

# 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.

VOLUME XV

MARCH, 1906

NUMBER III

## Contents

(Copyrighted, 1906, by PHYSICAL CULTURE PUBLISHING CO.)

	PAGE
<b>LEADING ARTICLES FOR MARCH—</b>	
Vitality and Muscle Building Exercises.....by <i>Bernarr Macfadden</i>	233
Amateur Athletics Exposed.....by <i>Arthur F. Duffey</i>	238
Fencing for Women.....by <i>Capt. A. W. Seaholm</i>	244
Physical Culture A Deterrent of Crime.....by <i>Bernarr Macfadden</i>	247
The Development of a Beautiful Bust.....by <i>Bernarr Macfadden</i>	288
<b>ORIGINAL CONTRIBUTIONS—</b>	
Child Life Beautiful.....by <i>Walter James Mordaunt</i>	251
Scientific Wrestling.....by <i>Claude E. Holgate</i>	255
Nature Sights and Sounds in the Heart of New York..by <i>William Malcolm</i>	257
Comstockery the Cause of Childless Homes.....	259
Darius Cobbs' Challenge.....	262
Weird and Wonderful Story of Another World.....by <i>Tyman Currio</i>	263
Some Causes of Our Present Day Immorality.....by <i>Rev. E. A. King</i>	272
Criminal Alliance of Quacks and Newspapers.....by <i>Walter Smithson</i>	276
Patent Medicines Pay Liquor Tax.....	278
Wonderful Results of Physical Culture Methods.....	285
More Results of the Physical Culture Life.....	287
Rational and Artistic Dress.....by <i>Olive M. Ghoslin</i>	295
The Woman Who Loves Sickness.....by <i>H. Mitchell Watchet</i>	297
Open Letter to Mr. Jerome About Cigarettes.....by <i>Bernarr Macfadden</i>	304
Winners of the Prize Menu Competition.....	305
Preservation of the Teeth.....	308
Is Salt an Essential Food Element?.....by <i>H. M. Lome</i>	311
Diet and Its Effect on Nations.....by <i>Nathaniel C. Winston</i>	314
Protection from Patent Medicines.....	336
About the Honesty of James E. Sullivan.....by <i>Carrol H. Wynne</i>	337
<b>DEPARTMENTS—</b>	
Athletic Training for Boys and Girls.....by <i>Harry Wellington</i>	279
Boxing Lessons for Boys.....	281
Stretching Exercises for Boys and Girls.....by <i>Bernarr Macfadden</i>	282
Ideal Babyhood.....by <i>Marguerite Macfadden</i>	292
Detailed Menus for Four Days.....by <i>Marguerite Macfadden</i>	299
Woman's Question Column.....by <i>Bernarr Macfadden</i>	302
General Question Department.....by <i>Bernarr Macfadden</i>	317
Various Comments by our Readers.....	319
Rounding up the Quacks.....	323
The Athletic World.....by <i>Arthur F. Duffey</i>	328
EDITORIALS.....by <i>Bernarr Macfadden</i>	342

Entered as Second-class Matter at Spotswood, New Jersey, Post-Office.

PRICE, \$1 PER YEAR, POSTPAID WITH FOREIGN POSTAGE, \$1.60

BERNARR MACFADDEN, EDITOR-IN-CHIEF

PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.

PHYSICAL CULTURE CITY

SPOTSWOOD P. O., NEW JERSEY

Send money by check, P. O. or express order, or registered letter. When sending check always add 10 cents for collection charges. Stories and articles of unquestionable merit and photographs suitable for publication invited. The editor does not assume responsibility for opinions of contributors.

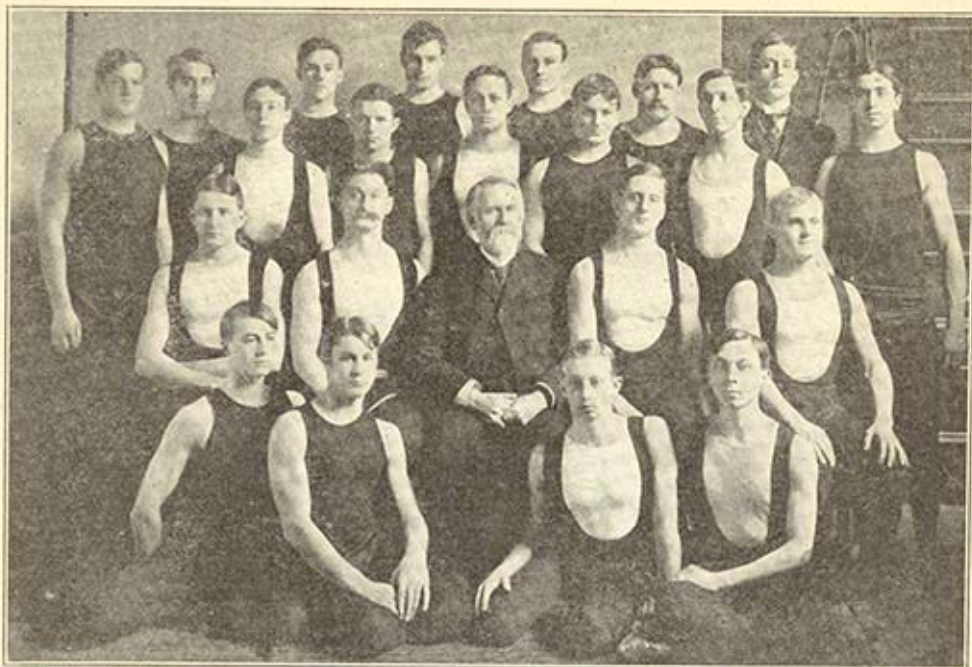
We accept no advertisement from those whose wares we cannot conscientiously recommend. Patent medicine and other "fake" remedies cannot buy space of us at any price. We will consider it an especial favor if readers will furnish us with proof of any fraudulent claims made by advertisers in our columns. We have refused, are still refusing, to insert advertisements which deceive and rob the unwary of money and health. If any of this kind by accident secure insertion we desire to know of it as soon as possible.

CHANGE OF ADDRESS. Notify immediately. In ordering change, give old as well as new address. DATE OF EXPIRATION of your subscription is printed on wrapper. Please renew promptly.

THE ADVERTISING RATE IS \$1.60 PER PAGE PER INSERTION. HALVES AND QUARTERS PRO RATA. CARDS LESS THAN ONE QUARTER PAGE \$1 PER LINE.

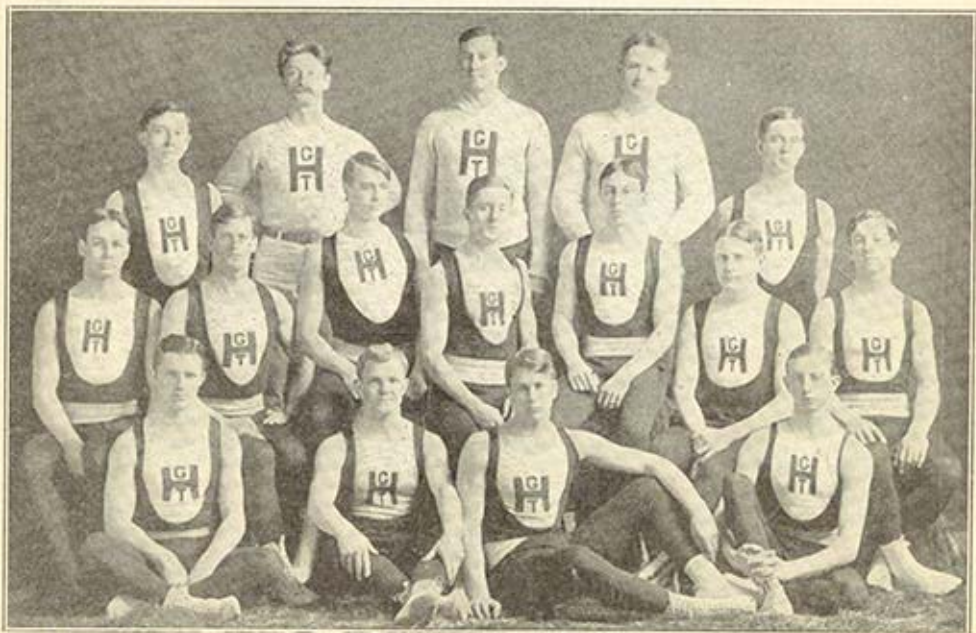


## Advanced Gymnastics at Harvard



GYMNASTIC SQUAD, HARVARD UNIVERSITY, 1905, (Dr. Sargent in centre). Men with white shirts made up the first year's team.

Advanced gymnastics is a recent development at Harvard, but has proven decidedly popular and promises soon to become the most popular of winter sports



HARVARD GYMNASTIC TEAM (Selected from the above).—This team represented Harvard last year in the Intercollegiate Gymnastic Association. The object of the Association is to encourage gymnastic sports, and for this purpose they hold contests and exhibitions.



# Vitality and Muscle Building Exercises

SOME ORIGINAL MOVEMENTS FOR STRENGTHENING THE INTERNAL ORGANS AND DEVELOPING THE EXTERNAL MUSCLES

By *Bernarr Macfadden*

I AM giving herewith the last of this series of vitality building exercises, the movements illustrated this month being of a somewhat strenuous character. However, those who have been practicing the exercises given during the two previous months past should now have attained sufficient

stomach, abdomen, sides and back. This development is greatly to be desired. For instance, such accidents as rupture can be guarded against by the possession of powerful abdominal muscles. In fact, it is possible to acquire such strength in these muscles that with the flexing or hardening of them you



Exercise No. 9.—Place a footstool on the floor and recline face downward across it, so that only the abdomen rests upon it. When you feel that you can readily balance yourself, simultaneously lift both hands and feet off the floor, extending arms high above the head and raising feet with legs straight, head and arms as high as possible. Relax and lower feet and hands to the floor and repeat the movement until tired. This is a very good general exercise for a great many of the muscles of the body, particularly those down the back, while at the same time it fulfills the primary purpose of these movements, which is the invigorating of the great vital internal organs.

strength to attempt and accomplish these easily. And after having continued the practice of these movements for several months you will not only have secured vast benefits in the form of increased vitality and superior health but you will also possess a splendid development of practically all the muscles of the torso, especially those of the

can protect the internal organs of the parts concerned in perhaps as thorough a manner as the ribs protect the heart and lungs.

In executing the various movements described it may at first seem to help you if you hold the breath for a few moments during the tensing of the muscles. There is no objection to your



doing this in case the idea appeals to you, and it may even tend to strengthen and develop the lungs. As a general thing, however, if you are able to simply contract the muscles without holding the breath, it would be more satisfactory to continue your regular breathing mak-

it should be remembered that certain other considerations should also be given attention if one wishes to realize the highest possible degree of vitality. And perhaps one of the first of these considerations is the necessity for ample sleep. Many may wonder why it should



**Exercise No. 10.**—Place a pillow or roll of blanket over the foot rail of the bed for the sake of comfort in taking the exercise. Then, standing with the back towards it, slowly bend backward as far as you can, with the small of the back resting against the top of the pillow. Return to an upright or standing position after a moment or two and repeat. You will find a great improvement in your condition after a few days' practice of this movement. At first, try it with the arms folded and as you get stronger throw the arms up and far back of the head, as shown in the illustration, also letting the head drop or hang down. This intensifies the effect of the movement. This has a particularly powerful effect upon the kidneys, and is of a nature to strengthen the muscles of the stomach, abdomen and upper chest.

ing it a point to breathe deeply and fully.

In my two previous articles I fully explained the value of these particular exercises and the manner in which they promote the development of vital vigor. But no matter how effective they may be in accomplishing the desired results,

seem necessary to mention the subject of sleep, since every one knows of its importance. But while it is true that the whole world is aware of the value of sleep, it is equally true that very, very many people are inclined to forget and overlook it nevertheless.



The people of the present strenuous age live at a very rapid pace. Many take just the smallest amount of sleep that they can possibly get along on. Their so doing wears them out in the course of years, but they do not realize it until they lose their health in an ap-

of the most intelligent classes who habitually retire at midnight, or considerably later. For these the question of a proper amount of sleep is a most important one, and cannot be too strongly urged upon their attention. Less sleep than is needed for ideal health will have



**Exercise No. 11.**—Stand at the foot of the bed, with the right side turned to it, lean against it in such a way that the waist, immediately above the hip bone, rests upon the rail. By taking hold of the bed in the manner shown in the illustration you can allow of just as much pressure against your side as you feel you can conveniently stand. Hold the position for a few moments and when it begins to get uncomfortable, straighten up, repeating the movement as often as you can without undue fatigue or straining yourself. Same exercise on the other side. The muscles of the side will naturally be flexed very vigorously, and soon become greatly strengthened by the exercise.

parently mysterious manner and then wonder what the matter is. The lack of sleep is of course not to blame in all such cases, but it is often the prime factor in many of the same. Most of us never go to bed until after ten o'clock at night and there are thousands, including many

but little apparent effect on the system at first, but it will in time cause a very considerable loss of vitality. Of course, some constitutions seem to require more sleep than others and some less, but the foregoing applies to the average person.

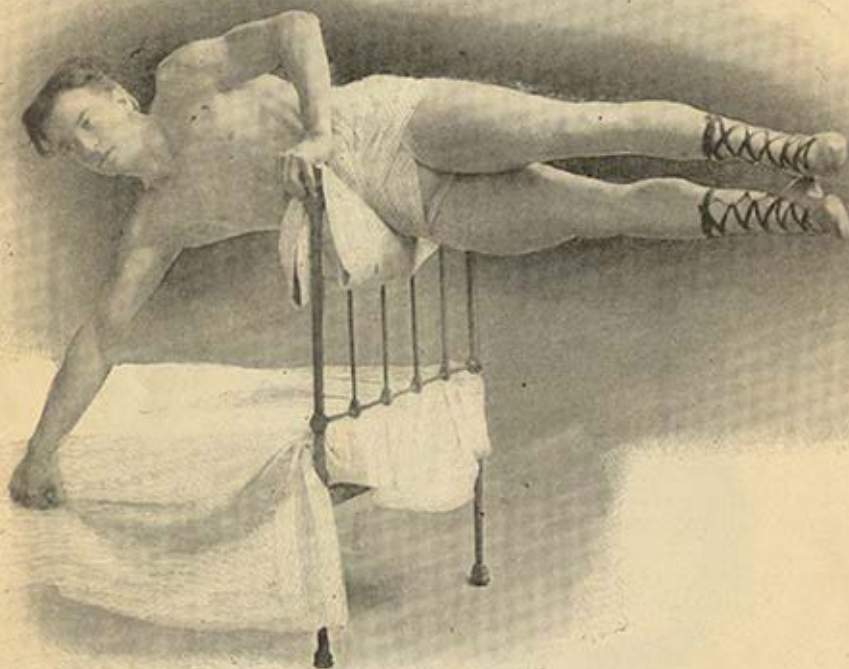
The alarm clock habit is a very



unsatisfactory and unwise one. One should make it a point to retire early enough to secure sufficient sleep so that there shall be a voluntary awakening at the desired time without the necessity for an alarm. It is without doubt as bad to rob yourself of sleep at one end

satisfying sleep during the late hours of the morning as at night.

If you ever happen to find yourself tired at say eight o'clock in the evening, and feel the impulse to lie down upon the couch, it will pay you to go to bed earlier than usual. A tired feeling is



**Exercise No. 12.**—This is an exceedingly vigorous exercise and perhaps it would be best not to attempt it until you become quite strong, unless you are already quite vigorous. The first position is the same as that illustrated in the last exercise, No. 11. You should secure a very firm hold of the side of the bed with the right hand. Now keeping the knees straight, raise the feet from the floor, supporting some of the weight of the body upon the hands. If strong enough, raise the legs to the level of the body, or higher, allowing most of your weight to rest upon your side. Sustain this position for a few moments, return to the floor and then repeat, continuing as long as your judgment indicates that you are not overdoing the movement. The same on the other side.

of the night as at the other, and you should not retire late unless you are so situated that you can make up your lost sleep in the morning. Even in such an event, however, you cannot secure such perfect rest as if you retired early. For some reason or the other it seems impossible to secure such refreshing or

Nature's signal that rest and recuperation are needed.

That chronic "tired feeling" which we usually speak of as laziness is only an evidence of a deficiency of vitality. There are a very few who have been born with this deficiency, but they are exceptional cases. As a general rule



a condition of laziness indicates that there is something wrong with one's habits, either in the matter of sleep, lack of bodily activity, improper diet or in some other way. In the majority of cases, however, laziness is largely due to excesses in eating.

One who wishes to acquire a high degree of vitality should realize that it is not only desirable to adopt such measures as will tend to build up vital power, but that he should also be careful to avoid wasting it. He should hoard it as much as possible, instead of dissipating it in various useless ways. Intelligent efforts in the former direction are quite as important as are attempts looking to vitality development.

Just as an intelligently selected and wholesome diet will greatly assist in the building of vital strength, so an unsuitable diet of indigestible foods, will so tax the functional system as to consume a vast amount of vitality. But the quantity of food is of as much importance as the character of it, and in many cases more. The habit of over-eating entails a tremendous expenditure of vitality. To secure an ideal condition of health it would appear that one should ascertain the minimum quantity of food upon which he can live and perfectly nourish himself, and thereafter avoid anything in excess of that.

The use of stimulants of any kind should be religiously avoided. Artificial stimulation is only calling upon or borrowing energy from Nature in advance and will tend in time to drain and exhaust the system.

A vast amount of vitality is commonly dissipated through morbid, abnormal states of mind. Worry and anger will consume more nervous energy in a few hours than one can amass in a week, no matter by what system of exercises or general care of the body. It is the writer's firm conviction that both of these evils can be avoided voluntarily by assuming a right mental attitude.

I have referred to the importance of pure air and perfect ventilation on so many former occasions that it seems almost unnecessary for me to mention it here, for every one of my readers must now know how important oxygen is to

the body. The depurating organs also should be kept active and in good condition, in fact, every bodily function should be carried on as smoothly as possible and with as little unnecessary expenditure of vitality as possible.

When I speak of the importance of conserving one's vitality, it must not be understood by this that I mean that you are to avoid exerting yourself in physical exercise. Nor do I mean that you should shun concentrated mental effort. It is only through natural activity that we can live, and grow and develop, either physically or mentally. Stagnation means disintegration. Wholesome physical exercise is absolutely necessary to keep the blood in healthy circulation, and the movements illustrated in this series are especially valuable in promoting the functional processes of the body and in building greater vital strength. It is in other and unnatural expenditures of energy that one's vitality is frittered away and wasted.

Clothing is unquestionably a hindrance to health and vitality in more ways than one. The clothing of the ordinary individual partially suffocates the skin, thus interfering with the action of the pores in their efforts to eliminate waste matter from the body. For this reason I advocate the use of as little clothing as one can possibly get along with, and the practice of taking air baths and sun baths whenever convenient. Sun baths are particularly valuable in building vitality. There is life and energy in the rays of the sun. In fact, all the life and all the forces of which we know upon the earth can be traced directly to the sun. And if as often as possible we would allow its rays to fall directly upon the skin instead of keeping our bodies continually in the dark by means of opaque clothing, we would be just that much better off.

For the same reason I would also advise that if you take your exercises in your bed-room, or in any other private room, you should always do so entirely without clothing and if possible in a room where the sunshine enters in the morning. The windows should be wide open, admitting a plentiful supply of pure air.



## Amateur Athletics Exposed

PROMOTERS OF ATHLETIC MEETS TO BLAME FOR ALLEGED CORRUPTION OF AMATEUR ATHLETES—CONDITIONS IN ENGLAND AND IN AMERICA—DISTINCTION BETWEEN "GENTLEMEN" ENGLISH ATHLETES WHO ARE "INDEPENDENT" AND AMERICAN AMATEURS FOR WHOM COMPETITION WOULD BE OFTEN IMPOSSIBLE WITHOUT EXPENSES—INCONSISTENCY OF A. A. A. OF ENGLAND IN THE CASE OF SHRUBB—ONE METHOD OF "COMPENSATION" SANCTIONED BY AN A. A. U. OFFICIAL. THE CASE OF JOYCE AND CASTLEMAN.

By Arthur Duffey

(Continued).

IT is quite certain that if there were no promoters of athletic meets there would be no abuses of the type to which I have alluded in these articles. It logically follows then that those who are to blame in this connection are not the athletes themselves but those whose methods permit and foster the alleged shortcomings of the former. The remark of the "London Field" which I quoted in the February issue of PHYSICAL CULTURE may be repeated. It was to the effect that "organizers of athletic festivals are more to blame for offering amateurs liberal 'inducements' than are the amateurs for accepting the same." This cleverly puts the whole question into a nut-shell.

The foregoing naturally leads to an inquiry as to the status of these same promoters of athletic festivals from an A. A. U. standpoint. Now such gentlemen are, in the majority of cases, individuals selected by the officials of the clubs under whose auspices the meetings are to be held, and they are given full power to act as they see fit in order to insure the success of the same. It goes without saying that a manager so selected must be in good standing with the A. A. U.—in other words, he is recognized as one who conforms to A. A. U. rules and regulations in every respect. Please remember this fact.

To make such a meeting successful from a gate-money and other standpoints, it is necessary to secure "drawing" talent. This means that negotiations are opened by the manager with

crack amateurs to the end of securing the services of these last. Usually there is some amount of correspondence before arrangements are completed. The nature of these negotiations I need not state in detail, but suffice it to say that the athlete does not suffer financially for sacrificing his business time or personal interests provided that he is a strong attraction. Yet I may add that I have never yet known of a star amateur who did not have an innate love of sport for sport's sake, and who in nine cases out of ten, and apart from "inducements" offered him by managements, was not prepared to do much in order to maintain his own prestige or that of the club which he represented. Managers who are familiar with the athletic temperament know this and usually take advantage of it for their own ends.

Can the athlete in business life be blamed if he holds that such expenses as he may receive under the circumstances are a legitimate offset to his loss of time, and money? The same remark stands good if he is a college man, where such expenses would take the form of an equivalent for loss of study time.

It would be seen that we have on the one hand, the amateur with a genuine love of sport who is compelled by force of circumstances to accept the *quid pro quo* for his services, and on the other, the promoter of a meeting who is looking after prospective gate money and the prestige of the organization with which he is identified—because such prestige is convertible into cash *via* the gate.



I may perhaps be criticised for alleging that after all, the star amateur is an ardent lover of sport because it is sport, but those who know him as well as I do will endorse my assertion. The mere fact that these men devote some of the best years of their lives to perfect themselves in their athletic specialty, and give up many so-called pleasures which appeal to the average young man, is proof positive that they must be sincere lovers of athletics and that if they do accept liberal expenses, their so doing is due to the fact that sport to them would be impossible without the assistance of such expenses. Let it be remembered that nearly every amateur athletic champion before the public is a comparatively poor man. The authors of the parrot phrase of "pure sport" are usually men of means who have made those same means out of the athletes whom they criticise, or it may be, are members of college faculties who can well afford to be independent of financial considerations. Such individuals are at heart less honest and far less interested in the furtherance of true sport than is the amateur possessed of little or no money.

It is a curious and noteworthy fact that the virtuous attitude of the A. A. U. in regard to amateurs is of very modern origin. The star amateur has been placed in the ambiguous position which he now occupies not because of himself, but because of the efforts of those who seek to "reform" him. It is an old axiom that a multiplicity of laws makes criminals, and the same kind of thing would seem to stand good in the case of the A. A. U. and those who come under its jurisdiction. Fifteen years ago amateur athletes were none the less amateurs because they received a reasonable financial return for their services. The gate receipts of amateur athletic meetings of those days were not infrequently divided among those who took part in the contests. There was no attempt at dissimulation in this respect and to have told a man that such conduct made him a professional would simply have excited laughter rather than alarm. Especially was this true of those college athletes who earned a few dollars by coaching a baseball nine or a football team.

It was only when the A. A. U. imported into this country the English standard of so-called amateur sport that our athletes were placed under the brand of professionalism when they ventured to accept a dollar or so in return for their work. In other words, the A. A. U. instituted an order of things which was exotic in its principles and totally opposed to the methods and spirit of this country. As has already been pointed out in these columns, students of the great English colleges and universities are invariably young men of means. The youth who goes to the universities of Oxford, or Cambridge, or for that matter, to Rugby, Eton, or other of the great public schools of England is perforce a member of the "upper classes" and as such is quite independent of the money question. To these "sport for sport's sake" is perfectly feasible in the actual sense of the term and it is duly honored in every respect.

But the conditions are totally different in this country. It is our boast that no matter what the social station or the financial means of a young man, he can obtain a college education provided that he has the desire and industry to secure the same. I need not remind my readers of the sacrifices and the financial straits which many of our students experience in order that they may pass through college. So that it is as ridiculous as it is unjust for the A. A. U. to impose upon these young men conditions which had their birth in the aristocratic educational institutions of England. In this respect as in others the inconsistency of the A. A. U. is made manifest. Also its evil influence upon sport and the hardships which its policy imposes on athletes in general.

The fundamental evils of both the A. A. U. and the A. A. A. which are due to the rules and regulations of each being founded on class distinctions are in evidence wherever these bodies hold sway. As I have said there is a sort of reason or excuse for the code of the A. A. A. although such code discriminates against the great mass of British athletes. This for the reason that athletes of the English universities almost always confine their abilities to the Inter-Varsity meetings, and it is only on rare



occasions that they go outside of these in order to take part in championship contests. The popular British athletic meetings—by which I mean those patronized by the public in general—never attract the university athletes. The consequence is that such star athletes as do appear at these latter meetings are members of the working classes. It follows that the average British athlete is placed in the same false position as is the average American athlete, and by the same means—the narrow and discriminating policy of both the A. A. A. and the A. A. U. on the lines mentioned.

Of course if the A. A. U. can so arrange matters that only "gentlemen" athletes shall appear at the meetings held under its auspices all may yet be well. But the difficulty is that the vast majority of American athletes are not "gentlemen" in the British sense of the term. As the reader may or may not know, under British common law a "gentleman" is defined as one who has an independent income of not less than \$1,500 per annum. So that, the "gentlemen" athletes of Great Britain need hardly consider the question of expenses in this connection. But unfortunately this kind of thing does not stand good for the bulk of American or British athletes. It may be added that if Great Britain or for that matter America were to rely for their respective athletic prestiges upon "gentlemen" such as the A. A. U. seems to be organized to favor, such prestiges would hardly be worth mentioning. The inference of all of which is, that either the A. A. U. will have to change its imported and snobbish attitude towards American athletes, or be extinguished by that public contempt that under current conditions and from an American point of view, it so richly deserves.

The late Henry Ward Beecher was accustomed to say that "expediency is a word invented for the use of a coward," by which he meant that a departure from declared principles on the score of policy is worthy of all disdain. Nevertheless "expediency" seems to dictate much of the policy of not only the A. A. U. but of the A. A. A. of England. Let us see. As I have just stated, the methods of the A. A. U. are a slavish

imitation of the methods that obtain in England. Mr. J. E. Sullivan on his recent return from that country took it upon himself to intimate that in the near future there would be a closer offensive and defensive alliance between the A. A. U. and the A. A. A. In other words, that the policy and the methods of the two organizations would be identically the same. Such being so, it is in



Alfred Shrubb, World's Champion Distance Runner, unjustly suspended by A. A. A. of England

order to point out, that the A. A. A. distinctly forbids the offering by managements to athletes or the acceptance by the latter of anything in the way of expenses. But in America as you know precisely the reverse is the rule. The A. A. U. allows of the payment of expenses to athletes, because without the



expenses, athletic contests would not be possible on this side of the water. In other words, the two organizations countenance in each other that which they so sternly condemn in the athlete. It is true that to save their reputations the officials of the A. A. U. draw the line at "excessive" expenses, but there is no definition of what "excessive" actually is. The term is of an elastic kind when it is "expedient" to make it so. A writer in a Boston newspaper, quoted in last month's *PHYSICAL CULTURE*, called attention to the fact that when Rodenbach, the fighter, went to Boston two years ago, Mr. Sullivan stood for the former's expense bill, "which was extravagantly large." As a matter of fact the question of expenses depends, not upon the rules, but what a club can afford, having in mind the profits that may be the outcome of the appearance of the star athlete. It is also amusing to note the totally divergent views on this matter of expenses held by the A. A. A. and the A. A. U., inasmuch as this question lies at the root of all the talk about "clean sport," corruption and all the rest of it.

Let me give another illustration of the inconsistency of these organizations. When Shrubbs, the world's long distance champion runner and myself were invited to go to Australia rather over a year ago, the Australasian Amateur Athletic Association made arrangements to pay Shrubbs's expenses for the trip, the latter then being a member of the A. A. A. In the first instance, the A. A. A. officials objected to Shrubbs going, but this was for selfish motives, inasmuch as they did not think that he would return in time to take part in their own athletic championships in July, 1905. But finally, the A. A. A. gave its consent after Shrubbs had promised to be on hand for such championships, this too, be it remembered, in spite of the fact that it strictly and firmly forbids the paying of expenses to amateurs. So it became a party to a direct violation of its own rules. Once more the typical inconsistency of the amateur ruling bodies.

