankind. To be sure, we believe in bathing and sun-

shine, but at the same time, we try to have some consideration for the ideas of those who live near our community.

We believe in air baths. We believe that the uncovered body is very greatly strengthened by coming into free contact with the air and sunshine, but no one is allowed to go about without at least a pair of abbreviated swimming trunks. I know the newspapers all view us and our efforts in a humorous vein. We are an exceedingly "funny" lot of people. We are what is termed "queer and peculiar," because we do not believe in drinking all sorts of poisonous liquors; because we have some respect for our stomachs; because we believe in health-

ful exercise and plenty of air; because we believe in leading a clean, normal healthful life from every stand-point. It is about time for the demoralized degenerates, many of whom are a part of this so-called civilization, to recognize the necessity for a little of this kind of "queerness."

Unless some sort of reform is soon instituted, that will inject some real sense into the head of the average conventional human sheep. America will soon be in a worse condition than the most decadent of European Nations. Emigration can not forever be depended upon to furnish the physical stamina for a degenerate race.

### THE VICTORY OF THE HARVARD EIGHT

For the first time in seven years, Harvard succeeded in defeating Yale in the 'varsity eight oared race at New London. The race was the closest contest ever rowed between the two crews, and considerable credit is due Coach Wray, of the Harvard Squad for the superb condition of his men.

The victory of Harvard marks a new epoch in college rowing. For six years, Yale has produced eights that won their annual contest from the Crimson. In the past, rowing at Harvard has been in a somewhat chaotic condition. Wray and Capt. Filly have worked incessantly for the development of a winning crew, and now that they have succeeded in developing a stroke which is capable of defeating Yale, in the future we may look for more Crimson victories.

Although Yale was decisively defeated in the 'varsity eight oar event, she surely felt consoled by the wonderful form displayed by her freshmen eight and her four oared crew. To college rowing enthusiasts, nothing is so encouraging as to see a winning freshmen eight. With such a victory, it shows that, although the 'varsity might suffer defeat, everything looks promising for future by reason of the development of the freshies.

It has been a general rule in the Harvard-Yale athletic tournaments that when Yale loses it is because something went wrong with Yale, rather than

because Harvard proved herself more athletically capable.

Since Harvard has a larger attendance to select from than Yale in the make-up of her crews, the question has often been asked "Why does Yale so often win from Harvard?" The reason is not wholly because of superior material or better stroke, or in more skilful training. Yale wins more by her bulldog determination and the high social and class honors which are the reward of her successful champions. At Yale, we find a rough, more hardy athletic student element than we do at Harvard. The Yale man generally knows what it is to work for a living and be familiar with some of the hardships of this life. At Harvard, it is quite the reverse. The athlete is usually the scion of a well-to-do family.

Training for a crew is the hardest kind of physical work. It is monotonous, tiring and seems to be lacking in the stimulus of football and baseball practice. It is a constant test of vitality and endurance. It carries with it no compensation whatever, except college honors. The candidate for a crew is nothing more or less than a galley slave, so to speak. He toils at his oar in the winter as well as in the summer. All luxuries are cut off, and many of the pleasures of college life denied him. At Yale they seem to recognize these facts, but this is not true of Harvard.