But mark this. When last fall Shrubbs and J. W. Morton proposed to visit this country, Shrubbs, having in mind the

circumstances under which he visited Australia, did not hesitate to admit that his expenses were to be paid by some Canadian athletic organization. Whereupon the virtuous autocrats of the A. A. A. said that they could not possibly permit him to enter into an athletic engagement in which the question of expenses was involved, and forbade him to cross the water under due pains and penalties. Could anything be more inconsistent or indeed absurd?

The A. A. A. had not hesitated to countenance the violation of its expense rule only a few months before, but now quoted that same rule as an excuse for withholding its permission for Shrubbs to visit Canada!

On the other hand, Mr. Morton, with a wisdom which did him justice and an astuteness which redounded to his credit, laid before the A. A. A. a prettily arranged statement setting forth his "income" and the amount of his prospective expenses in connection with the trip. Having thus qualified himself as a "gentleman" from the A. A. A. standpoint, he departed for these shores with the metaphorical blessing of the aristocratic organization, and all was well. Poor Shrubbs suffered by reason of his honesty and his lack of forethought in not preparing a statement on the lines of that of his fellow athlete. Is not this kind of thing contemptible rot? Nevertheless, Mr. Sullivan is most desirous of "having the closest possible relation with the A. A. A."

In the Athletic World department of this issue of this magazine I make an allusion to the current suspension of Shrubbs by the A. A. A., such suspension being based on alleged malpractices on the track. As Shrubbs understands it, he is charged with "not trying to win." This charge, I think, will not only be hard to prove, but in addition, it is of a type which is manifestly unfair to an athlete. Race horses and athletes both have their physical and mental moods, and while one day they may be as "fit as a fiddle," the next, and for half a dozen reasons, they may be totally lacking in form. In the latter case, prejudiced or jealous or piqued officials of an athletic organization may easily formulate a charge such as has been brought against



Shrubb. This is written to call attention to the injustice and tyranny that can be brought to bear upon an athlete by autocratic persons of spleenish tendencies.

To sum up the foregoing then, it is evident that if there were not promoters of athletic meetings with itching palms, there would be no "inducements" offered to star amateurs and if there were not autocratic national athletic organizations which ignore their own rules and regulations for financial or other reasons there would be no promoters, and consequently no cry of "corruption." It follows then that the whole evil is rooted in the management of athletic festivals and not the athletes. Of course no one will deny the necessity for a national organization to insure the best interests of amateur sport. But such an organization should, in many ways, be totally different from that one which now is apparently trying to hinder rather than to further the progress of clean sport by its imported policy and its alien methods. What we want is an American Amateur Athletic Union, not one of a hybrid order, or to be accurate, of a purely British breed. Of course it's awfully jolly, don't cher know, to be even indirectly associated with a bally swell crowd of athletes who are gentlemen, don't cher know. And it will be more jolly when that deah A. A. A. and ourselves join hands across the sea, you know, (I am voicing the sentiment of Mr. Sullivan and his associates). But for the time being at least, I fancy that all athletes on this side of the water will join with me when I declare for a national organization which shall be founded on the American spirit and conducted in an American manner. And when such an organization comes into existence, it should include among its declared principles a recognition of the value of a star amateur's services in a proper and sufficient manner.

One might almost forgive the A. A. U. even as it stands, did it live up to its professions, printed and otherwise, open to criticism as such professions are. But it does not, and it is this hypocrisy which lays it open to the contempt which is accorded it in many instances. Let me furnish an illustration of this same

double dealing with both the athlete and the public; of this professed regard for principle, and the actual violation of the same. In 1899, J. B. McCabe, now president of the A. A. U., was the kingpin of the East Boston Athletic Association. My belief always has been that Mr. McCabe was himself the East Boston Athletic Association, for I never saw its quarters nor did I know of anyone who had. Nevertheless, it had a membership and consequently annual dues. It is of no consequence to state what the amount of these dues was. At the period of which I speak, I was looked upon as a coming champion, the result being that McCabe through one of his representatives asked me to become a member of the association in order to represent it at an approaching A. A. U. championship meeting which was to take place at Riverside Park, Auburndale, Mass. I consented, and was immediately made a full-fledged member of the club, competing under its colors in due course. But—and here is the point of the story—I never was asked to pay any club fees, these evidently being made a present to me on the score of my athletic ability. Would it be inferred by this that I "received compensation for my athletic ability" from Mr. McCabe, President of the A. A. U., in violation of the rules and regulations of the A. A. U.? Let me say here, however, that I was totally unconscious at the time of being guilty of any violation, for I only had a most general idea of the regulations of the organization, and furthermore, I thought that whatever Mr. McCabe sanctioned must necessarily be right in view of the prominent position which he held in the amateur world. Then, too, this custom of making prominent athletes a present of club fees was most common, and I was but only following the example of many others whom I knew and of whom I had heard. But it was expedient for Mr. McCabe to further his club interests by offering me inducements to join it and so he bade the rules go hang! Is it to be wondered then, that athletes sometimes strain their athletic consciences in regard to expenses, or what you like to call them, when they have set before them examples of this juggling with rule and



principle such as McCabe was guilty of in this instance? Remember that I am not attacking the principle that a prominent or a star athlete is not entitled to some consideration on the score of his ability. What I am criticising is the blatant hypocrisy which professedly refuses to allow star amateurs "inducements" on the score that they would demoralize the ethics of amateur sport, while at the same time they secretly and sneakingly yield him the same. The curse of the amateur world to-day is not the amateur of limited means who accepts expenses, but the many Pecksniffs and Uriah Heeps who for purposes of publication hold up their hands in holy horror at the same, yet at the same time waive the question of club fees when they desire that a prominent athlete shall wear the colors of a specific club. I would like to ask Mr. Sullivan and others of that ilk, how many star amateurs paid club fees in order to become members of the N. Y. A. C. at the time when that body practically monopolized every amateur of note in the country with the exception of myself. And if such star amateurs did not pay these fees, were they not to all intents and purposes presented with the same? The N. Y. A. C. is not and never was in the habit of distributing gratuitous memberships for philanthropic or sentimental reasons.

Lovers of honesty and consistency will rejoice at the fact that the Supreme Court has decided that the A. A. U. shall live up to its self-formulated rules and regulations. Judge Giegerich has decided to the foregoing effect in connection with the proceedings instituted by the I. A. A. C. for the purpose of restraining the A. A. U. from barring John J. Joyce and Fred Castleman from competing in the metropolitan championships. Without going into detail, it may be said that Judge Giegerich has made permanent the temporary injunction accorded to the I. A. A. C. in July last, by which the A. A. U. was prevented from discriminating against the two

athletes in question. The alleged charge against them was professionalism. His honor based his decision on the neglect of the A. A. U. to live up to its by-laws which provided that within ten days after the evidence has been closed where charges against an athlete have been made to the committee appointed to consider such charges, the latter shall file its report with the secretary of the A. A. U. which report should be submitted to the Board of Governors at its next meeting. In case no decision is reached by the Board within ninety days after the charge was filed, the person accused shall be deemed acquitted as if by a decision to that effect by the Board. Ninety days having elapsed and no action having been taken by the Board, his honor rendered the decision stated, which runs somewhat counter to the recent utterances of Mr. Sullivan, who not so long since intimated that the A. A. U. made its own rules and therefore could do as it pleased with them. He also added that the A. A. U. could accord records, and expunge them, and do other things at its own sweet pleasure without making an explanation to man or the public or the courts. Mr. Sullivan however, has been otherwise enlightened in the interval. Subsequent to the decision of his honor, he was interviewed, by newspaper men, and for once did not talk. He is quoted as having said: "I have nothing whatever to say about Judge Giegerich's decision or about Joyce and Castleman." Which under the existing circumstances was wise.

It is interesting to note that this same Supreme Court decision has a direct bearing upon my pending case against the A. A. U., inasmuch that, as my lawyer stated to it, the expunging of my records by that body "is in direct opposition to your own constitution and by-laws. You have in effect declared Mr. Arthur F. Duffey a professional without having given him a hearing." Which is precisely what the A. A. U. did to the two athletes just named.

---

**NAMES FOR SUBSCRIPTION.**—An offer made by one of our interested readers. How many others will make us a similar proposition?

To the Editor:—If I will send you one hundred names and addresses of persons who would like to subscribe for the **PHYSICAL CULTURE MAGAZINE** will you send me the magazine for one year?

IVY DILLON, Colfax, Guilford Co., N. C.



## Fencing for Women

THE USE OF THE FOILS IS PECULIARLY ADAPTED TO THE PHYSICAL PECULIARITIES OF THE FAIR SEX—THE EXERCISE IS IN GROWING FAVOR AMONG SOCIETY WOMEN—PETTICOATED EXPONENTS OF THE ART.

*By Captain A. W. Seaholm*



Members of St. James' Fencers Club, Boston

THE society woman of this country is unlike her English cousins, who are as a rule fond of outdoor and indoor athletic sports. The former has but little time to spare for systematic physical exercise, thanks to her routine of social duties. The benefits of proper exercise are amply illustrated by well known leaders of the dramatic and operatic professions, who mainly through invigorating sports have retained health, vigor and beauty.

Pre-eminent among such sports and as an exercise for mind and body, beneficial alike for young and old, man or woman, is fencing. It is for many rea-

sons peculiarly suitable for women. Quickness and accuracy are two essential requirements to proficiency in foil practice, and both are attainable through patient practice.

A prominent lady fencer in speaking of the art says that "one lives more intensely, more vividly in an 'assault' of a quarter of an hour than most people do in a week.—There is no such nerve tonic, such bracing exercise as fencing, and one would hear much less of the ailments of women if they were to consider fencing as a regular occupation of their daily existence."

To one who knows nothing of fencing



it is hard to understand the keen satisfaction that the successful execution of a correct and difficult parry, or a skillful attack, gives to the swordsman, or woman, or the short, sharp triumph of the riposte delivered almost in the same instant as the parry.

Fencing offers the same advantages to members of both sexes; one of the fair sex may meet an opponent of the sterner

Many of such are expert swordswomen. The royal princesses of England handle the foil with ease and accuracy.

In an interview with Madame Sarah Bernhardt during her recent visit to this country, the question: "To what, more than anything else, do you owe your extraordinary vitality and preservation of youth?" was asked her. "To fencing above all," she replied. "I never travel without my foil case and an attendant with whom I can indulge in the luxury of an 'assault' at least once a day," to which was added the invitation:

"Would you like to try a few passes with me, 'Monsieur?'"



"Parry of Septime"

Miss Lillian Niederauer, of Boston



Miss Maybelle Niederauer of Boston

The two Niederauer sisters are among the most skillful lady fencers in Massachusetts

sex with entire confidence on the fencing mat.

Twenty-five or thirty pupils can be instructed at one time. The art is progressive, constantly offering new features to learn and master, and it is almost unlimited in its resources. Fencing, properly taught and regularly participated in, is one of Nature's most able assistants in making woman the perfect and beautiful creation which she was intended to be.

In England and France, Germany and other continental countries, few women of good breeding and education are found who are not devotees of the art.

In Boston in particular the art of fencing is today more popular than ever. Besides the regularly organized fencing clubs, most of whom boast of having a numerous women membership,





Members of the Beverly Fencing Club, Beverly, Mass.

the several *salle-d'arms* of both the French and Italian schools are well patronized. Fencing-masters are employed at Wellesley, Laselle and other women's colleges in Massachusetts. A number of Boston's young society women are as much at home on the

fencing mat as are the society men, who have made "their mark," in the inter-collegiate or amateur contests. Among those who have worked their way to the front rank are the Misses Lillian and Maybelle Niederauer and Miss Eline Tewksbury.

### THE USES OF PAIN

Many Christian people look upon pain as an affliction, a cross to be borne and met resignedly. Christian Scientists deny the existence of pain.

Both these views are wrong; we should neither deny the existence of pain, nor accept it as inevitable.

One of the important laws of the universe is self-preservation, and pain is one of its agents. Suppose for instance that the hands could be burned, or the stomach overloaded with indigestibles, without pain ensuing, how long would it be before the hands were a mass of scars, and the stomach worn out?

Is it not then obvious that instead of

bewailing pain, we should learn its meaning and appreciate its intent.

In Nature's realm all is cause and effect. Health and good feeling are the normal attributes of man. Consequently pain, which is disagreeable, must have a cause which is abnormal. No organ in good condition does its work painfully. When it does, it is an infallible sign of disorder. Viewed in this light, we realize that pain is a blessing, because it is the signal of wrong conditions, which it is our duty to right.

Pain is the red flag of danger, and if we heed it not, the consequence will be of our own making, not of pain's.



# Physical Culture as a Deterrent of Crime

AN INSTRUCTIVE AND SIGNIFICANT SYMPOSIUM ON THIS SUBJECT, THE CONTRIBUTORS TO WHICH HAVE A PRACTICAL KNOWLEDGE OF THE QUESTIONS AND ISSUES INVOLVED—IT IS APPARENT ON THE FACE OF IT THAT IF THERE WERE MORE MUNICIPAL GYMNASIA THERE WOULD BE LESS NEED OF PRISONS AND REFORMATORIES.

*By Bernarr Macfadden.*

**I**N this, the second installment of this symposium, I am giving the opinions of a number of mayors of prominent cities of the United States in regard to municipal gymnasias or recreation grounds and the advantages which accrue from them. As will be noted, the consensus of opinion on the part of these gentlemen is practically to the effect that such institutions have a far-reaching effect for good upon a

community, and that they should become a part and parcel of the scheme of every municipal government.

Reading between the lines of these communications, I am led to believe that in such instances where these gymnasias, etc., are lacking, the condition is due, not to a distaste on the part of the taxpayers to expend money for them, but rather because there is wanting someone to take the initiative in the



Public Playground and Gymnasium in Lincoln Park, Somerville, Mass.



matter. In some cases, as will be seen by a reference to these letters, this, the initiative, has come from private individuals who are to be highly commended for the wisdom and philanthropy which they have thus displayed. But I think that it is the duty of the chief executive of a community and his assistants to inaugurate a movement of this kind, inasmuch as they are theoretically elected to look after the interests and welfare of those who have placed them in the positions which they occupy. I also hold that each and every one of these gentlemen, if the matter presented itself to them with one tithe of the interest with which it does me, would forthwith begin to take such steps as would lead to the installation of gymnasia, and the opening of out-of-door recreation grounds. I trust that the publication of this symposium may bear fruit by enlisting the interests and refreshing the memories of those municipal officers within whose jurisdictions there does not now exist those opportunities for the development of the body, and incidentally of the mind, which are among the inalienable rights of the citizens of this country.

The communications which follow are in reply to a letter which I sent to the writers, a copy of which was published in last month's issue of PHYSICAL CULTURE. The gist of this letter was, that I should be glad to know whether the cities in question had municipal athletic institutions free to the public, and if so, what effect if any, had the same had on the public health and

morals. I venture to think that these letters from the several mayors are not only of interest in general, but throw much light upon the subject under discussion.

CITY OF SACRAMENTO, CAL.

*Mayor's Office.*

DEAR SIR:—Replying to your favor, I can only state that there are no public gymnasia in this city supported by the municipality. In the new High School, the construction of which will shortly begin, provision has been made for the installation of a modern gymnasium. This, of course, will be available only to the pupils of the High School. The Y. M. C. A. maintains a splendid gymnasium, which is well patronized. The city is the owner of the McKinley Memorial Park, a tract of about 35 acres, which is managed by a commission. This park is being fitted up so as to include a children's playground. Good results are expected from the future maintenance of the park by the city.

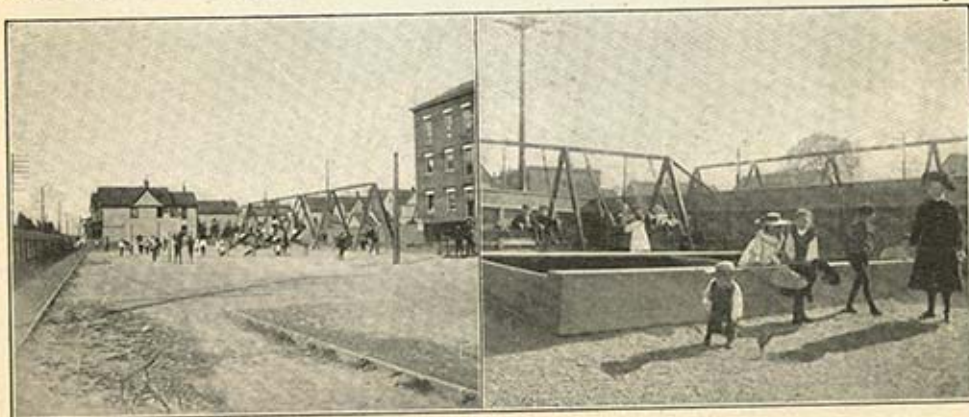
*W. J. Hassett*

*Mayor*

DENVER, COLO.

*Mayor's Office.*

DEAR SIR:—The city as a municipality does not own and operate any gymnasium, recreation grounds, swimming pool



Scenes at the Public Playground and Open-Air Gymnasium, Bird Avenue, Buffalo, N. Y.]





Buffalo School Children—Classes of Girls and of Boys at Dumb-Bell Drill.

or any such institutions, but it is the intention of the Mayor and Council to establish a public bath and swimming pool for children next year.

Secretary to Mayor.

CITY OF SAVANNAH.  
Mayor's Office.

DEAR SIR:—Replying to your favor of recent date, I am directed by the Mayor to state that this city has no plots of ground laid aside especially for playgrounds. There is an open park of about twenty acres, practically in the centre of the city, used by the boys for football, etc., which belongs to the military as a parade ground, and there is still ample unbuilt ground for their sports. Accordingly the necessity for city playgrounds is not yet apparent.

Secretary to Mayor.

CITY OF ST. JOSEPH, MO.  
Executive Department.

DEAR SIR:—I have your letter and in reply will state that we have no such institutions as you mention. St. Joseph is not closely built up, and there is no congested "slum district," such as are found in many eastern cities. Hence, the need for these institutions has never been, to my knowledge, discussed. One large park here is equipped with swings,

and Shetland ponies for the use of children are furnished at a nominal cost.

While I have never considered the matter in connection with St. Joseph, during a recent trip east I became convinced of the beneficial effects of municipal playgrounds, etc., in cities there, and have no doubt they would be valuable anywhere.

Secretary to Mayor.

GRAND RAPIDS, MICH.  
Executive Office.

DEAR SIR:—Your favor came during my absence from the city. In answer to your questions permit me to say:

1. We have no local public gymnasias but to some extent the want is supplied by the Y. M. C. A. and the Y. W. C. A. Several of our school grounds have been fitted up with gymnastic apparatus for the use of school children and others in summer. The city has also provided swimming pools for summer use and a large number of small skating parks well distributed throughout the city for use in the winter.

2. Their effect upon the public health is unquestionably favorable and they have doubtless contributed somewhat toward the reduction of crime, both among juveniles and adults, but we have no definite statistics on the subject.

My own opinion is that too little attention has been paid to questions of this kind in most of our American cities. Physical exercise, especially in the open



air has a direct influence for good upon the health, morals and intellectual development of the community. I am satisfied that municipal encouragement should be given to this cause and that its promotion at public expense meets with the approval of a great majority of the tax payers.

During the past few years this city has annually appropriated the sum of one hundred dollars for the purchase of medals and silver cups for the victors in athletic contests. The mayor has appointed a committee in each ward to stir up local interest in these contests, with satisfactory results.

*Edwin F. Sweet*

Mayor.

CINCINNATI, OHIO.

Mayor's Office.

DEAR SIR:—The Mayor directs me to acknowledge receipt of your letter regarding public gymnasia, recreation grounds, swimming pools, etc., in this city supported by the municipality.

In reply he directs me to say that there are no public gymnasia or other athletic institutions, with the exception of playgrounds, in Cincinnati. There are several private gymnasia, notable among which are the Cincinnati Gymnasium and the Young Men's Christian Association, in which the membership fees are very low, so that the need of public institutions of this kind is not considered

great. Both the Cincinnati Gymnasium and the Young Men's Christian Association have swimming pools.

*Thos. Quinn*

Secretary to Mayor.

NEW HAVEN, CONN.

Mayor's Office.

DEAR SIR:—In reply to your recent letter would say that this city has one public recreation ground, also a public bath and swimming pool, supported by the municipality.

Unfortunately we have not as yet any special facilities for children except the playground. Personally, I am very much in favor of gymnasia and other means of public recreation and physical culture.

*Julius P. Shultz*

Mayor.

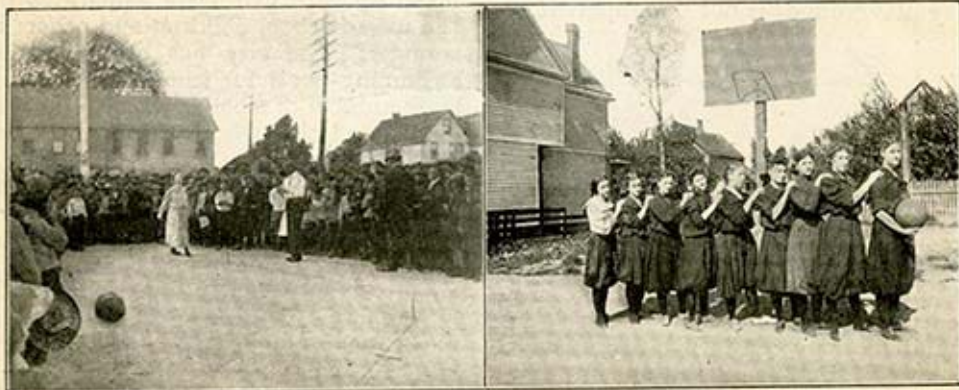
MANCHESTER, N. H.

Mayor's Office.

DEAR SIR:—There are no free public institutions in Manchester such as you describe, but a movement is on foot to install free public bath-houses the following season.

*A. B. Mason*

Secretary to Mayor.



Sports for Girls Encouraged on the Buffalo Public Playgrounds



## Child Life Beautiful

THE EXQUISITE GRACE AND SYMMETRY OF CHILDREN SHOULD BE RETAINED AND EVEN IMPROVED UPON IN ADULT LIFE.

By Walter James Mordaunt

EVERY period of human existence has or should have a distinctive beauty of its own. Unfortunately, man, either through his folly or his selfishness, runs counter to the intention of Nature in this respect, and the result is seen in those travesties on the "human form divine" which are the rule much more than the exception in these days of ours.

Somebody has said that "every baby

food, lack of ventilation, and a general disregard for common-sense hygiene are among the many things with which the newly born atom of humanity has to contend, the results being seen in the appalling death rate among infants, and the pitiable percentage of ailing women and unmanly men that characterize the civilization of to-day.

When, however, the little ones are blessed with parents who hold to and



True Children of Nature

is well born" and that if it becomes a puny child and a sickly weakling in later years, the fault lies with those who are responsible for its care in infancy rather than the Power that brought it into being. There is a good deal of truth in this statement. If we consider how the average baby has to struggle against the debilitating influences that surround it and the idiotic methods of the average parent, the wonder is that there are any healthy men and women at all. Improper clothing, unnatural

practice physical culture principles, the intent of Nature is made apparent through the medium of their development along lines of ever changing and ever increasing beauty. The pictures of the children which are given with this article prove the beautiful possibilities of the human body when it has passed the stage of infancy proper and has budded into unblemished childhood. We ask the reader to study these pictures, for they are camera-sermons of power as well as loveliness.



First, let us note the obvious happiness of the little ones, the spontaneity and grace of their movements, freed as they are from the trammelings and irksome swathings of clothing. Is not this a plea, not for absolute nudity perhaps, but nevertheless for some radical revolution in our modes of dress, which will enable children to secure the liberty of limb and body and the physical enjoyment the youngsters are so manifestly reveling in?

Again, note the exquisite development of the children, the long, lithe, lissome muscles, the tender curves due to a proper distribution of fatty tissue and flesh proper, the suggestion of perfect health and the promise of future beauties.

Note the expression on their faces. The average little one's features too often call attention to the fact that its mind and thoughts are for the most part centered upon its aches and pains, or on the discomforting conditions amid which it lives. Consequently, it has nothing of that self-unconscious, joyous charm that the faces of the children in the pictures possess. These last are manifestly tasting the joy of living—the joy arising from constitutions that are as Nature intended them to be, that are free from ailments that are in harmony with the

beauty, and sweetness, and exhilarating influences that surround them, that each child is, in short, a demonstration of human life as the Creator of humanity intended it to be.

Again take notice of the transcendental innocence of the children, an innocence born of the fact that nudity whole or partial is evidently an every-day matter in their lives, that there has been no breeding in them of suggestive thoughts through the medium of clothing that conceals but to display, so to speak.

After the development of the various points of a sermon, there is usually a summing-up based on them. In this instance, then, what is the conclusion to be drawn from our foregoing remarks? It is that the heritage of humanity is health and beauty and that the departures from this rule are, as already



Their sweet, intelligent faces express the love of flowers, pure air, grass, leaves, sunshine, and wholesome play

stated, due to man rather than to Nature. There is no reason in the world why advantage should not be taken of this heritage all through life, and that in consequence the body of the adult should be as beautiful and as graceful in its appropriate way as are the bodies.

Let us for instance sketch out the hypothetical career of a couple of sturdy little chaps who might properly be the companions of the little girls of these





Unclad sweetness and innocence the exemplification of purity of heart, soul and physical being

illustrations. We will suppose that the lads have had access to the pleasures of the fields and flowers and sunshine, that they have finished their schooldays and that the time has arrived for them to earn their own livelihoods. One of them goes to a big city and becomes a clerk. His life thence on includes, let us say, a stuffy hall bedroom, so-called meals either at a cheap restaurant or the "quick-lunch" order, or those served at a third-rate boarding house. Tough meats, sodden vegetables, white bread, of course, are among the things from which the young man attempts to extract nutriment for brain and body. Possibly he learns to drink alcoholic liquors and the cigarette or cigar becomes a portion of his daily life. For eight or nine hours a day he is cooped up with a lot of other human beings in

a room in which ventilation is conspicuous by its absence. He stoops over his desk in such a manner that his chest is contracted, the action of his abdomen is hindered and his lungs are robbed of their normal supply of oxygen, even supposing that he could secure the latter from the vitiated atmosphere which he inhales. Naturally he acquires the car habit, and his "exercise" at length is, in the main, a walk to the nearest car-line from his boarding-house or from his office. His recreation consists of a visit to a music-hall or theatre, varied by evenings spent in the saloon or other debilitating resorts. This, it must be remembered, before he has attained his full growth, and while his physical as well as his intellectual being is still in the formative period. A few years of this kind of thing, and we find that he has not fulfilled any



Basking in the sunshine and playing with uncovered feet in the cool waters



of the promises of his beautiful and wholesome childhood, but is on the contrary, a puny, undersized fellow with flabby muscles, a heart that beats alarmingly if he runs upstairs too quickly, a constitution that in general gives tokens of an early breakdown, and an absolute loss of those charms that distinguished him as a boy. He has frittered away his birthright of strength and beauty, and he has furnished yet another example that Nature proposes aright, but that man disposes wrongly.

Let us suppose that the other lad chooses a rural life, and so, turns farmer. He should have no difficulty in continuing those modes and methods which have made him the healthful boy that he is. But unless he is very different from the average farmer, we find that his life will in the future, consist of a dull, wearying, ox-like round of labor unrelieved by a due proportion of recreation, bodily or mental, while cow-hide boots, cumbersome garments and a persistent neglect of the bath will be among the other elements of his everyday existence. So too, will be illy-ventilated rooms, food that is chiefly remarkable for its lack of nutritive value and its indigestibility, and unsanitary surroundings that are destructive to health, morality and self-respect.

And so, he too, by the time that he reaches his majority, is a sallow, unkempt, angular individual, usually with a permanent dyspepsia, and often with a chronic craving for quinine or some

patent medicines. Together with his ex-friend in the city he marries in order to raise a progeny that in turn is peevish, sickly, and predisposed towards the ailments possessed by its father.

Between the clerk and the farmer there are innumerable phases or occupations of civilized life which breed varying evils in the way indicated. Social conditions are, as I have already mentioned, responsible for much of this unhappy condition of affairs, many of

such conditions being the outcome of those vast monopolies which compel uncouth thousands to labor from dawn to eve in return for a bare pittance. The victims of these octopi will probably continue to live—save the mark—and die as they are now doing, until such times as the righteous anger of the people sweeps the exponents of "frenzied finance" and allied evils into the oblivion of the Bad Things that Have Been. On the other hand, there are multitudes who have no excuse for being the physical weaklings and exponents of physical homeliness that they are. If plenty of exercise, living



Such exquisite grace and beauty are simply the outcome of a natural life

in the open, simple foods, and as little clothing as possible will bring into being such shapes of perfect beauty as the children of these pictures are, there is no reason in the world why the adult by the same means should not become examples of the noble beauty. Beauty and strength and health are the inalienable rights of every normal human being of matured manhood or womanhood.



# Scientific Wrestling

CATCH-AS-CATCH-CAN STYLE THE MOST SATISFACTORY FOR DEVELOPING STRENGTH, GRACE, ELASTICITY AND QUICKNESS.

By Claude E. Holgate

Illustrated with favorite holds of Mr. George Mehnert, of the National Turn Verein, Newark, N. J., World's Champion Featherweight Wrestler.



7. Half Nelson and Crotch Hold.—This is one of the most frequently-used holds, probably for the reason that it is very simple. It is obtained by bearing down on the head with right hand, as explained for the quarter Nelson, figure 5 last month. A crotch hold is then obtained with right hand.



8. Fall Imminent from Half Nelson and Crotch.—After securing holds shown in figure 7, bear down with left hand on opponent's neck, at the same time drawing him toward you, using the left arm as a lever. Use the right arm to simultaneously lift the body off the mat, and help turn him over. The left forearm should be used to keep the under man from bridging. Counter for this hold is the same as shown (figure 6) for quarter Nelson.



9. Farther Nelson.—While this hold is sometimes effectively used, it is generally tabooed for the reason that it leaves too many openings for an effective counter. The method of obtaining this hold is clearly shown in the photograph.



10. Fall from Farther Nelson.—After securing this Nelson as shown in figure 9, turn opponent toward you, at the same time pinning his left arm to side. An effective point used with this and similar holds is to keep as much of your opponent's weight against himself, at the same time using your own weight to help tire him.

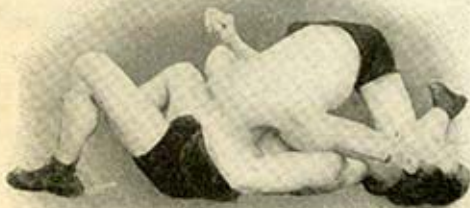




11. Counter for Farther Nelson.—After the top man has secured the Far Nelson, as shown in figure 9, the bottom man should quickly wrap his right arm around his opponent's, as close to the shoulder as possible, (this is known as a "wing") at the same time crotching him with the left hand. Then give a sharp pull and turn to the right, and roll over on top of him. This can be very quickly worked for a fall, and for that reason the Far Nelson is seldom used.



12. Half Nelson and Farther Arm Hold.—This hold is obtained in the same way as explained for the Half Nelson (figure 7.) Then reach the right arm under opponent's body, clasp his arm at the tricep. Next draw him toward you, and help force him over by placing left shoulder under his armpit. **J**



13. Fall from Half Nelson and Farther Arm Hold.—This view shows a clean fall imminent from the hold illustrated in preceding plate. It also shows the manner of keeping your weight on opponent while pressing him down for a fall.



14. Three-quarter Nelson.—This is a very effective hold for those who have the requisite strength to use it. It is obtained by placing left wrist on opponent's neck and bearing down, at the same time reaching right hand under his body and clasping your left with same. Then draw him toward you, at the same time using your right shoulder against his side to help force him over. This hold is very trying on the neck muscles.





This is not a valley in the Rockies, but a typical bit of Sportsman's Show Scenery. The Indians are the real thing.

## Nature Sights and Sounds in the Heart of New York

By William Malcolm

ONCE a year, an oasis of greenery springs up in the heart of that Sahara of brick, brownstone and asphalt known as New York City. At such a time, one may, at one minute, be amid the rush and roar and bewildering whirl of Broadway, and the next, be surrounded by the refreshing sights and alluring sounds and wholesome odors of the forest and the lake. A pistol shot away there is the clanging of the car-gongs, the honk-honk of the automobile, and the deafening uproar of the vast city. Here, while the nostrils gratefully sniff the perfume of the pine forest, one may hear the bugling of the love-smitten bull moose, the cheerful whistle of "Bob White," the weird call of the loon, the unmistakable cry of the wild goose, the staccato quack of the mallard, and those other sounds dear and inspiring to the lover of nature, and the hunter of wild things alike. Nearby looms the lean form of the Flatiron Building and above, Diana watches and wonders at the queer doings of the multitudes of busy humans

below. But here are long vistas of forest dimness; or brown waters whose placid surface is scarcely rippled by the gliding canoe of the Indian. One's lungs instinctively draw in breaths of the fragrant hemlock and in places, one's feet sink deep in cushions of velvet moss. Here one forgets the turmoil of daily existence, and there awakes thoughts and feelings and memories that are and were of those days when one's own nature was little calloused by the world, and when one loved Nature for her own sake, and could feel her heart beat when he rested his cheek upon her broad brown bosom.

All of which has to do with the Sportsman's Show which takes place annually at Madison Square Garden, N. Y. March is the month in which its promoters open its doors to the public, and therein they show their knowledge of human nature. For it is in the early spring that there comes that mysterious stirring in the blood that makes one impatient of the environments of the city, that prompts one to study timetables



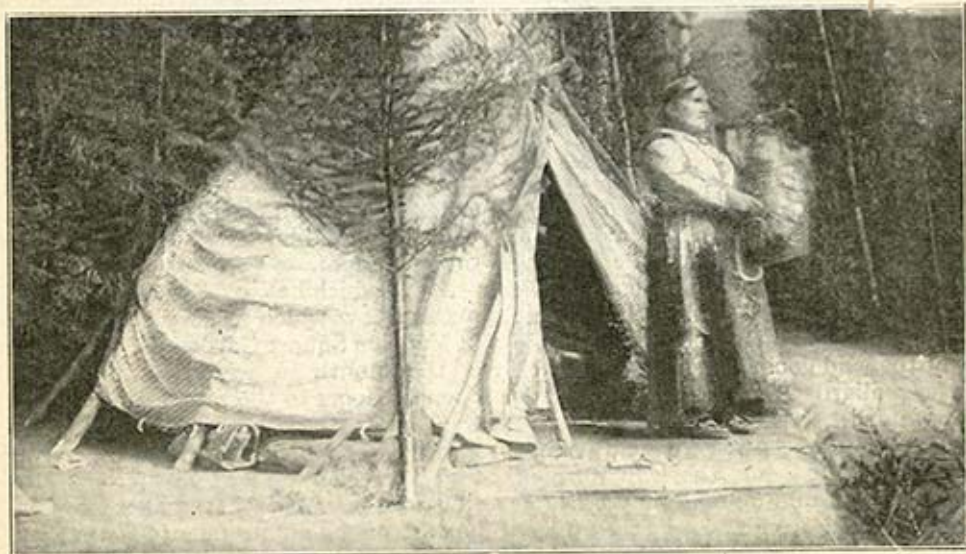
and the literature of summer resorts, that makes one halt in front of florists' windows, and waste more time than one ought to by inspecting the contents of sporting stores. The time when Mother Nature re-asserts her claim upon us by bidding us come to her and leave the artificialities of life behind us. The time when symptoms of spring fever begin to unmistakably manifest themselves, and the sale of boutonnières grows apace. The period when one's nights are haunted with visions of fields and woods, and one has day-dreams shaped in the self-same fashion. An entirely appropriate time for the Sportsman's Show indeed, and New Yorkers show their appreciation of the fact by the manner in which they patronize it.

There are not many shows to which PHYSICAL CULTURE gives its full endorsement. This, not by reason of priggish or narrow motives, but simply because the majority of public entertainments are accompanied by such unhygienic conditions that the good they may do mentally is more than offset by the harm that they bring about physically. In the case of the Sportsman's Show, however, it is otherwise. An entertainment which practically brings into being a section of Nature in the heart of the metropolis cannot be otherwise than commendable, not only

from the fact that nearly everything to do with it is healthful and wholesome in the matter of details, but because it is a refreshment to the heart as well as a tonic to the body.

If there are any features connected with it to which PHYSICAL CULTURE takes exception, they are those that have to do with the exhibitions of weapons and devices for the destruction of wild life for the sake of "sport." To such sport we object, not merely for ethical reasons, but because we are opposed to the use of animal food. However, it may be noted that the Show lays stress on the fact that the sportsman of to-day is vastly different to the sportsman of comparatively few years ago. Nowadays, he is not merely a butcher of game, but is usually a lover of Nature, a naturalist and one who does much hunting with his camera. The various exhibits at the Show go to prove the truth of this.

Apart from this feature, however, the Show in general is of such a type that it prompts and fosters that love of outdoor life which is one of the fundamental virtues not only of an individual, but of a nation also. On this score alone it is to be much commended, and has a specific purpose and place in the economy of public amusement; which much cannot be said of many of our entertainments.



An Indian home, squaw and papoose at Sportsman's Show



## Comstockery The Cause of Childless Homes

Many letters have been received endorsing the suggestion that I leave it to my readers to convert Mr. Comstock. All who have been led away from immoralities into a clean, manly, life because of our teaching should write of his experience to Anthony Comstock, No. 140 Nassau Street, New York City.—*Bernarr Macfadden.*

ONE of the most damning charges that can be brought against prudery, is the thousands of homes that are made childless because of it. At first thought, this statement may seem inaccurate, but to any reasoning mind, a little investigation will show that nearly every childless home is made possible through certain causes, and the influences that lead up and create the conditions that make the existence of such causes possible, are the entire products of prudery. To prudes, all subjects appertaining to sex, are shrouded in mystery, and upon sex love really rests the foundation of a home. Without sex, there could be no home—no family. Realizing these stern facts, consider the pitiful lack of knowledge on the part of men and women who become the contracting parties to the making of a home.

Prudery demands ignorance of these important subjects and childless homes are the results. Under such circumstances devitalizing and demoralizing excesses can rarely be avoided. Let the prude study the subject from this standpoint for awhile, and then he may begin to realize that the most terrible enemy at the present time is the advocate of the secrecy and vulgar nastiness for which prudery stands.

I have received a great number of letters from various persons interested in this controversy. A few of them are published herewith, but I would call the especial attention of my readers to Mr. Hill's letter. Prudery has been a monstrous curse to him in his home life. It will give much food for the thought to the advocates of this mental nastiness.

### HOME MADE CHILDLESS BY PRUDERY.

TO THE EDITOR:

What is Anthony Comstock trying to do? That is the question that has set the frontier readers of PHYSICAL CULTURE wondering.

Is he trying to imprison the publisher? If so, God forbid, for with Bernarr Macfadden disposed of and Anthony Comstock at the head of a prude committee to censor our publications, ours would be a pitiable plight. I should expect as the next move to see notice of an injunction against all artists of the Rosa Bonheur type enjoining them against producing pictures of horses or dogs without the conventional loin cloth.

I have had the fortune or misfortune, as would best please one to call it, to be thrown among more prudish people than usually falls to the lot of one man and I find the prude to be the most inconsistent being and monumental liar the world has ever known. For example, the daughter comes to her prudish mother and placing her arms about her neck, asks her to tell her about the secret of the sexes. What does that mother do? Does she take that tender girl on her lap and tell the divine secrets that all girls should know, and which they will either learn that way or from some foul mouthed associate? Not only does she evade her duty but she tells that trusting girl lies enough to sink them both in Hell.

But inconsistency and untruthfulness, foolish though they may be, are not what gives me my consuming hatred for the principle of prudishness. It is the following that makes my blood boil with rage when an Anthony Comstock tries to strike down the publisher of PHYSICAL CULTURE. It is this, I say, that causes the hatred which makes me dip my pen in caustic and gall when I write about prudery. I was married sixteen years ago and my helpmate and I have been denied the greatest privilege of man and woman, the clinging arms of babies about our necks, through the curse of prudery.

I do not ask that men and women go parading about in the altogether, although I am satisfied people would be just as pure under such conditions. Dress seems to be no protection to virtue. But should it be necessary to disrobe I hope to see the day when people will be above insulting the Creator by laughing and scoffing at the works of His hands.

At all events I do want to see the time come when men and women will tell the truth and live the truth, proud of the bodies that God has given them, proud of their offspring and proud to protect their precious bodies and minds by piloting them truthfully through their earlier years into that glorious manhood and womanhood which is theirs by birthright.



I shall never cease to be grateful that I have had the privilege of reading and studying the leading magazine of the day, **PHYSICAL CULTURE** with its pictures of the human form divine, for with the first copy many years ago, it instilled in me the desire to become like them. I found my health through their pages, and I am only sorry that I do not possess the legal ability to defend the Moses of the Antiprudes when he is assailed for what he has done for us all.

FRANK DIXON HILLS.

Coffeyville, Kansas.

AID OF A SUBSTANTIAL CHARACTER.

TO THE EDITOR:

Find enclosed P. O. order for four (\$4.00) dollars to be used in your fight against prudery, and against Comstock in particular.

Yours truly,

A. B. CRAFT.

Cranford, N. J.

FURTHER FINANCIAL AID.

TO THE EDITOR:

Enclose please find check for \$5.00 to help along **PHYSICAL CULTURE**. Whatever you do don't give in to "Comstockery". I was raised under "Comstockery" and know whereof I speak. I have no use for such hypocrites. Yours truly,

A. A. LINDLEY.

East Spokane, Wash.

MILLIONS HAVE SUFFERED BECAUSE OF THE IGNORANCE CAUSED BY PRUDERY.

TO THE EDITOR:

If the adherents of Comstockery could be converted to the truth, and made to realize that the seeking of knowledge is no crime, that to the pure in mind all things are pure, and that it is a crime to suppress the vital truths of life, then the grand cause of physical culture would be free from the greatest obstacle to its progress.

Could the millions of poor souls speak, those who have suffered the tortures of hell and died because of the ignorance of Nature's laws, the knowledge of which having been withheld by the pruders, how long would such persons stand before the wrath that would come? Not long, I think.

Keep up the gallant fight for a higher and nobler standard of living, and may your efforts be crowned with a far greater success in the future than in the past is the wish of the writer.

Yours very truly,

J. J. HALL.

Mt. Vernon, Ohio.

IS COMSTOCK AN ATHEIST?

TO THE EDITOR:

After reading your article on "Comstock, King of the Prudes," the thought occurred to me that this man must be an *Atheist*; as his mind appears to be so utterly depraved that he can see nothing but vileness in the nude. Therefore he cannot believe that God made man in his own image.

The Government of the United States is issuing currency bearing nude pictures repre-

sented the best types of manhood and womanhood. But Mr. Comstock has evidently overlooked this, or he would try to stop it.

Hoping you will win the case, I am, for success.

CHAS. L. BURNHAM,

North Abington, Mass.

SUGGESTS THE REPEAL OF THE COMSTOCK LAW

TO THE EDITOR:

By all means that can be brought to bear let Comstock be suppressed. I can see no better way than to repeal the infamous law regarding obscenity.

Why not have your legal advisers determine just what law or act, or what clauses of it, it is necessary to have repealed. Then ask every reader of your magazines to write to his Member of Congress and United States Senator to take action on it, calling attention in a clear, concise manner to what is asked for. Letters enough will set them to thinking.

It is high time that every American citizen was calling a halt on the despotic censorship of the Post Office Department and on the high-handed actions of the so-called Prevention of Vice Societies. One by one our rights are being taken from us, and if we are to keep our liberty we must fight for it.

No other publications that I have yet seen have done more for purity of home life, or to elevate the lives and relations of the sexes, than have those you edit, yet the pruders are shocked at your magazines and cry out for your destruction. To them, all nature seems unclean.

May you have strength and wisdom to fight this arch traitor to humanity to a finish.

Very truly yours,

F. L. AVERY.

Ayer, Mass.

A VERY SUBSTANTIAL HELP IN THE FIGHT AGAINST COMSTOCKERY.

TO THE EDITOR:

The influence of your very able and fearless journal in the interest of the nation is more far reaching than its direct teaching to your subscribers involves. They join you and do much by the aid of your valuable suggestions and teaching to spread the "Gospel of Good Health."

The grandeur of a nation can only be made manifest by the physical and mental development of the people. I therefore regard your efforts in the line of the wisest and highest patriotism.

Abundant health is the reflex of a sound body and a sound mind. A sound mind has the most exquisite appreciation of moral excellence, and observes most strictly the splendid graces of the ethical relations in life without prudery. A sound mind appreciates and cultivates the aesthetic, and delights in the beauties of Nature and art. That man is not touched by the corroding canker of the vile and sensuous whose mind is trained to appreciate and admire the wondrous beauty and grandeur we find in this beautiful world. Only the evil eye is ever ogling with perverted suggestion, seeking the lewd, wallowing in the filth and mire of an evil and sensu-



ous and unsound mind. "To the pure all things are pure."

As a mark of appreciation I herewith enclose \$5.00 for my subscription for 1906. You can use the balance to aid in the fight against the Comstockian crime and prudery, and to help establish the right to teach our youth what they should know, and what they have a right to know, in order to attain the highest type of manhood and womanhood, that we may become a nation of such physical perfection and force and mental worth and honor and attain to such a standard as to command the admiration of the world. These words of encouragement I feel impelled to give you. Otherwise I would have simply enclosed my subscription. Gratefully yours,

I. H. LEYSON.

Butte, Mont.

#### ENNOBLING INFLUENCE OF THE NUDE.

TO THE EDITOR:

Your editorial on prudery in the December number of *PHYSICAL CULTURE* should certainly meet with the hearty approval of every one who is interested in the moral and physical upbuilding of the nation. Those open and evident vices and immoralities—drunkenness, prostitution, and the like—receive the constant condemnation of all respectable people and the champions fighting for their defeat need comparatively little encouragement. But prudery, so subtle in its workings, countenanced by those who in other respects lead apparently blameless lives and by organizations which undoubtedly have the welfare of the people in view, cannot be too strongly arraigned nor too often exposed.

The attack of Comstock on your practice of publishing nude pictures is especially to be condemned. While there are those, like himself, who care to see naught but evil in such exhibits, I doubt whether any one was ever really harmed by their study, as people of this stamp manage to find improprieties in almost every phase of daily life. On the other hand I have again and again come across instances where boys and young men, many of them already indulging in vices sure to result disastrously in time, who, while viewing the nude pictures of handsomely developed men in your magazine or witnessing the grace of motion and ease of execution of feats performed by partially nude athletes on the vaudeville stage, have formed a determination to emulate their example and achieve a like condition.

Granted that Comstock is sincere, granted that he is working as hard as you to raise the standard of American manhood, yet that the means he is employing is wholly wrong, I am fully convinced. And I am further certain that careful inquiry will elicit the fact that the pictures in question are more often productive of high resolve and added interest along physical culture lines than of those baser thoughts and practices to which your opponent refers.

Yours very truly,

GEORGE LOCKWOOD.

Omaha, Neb.

While we heartily thank Mr. Lockwood for his kind expressions of appreciation of our work, we would point out that he is mistaken in supposing that Mr. Comstock's attack upon us was due to "nude" pictures published by us. Comstock took exception to posters used for the recent physical culture exhibition, in which posters persons were shown wearing tights and sashes, a fact which emphasized the prudery of the man.—EDITOR.

#### A HAND TO HAND FIGHT BETWEEN PRUDERY AND KNOWLEDGE.

TO THE EDITOR:

Having just read your article on Comstock, King of the Prudes, I wish to contribute a few words of sentiment in approval and admiration for your courage and loyalty to your convictions. My feelings and sentiments on reading your article could be summed up and expressed in three words, Admiration, Joy and Pity.

Admiration for the man that is *intelligent* and *pure* enough in *mind* and *soul* to reverence the body as the work of our Creator, and not to insult Him by branding His work as impure and obscene. My feelings of Joy that the cause for the uplifting and purifying of humanity has come to a hand to hand fight with prudery and ignorance. It has been said that as long as the Devil feels sure of a man he lets him alone, but when he finds the man getting out of his "Majesty's" power he gets in a fight with him, then it rests between the two who shall win. "Opposition is recognition of power." The Devil never opposes a man until he sees the man is getting away from him, but as long as the man keeps God on his side he is *sure* to win.

Humanity has long mistaken ignorance and prudery for purity and innocence. Since Christ came into the world, Christianity has been battling against sin and ignorance. *Christianity* means knowledge, wisdom, understanding and discretion. *Evil* means, prudery, ignorance, secrecy and superstition. *Christian* knowledge, wisdom and understanding have thrown light on Evil's darkest corner, that of prudery, ignorance and secrecy, and thus has come about a hand-to-hand battle.

I would with Christian love submit the following verses from God's word for the consideration of the prude.

#### PROVERBS.

Get wisdom, get understanding. Forsake her not, and she shall preserve thee, love her and she shall keep thee.

Wisdom is the *principal* thing; therefore get wisdom, and with all thy getting, get *understanding*.

Doth not wisdom cry? And understanding put forth her voice?

Hear *instruction* and be *wise* and *refuse* not. My last feeling of sentiment, that of pity, is for a man who is so corrupt in his own mind and spirit, that he sees nothing but "evil" and impurity in what his Creator made for high and sacred purposes.

I am sincerely a friend to the cause,

Miss A. D. S.

Latrobe, Pa.



## Darius Cobb's Challenge

THE PHYSICAL CULTURE LIFE OF A FAMOUS ARTIST WHO IS AN ATHLETE AT THE AGE OF SEVENTY.

ONE of the most distinguished exponents of the theory of simple living and obedience to the laws of Nature in all New England is Darius Cobb, of Boston. Mr. Cobb is a well known painter of historical subjects. His "Washington on Dorchester Heights," now in the Corcoran Art Gallery at Washington, D. C., is one of his most celebrated works. He also painted the "Battle of Bunker Hill," the "Evacuation of Boston" and other historical works almost as well known. He first gained fame by the picture "Christ Before Pilate," while his "Judas" is of almost equally wide repute.

Mr. Cobb was seventy years old last Fall, but to all appearances is in the very prime of life. He has always paid careful attention to his health. He was one of twin brothers, both of whom lived to prove the falsity of the superstition that twins die young. The brother, Cyrus, died a few years ago and until his death the brothers were inseparable. They had the same likes and dislikes, the same aspirations and ambitions and looked so much alike it was difficult to tell them apart. Their friends made a pun of their names and called them "Serious" and "Delirious."

While yet in their teens, the brothers mapped out a course in life. They decided first of all to avoid every dissipation or indulgence which might interfere with their physical condition. They adopted cold baths as a means of health culture and ate only simple and nourishing foods. Cyrus went so far as in the winter time to break the ice in the river for the purpose of taking a plunge.

Although not large in stature, the brothers soon became exceedingly strong and robust.

Darius Cobb at seventy adheres to the same system of simple living which he determined upon when a youth. He bathes his chest and shoulders daily in water, never wears flannels, is frequently seen in the dead of winter without an overcoat, enjoys long walks and eats lightly. Tobacco and alcoholic stimulants he has never indulged in.

Mr. Cobb signaled his seventieth birthday by issuing the following manifesto: "I challenge any man of seventy years of age who has used either liquor or tobacco, to run a half mile in two and one-half minutes, or one mile in seven minutes; to walk five miles with the thermometer at zero, dressed in a Prince Albert suit, with no flannels, overcoat or gloves, or to walk twenty-five miles in ordinary clothing with the thermometer at 96°."

Mr. Cobb frequently exhibits his endurance in various ways. He plays billiards for hours without sitting down and experiences great delight in tiring out player after player of half his age, while he, himself plays serenely on, apparently without experiencing the least fatigue.

Not only is the sturdy old gentleman an artist, and one who, he himself declares, is yet to do his best work, but he is a musician and musical critic as well. His voice is to-day as full, clear and strong as it ever was. In connection with his lectures he frequently sings some of the arias of the famous old masters, and reaches the high notes with an ease and assurance which are marvelous



Mr. Darius Cobb, Artist and Physical Culturist



# Weird and Wonderful Story of Another World

THE UNPARALLELED EXPERIENCES OF A YOUNG SCIENTIST WHO SOLVED THE PROBLEM OF NAVIGATION NOT ONLY OF THE ATMOSPHERE BUT THE HEAVENLY SPACES OUTSIDE OF IT—CLAIMS JUPITER TO BE PEOPLED BY A SUPERB RACE OF MEN AND WOMEN WHO LIVE PHYSICAL CULTURE LIVES OF THE HIGHEST ORDER AND WHO IN THEMSELVES PROVE THE MAGNIFICENT POSSIBILITIES OF PHYSICAL CULTURE PRINCIPLES

*By Tyman Currio*

(Continued)

## CHAPTER IX

IT was as Bel said. Dolha was approaching us through the air with a rapidity which brought him appreciably nearer each second. These air motors, as I learned afterward, were capable of a speed of about two miles a minute. They were seldom used at that speed, however, inasmuch as the traveler was exposed to all the discomforts of such swift passage through the air. When a high rate of speed was desired a closed car was used which was capable of a speed of quite three hundred miles an hour.

At this time, as may be imagined, I was thinking of nothing so little as of the speed of air motors, but was all throbbing with the thought that now, at last, I was to be introduced into the new and marvellous world of Jupiter.

I suppose if I had given the matter sufficient thought I would have realized that there would be less of novelty to me than I imagined, since my stay with Bel had served to enlighten me very much concerning the social ways of her people.

But man-like or child-like if you will, I was eager for the excitement of a change from the quiet, regular way of life I had been leading; and so, like a boy waiting to go to the long promised circus, I awaited the coming of Dolha with impatience.

"Well," said Dolha, the first to speak after the greeting, "what shall we do now?"

I looked from one to the other, waiting for them to decide; Bel and Dolha looked at Vella as if expecting him to make the decision. He answered in a peculiarly gentle and considerate way which I afterward found to be a characteristic of his:

"Let us find Wuzzy's vehicle."

"Of course," said Bel, as if the idea had not before occurred to her; and Dolha, too, heartily assented.

"I shall be very glad to locate it," I said in my defective speech. "And I shall like to see that it is properly sheltered."

The Jupiterians are not a people of many words, so when we had come to this agreement we got upon our vehicles, and, led by Bel who best knew the way, we soared into the air. And I may say here that this is the most delightful mode of travelling conceivable. Once you are rid of the first consternation at finding yourself coursing through space, the full exhilaration of it takes possession of you and you are filled with a sense of the mastery of all physical things.

I had taken only short flights before this for practice and had rid myself of all nervousness, but had not yet realized the joy of soaring above the solid globe, so that I now gave myself up to the pleasure of the journey. And I may add that there is nothing that gives me greater delight now than the thought of the happiness it is in my power to bestow on my fellow men by giving them the simple yet almost perfect machine, the details of which I have brought with me.



We were a very short time, as may be imagined, in reaching the cliff from which Bel had rescued me on the eventful day of my arrival on Jupiter. We soared up its face with such ease as to make its previous difficulties seem absurd, and yet I marvelled when I recalled how Bel had climbed up and down the precipitous front with such easy assurance.

I led the way now, and had no difficulty in locating the spot where I had begun the descent of the mountain and from there it was easy to make my way to the rocks where I had sheltered my etheroplane.

I am free to say that it was a triumphant moment for me when I dismounted from my motor, they following, and led them to where my masterpiece lay concealed.

They had said nothing to indicate any notion on their part that I was telling anything but the truth, but there had fallen from the lips of both Bel and Dolha words which implied a doubt of my complete sanity. At least that was the impression that was strongly made on me.

"There," said I exultantly, "is the car that brought me through the realms of space from the Earth to your planet."

I could see Bel and Dolha look at each other wonderingly, and my breast swelled with the triumph of self-vindication. Now they would understand that I was no commonplace visitor; and perhaps Bel would be induced to accord me more of her consideration and respect than she had hitherto done.

I freely confess that I was more concerned at winning Bel's kindly regard than at merely convincing her that I had been truthful\* in my claims of Earthly origin.

Vella went up to the beautiful machine and began to examine it curiously, peering at it from all sides, until I told him I would take it from its shelter and give them an opportunity to see it both inside and out.

You may be sure I was not afraid of what an examination of my masterpiece would prove as to my inventive and

\*It is necessary that I should say here that, as a matter of fact, there had never been in their minds any question of my truthfulness, since among these extraordinary people truth-telling is so much a commonplace of life that there is not even a word to describe it. But of this more later.

constructive powers; and besides it was like meeting an old friend and a tried one too, to be there beside the beautiful car that had brought me on my long and wonderful journey.

I had no difficulty in taking the car out, though I had considerable trouble the moment I began to describe its many good features to my companions. However, I described it as well as I could, and then opened the little door of the car and invited them to enter.

Of course the car was not intended for four persons, but yet it accommodated us all very comfortably, and I was enabled to show the many ingenious devices I had invented for the saving of space without the reduction of perfect efficiency.

It may not be out of place for me to say here that Bel afterwards told me that she had never before seen me to such good advantage as when I was in my own car describing so enthusiastically and even lovingly its many features.

I was somewhat mortified presently, however, to discover that both Vella and Dolha were not listening to my description of the car, but were studying the commonplaces of the fittings; that is to say the books, ornaments, garments, various utensils and pictures that were in evidence.

But if I was mortified at that, how much greater was my chagrin to discover that the reason they were not attentive was because their own knowledge of physics and mechanics was such that they had comprehended everything by a mere glance around and over the mechanical devices.

What interested them vitally were the many evidences offered in my car of the existence of a civilization so different from their own and of which I was a representative.

At my earnest solicitation they looked at everything with unrestrained curiosity and plied me with the questions which their investigation naturally suggested. I could not repeat all that was said at that time without occupying too much space, for they asked many questions which required more explanation than would be supposed and, moreover, consumed a great deal of time.

I may say, in this connection, that I have never met with any people who



so systematically refused to hurry; or I might better say who seemed to have no conception of the need of hurry. Whatever they did was done thoroughly and with a skill and deftness that overcame time indeed, but which never took any great account of it.

My books took a large share of their attention, and I recall very well two conversations we had in relation to some of them, which will go far toward giving an insight into the peculiarities of the Jupiterians.

Bel had taken up a magazine which had inadvertently been left in the car at the time of my departure from the Earth, for naturally I would not have given space to so trifling a thing by design. She turned over its pages and looked with wonder at the illustrations, some of which were by the most famous of our illustrators.

"Look, Vella!" she said at last. "How singular are the forms of these women here! Tell me, Wuzzy, do your women really look like this?"

It happened that she was calling my attention to some pictures of women who were just then especially famous by reason of their grace and beauty, and I answered in a tone of no little pride:

"All of our women do not look like that, but that is a type that is becoming more common all the time."

"Your men and your women then differ greatly, Wuzzy," she said. "It seems a pity you did not bring one of your women with you."

As I did not know the word for wife or marriage I merely answered:

"I had no woman to bring with me."

"None to bring with you!" she repeated in a puzzled tone. "Well, I am sorry for I should like to see such a woman as that one in the picture. Pray let me see one of them nude."

"Nude!" I smiled and shook my head; "that is impossible; no respectable woman on Earth would let a nude picture of herself be seen."

"Oh!" she murmured, while the others listened in wondering silence. "Do you mean because they are so unpleasant to look at?" she demanded as if divining the truth.

"Certainly not," I answered indig-

nantly; "they are very beautiful—many of them."

The three of them bent over the picture and studied it carefully for a while, when Dolha said:

"I think I can understand Wuzzy; that figure so very broad in the shoulder and so singularly small at the waist seems beautiful to him because he is accustomed to it. And yet it is singular that your women, Wuzzy, should be so different from ours when in general conformation you are not greatly different from our men."

"Frequently," said Vella gravely, "I have noticed a striking difference in conformation between the males and females of animals low in the scale of development,"

"Oh, you are much mistaken," I cried, eager to defend my country—women; "the difference between our men and women is precisely the same as between yours, and no more."

"But," said Bel, removing the garment she wore in order to institute a comparison, "see the difference between that waist and mine!"

"Ah," said I, "you must know that when our girls are born they are the same as yours in respect of their waists. When they come to the age when they are about to develop into womanhood, however, they are put into a device which gives them the shape you see in the picture."

"Oh!" they all gasped in chorus. "But doesn't it hurt?"

"And doesn't it injure them for motherhood?" demanded Bel.

"Well," I admitted reluctantly and beginning to wish I had thrown the magazine away, "I suppose it does hurt them and perhaps makes motherhood difficult, but what can they do when it is the——" I wanted to say it was the fashion, but did not know the Jupiterian word for it.

"The what?" asked Bel anxiously.

"I do not know the word in your language," I answered. Vella offered a suggestion:

"Perhaps I can help you; I have read something of the very early history of our people, and I recall that in the far, far away ages there were superstitions that——"



"Oh no," I answered impatiently, "it is nothing like that. What do you call it when everybody does a certain thing?"

They looked inquiringly at each other. Bell offered the first suggestion: "Like eating, drinking, bathing?" she asked.

"No, nothing of that sort," I replied. "I mean where one person does something because everybody else does it. In my language we call it fashion. Surely there are some things you do for no better reason than that somebody else does them."

They all shook their heads, murmured "No," and seemed to be racking their brains to recall something of the sort.

"I don't think we have ever known anybody to act like that. Do you really mean that your women wear the terrible devices you speak of for no other reason than that other women do so?"

"I believe that is so," I replied in chagrin.

"But how did such a fashion, as you call it, begin?" cried Bel. "And why? And if women suffer from it in motherhood why don't they stop it? Oh, Wuzzy I think you must make a mistake. Do you mean that all your women do this dreadful thing?"

"There are some who do not, but they are laughed at for their funny appearance."

"Funny appearance! What do you mean?"

"Different you know," I explained miserably. The wearing of corsets had never before struck me as so hideously criminal, and I did not know what to say to make the women of the Earth appear to better advantage.

"But does it seem to your people that it is funny to be 'different.' Why, how do you ever progress at all if you do not make experiments?"

"Oh, we do have a few people who make experiments," I cried eagerly. I was so untrue as not to explain how dangerous it was to be a reformer on Earth, but I was already feeling as much shame as I cared to. "And as for progressing why we are proud of the progress we make."

"This device then," said Vella helpfully, "is perhaps a change from some-

thing even worse; it is a new thing, maybe?"

"Oh well," I answered anxious to change the subject of conversation and get to a topic I could feel happier over, "we don't pay a great deal of attention to our bodies on Earth; we cultivate our minds; we have excellent schools everywhere to which our children are compelled to go until they are of a certain age. Oh, our school system is our glory."

"Compelled to go?" said Dolha.

"Oh yes," I answered proudly, "we will not tolerate ignorance. We have enormous buildings, some of them capable of holding several thousand children. In the mornings the children flock to these buildings and remain there most of the day, acquiring the knowledge which has been stored up for them in the books provided for the purpose."

"All in one room?" asked Vella in a puzzled tone.

"No, no, no," I cried: "about fifty in a room. The children are grouped according to their age mostly, and twice each year are examined so that those who have studied diligently may be sent to another room where other subjects are taught. In this way, in the course of time, the children acquire a knowledge of the various subjects taught."

"Ages and ages ago we had some such system I think," said Vella, "but I don't know much about it, or why it was abandoned. I suppose you soon discover the mental bias of each child and then let it develop along that way."

"Oh no," I cried with a laugh of amusement at such an absurdity. "All the children study the same things to the end. They all have the same books, all must remain in a class just such a time. In this way our children grow into men and women able to talk about the same things."

"Do you mean that their brains are all just alike?" he asked in surprise.

"Oh no! some of the children never can acquire some of the knowledge, they are so stupid."

"And what becomes of them?" he asked.

"Oh, they remain behind when the others go forward and stay in a class until they are fit to go on."



"Do you really mean," asked Vella in a tone very near to horror, "that you have certain prescribed studies for all children alike, without regard to the peculiarities of their little brains, and that you force them all to take the same mental food without regard to their mental digestion?"

"What else can be done?" I demanded a little indignantly. "How can you take any account of the peculiarities of each child? The cost would be too great. No, they are all provided with the same books and taught the same things. Childhood is the impressionable age and it is then that we must cram their little brains with all the facts possible. Later, of course, when they come near to manhood and womanhood, they are given some choice of subjects."

"Alas!" murmured Vella, "it must be too late then. Why, it is as if you had poured your child's brain into a mould, and every child's brain into the same mould. How can anyone subjected to that treatment develop into himself? I can understand now why we abandoned that system away back in the dark and almost forgotten ages of our history. Why, I should think that even the children would rebel and refuse to go into the terrible buildings you describe."

"They are compelled to go," I answered rather sullenly I am afraid. And in fact I was annoyed that he should find fault with our noble school system.

"Compelled!" he repeated. "How?"

"There are men appointed to go to their homes and take them to school."

"Then sometimes the poor little creatures do rebel against the awful system?" he queried sadly.

"It is a very fine system," I retorted. "I suppose I do not make you understand it correctly."

"Yes, no doubt that is it," he answered soothingly. "Indeed, you, yourself, dear Wuzzy are a very good example indeed of the benefits of the system. You certainly are not lacking in intelligence, and you seem to be able to reason well, too. And yet you were compelled to go through this process of cramming which I would have supposed would render reasoning almost impossible."

"Well, really," I replied in some con-

fusion, "I never went to school a day in my life. My father was a man of considerable importance and had much of everything—" I did not know how to express the idea of wealth—"and so I had private teachers and studied mainly what pleased me."

They all looked meaningfully at each other at this, and Vella said seriously:

"Now Wuzzy, candidly, are you not a particularly good specimen of your people? Do they all reason as well as you?"

It was a hard question to answer. I recalled how I had heard it said that college spoiled most men and other sayings of the same sort, but I was not ready to say that our wonderful school system was anything less than we believed it to be, so I answered:

"I do not believe I am very different from other men of the same opportunities."

"The same opportunities!" repeated Vella wonderingly. "Do not all have the same opportunities?"

"No indeed. Do your people all have the same opportunities?" I demanded derisively.

"Surely."

"There is no difference between you in that respect?"

"None?"

"Do you really mean that any young woman, for example, may live as Bel does, spending her time in classifying flowers, a dear little cottage all her own, with every device for making life easy and comfortable?"

"Each does as he pleases. What is to hinder?"

"Then how is your work done? All cannot play. But perhaps you are speaking now only of the few who rule your people and you are of the rulers."

Let me interrupt myself here to say that this conversation did go on as glibly as it is put down, by any manner of means. There were many words I did not know, so that I was compelled to express myself in a very roundabout way. This was partly because I was still so ignorant of the language and partly because some ideas familiar to me were practically unknown to my friends and therefore not represented by any words in their language. For example



I never found any equivalent for the word rule in Jupiterian.

"I am speaking of everybody," was the answer to my remark. "Surely one can do well only what he loves to do. What more awful than to do a distasteful thing."

"But some things are pleasant to do and others are unpleasant."

"You may like to do one thing more than another, but some one else may like the thing you dislike. With us each does the thing he wishes."

I felt it was useless for me to prolong the discussion since I did not yet know their life, so I turned from that to the question of Bel and her luxurious life in the perfectly appointed cottage, asking if anyone might live as she did.

"Anyone who wishes," was the simple response.

I felt that I was not making myself understood, so determined to wait until I had gone among these people and could point out concrete examples to illustrate my meaning.

## CHAPTER X

I have given these talks not because they were more important or even more illuminating than the others that I had with my new friends that day, but only because they will suffice as well as any others to prepare my readers as they prepared me for the new and strange world into which I was soon to be introduced.

After they had examined everything as well as might be under the circumstances and were about to leave, I told them that I would have been glad to take them for an excursion far above their atmosphere, but that I was unable because of the condition into which some of the important parts had fallen through disuse during the time I had been with Bel.

"I can see," said Dolha thoughtfully, "that this is a machine of many delicate and intricate parts, and should be where you can keep it under your eye. Why do you not take it to where we can give it better shelter and where you can visit it at your convenience?"

"I should like nothing better," I replied quickly.

"Then, one of us will go with you to

direct you while the others take the vehicles back."

My heart leaped at a daring thought that had entered my brain on the instant. I choked a little and stammered, I think, as I turned to Bel and said:

"Will you go with me, Bel?"

"I would like to do so," she answered with a frankness that pleased me.

"You do not think," I asked turning to Vella, "that the advent of such an unusual monster as this will alarm your people?"

"Alarm them? Surely not."

"Not the educated, but the ignorant, perhaps," I persisted, knowing what the effect of such an apparition would be on the most civilized community on Earth.

"You speak in terms I do not quite understand," Vella answered with a puzzled look.

"I think I can explain," Bel interposed. "I have had some talks with Wuzzy which enable me to guess at his meaning. When he says those who know and those who do not know"—such was the way I had expressed myself—"he has in mind his own people who it seems have their heads crammed with facts to such a degree that only a few of them are able to use their reasoning powers. Those who can reason from what they know are called the knowing ones; those who are unable to reason are the unknowing. Am I not right, Wuzzy?"

"Partly right," I replied, considerably puzzled myself. "The fact is that reasoning is not taught at all to any extent on Earth. In fact, it is mainly discouraged about many subjects. We don't like our children to know anything about their bodies and even have societies to prevent discussion on that subject. And then—" I stopped suddenly. Why should I betray my beloved Earth? "But I will talk to you more about this when I have studied your society," I added, cunningly determined to post myself on their weaknesses before revealing ours.

"As you will," said Vella courteously. These singular people, as I discovered afterward, never press a conversation beyond the desire of the other. "In the meanwhile you need have no fear of causing alarm."



With a very little more conversation, Vella and Dolha left us and went on with their individual machines, leaving me to arrange my etheroplane for simple air navigation. I confess I was so nervous in view of the daring project I had in mind that I was much longer than there was need for me to be, but I was ready finally, and took my fair passenger into my now open car.

Previous to this moment I will frankly admit that I had always felt myself at a very serious disadvantage with Bel; but now, at the wheel and the throttle of my own machine, the greatest I believe that has ever been constructed by the hand of man, I felt her equal.

It was a proud moment for me, and I know my eyes sparkled and my chest swelled under the influence of my pride and conscious power. And I could feel that Bel was regarding me with wonder.

Were it in my power I would prevent any reader but the one who has thrilled and quivered under the divine passion of love, to follow me now; for only a lover can comprehend all it meant to me to stand there in my power under the eyes of the woman I had come to adore.

"Now Wuzzy," she said to me in a tone of unwonted affection, "I am glad I waited before introducing you to my people. When you came here you were an object of pity; now, at least you are not that."

It was modified praise you will say, but the words fell from the lips of such a superior woman as made them of extraordinary value. To me they meant more than the most extravagant compliment from anyone else.

By this time the machine was soaring high above the landscape and, under Bel's direction, was making in a southerly direction. The picture was beautiful, but it gave no promise of affording me a view of the great cities which I knew must cover the plains of Jupiter. I was anticipating monuments of the building art worthy of a people so far advanced in civilization.

"Tell me, Bel," I said, "when we approach the neighborhood of your home; I mean where your parents live."

"We are leaving that to our right," she said, leaning out and scrutinizing

the landscape. "See! over there is a cluster of houses."

My attention being specifically called to the place I could make out a group of perhaps fifty houses, widely scattered; and then, my consciousness being sharpened, I began to take in the sight of numbers of such groups, some more widely scattered, some less.

I was deeply disappointed, I will confess. There was not the magnificent mansion I had pictured as the home-nest of the glorious creature, whose refinement and culture and whose ability to command so many luxuries in her isolated cottage, had disposed me to believe of high origin.

"How charming!" I exclaimed; for it was that. The whole landscape, with its tiny, picturesque hamlets half hidden amid the trees, with the country in alternate stretches of mighty forest growth and highly cultivated plains, was beautiful beyond anything I had ever seen on Earth. "But where are your large towns?"

"I do not understand," she replied.

"Where do your thousands and millions congregate? Where are your clothes made? Where your machines? Where the power by which you send messages? I mean the great centers of your civilization."

She shook her head, trying to fully comprehend me, a tiny wrinkle forming on her smooth brow, as was always the case when I had made a statement or asked a question built upon earthly customs and which had no parallel on her planet.

"What you see here," she answered, "is what prevails everywhere. What we need we make or we go to where it is made."

"But I see no great roadways, no means of going about."

"See them!" she repeated with a smile. "Surely one does not see pathways in the air even in your country, Wuzzy."

I gave vent to a cry of amazement. I had lost sight of the effect air transportation would have on the surface. The ugly car tracks, the disfiguring waste places that lie along their sides, the noisy, dirt-breeding trains of cars, the volumes of poisonous gas emitted from



the locomotives and a hundred other nuisances all eliminated!

"But your great buildings! Surely you have such?"

"You shall see some presently," she replied. "We have them for our sports.

"But to live in?"

"Great buildings to live in! Why should we live in great buildings?" she asked in surprise.

"To work in then?"

"Why to work in?" she demanded.

I gave up in despair. It was better that I should wait until I was in the midst of them, until I had learned their language better, until their mental images and mine were the same. Besides, my heart was not in this talk but in the joy of the exquisite creature by my side.

Yes, she stood by my side, fairly touching me with the flesh of her beautiful arm. Even two weeks ago she would not have come so close to me. I felt that I must indeed be purified by the rightness of my living when that purest of women did not shrink from contact with me.

And more than once since our journey had begun I had caught her expressive eyes fixed on me with affection; nor had she shrunk from the adoration that filled mine. I knew it, I was choked by the emotion that surged up from my heart. I dared to hope.

"Bel," I said in a low tone, "I am going now into the midst of your people. I do not know what may happen to me, whither I shall be led by chance or design, and—and—"

"Yes, Wuzzy?" she said kindly, noticing that I hesitated.

"Oh, Bel!" I cried, turning to her and devouring her with my eyes, "there are not set phrases that I can use for the thing I have to say. I speak your language defectively, but if I said no word at all, but stood here gazing upon you, surely you would know what is throbbing in my heart; surely you know that I love you."

"You love me, Wuzzy?" she said at once tenderly and serenely. "Surely it did not need words to tell me that. Is it necessary that I should say as much to you?"

"Then you do love me?" I cried, nearly beside myself.

"Did you doubt it?" she asked, still with that tender, serenity.

"Perhaps you do not understand me," I faltered, for her continued serenity frightened me. "I love you and I ask you to be mine."

"To be yours, Wuzzy?" she repeated in a wondering tone. "How odd it is that even when you use words I understand, you convey meanings that are strange to me. How can I be yours? Your what?"

I racked my brains for the words that would let her know that I wished her for my wife; but naturally enough she had not taught me in every realm of thought or knowledge, and wife was a word I could not guess at. Then an inspiration came to me. I would not have dared use such a phrase to a maiden of the Earth whom I sought for my bride, but with the frank, pure girl by my side it would seem right and proper.

"I love you so much, Bel," I said, taking her hand in mine and abandoning the machine to its own guidance, "that I want you to be the mother of my children."

She started back from me with a sudden sobering of her face, a sternness even, and my heart went down, down.

"Indeed Wuzzy," she said, her voice still kind but entirely lacking in the lightness which had previously characterized it, "you and I think in very different images. How can I be the mother of your children? I can be the mother of my own children."

"I ask to be their father," I said almost in a whisper.

"Are you fit, Wuzzy?" she asked with a calmness that almost bore me down.

"Am I fit!" I repeated. "Oh, Bel! is that a question to ask one who has offered you the highest gift in his possession? I tell you I love you, and you ask me coldly if I am fit to be the father of your children."

"But it is the only question to ask," she replied, wonder again creeping into her tone. "It did not need that you should tell me you loved me. I knew that. And surely you must have known that I loved you. But Wuzzy! how can you ask to father child of mine?"

"Why should I not?" I asked half sullenly I am afraid.



"Would you really commit such a wrong against the innocent unborn?" she asked. "You who are a type of the undeveloped man; you the hairy one; you the weakling; you who still wear the nails of primitive man; you with the teeth and the habits of the carnivorous wildings of the remote forests! Oh, Wuzzy, is it really the way of your people to take the great and paramount responsibility of parenthood so lightly?"

"We consult our hearts, not our brains when we join for life," I answered altogether sulky now.

"It is not strange to me, then," she replied severely, "that you have progressed so little. What has love do to with the begetting of children? It is in the course of nature that men and women should love, but it is the most hideous wrong that can be done, to be a party to the bringing of children into existence without taking care to endow

them with the best there is of bodies and brains."

What fantastic teaching was this? Why did that glorious creature madden me with her beauty and then push me away from her with her cold reasoning? I looked at the sides of my car; they could be slid into place in a few moments. I thought of my storage tanks of oxygen; they could be properly filled and in working order before getting out of Jupiter's atmosphere.

I looked at the magnificent creature by my side and felt that if I could carry her off to Earth, she would soon learn to sing another song. She loved me, and had admitted it. Would she not forgive me then?

I turned quickly from her and began to throw the sides into place.

"Why do you do that, Wuzzy?" she asked.

"I will tell you presently," I answered.

*(To be Continued)*

## RELIGIOUS PUBLICATIONS AND ADVERTISING HYPOCRISY

The human conscience is an elastic material, due, in the main, to conviction struggling with interest. This remark is the outcome of a perusal of the pages of the Baptist Commonwealth, a religious publication of Philadelphia. In one of its editorials it declaims against certain police officers of the "Tenderloin" district of Philadelphia who make a regular business of conducting slumming parties to opium joints. Nevertheless, it carries the advertisement of Mrs. Winslow's Soothing Syrup, the active principle of which is opium; which in England is sold labelled "poison" and which is condemned by the medical world as working untold harm to countless thousands of unhappy children who are dosed with it. In its advertising columns we also find "infallible" cures for cancer, for nervous disorders, Hood's sarsaparilla which contains a heavy percentage of alcohol, Fig Syrup, which we exposed some time ago, and other ads of the same type, interspersed with bargains in Bibles, and literature for the saving of souls. Precisely how the Baptist Com-

monwealth can reconcile these two classes of advertisements is hard to see. It is evident that in the case of this publication, it does not allow its right hand to know what its left hand is doing.

Again, the Raleigh Christian Advocate which is the organ of the North Carolina Conference, and a typical religious publication, not only carries the Winslow Soothing Syrup advertisement but has a number of other quack advertisements, including an infallible "woman's remedy," another for the eradication of the "king of all diseases" in which advertisement the symptoms of the malady, syphilis, are described in nauseous language, still another of the "advice free to the sick" sort, and yet others of the "six months treatment for \$1.00" kind. There are a number of other advertisements of an equally quack type, one of which appears in juxtaposition to an announcement of the "New Methodist Hymnal."

PHYSICAL CULTURE has before now called attention to this marriage of religion and charlatanism through the medium of publications of this sort.



# Some Causes of Our Present Day Immorality

LACK OF COURAGE IN THE PULPIT AND PRUDERY IN THE SCHOOL  
EXPLAIN THIS CONDITION TO A VERY GREAT EXTENT—  
PARENTS AND PHYSICIANS ALSO TO BLAME.

By Rev. E. A. King, President, Ohio Christian Endeavor Union.

I. The word immorality is in this article used to denote impurity of mind and body, or sins of sex. The title of the paper suggests that we have a *present day* immorality, that is, a condition of impurity which characterizes our time. But this does not mean that we are so greatly improved that we do not need to be shaken up occasionally concerning the present condition. It is the purpose of this paper to disturb the equilibrium of all who are exclusively engaged in religious work. Religion and sex have a deal to do with each other, and the more a man knows about the relation between the two the better insight will he have into human nature.

Dr. Bradford, of Montclair, N. J., says: "If the pastors of our churches could speak the thought which is in their innermost hearts and tell the one thing which hinders spiritual growth more than any other, I do believe they would have to point straight at the sin of impurity."

II. The sin of impurity leaves the worst blight on the spiritual nature, and holds the individual in the strongest grasp. This positive statement is made in the light of careful examination. Dr. Luther Gulick, now Superintendent of Physical Education of the Public Schools of Greater New York, sent the following letter to a large number of men who have been for years engaged in religious work for young men:

"DEAR MR. ———: Can you help me in a study I am making by answering the following questions which I am sending to a few of the older and more experienced leaders in our work?

In your own experience with young men and boys what have you found to be the most deadly sins. Sins which leave the worst blight on the spiritual nature. Sins which hold the individual in the strongest grasp?

Thanking you in advance for the help,

I am in yours, in His service,  
LUTHER GULICK."

The answers to these letters were all published and they make interesting reading. Besides this, John R. Mott, who has traveled around the world wrote from his own experience. Out of twenty answers, five said secret vices or self abuse, three simply said impurity one adultery, one sexual impurity, one lustful stories, two lust, three fornication, three said ignorance, dishonesty, lack of thought. John R. Mott's letter is worth giving in full:

DETROIT,

"MY DEAR DR. GULICK:—Having in mind young men of the various nations and races among whom I have labored I would state that their strongest temptations are the temptation to impurity, the temptation to covetousness, and the temptation to live unto men rather than unto God. These are all included under that terse and comprehensive scriptural grouping—"the lust of the flesh, the lust of the eye and the pride of life." The most deadly sins are impurity and hypocrisy because of their effects on the individual and on society.

Faithfully yours,

JOHN R. MOTT."

Testimony also comes from the Penitentiaries, Insane Asylums, Reform Schools, etc. that sins of impurity are rife. Rev. F. A. Briggs, Chaplain of the Kansas State Penitentiary told me that Mr. Ne lly, prison physician for eight years, estimates that one-fourth of the inmates have at one time been victims of syphilis and kindred disorders. Mr. Briggs added his own testimony, saying that self-abuse and sodomy were prodigious, and punishment for the offences seemed unavailing to check them.

I can add to this, also, my personal experiences from 1894 to 1905, covering a period of eleven years, that the testimony with most of the men spoken with bears out all that has been said about the prevalence and power of sex sins.

III. The causes which lead to this condition are numerous, and we may say at the very beginning that the youth



in some cases seems to inherit that tendency to sex perversion. But this fact cannot be said to account for it all. It is not right to use this theory as an excuse for the fact. It will not do to say that it is "original sin" cropping out. There are certain causes which might be removed or conditions which might be remedied that would wonderfully affect the results. Childhood environment probably has more to do in schooling to vice and viciousness than heredity.

I think that the first real cause of impurity is the false modesty so often displayed on the part of parents. They do not talk with their children about their sexual life, though they know that through this avenue comes the most subtle enemy to their mental and spiritual life. The result is the boy or girl goes blundering along, stumbling into sin, sin that often warps and dwarfs the life of after years.

I was twenty-one years of age before my father spoke a word to me upon the subject and that was after I had gone away from home and taken up the subject as a scientific study. I wrote a brief essay in which I took occasion to score fathers who failed to counsel their sons. This I gave him to read. He told me later that he had wanted to talk with me many times, but hesitated to do so, until he felt ashamed to say anything about it. If I had become an immoral man it would in some sense have been his fault.

There is another view of the matter. The parents are often blind to the needs of their children along these lines, and will not believe any evil report concerning them. I knew of a boy who sang in a boy's choir who was said to be a very sensual. He abused himself and taught the other boys, but at home he acted so quietly that his mother thought him perfect. She said one day, to a friend of mine, "Don't you think my boy Fred is pure and innocent? Just look at that sweet face. It is just the picture of purity. Really, I don't believe my boy knows of one single impure thing;" Such a mother would stamp in rage if told the truth about her boy.

Another cause of the sin is the belief in a double standard of morals, one for men and one for women. I do not think

this is as it once was for there has been a great deal of healthy agitation on this point. Lectures, books, and periodicals and conventions have done much to impress upon our civilization that there is but one standard of morals for both men and women, but it is still true that this is something like a *theory*. Men and women still *act* as though there were two standards. That foolish notion that a young man has "wild oats" to sow is still believed by many. Moreover, boys at school and college are expected to "raise Cain generally" once in a while. The college and city Young Men's Christian Associations with their gymnasiums and manly, clean sports have done much to elevate the moral standard of college and city men, but still there is such a thing as the "double standard."

There is another phase to this matter quite general among worldly minded men. After a lecture on "The Significance of Sex" before the Sixth Regiment of Infantry, at Fort Thomas, Ky., I gave the men the opportunity of asking questions. All were very frank and free. One of the soldiers said "Why, I always supposed that a man had to be incontinent once or twice a month in order to be healthy." Many of the men agreed with him. This simply shows the strange notions that are in some men's minds.

Another cause of impurity is the present state of married life in every community. Men marry often for the sake of legally gratifying their sensual desires. Young women marry without proper knowledge of themselves as wives, or mothers, and finding in marriage the sex element upon which they have not counted and which they will not tolerate, cause the husband to seek it elsewhere. A few years ago a popular minister, speaking to a crowd of men, implied that such a course was justifiable in case of the sickness of the wife. He probably did not mean to advise such a practice, but unfortunately left that impression. The frequent occurrence of motherhood outside of wedlock, and the courts that are continually grinding out divorces, also, lead to looseness in the marriage relation. At present it is easy to get married and it is compara-



tively easy to be separated. Some, not encumbered by religious or moral principles, are logical enough to avoid marriage but "keep" a woman from whom they get what they think married life has to give, at less expense and trouble, and be free any time to separate if they get tired of her. This is one of the evils of our day; not so much so as it used to be, but bad enough. It grows out of a sense of duality in morals.

We have thus far observed that the young people get little or no instruction in matters of sex at home, the double standard of morals necessarily effects them and influences them to turn into evil ways.

IV. We are next led to inquire, what are the avenues of information that are left open to children?

First, The answer is a sorrowful one. Often companions at school or on the street and in the factories are accomplished in sin, and so lead on the ignorant ones. I think a great many men and women now in sin will testify that their first act of impurity was induced by evil companions.

Second, Impure stories among both boys and girls are continual passion feeders to their susceptible minds. Bad books are circulated among school children. At the close of a lecture on "Moral Disease" a young man, a church member and in external appearance a fine fellow, told me that he had made a bon-fire in his grate of a large collection of nude photographs and evil books that he had had secreted in his room.

Third, Another source of information on evil subjects is the daily and weekly paper together with certain monthly magazines. Many of which might be called "catch basins" for all the crime and sin enacted in the world. In these papers are advertised nostrums of every kind. The quack doctor parades his lying advertisements and seeks to induce both men and women to spend their money in recovering "lost manhood" and "weakened womanhood," as though such things could be had for money!

Fourth, Another similar source is the little medicine booklets on male and female ailments distributed about the

streets. Many of these are illustrated.

Fifth, Then there is the theatre and the dance. Of course, there are two kinds of each of these, and I do not think it wise to classify all under one head. But the low concert hall is always a veritable inferno. No one can imagine what it is unless he has seen it and then, if he has any conscience at all he wishes he never had. But here is where thousands of our young men and women go down.

The public dance house is another feeder to the immoral class. Girls fifteen or sixteen years of age whirl about with men from five to ten years their senior, up into the small hours of the night, stopping occasionally to drink beer. Such influences can be nothing but evil and lead to acts of sin.

V. There are three great teachers of truth that ought to promulgate the true purpose and meaning of the sex life. These three are the public school, the medical profession, the pulpit.

First, The public school has the best opportunity—aside from the home—to instruct children in this matter. But the school does not do this work. Hardly a man or woman can remember receiving the slightest instruction in sexology at school. This study is reserved for the higher schools and colleges, but the vast majority of men and women do not attend either. The science of physiology is now taught in school very accurately and entertainingly. Every part of the body is described and all its phenomena explained except that that has to do with race propagation. This silence is noted by boys especially, and they will seek information somewhere, and get what is usually mal-information, which is really worse than none.

Second. The physician is looked up to by the whole family as an authority on all matters pertaining to the body. A physician, therefore, has a large field of influence, but there are many who, though understanding the real cause of some diseases, though they know young people are practicing habits that will ultimately ruin them, keep silent. It is partly because they consider such matters as outside of their business, or



they are too busy with regular practice, or because they are afraid of offending their patrons. All of these things enter in to defeat what might be a great teaching profession.

Third, But we are most interested in the pulpit which, in a sense, has the advantage of both school and physician because it is a place from which people expect to hear the uncompromising truth. Everyone knows that the general teaching of the Bible is toward a life of purity and nobility. Jesus is the great ideal character. St. Paul constantly urges purity of life, and the Apocalypse closes with a condemnation of impurity and an exaltation of purity. Besides this, the pulpit is expected to be an inspiration to all moral reform, and a creator of religious sentiment.

For all that, most pulpits are silent on this great subject. I do not remember of ever hearing from any pulpit a sermon on personal purity. We may hear the subject hinted at, and occasionally a minister speaks out boldly.

There are reasons why ministers hesitate to present this topic from the pulpit. Many have never given it careful study, so cannot speak from personal investigation. One minister told me that he did not allow himself to think about it. It was an awful theme to contemplate and he did not care to become polluted thereby. This man was a father of a large family, and pastor of a church, several members of which were living immoral lives, a fact well known, not only in the church, but in the community. Another minister living in western Massachusetts said that it was a case of bread and butter. He had never preached upon the subject, though in his church there was one woman who was a mother out of wedlock teaching a class of girls in the Sunday School. Also, were there young men addicted to immoral practices. His plea for keeping silent was that the subject would be considered indelicate, or objectionable, and he might be obliged to leave the church. However, this man became convinced that it was his duty to preach on the subject, and arranged for a series of Sabbath evening topics to young people on home building

and purity. Instead of causing trouble the most of the church people said "That was just what we needed, why haven't you done this before?"

It was with much hesitation that I presented this topic before the Presbyterian Ministers' Meeting at Cincinnati several years ago, but at the close of the talk, the brethren one by one testified to the truth of what I had said, and related many experiences which corroborated nearly all of the positions I had taken. In fact, wherever I have spoken on this subject the ministers have given expression to the same feelings.

It is interesting and pertinent to note that one grave reason why the pulpit is silent is because the people who ought to back up such a movement are, very often, opposed to it on the grounds of "immodesty and unconventionalism." This leaves the pastor practically alone and he hesitates to undertake a movement in which his people do not cooperate. Yet, it cannot be said that such a pastor is doing his full duty.

To sum up then; impurity is one of the greatest, if not the most blighting of sins, and it is common among men and women; largely among men.

Among the causes that promote impurity may be named heredity and environment, false modesty on the part of parents, unwillingness on the part of parents to accept critical reports of their children, the belief in a double standard of morals, the condition of married life to-day as seen in the divorce courts, the looseness of morals in and out of family life, and discussing scandal in the presence of children.

The avenues of information on matters of sex open to the untutored young people of our land are: Other children as ignorant of the truth but versed in deplorable sexual practices, impure stories, obscene books and pictures, the scandals and immoralities recorded in the daily papers, together with the advertising of quack doctors, the concert hall and dance, and unhygienic social conditions. In the face of all this the three great public teachers, the school, the medical profession and the pulpit are comparatively silent on the subject.



# The Criminal Alliance of Quacks and Newspapers

By Walter Smithson

THE recent action of the New York County Medical Society in regard to quacks and quack medicines and the newspapers which aid and abet these last, is significant not only as proving that the medical profession is at last awakening to the evils which charlatans stand for, but in addition, as showing the power of printer's ink. For, as the Society admitted, the attitude that it has now assumed in relation to the quacks is the direct outcome of the crusade inaugurated against the latter by PHYSICAL CULTURE, which with some other reputable magazines, refused to prostitute its principles by accepting the advertisements of the scoundrels in question.

At the one hundredth anniversary meeting of the Society, held in New York City the following resolutions were unanimously adopted:

"Whereas the Medical Society, for over one hundred years, with the sanction of the State of New York, has been engaged in an effort to "regulate the practice of physic and surgery," and

Whereas the Legislature of said State has expressly authorized the enforcement by this and other county medical societies in the State of the public health law regulating said practice, and

Whereas hundreds of prosecutions and convictions have resulted as a direct outcome of the work of this society in enforcing the law, and

Whereas a large percentage of the quacks and charlatans convicted as a result of the work of this society have been freely admitted to the advertising columns of various papers in the city and county of New York, and the protection of the public health has been made much difficult as a result of said advertisements, now, therefore be it

*Resolved*, That the Medical Society of the County of New York, at its hundredth annual meeting, emphatically protests against this criminal alliance between quacks and certain newspapers in the city of New York and elsewhere; that in the courts of honor and conscience and morals, if not in the courts of law, the newspaper that profits by the publication of the alluringly false advertisements of such notorious quacks and charlatans as William H. Hale, Henry H. Kane, L. R. Wil-

liams, and many others of similar like, whose filthy advertisements can be found in prominent places in the advertising columns of certain New York papers, are in no wise less guilty than these charlatans themselves. Be it further

*Resolved* That the thanks of this society is due to certain publications for their telling exposures of the criminal alliance existing not only between quacks and some newspapers, but between powerful companies controlling well known patent medicines long since proven to be dangerous to the health and comfort of the people."

Nothing can be more scathing either in the way of language or intent than the foregoing resolutions. It will be noted that the Society deliberately charges that a "criminal alliance" exists between the quacks and certain newspapers, and a glance at the advertising columns of some of the New York dailies will show how well deserved the charge is. The society undoubtedly had in its mind's eye some especially flagrant offenders among the metropolitan newspapers. There is an adage which is as ancient as it is true, to the effect that: "The receiver is worse than the thief." Now the quack steals the health and filches from the purse of the public, and the newspapers receive a goodly portion of his ill-gotten gains in their advertising departments. The inference is obvious.

The most remarkable thing about the whole matter is, that the newspapers that sin most flagrantly in this respect, are those who are everlastingly preaching morality, honesty, and one's duty to one's neighbor. What shall be said of the individual or newspaper that so conducts itself? There is but one term which fits the situation, but one word that is appropriate to either such an individual or such a corporation, and that is "hypocrite."

We are charitable enough to believe, however, that in one or two instances the proprietors of the newspapers in question do not deliberately become parties to the "criminal alliance" which the Society charges. In the case of a



vast enterprise like that of a metropolitan daily newspaper, the conduct and details of the various departments are to a great extent left in the hands of the managers thereof. So that we prefer to think that the advertising managers rather than the proprietors of these publications are responsible for the "alliance" which the Society has characterized in such plain and well deserved terms.

The post office authorities at Washington, as PHYSICAL CULTURE has already told, recently took action against a number of quacks including those who profess to restore lost manhood, while two rogues who exploited a "radium cure" in New York City were sentenced to fairly long terms in States' Prison. Nevertheless, we find a big advertisement of another "radium cure" and many advertisements of the alleged restorers of lost manhood in both of the newspapers alluded to. As a matter of curiosity, if not of morality, it would be interesting to ascertain just what excuse could be offered for the accep-

tance of these advertisements in the face of the attitude of the officials at Washington, and of the action of the criminal courts of New York City.

The quack industry of this country is a burning disgrace to us as a people. It is a blot upon our national escutcheon. It is a foul ulcer on the body corporate. Until drastic action is taken by the proper authorities to break up the "criminal alliance" in question, the reproach of some European nations that American civilization is still a crude civilization to which are clinging traces of the greed and untruth of savagery would seem to be deserved. When the press of a country is willing to barter its honor for a few paltry dollars, when it consorts with and gives "aid, comfort and assistance" to thieves in order to share in the loot of the latter and when it plays the part of the snug Pharisee in its editorials and that of the liar and charlatan in its advertizing columns, the worth, sincerity, and integrity of a civilization that permits of its existence may be well questioned.

#### A CHINAMAN'S OPINION OF US

It is always interesting to learn how we appear to other eyes. Ny Poon Chew, a Chinese editor of San Francisco, recently expressed his opinion of American women and their dress, as follows:

"There is one thing about New York that I cannot quite understand. And that is why its women are so inclined to criticise the women of my country. They say the Chinese women pinch their feet to make them abnormally small, and hold up their hands in holy horror at the custom. At the same time these critics are pinching their own feet until they can hardly suppress their screams of agony.

"Yes, and they do not stop at pinching their big feet to make them look small. They add to the crime by putting them up on still-like heels, so that in a few months their feet have become regular museum freaks of deformity. Then they go on with this pinching business until they get to the waist. There they squeeze themselves into a vise-like thing called corsets and draw them up with a block and tackle until mere breathing is agonizing.

"When your New York women fall sick

they send for the doctor, who tells them their kidneys are in their feet and their hearts in their mouths. Then they wonder how their physical economy get so disarranged, and take a lot of pills and lay away their corsets to coax the little wanderers back home.

"And now a word about those in New York who are so horrified when they are told of the prevalence of opium-smoking among the Chinese.

"Has it ever occurred to the New York women that they might be better off if they had opium-smokers for husbands than regular whisky drinkers? The whisky drinker may come home and beat his wife, but never so with the opium smoker. He is drowsy from the drug and if there is any beating to be done the wife is generally much better prepared for the task physically.

"And look at the clothes the Americans wear. They say they are more sanitary than the clothing of the Chinese. Every Chinaman I know, and I know very many, washes his clothing, every stitch of it, at least once a week. But not so the American man. He gets his clothes pressed about once a week and thus grinds into them all the disease-breeding germs known to the world."

"Fit yourself for the best society—and then keep out of it."

—Elbert Hubbard.



## Patent Medicines Pay Liquor Tax

**P**ROPRIETORS of Patent Medicines, largely composed of alcohol, will hereafter, be compelled to pay a tax, which they have long evaded. The information contained in the following circular, sent out by the Commissioner of Internal Revenue, furnishes interesting detail on this subject.

*To Collectors of Internal Revenue:*

On September 12, 1905, Circular No. 673 was issued from this Office concerning alcoholic compounds advertised and sold as medicine under various names, some of which were composed chiefly of distilled spirits, or mixtures thereof, without the addition of drugs or medicinal ingredients in sufficient quantity to change materially the character of the alcoholic liquor.

In that circular it was stated that because these preparations were held out to the public as medicines that would not afford ground for relieving their manufacturers from special tax as rectifiers and wholesale liquor dealers, and would not relieve the retail dealers therein from special tax as retail liquor dealers under the provisions of the Federal statutes.

It was further stated that this Office would, by analyses made in the chemical laboratory here of these various compounds, determine as to whether or not those manufacturing and handling them would be liable to the special tax above named.

Further, that until such analyses were made and conclusions reached by this Office, druggists and merchants selling these compounds in good faith as medicines only, would not be affected by the new ruling until December 1, 1905. Before that date it was the purpose of the Office to make public announcement of the various preparations found by analysis to be within the terms of the ruling of September 12.

By reason of the care given in making analyses of these compounds the Office has been unable to complete the examination of all such compounds now upon the market. However it has made

analyses of the following preparations and finds that they are within the terms of the ruling of September 12, 1905:

Atwood's La Grippe Specific.  
Cuban Gingeric.  
De Witt's Stomach Bitters.  
Dr. Bouvier's Buchu Gin.  
Dr. Fowler's Meat and Malt.  
Duffy's Malt Whisky.  
Gilbert's Rejuvenating Iron and Herb Juice.

Hostetter's Stomach Bitters.

Kudros.

Peruna.

Rockandy Cough Cure.

Since the ruling referred to was made, manufacturers of preparations referred to in that ruling and wholesale druggists and retail druggists handling them have demonstrated that large losses would occur to them if the ruling was made effective on December 1, 1905.

They stated that in good faith and under rules heretofore controlling they have purchased these compounds in large quantities, have them in stock, and that it would be impossible to dispose of them by the date originally stated.

After careful consideration of this phase of the case, and to protect those who in good faith have engaged in the sale of these preparations, this Office has determined to make the order effective as against manufacturers on January 1, 1906, instead of December 1, 1905, and said date, January 1, 1906, being the beginning of the third quarter of the fiscal year.

With regard to all handling these preparations as retail dealers, both druggists and other merchants, the order will be made effective April 1, 1906, the beginning of the last quarter of the current fiscal year.

This Office will continue to make analyses of other preparations similar to those already examined and will announce from time to time the conclusions reached.

JOHN W. YERKES,  
*Commissioner.*



# Athletic Training for Boys and Girls

By Harry Wellington

## PUTTING THE SHOT

**T**HIS month my young readers will be given their first lesson in scientific weight throwing. Much better results can be obtained in every branch of athletic sport if intelligence is



used than if one tries to do things unthinkingly.

Putting the shot is a splendid exercise for the entire body. Fully matured athletes use a shot of iron or lead, weighing sixteen pounds, and High School boys use a shot of twelve pounds. But I would suggest that my readers try a weight of eight pounds. If you do not wish to buy the regulation "shot," you might use some convenient object of a similar weight. A flatiron, rock, or small bag of sand are each satisfactory.

Successful shot-putting may appear to depend almost entirely upon the arm. But I wish to impress upon you that success will also depend upon the intelligent use of the legs and the muscles of the trunk of the body. By standing still and using the arm alone, you cannot do nearly as well as if you brought other parts of the body into play.

In putting the shot the athlete stands inside of a circle seven feet in diameter, though for boys, it might be better to use one of six feet. Take your position inside and at one side of the circle, with the shot in the right hand and the weight of the body on the right foot. Remem-

ber that "putting" the shot is not "throwing" it. Now, bring it close to the shoulder, as illustrated, so that you can "push" it straight out. Do not try to throw it overhand style. Use simply a straight shove from the shoulder. Balance the body on the right foot, bending the body downward to the right and holding out the left hand as shown, in order to help keep your balance. If you choose you can put the shot from this standing position, but it is better to use a hop or step in order to give it more momentum. When you are perfectly steady, as in the first figure, you are ready for the hop or step, which should be done on the right foot.

Quickly raise the left leg as shown in the second illustration. Then without touching the ground, bring it down close to the right foot and raise it quickly again, at the same time hopping or jumping forward on the right foot. The swing of the left leg will help to give you momentum or force in making this jump. In this way you should jump three or four feet to the other side of the circle, alighting on both feet in the position shown in the third figure. At this instant, and before you have time to lose the momentum gained, you should perform the rest of the movement. As you alight as described, the right leg should

ber that "putting" the shot is not "throwing" it. Now, bring it close to the shoulder, as illustrated, so that you can "push" it straight out. Do not try to throw it overhand style. Use simply a straight shove from the shoulder. Balance the body on the right foot, bending the body downward to the right and holding out the left hand as shown, in order to help keep your balance. If you choose you can put the shot from this standing position, but it is better to use a hop or step in order to give it more momentum. When you are perfectly steady, as in the first figure, you are ready for the hop or step, which should be done on the right foot.

Quickly raise the left leg as shown in the second illustration. Then without touching the ground, bring it down close to the right foot and raise it quickly again, at the same time hopping or jumping forward on the right foot. The swing of the left leg will help to give you momentum or force in making this jump. In this way you should jump three or four feet to the other side of the circle, alighting



on both feet in the position shown in the third figure. At this instant, and before you have time to lose the momentum gained, you should perform the rest of the movement. As you alight as described, the right leg should



be bent considerably, in a partially crouching attitude, with the weight of the body on this leg, the upper part of the body bending downward and far over to the right side. It would also help you to bend the other leg somewhat. The object of this is to give you more force and momentum by suddenly pushing up with the legs and straightening the body than you could possibly get by standing up straight and trying to put the shot with the arm alone. In making the "put" you push off hard with the arm, at the same time straightening the body and pushing up with the legs. In fact, you should turn the body half way around, making a little jump

so that your feet will change places, and you will alight facing the direction to which your back had been previously turned.

It is somewhat difficult to describe the foregoing movements clearly. But remember that all of them should be combined in one continuous, quick movement. It would be best to practice them at first without the shot, until you learn them thoroughly. It might also help you to at first practice only the last half of the movement by itself, that is, jumping from the third position to the fourth, and finally combining the whole. Remember that you must not step outside of the circle.

### FEATS OF STRENGTH AND AGILITY



your feet, doubling up your knees and pulling your feet up through between the hands without touching the seat of the chair, finally putting them down on the floor on the other side and sitting down on the chair, as shown in second photo. It should be done smoothly, slowly and steadily. You might also practice it in the form of a quick jump, just for a change.

**T**HE two photos shown represent two positions of one movement. It is a little trick that every good physical culture boy should be able to do, but you may find it rather hard the first time that you try it. Take the position shown in the first photo, one hand on the back of the chair, the other on the edge of the seat, as illustrated. Then put your weight on your hands and very slowly and steadily pick up





## Boxing Lessons for Boys

We intend to publish these Boxing Lessons each month. Most of my boy readers will remember the boxing movements which were described a few months ago in the little magazine we published last year entitled "Physique Culture for Boys and Girls." These Lessons are intended to follow those then illustrated, but any beginner would have no difficulty in commencing with these, for they have to do with very simple blows and parries.

Illustration No. 7.—The boy on the right first strikes out with the left hand for the other's head. The boy on the left, wearing black jersey guards himself with the right hand. That is, he parries the blow by turning off to his right, as shown. At the same time he strikes out with his left to the other's chin. Practice the movement slowly at first, then more swiftly. Practice dozens of times until you learn it, and then change places so that the other boy makes the first lead. Always remember to keep your mouth shut tightly when boxing. If you get hit on the chin when you have your mouth open you are likely to bite your tongue badly, or if hit in the mouth your lips will be cut by the teeth.

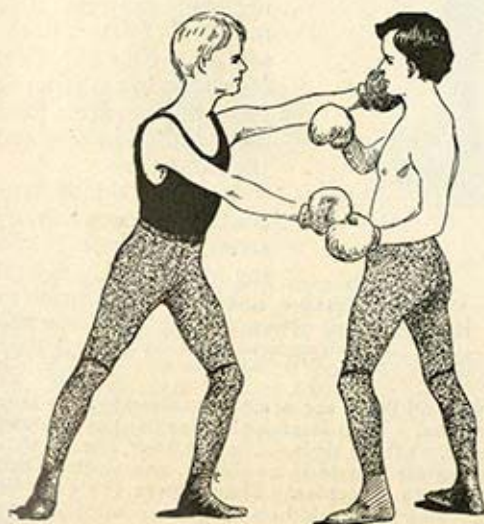
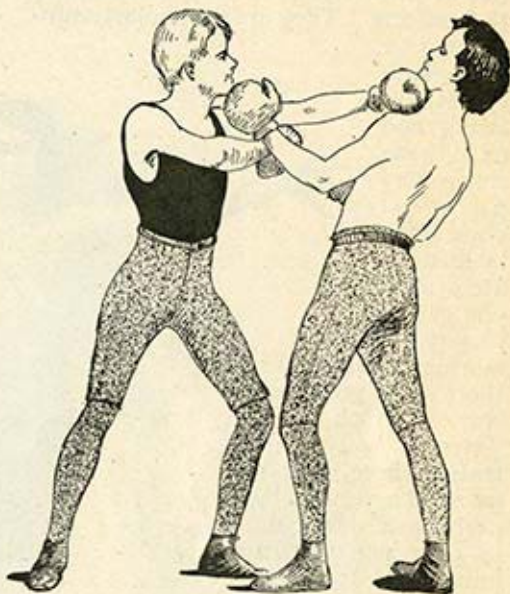


Illustration No. 8.—The boy to the left, with black jersey, strikes out to the side of the other's head. The boy on the right should try to parry with his right hand as shown, but the first boy should try to strike so quickly that he can land before the other can parry. This practice will make both very quick in their movements. The boy on the right is expected to strike out in return with his left, and the first boy, on the left, will guard against this with the right hand, the palm turned outwards exactly as shown. Practice over and over again, the two boys taking turns at leading out first.



# Stretching Exercises for Boys and Girls

By *Bernarr Macfadden*

**B**EGINNING with this month I shall publish a series of stretching exercises for my boy and girl readers. I think you will find the practice of these exercises very beneficial in their effects. They are particularly suitable for thoroughly stimulating and exhilarating every part of your body immediately after you get up in the morning. Of course there are a great many ways in which you can "stretch." I am illustrating three ways this month, and will have perhaps a dozen more to offer you in future numbers. It is very likely, however, that you will be able to think out for yourself other ways of stretching. Try to do so.

Stretching is a very good and a very natural exercise. Many people who do not think about taking exercise for their health will often stand up and stretch themselves simply because it feels good to do so. They usually do this after they have been sitting for a long time. If you have been bent

over or sitting in an uncomfortable position until some part of the body aches or feels uneasy, then stretching will take the "kinks" out of your muscles. It will make the blood flow faster through the tissues of the

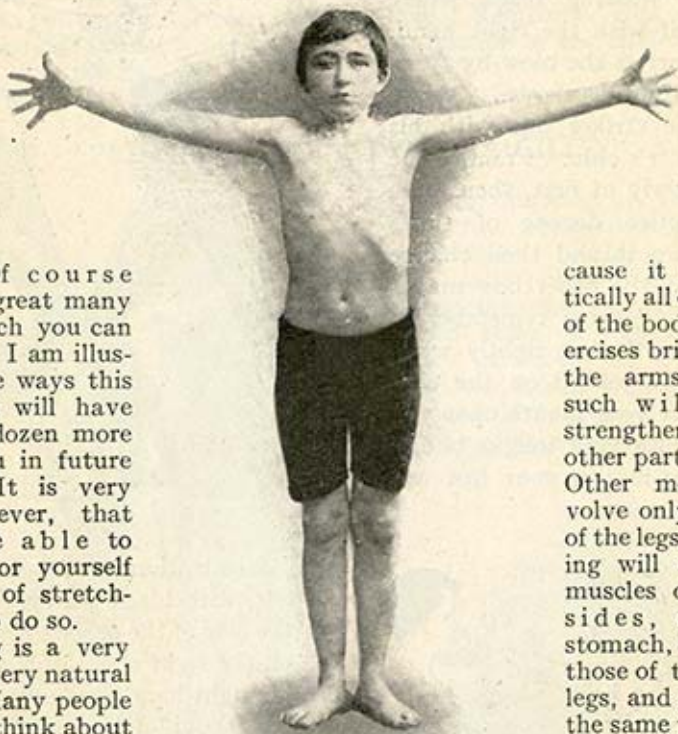
body and help to build both health and strength.

One reason why stretching is very valuable considered as an exercise, is be-

cause it effects practically all of the muscles of the body. Some exercises bring into action the arms alone, and such will of course strengthen them, but no other parts of the body. Other movements involve only the muscles of the legs. But stretching will exercise the muscles of the back, sides, chest and stomach, in addition to those of the arms and legs, and all at one and the same time.

It is no doubt true that you occasionally stretch without thinking of exercise. But if

you will make a habit of it and practice it every day when you get up in the morning, it will benefit you a great deal



**Exercise No. 1.**—Stand squarely on both feet and bring the arms out sideways on a level with the shoulders as shown in the above illustration. Then stretch them as hard as you can, trying to reach out as far on both sides as possible, that is, trying to make your arms a little longer if possible. Also spread your fingers apart while you do it, as shown, and stretch them also. Relax or rest a moment, dropping the arms to the sides. Then repeat the exercise, doing it either ten or twenty times in succession. Put your mind on it. Think what you are doing and think hard, and you will do it better.



more than if you did it irregularly or occasionally.

Did you ever see a cat or dog wake up from sleep? If you have you probably noticed that the first thing it did was to

stretch. First it put out its fore feet and stretched, and then it stretched its hind legs. Then it yawned, stretching the muscles of its jaws. And after it got through stretching it felt much better and was ready to move around and play and run. Stretching is the most natural thing in world to do. Practice it as advised and you will not only learn to like it, but you will be much the better physically by so doing.



**Exercise No. 2.**—Stand squarely on both feet. Then raise the arms high above the head, keeping them straight, and stretch at the same time, raising as high on the toes as possible. Try to reach just as high as you can, and just at that point try hard to reach a little higher still. Then let your heels down to the floor and drop the arms for a moment and repeat. Continue until tired. This will exercise nearly all of the muscles of the arms, legs and trunk of the body.



**Exercise No. 3.**—Stand with the weight of the body on the right foot. Then bring the left leg and the left arm back as shown in the photo, and the right arm upward and forward and stretch. Do this a number of times and then reverse the position with your weight on the other leg. The harder you stretch, the better.



## Boys' and Girls' Question Department

Q.—What is good for nervousness? I recently found out that before running an important foot race, or before a football game, I felt exceedingly nervous, though not the least bit afraid. I could hardly control myself.

A.—You need not be surprised if you felt nervous under these circumstances, for if you knew you would probably find that your competitors were also very nervous, though they did not allow themselves to show it. To be nervous at such a time does not mean that your nerves are weak. The feeling of nervous tension is only the result of your anxiety over the outcome of coming contest. Of course, if you are too nervous, your so being will weaken you perhaps, but under ordinary circumstances it simply means that you are all ready, all "nerved up" for the event, and you will probably run a better race, or play better football, because of it.

Q.—I notice that some athletes have

muscles that are very prominent and heavy, giving them the appearance of great strength, while other athletes who can run just as fast, and seem just as strong, are comparatively slender, with long, narrow muscles. What is the cause of the difference, and which development is the best?

A.—I would hesitate to express any opinion as to which was the best type of development, for each is suited to the individual possessing it. Different people are built upon different lines, and no form of exercise could possibly make all people the same size and shape, in body, any more than in face. Each one should take great care of his health, adapting every means that will make him strong and vigorous, and then he will not fail to grow up perfectly developed, according to the plan upon which he is built by Nature. No one can change his natural physical inheritance, but all can develop it and make the most of it.

### A SIMPLE COMBINATION EXERCISE



One of two girls should recline with her back across the seat of a chair, hips and legs extended. The second girl places her hands upon the shoulders of the other and steadies her while she raises her feet from the floor to the position shown in the illustration. After

this has been repeated a number of times the girls should change places. If this exercise is found to be too easy, the girl on the chair should move forward a little, so that less of her back rests upon the chair, while her feet extend further away from it.



# Wonderful Results of Physical Culture Methods

## TO THE EDITOR:

For five years I had laid on a bed of sickness, suffering from an attack of rheumatic fever. Life seemed hopeless, I was reduced to almost nothing. My heart was seriously affected and also were my lungs. I had the best of care. I had been treated by many doctors. I had been rubbed with oils, liniments, salves, and all manner of similar preparations. I would lie for months bound in cotton and flannels, suffering the most intense pain. When finally the disease wore away a little so as to permit me to sit up, I gave the doctors all the praise, and they were nothing loath to take it.

One day, shortly after I was able to crawl around, there appeared in my father's office a man. He was short, but he didn't seem to mind that. A smile played constantly on his face which looked like a round, rosy apple. Indeed, the first thing to be noticed about him was that smile. His eyes were blue and danced like the waves under a rollicking breeze. The two talked a few moments on general topics, and then the offer of a cigar to this cheerful visitor, and his subsequent refusal, opened the way for him to make known his mission.

Tellen, a vegetarian, gymnast, nurse, and, for the moment, my father's visitor, was a Swede. He had lately left the Swedish army, where he had been serving in the capacity of "instructor of gymnastics." He had become animated with the desire to uplift humanity through the agency of the body. Consequently he came to America.

Thus it was that he appeared in my father's office in behalf of his work. With the refusal of the cigar he plunged into an account of his work describing apparatus of his own invention and expounding his doctrines of health, air, exercise, water, plain food, and fasting. The result was that my father, who was an invalid, after more interviews, decided to try his methods of cure. The outcome of the matter was, that I was placed under his care.

We soon became the best of friends. He was wonderfully strong, performing with ease many feats of strength and agility. He was a runner, and had captured second and third places in the Marathon 30 miles races before leaving his country. He would often run the distance between his room and my father's house, some 18 miles, starting in the morning early and returning in the evening.

I was midway in my "teens" when this course began, weighing 90 pounds, and five feet four in height. I became a vegetarian; a daily bather in cold water. Tellen gave massage to my poor stiff joints, and also light exercise, which increased to heavier as I gained strength. He was a reader of PHYSI-

CAL CULTURE and believed many of its teachings and advocated them. So I soon came to do likewise. Well, to make a long story short, I began to improve. The stiffness left my limbs and joints. The color came creeping back into my face. The flesh began to cover my bones, and with the flesh came a little muscle. I was happier than ever before. I took new courage, and determined to reach a high standard of health.

Five years have passed since I became an advocate of physical culture and healthful living. Once I went back to the flesh pots of Egypt, was taken sick, lost all I had gained, and had to begin over again. But with this second beginning came the resolution, since carried faithfully out, never to forsake the principles of health that worked my salvation.

I weigh now just 200 pounds; but then I have grown over six inches in the last five years and am now over six feet. I am not puffy either, but am hard as a nut. I am still a reader of PHYSICAL CULTURE, an advocate of it and shall always remain so. Life is the same to us all, and we must all follow certain natural laws or rue it, because these laws are essential to life.

I have written thus of myself because I would encourage others, and would give the praise due to the methods of PHYSICAL CULTURE; I see thousands suffering from the same disease which afflicted me. I know just how they suffer, and just what the outcome will be, because I have been through it all. It seems as though the most of them "had eyes but saw not."

Weakness is really a crime, a sin, because our bodies are meant to be the temple of the Holy Ghost, which must dwell in a clean place, or not at all. So therefore, if any shall read this and be a sufferer of that dread, painful malady, rheumatism, believe what I say and grasp the principles of physical culture; for they will bring you health; if you persevere. The laws of physical living are noble, and must, in the end, prevail.

REUBEN GREEN.

South Lancaster, Mass.

## TO THE EDITOR:

I want to tell you of the wonderful cure your system of physical culture effected for me. After spending five years in the Philippine Islands I found myself a mental and physical wreck—suffering with symptoms that indicated that I was becoming a man only in name.

I spent more than one hundred dollars to quack doctors for their useless and injurious drugs, then I bought a copy of your book, "Superb Virility of Manhood," and took a course of physical culture suited to my case.



Now after six months, I'm a well man, and you might say a new man. I took the sitz cold bath every morning, and some mornings this winter it was bitterly cold, and also your percussion exercise. I hope I can meet you personally some day and tell you further of the wonderful cure your system has worked for me. Impotency, insanity and a suicide's grave I am saved from. Thank God for all that your nature system of cure has delivered me from. Now I'm a happy, strong man, and life is worth living.

J. M. A.

FROM SICKNESS TO HEALTH AND STRENGTH.

TO THE EDITOR:

With a view to encouraging those who wish to possess the greatest gift to man—health—I submit a few details from my own life, which have certainly been a decided help to me. A few years ago I used cigarettes in a mild way and was constantly troubled with headaches, and could not concentrate my thoughts upon anything.

I used to eat anything and everything that came my way and rapidly too, with the result that I was troubled with indigestion. Again, I would always sleep with a pillow as high as I could obtain, the result being that I always had a sleepy feeling when I awoke.

I seldom if ever cleaned my teeth and this neglect caused my breath to be most offensive.

I scarcely ever exercised or had much fresh air, and always slept in a stuffy room. Finally I was taken ill with typhoid fever. Whilst getting better, I thought over the foregoing things and determined to remedy them.

When I got better I quit smoking, ate more slowly, slept with no pillow, made a daily practice of cleaning my teeth, exercised freely in the open air, took cold water baths and now I am the picture of health.

Hoping others may benefit from my experience.

R. ALLEN BURROWS.

Proctor, Vt.



Splendid Physique of Mr. William Gelfand,  
of New York City

TO THE EDITOR:

Enclosed is a capital photograph of myself, showing the development which I attained at home by following the instruction in your magazines for the past three years. I am five feet four inches, weigh one hundred and twenty-five pounds stripped, and am twenty-three years of age. Hoping you will publish the photograph,

Yours for health,

WILLIAM GELFAND.

249 E. 121 St., New York City.

### AND NOW IT IS QUACK DOG DOCTORS

The National Canine Defence League of England is making a strenuous effort to bring to public notice the evils of administering to dogs patent medicines or remedies compounded by quack or unqualified practitioners. J. H. Hurdall, the consulting veterinary surgeon of the League, points out that the drugs advertised and sold as vermifuges or worm-destroyers are in most cases, the cause of serious injury to the dogs treated.

A fellow of the Royal College of Veterinary Surgeons states that, "The growth of quack dog doctors and bogus dog medicines during the last few years has been simply appalling. These 'dog specialists,' as they call themselves, are especially prevalent in the West End of London. They are usually dog dealers with good knowledge of canine habits, but absolute ignorance of medicine. One of their favorite

remedies is ground glass, mixed with linseed meal or treacle and made into pills! This remedy, which is the survival of a medieval practice, generally sets up an acute irritation, frequently resulting in death. On one occasion three valuable dachshunds were brought to me in terrible agony, and in spite of all my efforts, died shortly after their arrival. I found that their owner had dosed them with a widely advertised remedy, which in certain doses and in certain stages of disease is poisonous."

Other veterinary surgeons fully confirm these statements, each having had from time to time dogs brought to them in a dying condition as the result of improper administration of drugs made and advertised by quack dog doctors. The quacks are "going to the dogs."



## More Results of the Physical Culture Life

A LETTER FROM ONE OF OUR FRIENDS WHO SENDS US PHOTOGRAPHIC PROOF OF THE GREAT STRENGTH OBTAINED BY FOLLOWING PHYSICAL CULTURE METHODS.

TO THE EDITOR:

I am pleased with the common-sense way you write about men and women. Your articles are without guile and fearlessly written, and if men and women of to-day only followed your advice, they would find themselves possessors of perfect bodies with corresponding perfection in mind and soul; and is this not worth striving for? Ay, truly it is! The perfect human body thrills one with admiration and awe, so wonderfully and fearfully is it constructed, and yet so few (shame on our race) seem to realize that this perfection can be obtained by obeying Nature's laws.

In order to show your readers to what extent the human body may be developed, I am sending you by this mail under separate cover some photographs, which I should be glad if you would reproduce in your magazine. This gentleman (Mr. R. G. Shorthouse) is a personal friend of mine, and I have known him for many years. As a boy he was below the average both in size and strength; but now his proportions are indeed wonderful, and were obtained by living naturally and temperately, together with systematic exercise. He is an excellent gymnast, and a promising weight-lifter. I might state he lifts 160 pounds one arm slow press from the shoulder, which, considering his weight, 140 pounds, (10 stone) is very exceptional. The following are his measurements: Height 5-5½, Chest contracted 33, expanded 42, Biceps 15½, Forearm 12, Thigh 23, Calf 14, Age 25.

I wish you success in your work and would say, "Don't be afraid to speak out," for your magazine is meant for intelligent men and women and not for prudes with weak or narrowed intellect.

I am, Yours sincerely,  
ERNEST SULLIVAN.

Mr. R. G. Shorthouse, of Fullarton, Adelaide, S. A., is the under man.



Remarkable hand-balancing feat of two Australian athletes.





# The Development of a Beautiful Bust

THE FIRST OF TWO ARTICLES ON SPECIAL EXERCISES AND OTHER NATURAL MEANS FOR FILLING OUT, MAKING FIRM AND IMPROVING THE CONTOUR OF THE BUST.

By *Bernarr Macfadden*

ONE of the most characteristic physical deficiencies of the modern civilized woman, and as it would seem, especially of the American woman, is the want of bust development. This lack of a distinctive feminine attribute seems to distinguish her very completely from the healthy, vigorous women of the European working class, or to speak with accuracy, the peasantry of the other side of the water. A beautiful, well-developed bust is one of the most coveted of all womanly physical possessions. A perfect bust, with the exquisitely graceful symmetry and contour which a healthy, firm development will always bring with it, is charming in its beauty, and all women are in consequence anxious to have it completely developed.

One proof of this universal feminine desire is to be seen in the fact that there is profit in the advertising of so-called "skin-foods," vacuum

and other devices which are alleged to promote the development of this part of the body. But of these advertisements the reader should be very wary, for they

represent only another of the many forms of humbug and fraud that are so commonly practiced at the

present time, and to which we have in the past given so much space in this magazine to the end of exposing them. There is absolutely no way by which any so-called "skin food," or "bust food," can build up the tissues that go to make the bust. There is only one way in which the system can receive nourishment by which to foster the tissues of the body, and that is through the medium of the digestive and assimilative system.

However, there is unquestionably some reason and foundation



**Exercise No. 1.**—Standing squarely on both feet, take two small weights, either books or some other light objects, one in each hand, and bring the arms up sideways to the level of the shoulders and backward as far as possible, in the position shown in the illustration. This will tend to raise and expand the chest. Then bring them sharply forward until the hands almost touch. This exercises the muscles across the front of the chest. Repeat the movement, continuing until tired. This can be made even more effective, if you have an elastic wall exerciser, by standing with your back to it, one handle in each hand, and pulling forward in the manner described.



for the claims of those who advertise pneumatic or vacuum devices, which are nothing more than simple air pumps by which a suction is produced that will draw the blood into the parts in question. This forcing process may prove more or less effective in some cases, and is not to be condemned in the same way as drugs and injurious chemical preparations. But at the same time these devices cannot consistently be recommended for producing satisfactory and permanent results. They cause an unnatural stimulation of the parts, and any results that may be apparently accomplished by this means will disappear after discontinuing their use. The only really satisfactory way in which an improvement in the condition of the bust can be brought about is by means of suitable exercise and such other helpful habits of life as will enable one to build up a perfect condition of the general health. To present such exercises, and to point out other natural means by which the condition of the bust can be improved, is the purpose of the two articles upon this subject of which this is the first.

But first it would perhaps be well to correct a popular notion as to what constitutes the size of a normal, healthy bust. Many are ignorantly under the impression that the larger the bust the better and the more perfect it is. Now it is firmness and roundness

of contour that is to be desired rather than great size. The ideal bust is not nearly as large as is commonly supposed. A bulky, shapeless mass of soft, flabby tissue represents a far from normal condition. In fact, an exceptional amount of fat on any part of the body is unnatural and undesirable. Only in the case of motherhood or expected maternity should the bust assume the size that is commonly desired. As a matter of fact, an unusually large bust is more likely to indicate sterility and the lack of true feminine qualities. Of course a flat bust, or almost none at all, is equally unsatisfactory.

One can best get a true idea of the relative proportions of a perfect bust by studying the ideals of the greatest masters of art as represented both in painting and sculpture.

But aside from the bust as an element of feminine beauty, a well-developed bust is also desirable because it is an evidence of superb womanhood. Perfection in this particular part of the female body is invariably associated with that magnetic charm of personality which is to be found only in those who are well sexed. Those who possess this gift seem to have a wholesome but indefinable attraction about themselves which seems to please and hold others by its very splendor and charm. They have a fascination which is utterly foreign to the



**Exercise No. 2.**—Standing erect, lock the fingers of both hands together in front of the body, as shown in the photograph, with the arms bent at an angle of perhaps forty-five degrees. Now bring right arm across the chest, resisting the movement with the left. Same exercise, position of arms reversed; continue the exercise until tired. At first thought, you may think that you are only exercising your arms in doing this, but in reality you are using the arm muscles but little. The exercise depends entirely upon the pectoralis muscles, situated across the upper chest and partly underlying the bust.



personality of a sexless nonentity of either sex.

With different individuals it will be necessary to use somewhat different methods in perfecting the bust development. With many, the paramount need will be an actual building up of more tissue, while with others there will be a necessity for reducing it. But in either event, the exercises which I am presenting in connection with these two articles will bring about the desired results, especially if used in conjunction with obedience to other general rules of health.

Exercise will always tend to bring one toward the normal, the perfect. If the parts are wasted away and too small these exercises will tend to develop them. If they are too large, the same exercise will consume the surplus fatty tissue, reducing and strengthening it. And remember that any measure that will promote a better circulation of the blood will be of assistance in bringing about the results desired.

It must be understood that the bust consists of a series of glands, and the condition of these depends primarily upon the condition of the general health—whether the constitution is a vigorous or a debilitated

one; whether the circulation of the blood is active or stagnant, and whether the quality of the blood is satisfactory or otherwise. So much for the bust itself. It is held in position by muscles, and its contour, symmetry and to some extent, its fulness, are determined by the strength and efficiency of these muscles.

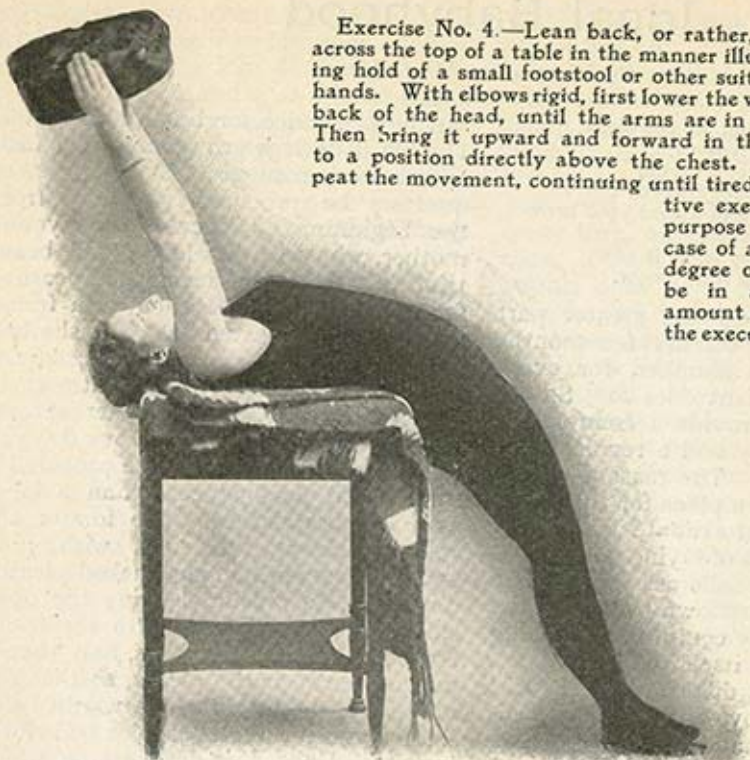
It is for this reason that all artificial supports of the bust are detrimental. They act as a crutch, which one in time

comes to depend upon. When a woman undertakes to hold up the bust by means of a corset or any other mechanical device, she only deprives these muscles of all use, with the consequence that they grow weak and waste away. The final result is that the bust when not supported hangs limp and shapeless with the accumulation of fat that has largely taken the place of the shrunken muscles. It may be said that the wretched condition of the busts of some women is due almost entirely to the wearing of corsets, though of course in most cases there are other contributing causes. At all events, no permanent improvement can ever be made as long as one continues to wear the deforming, body-wrecking device in question.



**Exercise No. 3.**—Stand erect with left hand on hip, and take a book or other light object in the right hand. With the right arm hanging first at the side, and keeping elbow straight, bring the arm backward and upwards to the position illustrated in the above photo, taking care that it is kept as far back during the entire movement as possible. Continue the movement from this point, bringing the arm upward and forward straight over the head and then down to the side again. Continue making the circle over and over and over again, doing it as vigorously as possible, and especially emphasizing that part of the circle where the arm is back of you and being brought upward and forward. Same with the other arm. This exercise not only affects the muscles of the chest and bust, but is valuable for expanding and raising the chest itself.





Exercise No. 4.—Lean back, or rather, recline on your back across the top of a table in the manner illustrated herewith, taking hold of a small footstool or other suitable weight with both hands. With elbows rigid, first lower the weight as far as possible back of the head, until the arms are in a horizontal position. Then bring it upward and forward in the manner illustrated to a position directly above the chest. Lower again and repeat the movement, continuing until tired. This is a very effective exercise for fulfilling the purpose intended. As in the case of all other exercises, the degree of benefit derived will be in accordance with the amount of energy displayed in the execution of the movement.

The exercises illustrated here are designed to act directly upon these parts, not only by accelerating the circulation through them and thus affording them better nourishment and an opportunity to build up and fill out, but also by strengthening the muscles that hold them in place, and thereby improving the contour of the bust. However, it is impossible to secure any exceptional beauty of bust unless the adjacent parts are in harmony with it. A well-rounded bust would not be very much admired when in conjunction with a flat, hollow chest, a thin neck and a weak, shapeless waist. Of these other parts it is particularly important that the chest be high and full, and the exercises illustrated here will raise and fill out the chest in the manner desired. This much at least can be done without fail in a single instance if these exercises are persisted in. As already suggested, great size of the bust is not to be desired, but rather shapeliness and general beauty of contour, and even though the bust may sometimes seem slightly beneath its

normal size, yet if the chest be well rounded, full and deep, the general lines and beauty of the body are likely to be quite satisfactory.

Massage is of benefit in some cases simply because it arouses a more active circulation in the parts and thus helps to strengthen and nourish them. But its influence cannot be compared to the benefits of appropriate exercises. The vacuum or pneumatic cupping treatment referred to may be considered as a form of massage, and while it may occasionally result in some benefit, yet as stated, as a rule it is not worth much.

Another very potent means of building vigor and strength in these parts is cold water bathing. Aside from and in addition to your usual bathing habits I would recommend that you bathe these particular parts twice a day with very cold water, the colder the better. This has a remarkably invigorating effect, by arousing a very active circulation and strengthening both the glands and the muscles and the tissues concerned.



# Ideal Babyhood

By Marguerite Macfadden

Last night, my darling, as you slept,  
I thought I heard you sigh,  
And to your little crib I crept;  
And watched a space thereby;  
And then I stooped and kissed your brow.  
For oh! I love you so.  
You are too young to know it now,  
But sometime you shall know.

**B**ABY is to spend the greater part of his time for the first few months of his life in slumber, for every healthy, happy infant does so. So the first thing is to provide a comfortable bed for his majesty and a regular position for the same. The reason I make special mention of a place for the bed is because of the unfortunate habit that many a mother has of laying baby down anywhere when he falls asleep. It may be on the foot of her own bed or on the sofa, or indeed any comfortable looking spot that presents itself at the moment, this, rather than disturb him, as she fancies she may, by carrying him to his cot. Now this habit cannot be condemned too strongly for many reasons, one of which is the breaking through of the habits of order and regularity which should be established from earliest infancy if baby is to be a source of great comfort to his parents. Then, too, baby's sleep will be at all times more tranquil and refreshing on his own special bed than elsewhere.

His bed, crib, bassinet or whatever else it may be, should be placed in such a position that the light will come from behind it. If the little stranger happens to wake and lies quietly, looking about him, as any healthy baby is apt to do, his eyes will therefore not be overtaxed by the light shining directly into them. Here again let me emphasize the fact that baby's sleeping apartment, whether it be that he shares it with his parents or has a nursery of his own, should never be shrouded in darkness. From earliest infancy let him have a due proportion of light and an abundance of air.

Though the dainty bassinet will appeal to most mothers with its filmy draperies and ribbons, it is really not the most desirable place for baby, and

can be of service for but a short time. For his little legs grow amazingly fast, and so wisdom suggests that permanent quarters be procured for him from the beginning. I knew of one young mother, who with her love of the beautiful very strongly developed, yearned for a dainty bassinet such as a friend and neighbor boasted of. But she had not the money to purchase it, so she taxed her ingenuity to the utmost in devising a substitute and her success was gratifying indeed. How do you think she managed it? She procured a small sized packing case, and a large sized clothes basket. The former she covered about the sides with pink cambric, over which she tacked pleated dotted white muslin, leaving the open side of the packing box to the front, covered of course as it was, only that it opened between the pleats, so that she might use the interior as a wardrobe or linen closet for babies surplus bed clothing etc. Upon this draped case, which provided a firm foundation for it, she placed her clothes basket daintily lined and trimmed in pink and white, across the upper end of which she had stretched an ordinary barrel hoop, wound about in pink, and securely fastened. This latter served as an admirable frame for the filmy drapery, and the whole contrivance was extremely gratifying to view, as well as being delightfully comfortable for the little inmate.

Many of her friends copied the idea, and on hearing of it I thought so highly of the device that I concluded to suggest it to mothers with limited means, as an extremely sensible bassinet substitute. But should you decide to do away with the bassinet, I beg of you, do not consider a cradle for a moment, they are the source of much discomfort to both mother and child. To baby, because when put down to rest, it is not well that he should be rocked and rolled about to be stirred up by the rocking process as he sinks to slumber. Rocking is neither natural nor healthful. The habit once acquired, is not easily broken



and the mother becomes a victim to it for months, sometimes for years. When baby is tired, lay him down to sleep in peace and quiet, and such a habit begun in earliest infancy will prove a source of infinite comfort to baby's mother.

Wooden cribs are most economical, if one has to consider the question from that point of view, but they are difficult to keep in good condition. It is, therefore well to purchase a little iron or brass crib, which will do service for years. Over the bottom of it spread a sheet large enough to come well up over the sides, so that the mattress may be kept free from the dust that is constantly rising from the floor and seeking lodgement in its tabs and binding. This sheet can be brushed off daily. The mattress should be of hair and never of feathers. As baby grows older an air mattress, or one made of new mown hay, may be used, but the former is denied to many on account of its expense, and the latter is not always easily procured. Hence, the old reliable hair mattress may be considered preferable after all.

Baby's sheets should be made of cotton, not linen, for the reason that they are healthier, softer, more comfortable, and far warmer than those woven of linen, and the wee mite needs the added warmth. In regard to bed clothes, as well as to baby's entire wardrobe it is better to have quantity, rather than quality, if one has to choose between the two, owing to a limited purse. Of course the mother's love will prompt her to procure the best within her means, but it is well to always remember that the little one's comfort and well being should never be taxed one iota for appearance's sake. Neither bed linen damp through accident, or body linen should be used a second time without being washed. The idea that a thorough airing together with drying is all that is necessary is entirely wrong.

To return to the mattress; it should be protected by a square of rubber sheeting beneath the lower sheet, while over must be placed a quilted square, which can be purchased very reasonably and washes splendidly. The old method of using a blanket or cheese cloth and cotton wool pad, is not a good one, as

the former becomes harsh through frequent washing, and the latter should be tabooed altogether, because it will not wash satisfactorily with its cotton wool filling, and is too apt to be dried and used again. This habit I cannot too strongly condemn, as unsanitary to the last degree. Baby's pillows should be quite tiny, and may have dainty linen slips, if such can be afforded; if not, cotton ones kept fresh suffice nicely. But, as with the sheets, have plenty of them, keeping a second pillow encased in a fresh slip in readiness in case of accident. If your love of the beautiful suggests embroidery, confine such to the border, remembering that even the most prettily wrought monogram or whatnot in the centre of a pillow cover, will be most distressing to the tender skin of the little one. Apropos of the embroidery subject, an amusing incident is told of a noted literary man, noted for his eccentricity as well as for his literary merit, who having stopped over night with a charming couple, the husband being an old bachelor friend of his, upon being asked by his hostess at breakfast how he rested during the night remarked: "Oh, fairly well after I had done away with some of the ornamental, but useless accessories of the present day guest room."

"May I ask what disturbed you?" queried his hostess.

"Oh, I don't mind telling you, so that some other unfortunate may be spared my experience. It was those elaborate pillow covers, with their embroidery on one side, and their linen buttons on the other, between which one suffers martyrdom until they throw them on the floor, and get down to comfort, devoid of annoying ornamentation."

You will say, he was a very rude man, and I agree with you. Yet he was at least honest about it, and whenever I have seen a young mother embroidering a baby pillow I have felt compelled to tell her the incident and save the poor wee one from martyrdom.

A pair of baby blankets is also required, and I would impress upon you the advisability of getting them large and light enough. The better ones are those made at home from a fine quality of blanketing or flannel, and bound



about with wash ribbon. In this way you can best determine the proper size for your baby's bed, having them neither so large as to be cumbersome, nor yet so small as to be constantly slipping off the crib. The coverlid may be as pretty as you can devise, so long as it is of light weight. Nothing surpasses eiderdown for cold weather, for it gives warmth without weight.

All these suggestions have been made in the belief that baby is to have an individual bed, because, as I have frequently stated, it is much more healthful for infants to sleep alone. If you so desire, have baby's bed so near your own that you can stretch out your arm and assure yourself that the wee one is sufficiently covered, etc., from time to time. If one feels that none of the beds suggested here are such that they can afford, which is altogether unlikely, baby's carriage may be utilized, and will make quite a comfortable sleeping place. At such times as baby is not in its bed the latter should not remain made up, but be opened with its clothes and mattress sunning and airing until required. Bathing and feeding times afford ample opportunity for this purifying process. The little one's best position for sleep is on its side, so that should there be the slightest regurgitation of food, the clotted milk will not choke it. However, unless

baby is overfed, there is little to be feared in this direction. As I have already said, the child should not be too closely guarded from noises during sleeping hours, as such a method is likely to make him unduly sensitive to them. He will soon become accustomed to the ordinary sounds of the household, and will not be disturbed by them unless they be sudden, harsh or jarring, and such, in view of his delicate organism, should be carefully guarded against.

The habit of rocking, or indeed of lulling baby to sleep in one's arms is a bad one. Rather accustom him to being put back in his crib after nursing, for his training has now begun, and what is done from the beginning will be expected by the child later on. If baby is not sleepy he will enjoy lying in his crib kicking, and wriggling, which is an excellent thing for him, as it gives him just the exercise that his muscles need.

It is much better to have a folded square beneath him when sleeping than binding him up in excessively burdensome ones. After a very short time, when he shall have accustomed himself to regular habits, a watchful mother can anticipate his needs and by taking him up at the first sight of significant restlessness she will be rewarded by having that most enviable of all possessions "a clean, sweet, dainty baby."

## PHYSICAL TRAINING CURES RHEUMATISM.

### TO THE EDITOR:

Being an ardent admirer of the "Worth Living" Physical Culture Life, and a constant reader of PHYSICAL CULTURE, I submit you a photo showing what practical training and proper living will do for one in a physical way.

From January, 1902 to May, 1904, I was seriously crippled with a severe case of rheumatism. But about nine months of systematic training made me once more a powerful fellow and no trace of my malady now remains. I am an ardent admirer of legitimate boxing and do some clever work in that line, as it makes me strong, supple and quick.



Nine months more will show me up in stronger and better form than now. So I must say I owe you and your periodical a world of sincere thanks for the good I have obtained by observing the fine points of the hygienic life set forth in them.

Here are some of my measurements, weight 142 pounds; height, 5 feet, 10½; chest, 38½; waist, 29; calf, 15½ inches; Thigh, 20½; ankle, 8; wrist, 7; biceps, 13½; forearm, 11½; neck, 15½.

Wishing you success in your new locality and hoping to have the pleasure of meeting you sometime.

WM. P. STEPHENS  
Denver, Col.



# Rational and Artistic Dress

Written and Illustrated by Olive M. Ghoslin



Perfect Female Form

A FEW weeks since, an article entitled "The History of the Corset," by Beatrice Fairfax, appeared in a Chicago evening newspaper. It told how the custom originated many centuries ago by a European queen, who made the decree that no woman's waist should exceed sixteen inches in circumference, and herself started the custom of squeezing the vital part of her body into an encasement or corset made of steel.

Miss Fairfax showed how the custom thus originated of distorting the natural waist was followed through succeeding generations; the only improvement at the end of these many centuries being that the waist is now several inches larger, and the stiff encasements are now manufactured of whalebone, and steel, instead of steel entirely.

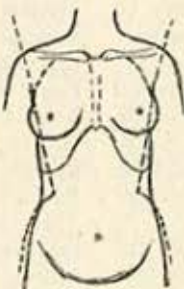
The question of rational dress is being agitated

more and more, and every now and then doctors and others denounce the corset as injurious, unworthy of this age of enlightenment, and urge its abandonment. But although the discarding of the corset relieves the pressure and crowding of the lungs and heart, the harm caused by the weight and pressure of the skirts weighing on the abdomen, is fully as great or greater without, as with the corset.



Street Dress

Front view, black lines show natural figure. Dotted lines indicate downward pressure of corset.



woman, one possessing strength, power and grace, invariably, when indicating the waist line, place it just below the bust. Recall the Statue of Liberty in New York Harbor, the first object to greet the eye of the stranger, just approaching our loved land. Could the qualities synonymous with our nation's freedom, broadmindedness, and equality, be better expressed than the free flowing grace of that robe of Liberty concealing and yet revealing the magnificent proportions of the form underneath? Who, for a moment, can imagine a vision of Joan of Arc with clasped hands, her face upturned to heaven, receiving inspiration in the conventional dress of to-day, a distorted, corseted waist, choking collar, tight gloves and shoes, opera heels and a heavy hat?

Corsets will never be entirely discarded, and a rational manner of dressing adopted, as long as separate waists and skirts are worn. The waist line must be lifted from the soft, unprotected, abdomen, to the firm support and protection of the bony chest, just beneath the bust. As I stated in a previous article, illustrating it by the two urns for centuries considered the ideal type-forms of design, this dress permits of just as much beauty or more, as it gives a longer sweep to the skirt line thus giving



Figure After Wearing Corset



Evening Dress

You will notice that all artists in portraying a beautiful and superb



an added appearance of height and grace.

No one is in favor of returning to primitive days and barbarism; but what we do need is a true civilization not a false one. In spite of our wonderful inventions and progress, we still cling to some unworthy vanities and follies of centuries ago.

With the adoption of healthful dress, especially by the mothers of the race; the eradication of the tobacco, liquor, and other vices among the fathers; and simple, natural habits of eating, breathing and exercise, realizing that the most-to-be-desired boon of happiness is "a healthy mind in a healthy body," our nation would soon be composed of individuals of which Apollo and Venus would be the types, not the exception.

But instead of ill-proportioned, imperfect bodies, as against the superb forms of the Grecian men and women in the days when that country was at her height of physical and intellectual development—to-day the first named is the rule and the latter the exceptions.

From history, we learn that that age of great bodily and mental vigor of the Greeks was due to the fact that it was not a commercial age, as we Americans understand the term to-day; but an age where money and money-making was a secondary matter, and honor and importance was given to

everything that tended to develop body and mind. It was the age of athletic sports; the age that bequeathed to us the great masterpieces in sculpture and architectural art.

During this period the Grecian mother wore healthful robes. And these magnificently proportioned women who dressed and lived in a natural manner, were the models of the ancient masterpieces of sculpture. From these, we learn what the perfect woman should be.

Perhaps the physical culture wave that is gaining greater and greater power as it advances, will enable us to ultimately rival the ancient Greeks in physical beauty. King money will then be replaced by a higher and nobler influence.

In accompanying illustrations, 1, 2, and 3, notice the figure of the perfect woman and the changes wrought in her form by generations of use of the beauty and health destroying corset and heavy skirts. The pressure of the corset, combined with weight of skirts, crowds and pushes down the internal machinery so delicately adjusted and arranged by Nature, thus producing the abnormally large abdomen which is so common. This pressure is also cause of back-ache, weariness, and stagnation of the blood. Corsets make more or less of a task instead of the mere holding of the form erect.



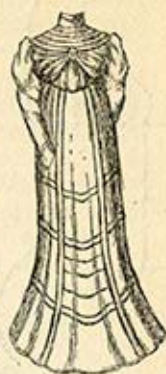
Tea Gown or Receiving Gown



Visiting Gown



Butterfly Evening Costume, grenadine or crepe de chine over silk or satin.



Afternoon Dress



Yachting Costume



Military or Street Dress



## The Woman Who Loves Sickness

BY H. MITCHELL WATCHET

WITHOUT doubt you have met her—the woman whose chief happiness in life it is to tell about her own sicknesses or the sicknesses of her friends. Now there are as many kinks in human nature as there are in the hair of a colored citizen. And one of the most singular and at the same time, most uncanny of such kinks, is the satisfaction which, in the case of some women, seems to arise from the recitation of the details of various diseases.

Not so long since, the writer boarded an elevated train in Harlem, New York, which was on its way to the Battery. Next to him sat two women, well conditioned matrons apparently. And from the time that the train started until it reached its destination, their conversation related to their own and other people's illnesses. One of the women told of a surgical operation which she had undergone, with a wealth of minute details that was sickening. Not to be outdone, her friend told the story of the appearance, progress, continuance, and treatment of an abscess which had developed in her armpit. This reminded the other woman of a similar affliction in which a neighbor of hers had figured. Next came a harrowing description of a case of typhoid, the patient being a mutual friend of the women. Then followed the tale of yet another friend who had suffered internal injuries by falling off a car. To this succeeded a narrative of how measles had run through a household known to one of the speakers, which reminded her friend that one of her grandchildren had the whooping-cough and that she was sadly afraid that it would become epidemic in her daughter's family. And so the talk ran.

No other topic but that of the ills to which the flesh is heir to was mentioned by these silly and mistaken women. The day was beautiful, the sky, blue as a turquoise, the parks that we passed were

full of children and people enjoying the sunshine, the streets were teeming with busy life, the inspiration of a great city was below and around. Without doubt, the two women had affairs and interests which might have formed the basis of a pleasant conversation, but all of these things were ignored, and instead, they chose to live, so to speak, amid the depressing conditions of the sick chamber, and they appeared to revel in so doing.

These women were but types of a numerous and morally criminal class. It goes without saying that only persons of an abnormal mental makeup and of an unwholesome trend of thought, can obtain satisfaction from constant conversation of this kind. Now this sort of thing is a habit, nothing more nor less, and a very bad habit at that. Like all bad habits it can be cultivated or checked. Like all bad habits too, it has an evil effect upon the mental and physical personalities of its victims. A woman who is everlasting talking sickness and who persistently ignores healthful topics will, in the long run, become that or resemble that upon which her mind is constantly dwelling. We are shaped by our thoughts, and if our thoughts are normal, we shall be normal also. But if on the contrary, we seek and embrace abnormality—and sickness is such—we likewise will become abnormal.

Like seeks like, and so it is that women whose talk is tinged with iodoform and whose thoughts are steeped in carbolic acid, will have no difficulty in finding others of a similar sort with whom they can swap yarns of the kind in question.

But the healthful minded and the healthful bodied man or woman will sedulously shun those whose society breeds the dumps, the doldrums, and the blue devils, and rightly too. A woman who deliberately turns her back upon the brightness and beauty of life, and who



instead, willfully centers herself upon those things which are opposed to this same brightness and beauty, is a foe to herself and a curse to those with whom she comes in contact. The woman who is a professional pessimist, as these sickness seekers are, should be, in nine cases out of ten, the object of contempt rather than that of pity, inasmuch as she represents one of the worst forms of selfishness. It doesn't matter to her whether she stills laughter, extinguishes sunshine, and blots out hope, as long as she can gratify her grewsome hobby. Sickness is her fetich. It would be bad enough if she worshipped this fetich in solitude, but she doesn't do that. She wants her friends and neighbors to bow down to it also, and, regrettable to say, she very often succeeds in accomplishing her purpose.

Needless to assert, her actions in this respect recoil upon herself, not only as far as her acquaintances are concerned, but in her domestic life also. The writer believes that no woman of the disposition in question ever made a good wife or a faithful mother. A husband whose home is a sort of an annex to a hospital, thanks to his wife's tendencies in the

way spoken of, will very naturally shun that home. Children, with their natural love for laughter and happiness, can hardly be expected to yield to a gloom-enwrapped mother the affection which otherwise might be hers. And so it goes. There are sins which are not named in the Decalogue, and this constant hunting after and parading of the physical ills of life, is one of such, and is none the less productive of misery, as all sin is, because it isn't recognized as sin.

There is, of course, no conventional excuse for a man being unfaithful to his marriage vows. But in almost every case in which "the other woman" is charged with breaking up a home it will be found that she was cheerful where the wife was dejected; that she was entertaining where the wife was melancholy; that she was sanguine where the wife was despondent; that she cultivated mirth where the wife preferred despair; and that she, in short, recognized that the way to win and hold a man is to surround him with an atmosphere of brightness and inspiration, instead of clogging his efforts and acting as a drag on his progress, as wives of the description in question invariably do.

#### Nothing Unfair About This

"These shoes, doctor," said the cobbler, after a brief examination, "ain't worth mending."

"Then, of course," said the doctor, turning away, "I don't want anything done to them."

"But I charge you fifty cents, just the same."

"What for?"

"Well, sir, you charged me five dollars the other day for telling me there wasn't anything the matter with me."

—*Chicago Tribune.*

#### Child Labor Feeds Degeneracy

CHILD labor means two evils, physical under-development and illiteracy.

That children should be sacrificed for the support of adults, no matter how indigent, is a reversal of the law of nature.

Child labor is the truest form of race suicide.—*Journal of the American Medical Association.*

#### BRANCHES OF PHYSICAL CULTURE SOCIETIES

Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.  
Detroit, Mich.—Mrs. Amy E. Alkire, Central Apartments.

Denver, Col.—Miss A. Reed, 1648 tS. Paul St.  
Cody, Wyo.—Mr. Chas. A. Evans, Cor. Sec.  
New Haven, Conn.—Miss M. E. Andrus, Cor. Sec., 14 Center St.  
Colorado Springs, Col.—Thomas Brazil 1513 Grant Ave.  
Minneapolis, Minn.—Mrs. Lora C. Little 1114 12st, St., N

Buffalo, N. Y.—Mr. Alfred F. Borschel, 241 Bristol St  
Manhattan, N. Y.—Max Berkowitz, secretary, 134 Carlton Ave.

Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.  
Pittsburg, Pa.—J. Walter Rhea, 1608 Buena Vista St., Allegheny, Pa.  
Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.

Cleveland, O.—Miss C. J. Lowerie, 229 Acrade.  
Chicago, Ill.—Mr. C. R. Peterson, Reaper Block  
St. Louis, Mo.—Mr. Edgar C. Perkins, 923 Chonteau Ave.



# Detailed Menus for Four Days

By Marguerite Macfadden

## THURSDAY.

*Breakfast.*  
Shredded Wheat Biscuits with Bananas,  
Poached Eggs on Toast,  
Postum.

*Dinner.*  
Lentil Soup,  
Broiled Chicken Breasts with Bread Sauce,  
Baked Canned Corn,  
Spice Pudding.

*Supper.*  
Nut-Cheese-Escallop,  
Cabbage and Apple Salad,  
Brown Bread (Success),  
Cocoa.

## FRIDAY.

*Breakfast.*  
Oranges,  
Oatmeal—Milk,  
Broiled Mackerel,  
Brown Bread,  
Postum.

*Dinner.*  
Corn Chowder,  
Eggs—Cheesed with Onions,  
Creamed Macaroni,  
English Apple Pudding,  
Cider.

*Supper.*  
Baked Apples with Cream,  
Rusks,  
Beet and Celery Salad,  
Chocolate.

## SATURDAY.

*Breakfast.*  
Bananas,  
Egg Nut Hash on Toast,  
Corn Muffins,  
Cereal Coffee.

*Dinner.*  
Black Bean Soup,  
Nut Chops with Green Peas,  
Carrots Country Style,  
Mashed Potatoes,  
Orange Whip.

*Supper.*  
Escalloped Tomatoes,  
Poached Eggs on Toast,  
Celery and Nut Salad,  
Chocolate.

## SUNDAY.

*Breakfast.*  
Oranges,  
Egg-o-See,  
Graham Toast,  
(with or without poached eggs)  
Postum Coffee.

*Dinner.*  
Vegetable Soup,  
Rice Nationale,  
Escalloped Oysters,  
Baked Apples,  
Cider.

*Supper.*  
Baked Potatoes,  
Beet and Apple Salad,  
Success Bread,  
Cocoa.

## THURSDAY.

### *Poached Eggs.*

The secret in poaching eggs so that they will remain intact, and not have a ragged fringe about them when served, is to have a deep dish to poach them in, and a liberal dash of salt, say a teaspoonful to the pint of water, and have your water at boiling point before the eggs are dropped into it, then set back and remain for three minutes.

### *Lentil Soup.*

Follow directions for lima bean soup, using lentils instead of beans, treat in the same way. The addition of a slice or two of lemon just before serving, adds a pleasant flavor.

### *Broiled Chicken Breasts with Bread Sauce*

Skin your chicken breasts, but do not remove the flesh from the bone. Butter them over liberally, and sprinkle with salt. Place in pan, and put in a hot oven for ten minutes, baste frequently with the melted butter. Now remove from pan to broiler and brown over the hot coals. Add to the melted butter remaining in the bake pan one small chopped onion, and one pint of milk, bring all to the boiling point; now stir in slowly one cup of soft whole wheat bread crumbs and add a dash of paprika. Place the chicken breasts on a hot platter, and pour the bread sauce around them. Serve.

### *Baked Canned Corn.*

Take one tin of corn, and turn into a



well buttered baking dish, add a small piece of butter, pepper, salt, half a cup of milk, and sprinkle over the top with cracker crumbs, and minced nut meat, and bake.

For *Spice Pudding* see November issue of this magazine.

#### *Nut-Cheese Escallop.*

One pint of milk, three shredded wheat biscuits, one half cup of chopped nuts, the same of grated cheese and one egg. Crumble your shredded biscuit into a baking dish, with one tablespoonful of olive oil. Heat the milk with the egg beaten in it; when quite hot, but not boiling, add cheese and nuts with a little salt, pour all over your shredded biscuits, and bake ten minutes.

#### FRIDAY.

#### *Corn Chowder.*

Twelve large potatoes cut into slices, four onions, one tin of corn. Pour over this one pint of cold water, and set on back of stove tightly covered until potatoes are soft. Add salt, pepper, and butter to season with one pint of milk in which has been dissolved one dessert-spoonful of corn starch. Let all boil for two minutes, and serve.

#### *English Apple Pudding*

One cup of butter, mix with one pint of whole wheat flour in which one teaspoonful of ground ginger and one half teaspoonful of salt have been mixed. Moisten with enough ice water to make a dough as soft as can be rolled out; roll lightly, cover thickly with peeled and quartered apples, sprinkle thoroughly with sugar, dust lightly with nutmeg, roll up, pinching together the outer edges, lay in a well floured cheese cloth that has been wrung out of boiling water, and tie loosely to admit of swelling. Steam for an hour, never allowing the water under the steamer to cease boiling for an instant.

#### *How to Improve Postum.*

Postum is, I think, vastly improved in the making by mixing the dry Postum with an egg, broken into it shell and all adding enough cold water to blend smoothly. Now add sufficient boiling water for the number of cups you desire, and boil fifteen minutes. At

the present time when fresh eggs are very expensive, enough Postum may be made with one to last for the entire day, by simply straining it off and setting aside to heat as required. The re-heating does not impair the flavor in the slightest degree.

#### SATURDAY.

#### *Egg Nut Hash on Toast.*

Toast thin slices of whole wheat bread, and butter. Take three eggs, half a cup of chopped nut meat, and one tablespoonful of cream, dash of pepper and salt. Stir all together. Turn into a skillet in which one tablespoonful of olive oil has been heated, and mixed with the chopping knife as it thickens. When firm serve on your buttered toast.

#### *Nut Chops with Green Peas.*

One cupful of chopped nuts, one onion, one cupful whole wheat bread crumbs, one egg, pepper, salt, and sage to taste, with one cupful of canned green peas, using the liquor of the peas as well. Blend all together, mold into chops, using macaroni sticks for bones, roll in crumbs and fry. Dress with chop ruffles and garnish with green peas.

#### *Orange Whip.*

Whites of five eggs, five tablespoonsful of powdered sugar, one-half teaspoonful of cream of tartar, one-half salt spoon of salt, pulp of three oranges, reserving the juice for the sauce. Beat the eggs until stiff, mix the sugar, salt, and cream of tartar, add these lightly to the eggs, adding also the orange pulp. Pour into a well buttered pudding dish and cook on top of the stove for twenty minutes. Serve with boiled orange custard sauce using the orange juice for flavoring.

#### SUNDAY.

#### *Vegetable Soup.*

Cut one turnip, one large carrot and one large potato into thin slices; add to them a few celery stalks or tops, a cupful of canned tomato, two tablespoonfuls of rice, and two quarts of water. Simmer gently for one hour; then remove from fire and press through a fine sieve; return the mixture to the fire and add one tablespoonful of butter, rubbed



with two tablespoonfuls of flour; stir until it reaches the boiling point; add a grated onion, a teaspoonful of salt and a dash of pepper. Serve with croutons. This is an economical soup, the foregoing making ample for a family of six, at a cost of less than ten cents.

#### *Rice Nationale.*

Soak half a cup of rice in cold water for twenty minutes. Then turn it into boiling salt and water, and cook for ten minutes; remove and drain. Butter your baking dish, dusting the bottom of the latter with cracker crumbs. Have heated in another small boiler a tin of tomatoes, to which has been added, one grated onion, one tablespoonful of grated cheese, one teaspoonful of sugar, one-half teaspoonful of salt, one teaspoonful of butter and a dash of pepper. Now fill your buttered baking dish with alternate layers of rice and tomato, sprinkling the top layer (which should be of rice) liberally with cracker crumbs and grated cheese, and tiny specks of butter, place in the oven for ten minutes and brown lightly on top and serve.

#### *Baked Apples.*

This dish is decidedly improved by the addition of a little cider instead of water to form the syrup. All the flavor of the fruit is preserved in this way. Just core your apples and put a scant teaspoonful of sugar in each, then pour over all the cider (a cupful to half a dozen good sized apples.) Bake in a moderate oven, basting occasionally.

#### *Escalloped Oysters.*

Butter a baking dish liberally and sprinkle with cracker crumbs, preferably saltines. Drain your oysters free from liquor, and place a layer in your dish, sprinkle over them pepper, salt and cracker crumbs, with dabs of butter. Fill your dish with alternate layers

thus, and when full pour over all the oyster liquor, in which has been squeezed the juice of a lemon. Cook in a moderate oven for half an hour. This, also, makes a delicious supper dish for a cold winter evening. Shredded wheat biscuit or triscuit may be substituted for the cracker crumbs if so desired, only be careful in so doing, not to use the latter too liberally, as they swell and are apt to render the escalloped too dry.

#### *Beet and Apple Salad.*

Wash your beets and boil in unsalted water until tender. Drain and slice, sprinkling over them salt, pepper and vinegar. Place aside until cold. Now pare two good sized apples, or enough when chopped to make two cups of pulp. Chop in a separate bowl beets enough to make one cup. Mix the two together with two tablespoonfuls of oil, garnish with hard boiled eggs and serve.

#### *Success Bread.*

One cup of sour milk in which has been dissolved one scant teaspoonful of baking soda. One cup of Brown or Graham flour, one-half cup of corn meal, one-half cup of white flour, a little salt, half a cup of sugar and a few raisins.

Mix thoroughly your flour, salt and sugar, then add slowly your sour milk. The batter will be quite thick. Butter a baking pan that has a cover, a coffee can is a good substitute, if you have not such a baking pan, or a quart milk pail, or jelly mould—indeed any tin with a tight fitting cover will answer. Put in the vessel a layer of the batter, then sprinkle in a few raisins, and repeat this twice, or until your batter is all used. Cover tightly and bake in a moderate oven for an hour. If an unsweetened bread is desired, omit the sugar and raisins. This receipt deserves its name, as, if directions are followed, it never fails to be good.

---

The truest test of civilization is not the census or the size of cities, nor the crops—no, but the kind of men the country turns out.—*Emerson.*



# Women's Question Column

By *Bernarr Macfadden*

## **Eczema of the Face**

**Q.** Kindly advise treatment for eczema of the face.

**A.** Constitutional treatment is of the first importance in your trouble and you should adopt every possible natural means of purifying the blood. It is not a local affection, as it would seem to be but is in your entire system. Follow a strict physical culture regime, drinking freely of pure water, taking plenty of active exercise, and giving special attention to your dietetic habits. A light or moderate diet is especially important, with perhaps occasional very short fasts. I would call your attention to the methods outlined in my *special treatment of Skin Diseases*.

## **To Reduce a Hard Swelling**

**Q.** Within a few months I have noticed a small, hard swelling just above my right breast, about the size of a walnut. Does not seem to be attached to the bone for it can be moved an inch or more. Does not pain, but burns slightly after being felt of or pressed. What is it and how can it be remedied? Is painting with iodine advisable?

**A.** It is impossible for me to state the exact nature of your trouble, or its cause. Swellings of this nature, however, are invariably the result of an accumulation of foreign matter in the blood, and can usually be reabsorbed by the blood under proper conditions. Iodine is of no value. Apply cold wet cloths at night, allowing them to remain until morning. Adopt a strict physical culture regime, making every effort to cleanse and purify the system. The free drinking of pure water is particularly valuable in this respect, though if the trouble is of a stubborn nature it may be necessary to do some fasting.

## **A Safe Man to Marry**

**Q.** I am a girl of eighteen, engaged to a strong, vigorous young man whom I almost worship. He is very frank and candid with me in discussing the subject of motherhood and other questions of vital importance that my parents would shrink from talking over with me. In fact, he occupies the place of my mother as a confidant. Recently learning that he talks so freely, my parents have denounced him as one of the most despicable, low and dangerous of men. I appeal to you. Is he a safe man to marry?

**A.** If everything else is satisfactory, I would consider him the man for you to marry by all means, and you can be congratulated that you have one so sensible and pure minded for a future husband. In fact, this is really the only kind of man that it is absolutely safe to marry. Your parents themselves should have given you proper instruction, and then you would be securely protected against every one, no matter how "dangerous" the young men whom you might meet. Happily, in this instance you have met with a well informed, sensible young man from whom you did not need to be protected. The course he has followed is to be highly commended. In fact, every young woman should have a clear understanding before marriage with the man whom she intends to marry in regard to these subjects.

## **Treatment for Hollow Cheeks**

**Q.** What treatment would you advise for hollow cheeks. I am otherwise in good health.

**A.** You may seem to be in fair health, but you are without doubt under normal weight. There is no secret method by which your cheeks can be filled out. What you need to do is simply to make your general health even better than it is by building the entire body up to normal weight, and you will then be able to deposit sufficient fatty tissue to fill out the cheeks properly. It is not necessary that you should eat more, the greatest danger is that you may eat too much. It is more important that you improve and strengthen your digestive and assimilative system. Careful and thorough mastication is an important factor in the matter. Free drinking of water between meals would also be advised. Light massage of the cheeks which you can administer yourself, would doubtless help to a certain extent. An exclusive milk diet for two or three weeks might also be of advantage.

## **Overuse of the Eyes**

**Q.** Can you suggest any relief in my case? I have overworked my eyes through too much study and am now troubled with violent headaches after reading or study. I cannot see objects at a distance.

**A.** Your case is very simple. Avoid straining or using the eyes too much in the future. In other words you should plan to give these delicate organs just as much rest as possible for several months or perhaps one or two years. Then too you can strengthen them by means of methods advised in my book entitled, **STRONG EYES**. To use them now is simply to strain them further, at the same



time expending a great deal of nervous energy and inviting further headaches.

### Is Health Possible to a Sexless Woman?

Q. My womb and ovaries have been removed. In this case is it possible to develop the bust? Since the operation I suffer with dyspepsia, constipation and pains in my back. I also feel a terrible "weakness" in the lower part of abdomen, which makes long walks practically impossible. My chest is flat, there are dark circles under my eyes, and I am very thin and weak. What can physical culture do for me?

A. It is rather late for you to expect much from physical culture in the way of bringing you perfect health. Physical culture will, however, give you as much health and vigor as it is possible for one to acquire after having undergone the operation which you mention. Without doubt you can strengthen yourself very materially as well as cure your dyspepsia and constipation, but it will be impossible for you to acquire the same health and vigor that might have been yours had the operation in question not been performed. A good firm, development of the bust is hardly to be expected in your present condition. You have been made the victim of a hideous blunder and delusion on the part of the medical profession, a blunder which has robbed many women of health, happiness and womanhood and even driven some to suicide. All that can be done is to build up such health as you are now capable of, and help to enlighten others in regard to the criminal nature of such operations.

### Thin Eyelashes and Eyebrows

Q. Kindly advise me in regard to some remedy for poor eyebrows and short, thin eyelashes. I have seen many remedies advertised, but did not like to use them as they all contain something hurtful to the eyes.

A. You are to be commended for declining to use any patent "remedy," or chemical preparation to accomplish what you desire. Pulling the eyelashes and eyebrows very gently can be recommended, though I would say that the condition of both and the hair in general depends to a great extent upon constitutional conditions. The better the health and the richer the blood so much the better for the hair. Pure blood can be obtained by proper diet and exercise.

### Fasting for Anaemic Persons

Q. Would a two days' fast be advisable for a weak, anaemic girl for the purpose of curing a cold? Is anything serious likely to result from such treat-

ment? In a case where extreme weakness is felt for many days after a fast, the cold being cured, would this indicate that it was more than the system can stand? Are there any cases in which fasting would be inadvisable?

A. Undoubtedly there are cases where fasting is inadvisable, and there are other cases in which a partial fast might be more advantageous than a complete fast, or in which a short fast would be more advisable than a long one. One should have a good understanding of the subject and be guided thereby. For ordinary colds, however, fasting can almost invariably be recommended and any one who is able to be up and about should be able to endure a fast of two days without special discomfort. One would have to be in a very enfeebled condition who could not stand such a fast. The weakness as you mention for as being in evidence many days after the cold is cured, is due more to a condition of low vitality, and other causes rather than to the fast. Lack of sleep and a dozen other things might contribute to it. But remember that other methods of treatment must be considered to bring about rapid and certain results. The skin should be given attention both in the matter of clean and suitable clothing and by air baths, dry friction baths, cold water baths, hot water and soap baths for cleanliness, and sun baths, if possible. A constant supply of perfectly pure air together with deep breathing, free water drinking, sleep and exercise are likewise important. You might furthermore try the milk diet as recommended in the editorial of last issue.

### How Much Food Does a Mother Require?

Q. How much food should I require to nurse a baby two months old? Would it be advisable for me to change just now to a raw food diet? I seem to have to eat so much to be able to nurse baby, and think it may be due to the use of improper foods. Am a vegetarian.

A. You may require a little more food at this time than under ordinary circumstances but not nearly as much more as people usually imagine. In fact, it is just as important to avoid overeating at this period as at any other. Your ability to perfectly digest and assimilate certain quantities is of more concern than the amount you eat. I believe you should be able to get sufficient nourishment out of two substantial meals a day. Perhaps you do not drink enough. But I never advise a sudden and radical change in diet and least of all could such a change be recommended to you just now. An uncooked diet might be well suited to you, but if you make any changes it would be best to do it gradually. My book, *STRENGTH FROM EATING*, will inform you clearly on the value of different foods so that you may be able to make an intelligent selection therefrom.



## Open Letter to Mr. Jerome About Cigarettes

MR. WILLIAM TRAVERS JEROME, New York City.

Dear Sir:—Following your election last November the whole country rang with praises of you. You openly contended against the whole force of the powerful Tammany machine, and came out victorious. You fought for principles that are dear to the American heart. You stood on your own record and stooped to no political machinations to effect your end. All honor to you for the fight that you have made. With others, I extend to you my sincere congratulations.

Though I admire you for your independent attitude—for your sterling principles and irreproachable honesty, there is nevertheless, one defect in your otherwise admirable conduct which has greatly handicapped you in the past, and which may be the cause of your down-fall in the future, if it is not recognized and eliminated. Everywhere you will hear the statement made, "if he would only rid himself of the cigarette habit."

Cigarettes, Mr. Jerome, are handicapping you to-day. That you have advanced so far notwithstanding the inevitable effects of the habit shows the possession of marvelous will power. Cigarettes lessen the moral, mental and physical forces of a man. They bring about slow degeneracy of the entire nervous system. You are meant for greater things. Why mar the possibilities of a great career such as that which lies before you, with this vile, enervating habit? You are pointed to as an example for American youths. Why not come out and condemn this habit that you have followed so many years? Why not join the ranks of physical culturists, and go on with giant strides towards the ultimate goal of your ambition, whatever it may be?

You cannot accomplish your aims, Mr. Jerome, with dulled nerves and "doped" senses. You are still young, but you are fast approaching that age when the effects of cigarettes will begin to tell upon you in a serious fashion. Throw them aside now, and the political possibilities of a man of your type will undoubtedly be limitless. You have won the confidence of the public. You have performed your duties so well that great things are in store for you. Why cannot we say in a future issue of this magazine that Mr. Jerome has discarded the cigarette habit? The information will be welcomed by every intelligent person whether a physical culturist or not, and we will then feel assured that your progress will be continuous and certain. But, marred by the effects of tobacco "dope," you can advance only so far, and then deterioration, mental, moral and physical is bound to begin.

Give us an example, Mr. Jerome that American youths can everywhere follow with advantage. Let us say that you have succeeded not because of cigarettes, but in spite of them.

Hoping that this open letter will be taken in the spirit in which it has been written, and that it will emphatically call your attention to the evil that may seriously mar your future career, I remain,

Sincerely yours,



O blessed health! thou art above all gold and treasure, 'tis thou who enlargest the soul, and openest all its powers to receive instruction and to relish virtue. He that has thee has little more to wish for; and he that is so wretched as to want thee, wants everything without thee.—*Sterne.*



## Winners of the Prize Menu Competition

The judges selected to determine the winners of the Prize Menu Competition have finally given us their decisions. Three prizes of \$25.00 each had been offered for three different kinds of menus. In the case of the "Best General Weekly Menu, Including Cooked and Uncooked Food," the first prize in this class was awarded to Mrs. L. E. Fiske, 611 Central Ave., Brooklyn, N. Y., for menu published on page 365 of PHYSICAL CULTURE, May, 1905.

Among the "Least Expensive Menus for One Week," the first prize was won by Mr. J. J. McCarthy, Hastings, Ont., Can., his weekly bill of fare having been published on page 75 of PHYSICAL CULTURE, July, 1905.

In the other class, the prize for the "Simplest and Best Weekly Menu That Can be Followed with Advantage by a Person Living Alone in a City or Town," was won by Miss Elizabeth Christian, 164 Western Ave., Albany, N. Y. her menu being published on page 459 of PHYSICAL CULTURE, June, 1905.

Our readers and those who have entered this competition must realize that it is very difficult to conduct a prize competition of any kind and satisfy all parties. Differences of opinion are

nearly always inevitable, and though the judges in this case have acted most conscientiously and impartially, it is quite possible that some of the participants in this competition will feel that justice has not been done to their efforts. The attitude of some of the losing competitors in our recent Physical Culture Exhibition in this respect was particularly unpleasant. However, it was extremely difficult to make a choice from among the many excellent menus submitted, most of them being of high merit. But it is hoped that those who were not successful in carrying off the honor will accept the decision of the judges with a philosophical spirit. And we furthermore wish to extend our thanks to all of those who were sufficiently interested to enter the competition. Those who were not among the prize winners but whose menus have been published, have received payment for same at our regular space rates. In some cases, however, we have mislaid or lost the address of the author when sending manuscript to the printer, and those who have not yet received checks for their published menus in this competition will oblige us by sending names and addresses, also reminding us for our convenience of the page and date of publication.

### Worse Than Allopathic Treatment

By telephone to the doctor:

*Subscriber:* "My wife complains of nausea and a severe pain in the back."

*Doctor:* "She must have malaria."

*Subscriber:* "What's best to be done?"

At that moment the clerk at the central station altered the switch by mistake, and the husband received the reply of a mechanical engineer in answer to the inquiries of a mill owner.

*Engineer:* "I believe the inside is lined with excoriations to a considerable thickness. Let her cool during the night, and in the morning, before firing up, take a hammer and pound her vigorously; then get a garden hose with strong pressure and let it play freely on the parts affected."—*London Tit-Bits.*

### No Smoke for Him

The *New Voice* states that there is a clever young physician in Philadelphia who has never been able to smoke a cigar. "Just one poisons me," says the youthful doctor.

Recently the doctor was invited to a large dinner party given by a New York friend. At the conclusion of the repast when the women had left the table, cigars were accepted by all the men except the physician from Philadelphia. Seeing his friend refuse the cigar the host in astonishment exclaimed:

"What, not smoking? Why, my dear fellow, you lose half your dinner!"

"Yes, I know I do," meekly replied the doctor, "but if I smoked, I would lose the whole of it!"



# Economic Nutrition

## METHOD OF OBTAINING THE BEST ENJOYMENT OUT OF FOOD, AND SUPPLYING EXACTLY, BUT NOT IN EXCESS, THE VARIED NEEDS OF THE BODY, AND SO BUILD- ING UP PERFECT HEALTH

We have before now quoted from the writings of Mr. Horace Fletcher in regard to those experiments and beliefs of his which have to do with some phases of PHYSICAL CULTURE and its principles. The following extract from one of his books is, so it seems to us, of so important and helpful a nature that we deem it well to publish it. It will be remembered that Mr. Fletcher through years of persistent experiment, proved, in the most conclusive manner, that a thorough mastication of food is the prime essential in the proper nutriment of the body. He further proved that the ideal diet is that which I have always advocated, namely, one which consists chiefly of nuts, fruit, and cereals. Mr. Fletcher himself is a remarkable example of the truth of his theories inasmuch as, once a weakling, he is now although a man past middle age, an athlete and physically perfect.—BERNARR MACPADDEN.

**T**HE entire principle of economic nutrition is simple and practical. It simply requires you to throw present habits and conventions to the winds, and for a little time, try the experiment of giving the matter of your every-day living honest, intelligent thought.

Eat all you crave, but do not eat more than this, simply because you have been in the habit of doing so. See to it that each morsel put into your mouth is thoroughly masticated and mixed with the saliva before going down into the stomach, which is not equipped to perform the work which the teeth and salivary glands were given you for. The stomach will struggle bravely to overcome the abuse which you heap upon it, but in spite of all it can do to manage hastily chewed food, undigested portions remain which clog the intestines and interfere with the healthy conditions which Nature intended.

The normal appetite is given you as an indicator of what the body requires. If you crave potato, the system needs starch, which the saliva makes digestible but which the acids of the stomach cannot dissolve. Other needs of the system are similarly indicated. Take the trouble of asking your appetite the question, instead of accepting the conventional number of courses simply because they are set before you. The appetite will close the valve when you have eaten enough, if you will give it a chance.

Suppose your time for eating is limited; in twenty minutes you could not eat slowly the luncheon which you usually select. Then eat that much less. The amount of food which you

can eat and thoroughly masticate in twenty minutes will give you more nourishment and will sustain you better than twice the amount thrown into the stomach in the same manner in which a man usually packs a trunk.

Why is it that so many men require a "bracer" at eleven o'clock? Because they have loaded their stomachs with a heavy breakfast, and instead of gaining nourishment from it, the smothered organ is doing its best to tear the undigested morsels to pieces, that they may pass into the intestines and prevent sickness, or even death. The time finally arrives when it finds itself unable to do this, and then comes acute indigestion, or something worse, and the system becomes run down, ready to receive typhoid, or any other disease which happens to come along.

Do you know why griddle-cakes hurt you? Because the syrup, which is cane-sugar,—and as such is indigestible,—is allowed to pass through the mouth and down into the stomach, without being properly mixed with the saliva which makes it digestible. As soon as it enters the stomach it becomes acid and interferes with everything it meets. Had the cakes been properly masticated and mixed with the saliva, the cane-sugar would have become grape-sugar and in this form it is easily digested.

Why is it that stout people are advised to avoid starchy foods? Economic nutrition does not advise this. Potatoes, eaten too hastily, when not craved by the appetite, supply the system with a superabundance of starch, and this is fat-inducing. Potatoes are supposed to produce fat; but if your appetite craves potato, and you properly



masticate it, eating only as much of it as satisfies your appetite, the system absorbs it all, leaving nothing to produce fat. On this same principle economic nutrition assures that the same food, taken in accordance with its requirements will add to one man's weight and decrease another's, simply because proper care of the stomach supplies the vital organs with the necessary materials to form each individual person after the model which Nature intended for him. If Nature intended him to be slight, economic nutrition will not make him heavy; If Nature intended him to be muscularly strong and heavy, economic nutrition will not reduce his weight. In each case he will enjoy that perfect condition which Nature intended.

Did you ever try to reason out why it is necessary for athletes to go into training? Simply in order to spend some number of weeks or months in overcoming false conditions which they have brought upon themselves. Any person who lives in accordance with the simple requirements of economic nutrition has nothing of this kind to overcome, but is in perfect condition all the time.

The requirements of economic nutrition are not hardships but pleasures. Proper mastication and insalivation (mixing with saliva), give your sense of taste far greater gastronomic enjoyment than you have ever had before. The professional tea-taster does this in tasting tea; he never allows himself to drink any tea at all, for drinking anything that has taste destroys the delicacy of the sense of taste. The same thing applies to the professional wine-tasters; they never drink any wine, and yet they can "taste" wine as ordinary drinkers never can do. These men adopt this method as a business; is their commercial advantage of greater importance than your health and happiness, and even life itself?

Is it not ridiculous that the average man is so ignorant of the engine which supplies him with all his activity and

upon which depends every action of his life? Could you tell, were you asked, the particular need and purpose of your last meal and what it is likely to accomplish? Consider your body as an engine; would you accept yourself as a competent engineer on your own examination and confession? Would you employ a chauffeur to run your automobile who knew as little about its mechanism and requirements as you do about your own stomach? Yet which is of greater importance. Were you the owner of much valuable live-stock, would you dare entrust their care to a farm-hand or stableman who knew as little about their proper feeding as you do about that of your children?

Have you ever stopped to think why the excrements are foul and odorous? Simply because undigested food, which should have been so masticated as to give the body nourishment, is thrown off by the stomach into the intestines, there to decay and produce this unclean condition. If the dead carcass of a cow is lying in the road, it is removed before it has an opportunity to decay and thus become filthy and dangerous. Yet how much more safe it would be for the carcass to lie where it was, than for you to take portions of it into your intestines and allow it to decay there instead of in the road? In other words, food is intended to be eaten that nourishment may be gained from it, and when you only gain a part of the nourishment, you prostitute your stomach and take tremendous risks of acquiring diseases in your body.

These facts are set forward thus simply in the hope that they may impress the reader as they have impressed the writer. Economic nutrition is not a joke, is not a fad; it is solely an appeal to self-examination and self-instruction in the most vital question of all the world, since upon perfect nutrition depends not only health, but strength, mental acuteness, moral tendencies, attractability to others, happiness, and, in fact, life itself.

---

"More than half the disease that embitters life is due to avoidable errors in diet."  
—Sir Henry Thompson, M.D., F.R.S.



# Preservation of the Teeth

GOOD TEETH ABSOLUTELY ESSENTIAL TO HEALTH—FALSE TEETH OF HIGH QUALITY MAY BE RECOMMENDED AS SUBSTITUTES WHEN YOUR OWN TEETH ARE GONE—UNCLEANLINESS THE PRINCIPAL CAUSE OF DECAY

Every reader of this magazine should be interested in good teeth. Though false teeth may be of great value after the natural teeth have disappeared from decay, I consider them a poor, though in many cases a necessary substitute. There is no reasonable excuse for the loss of your teeth. Take proper care of them and they will last as long as life.—*Bernarr Macfadden.*

FROM time to time letters have reached us relative to our opinion of artificial teeth. No small proportion of these communications embody a doubt as to the advisability of replacing lost natural teeth with incisors, molars, and bicuspid teeth that are the outcome of the dentist's art. The most common of such objections are, that artificial teeth can hardly be expected to do the work of the "ivories" furnished by Nature, that they must have unhygienic qualities in connection with their attachment to the palate, that the constant presence of foreign bodies in the mouth must cause irritation and perhaps disease and that there must be an interference with speech, mastication, and general comfort.

A general reply to these letters would be to the effect that scientific dentistry of to-day is vastly different from the dentistry of even a decade ago, and that to all intents and purposes modern "dentures" as artificial teeth are called, are fairly satisfactory substitutes for natural teeth.

Dentistry in its present perfected form is an art that has only come into being within the last quarter of a century or so. George Washington had false teeth which were made of china embedded in a massive gold plate. The teeth are still preserved at Mount Vernon, and their weight, discomfort, brittleness, and general clumsiness are said to be in vivid contrast to the lightness, toughness, and symmetry of the finished work of the up-to-date dentist. Of course in dentistry as in all other trades and professions, there are experts and non-experts, conscientious operators and unscrupu-

lous quacks. Hence artificial teeth have those qualities which distinguish their makers. By which is meant that they may be of good or bad quality; of great help, or of added harm to their user; that they may be of much assistance in restoring not only the health of the mouth, but the health of the body, or if of poor workmanship they may breed added evil, and a possible breakdown of the system. For bad teeth are but too often responsible for a number of diseases that at first sight have no connection with maladies of the mouth.

From which may be gathered our opinion of these aids to hindered Nature. In other words, artificial teeth made and fitted by a skilful dentist are, in our opinion, to be advised. But on the other hand "store teeth" of a suspiciously cheap sort should be shunned. In this connection it should be noted that the science of dentistry is such that "bargain counter" sales of any form or product of the profession should be viewed with suspicion.

In a preceding article on the teeth which appeared in this magazine we spoke of good teeth as an adjunct to beauty, and an assistance to health. Pleasing speech is also dependent upon a sound set of teeth. The same remark also stands good of vocal powers. So well recognized is this by those who have to use their voices in a professional sense, that they—orators or singers—watch their teeth closely and the instant that the denture becomes incomplete in no matter how trifling a manner, a visit is paid to the dentist.

Perhaps, however, the chiefest and most important functions of the teeth



are those of mastication and insalivation. The operations may be described as the process of reducing food to a pasty condition, by grinding it into small particles, and incidentally mixing it with saliva prior to the mass being passed into the stomach. If the work of mastication is thoroughly performed, the food is rendered easily susceptible to the action of the fluid secreted by the stomach, viz. the gastric juice, which prepares the food for absorption into the system. It goes without saying then, that good health is dependent on good digestion, and good digestion requires good mastication. But if any of the teeth are missing, perfect mastication is impossible for Nature, who is economical in all things, teaches us that unless all the teeth were necessary for mastication, they would not have been found in the mouth. It follows then, that in view of the paramount importance of the teeth, it is necessary that they be kept in constant repair, and if any of them are missing that they should be immediately replaced with the aid of a conscientious dentist. Provided that such a man be employed, we have no hesitation in recommending the use of his services.

Yet, it goes without saying that, excellent as may be the work of a high class dentist on the lines indicated, natural teeth are much to be preferred to artificial. But the preservation of the natural can only be brought about by proper precautions, such precautions being duly initiated in and continued from infancy. If this is done, visits to the dentist will be reduced to a minimum, although even in the case of one possessing a really good set of teeth, the former should be consulted occasionally as a matter of principle.

One noted authority says—"It is no exaggeration to say that 95% of all dental troubles are the direct outcome of uncleanliness. When particles of food are allowed to accumulate upon and between the teeth, fermentation of such particles takes place and decay is the result. Or putrefaction may ensue and the mouth become a very centre of disease and infection. If the mouth could be kept perfectly clean and pure, teeth would never decay, but as this is im-

possible, it only remains for us to clean the teeth thoroughly after each meal so that particles of food may be as perfectly removed as is practicable."

The tartar which is so much in evidence in badly kept teeth is a deposit of animal and mineral matter precipitated from the fluids of the mouth upon the teeth, imparting to the latter a greenish, yellowish, darkish, and sometimes white color. Its effects upon the teeth are many and disastrous, and include making the gums spongy, often producing suppuration of the latter; vitiation of the saliva, thereby deranging the digestive apparatus, and imparting a disagreeable odor to the breath. After the tartar has once obtained a hold upon teeth, nothing short of a visit to the dentist—a conscientious dentist—can remedy the evil, for it is impossible for the sufferer to thoroughly examine his own mouth and remove the growth in a proper manner, especially as appropriate instruments are required for the task.

Tartar and a multitude of other evils to which teeth are prone, are due to improper diet. The human body is composed of seventeen elements, the chief of which are hydrogen, nitrogen, carbon, and the salts of lime. If one's diet is deficient in any one of these last named elements, the system is bound to suffer thereby, and in a great majority of cases, the teeth are among the first parts of our body to show the result of this mal-nutrition. Teeth strongly resemble bone in their composition. While they are composed of animal and mineral elements, the latter is the most abundant and consists chiefly of lime salts, such as phosphate of lime, carbonate of lime, fluoroide of calcium, etc. These elements give the teeth their strength and hardness. If they are absent to any marked extent the teeth are weak, frail, and soft, and are bound to decay in short order. In this connection Dr. Bell also calls attention to the fact in one of his works on the subject, that white flour should be sparingly used because in its preparation the lime salts and phosphates are extracted. PHYSICAL CULTURE has repeatedly dwelt on the evils wrought by this same flour.

Improper food or food that is "bolted" and not thoroughly masticated,



reacts on the teeth in this fashion; when the work of digestion is poorly performed the stomach becomes disordered and the saliva is acidified. This acid saliva destroys the teeth rapidly. In addition, anything that represses the free mechanical action of the stomach, such as corsets, improper positions in sitting or walking, etc. necessarily interferes with its functions, disorders result, and again we get the acid saliva. The same results are brought about by the use of tobacco and liquor in any form. Tobacco is an especial enemy of the teeth, inasmuch as it stains and discolors them, and has a demoralizing effect upon the saliva. The whole question may be summed up thus:

Let the mouth be always clean from the dentist's standpoint.

Masticate the food thoroughly.

Eat substantial and well cooked food including plenty of cereals.

Avoid rich pastry and white flour.

Do not eat very cold or very warm food.

Do not restrict the action of the stomach by corsets or in any other way.

Avoid the use of either liquor or tobacco.

After the mouth has once acquired an ideal cleanliness in the way told, constant precautions should be taken in order to maintain it in that state. To do this, the foregoing rules must be observed, and the tooth brush should be used at least twice a day—in the morning and at night. Select a soft rather than a hard brush, and draw it from the gums towards the edges of the teeth and not transversely. By so doing, there is no danger of particles of food being forced between the teeth where they may become centres of decay. After using the brush, wash it carefully so that no decomposable matter may remain between the bristles. Choose a brush that has a reputation, and beware of those that are too cheap. "Dental floss" which is a sort of silk thread, is also an excellent adjunct to the tooth brush. By drawing it between the teeth all matter which has escaped the bristles of the tooth brush may be removed. Use luke-warm water in connection with the brush instead of

very cold or very warm, otherwise you are liable to crack the enamel of the teeth.

As to dentifrices, there is this to be said—there are some which are very excellent and some which are most harmful. As a rule, however, those of the standard type—by which is meant the preparations either in a liquid or powdered form that have long been in favor with the public—may be used with confidence because, had they been open to the criticism of the dental profession on the score of containing harmful ingredients, they would hardly enjoy the popularity with the public that they do. Here again we would warn our readers against very cheap dentifrices of a proprietary nature.

Whether the dentifrice should take a liquid or powder form is a matter of individual taste. The same remark applies to those preparations that either have or lack perfume. The ideal dentifrice is one which not only cleanses the teeth, but which in addition, tends to keep the gums firm, and has an anti-septic quality. Some of the dentifrices before the public possess these essentials, while others lack them. It is as well to avoid the "just as good" preparation that your druggist is likely to offer you when you seek to purchase a standard article from him.

In the case of the dentifrice that takes the form of a powder it is sufficient to employ it twice a day. In the intervals the brush and luke-warm water will suffice. After the teeth have been carefully brushed and the dentifrice used as described, the mouth may be rinsed with lime water, which is excellent for this purpose as it neutralizes acids. There are other mouth-washes of a capital nature, but in general, the lime water will answer all purposes.

Space will not permit of our treating of the filling and extracting of teeth, but where these operations become necessary we advise our readers to employ the services of a dentist of reputation. Finally, let it be said, that as has already been intimated, bad or imperfect or dirty teeth are responsible for a whole host of far-reaching maladies. Hence the importance of keeping them in perfect order.



# Degeneracy of Dr. Julian P. Thomas

THIS SO-CALLED PHYSICAL CULTURE PHYSICIAN ADOPTING THE METHODS OF PATENT MEDICINE QUACKS—VARIOUS REMEDIES OF HIS ON THE MARKET, FOR WHICH ALL SORTS OF REPRESENTATIONS ARE BEING MADE.

By *Bernarr Macfadden*

I HAVE allowed Doctor Julian P. Thomas to use the advertising columns of PHYSICAL CULTURE for several years. During this period his business has grown enormously, but like many others, success seems to have turned his head. The greed for gain has developed to such an extent that he apparently could not resist the temptation to gradually intermingle with his practice the methods of the regular patent medicine quack. It was not until a few months ago that the

warded to us this month was returned. I do not want a single advertiser to occupy space in this magazine, whom I do not believe to be conscientiously endeavoring to give full value for money received. I do not believe that the remedies, the advertisements of which I reproduce on this page, can accomplish the results promised, any more than can Peruna or half a dozen advertised remedies. For instance, take Doctor Thomas's FLESH FOOD. You are told to rub this food on any part of

## DR. THOMAS' FLESH FOOD

DO YOU WISH TO INCREASE THE SIZE AND HEALTHFULNESS OF SOME ONE PART OF THE BODY? IF SO, FEED IT WITH THIS FLESH FOOD IN THE FOLLOWING MANNER

*Directions:* Force some of this flesh food through the skin into the part you wish to feed. Do this by rubbing the flesh food thoroughly into and through the skin over the part. Remember that it takes several minutes to open the glands of the skin that the flesh food may penetrate. Therefore, let the rubbing be thorough, and continue for at least ten minutes, once or twice a day. After the rubbing wipe off the excess of the flesh food. To accomplish best results the flesh food must be fed to the local part regularly, just the same as you would feed anything else you wanted to grow rapidly.

PRICE, - - - \$1.00 PER BOX

An exact reproduction of Dr. Thomas' Flesh Food ad.

various remedies which he is now advertising were called to my attention. I had recommended him so long that I could not of course immediately, without some investigation, condemn him. I have been slowly, but surely, carrying on this investigation, and it is with much regret that I am compelled to admit that the business he is now conducting cannot be recommended by me in this publication. I instructed my Advertising Department during last month to refuse his advertisement. The forms had all been closed, and to have left out the advertisement would have meant considerable delay in publishing. Therefore, the advertisement was allowed to remain. The advertisement he for-

the body on which to gain flesh. Flesh cannot be put on a body like paint on a house. To add bodily tissue the food must pass through the digestive organs, and I believe that I am entirely within the province of truth, in stating that any one who claims that he can put flesh on the human body by rubbing in a so-called flesh food is either deceiving himself or the buyers of the article. Such claims are fraudulent, and cannot be substantiated in a single instance. Many of my readers will no doubt remember a certain soap that was advertised to reduce the weight in any part of the body. All you have to do is to rub the soap on the part you desire to reduce. There was much more reason in this proposi-



tion than in the flesh food idea. For, by massage, you can often rub away excessive tissue in any part, and while a similar rubbing might accelerate the circulation, and slightly influence the depositing of additional tissue, influence in this way would be insignificant.

Some of the theories advocated by Doctor Thomas have always been at variance with those we have stood for in this magazine. For instance—his stuffing method. The fact, however, that one can under certain conditions be benefited by a process of this kind, has influenced me to allow this deviation to go unnoticed. I have known of numerous individuals to be greatly benefited by this stuffing process, continued for a short period, though it is always harmful when long continued.

one's life purposes. It is laudable when one adheres to the narrow path of "doing unto others as you would have others do unto you." It is laudable when you in every case give value received, but the patent medicine field has opened up what one might term "criminal commercial practices." It takes money from the public under false pretenses. It holds out health to the weak and ailing, and is false to its promises in every instance. Doctor Thomas's remedies may not be as bad as Hostetter's Bitters and other remedies that depend largely on alcohol for the stimulating element which gives the purchaser the impression that he is securing immediate benefit. It need not be stated, however, that his remedies cannot be recommended in this publication. We do not believe in

## Dr. Thomas' Cleansing Powders

Most persons suffering from Mal-Assimilation accumulate acids and bilious matter so fast, especially while increasing in weight, that I have found it necessary to compound a powder for the relief of this condition.

*How the Powders Act.*—Unlike all other preparations, mixtures, medicines, or compounds, these powders depend primarily upon the power they have of affecting the cells of the alimentary canal. The powders not only contain elements which stimulate the cells to activity, but they also have elements which neutralize the acids cast off from the cells and then supply the food or vital element direct to the cell.

*Directions:* Take one powder when the system is clogged up. If necessary repeat in four days and again in one week from the last powder. If the system is very impure the first powder will act powerfully. The later powders less so.

PRICE, - - - 3 FOR 25 CENTS

Exact reproduction of one of Dr. Thomas ads.

The drinking of large quantities of milk is in some cases beneficial, if the individual is in the condition to absorb and use the nourishment satisfactorily, but if the condition is otherwise, serious harm is liable to ensue. This result is more especially liable if one uses other food with milk. When milk alone is taken, there is less danger.

Doctor Thomas has always been especially careful to avoid saying anything about his various advertised remedies in PHYSICAL CULTURE. He knew, first of all, that his advertisement would be refused if it contained reference to such remedies, and he was perhaps also aware that our readers would lose faith in anyone advertising "cure-alls."

The desire for money is laudable when it is used to aid in the carrying out of

cleansing powders. We do not believe that any one can be benefited by the use of such remedies, and to advertise them broadcast for the relief of conditions that result usually from different causes in every case, to my mind, is but little, if any different from the methods used by the patent medicine quacks.

I would be pleased to hear from my friends throughout the country, to know as to what extent these remedies have been advertised in circular matter sent in reply to requests for information. I would also be pleased to hear of any fraudulent representations, or any other information that would enable me to decide whether or not Doctor Thomas is guilty to the extent indicated by the advertisements produced herewith.



# Is Salt an Essential Food Element?

By H. M. Lome

**I**N the January issue of *PHYSICAL CULTURE* appears an article entitled: "Shall we Use Salt? If so, Why?" the author of which is A. Ziegler, B. D. I do not know what B. D. stands for but with all due deference to Mr. Ziegler, it is evident that the title has nothing to do with a knowledge of physiology, judging by the extraordinary statements or, if I may be allowed to say so, mis-statements, which are found in his article. That Mr. Ziegler is sincere in his beliefs regarding salt is apparent. And that he is an illustration of the danger of dogma founded on but little knowledge, is equally evident. I shall endeavor to answer Mr. Ziegler's utterances regarding salt each by each, presuming that the editor of this publication gives me space to do so.

He starts off with the proposition that "salt is not native in our bodies, and therefore we naturally have no need of it." Has Mr. Ziegler, when a boy, instinctively thrust a cut finger into his mouth? If so he cannot but have noted the distinctly saline flavor of the blood. Has he ever had a tear trickle down on his lips? If so, he must have noticed its salty taste. Has he ever put his tongue to, say, his hand when it was perspiring? If so, he must have noted that the pores exuded a most salty fluid. Is he aware of the fact that all the excretions of the body are characterized by a salty flavor? If so, how comes it that "salt is not native in our bodies?"

I do not know who the Board of Health doctor was who told Mr. Ziegler that chloride of sodium (common salt) "is not found in the composition of the human body," but I do know that I never yet heard of a physiologist who did not make a precisely opposite statement. For instance, J. J. Manley, M. A. M. D.; etc., one of the most famous of British physiologists, states that "Common salt is the most widely distributed substance in the body; it exists in every

fluid, and every solid of the system. In particular it is a constant constituent of the blood, in which it forms about half the total weight of saline matter, and it maintains in it (the blood) a proportion that is almost wholly independent of the quantity that is consumed with food. The blood will take up so much and no more salt, however much we may take with our food. Under ordinary circumstance, a healthy man loses daily about twelve grains of salt through the medium of the secretions, etc." Prof. G. O. Barth, of Berlin, another famous physiologist of repute, Prof. Hendrix and Prof. Vincent Saunders, of London, and many more all endorse Manley's utterances as given.

Mr. Ziegler again states that "salt is composed of two active poisons, one, chlorine, a gas and the other, sodium which is a metallic element." The inference of course being that because the two things that go to make up salt are poisonous, it must be poisonous also. How fallacious and misleading arguments of this kind are is proven by the fact that pretty nearly everything that we take in the form of food, or that in other ways go to support life, are, either alone or in combinations, "poisons." Mr. Ziegler will, without doubt, admit that we couldn't very well get along without oxygen for breathing purposes, using it as we do diluted with nitrogen. But oxygen inhaled in a pure state causes death in a comparatively short time as anyone who is familiar with the elements of physiology knows. Oxygen, therefore, being a "poison" in a pure state, is according to Mr. Ziegler's reasoning, something to be totally avoided. On the other hand nitrogen will, alone, cause death by suffocation, although when used in the proportion of four parts to one of oxygen it constitutes our atmosphere. But according to the Ziegler theory nitrogen is a "poison" and should be shunned. Carbon, which in an organized form, is an element of most of our foods, is in



many other forms deadly poisons, such as carbon di-oxide etc., therefore, eat no food that contains carbon. But the most curious proof of the falsity of Mr. Ziegler's criticism of salt is the fact that the chlorine in the hydrochloric acid which is the active element in the pepsin of our stomachs, is derived directly from the "poisonous" salt in our blood. But if chlorine, is an active "poison," in the sense used by Mr. Ziegler, it is obvious that we should make every effort to rid our bodies of pepsin, although I don't quite see how we could digest our food without it. I would further point out that hydrochloric acid is a genuine active "poison" in its normal condition. Dr. Manley remarks "Common salt is of immense importance to the processes which minister to the nutrition of the body, for not only is it the chief salt of the gastric juice and essential to the formation of bile, but it is an important agent in the work of diffusion and therefore, absorption of nutritives. There is no other mineral compound which effects the physiological purposes in question. It is unquestionably the most important of all salts known to man."

Prof. M. A. Dastrie, also states that, "hydrochloric acid which is characteristic of the gastric juices and assures us digestive efficacy is derived from the chloride of sodium or common salt which is in the blood. The same origin is ascribed to the other chlorine compounds in the juices of the stomach—fixed chlorides and organic chlorine. In other words, the material for the chlorine compounds of the digestive juices comes primarily from the salt in our blood."

Physiologists, like Prof. Maly and Landwehr, of Germany, hold that the salt in the blood is decomposed or split up in the gastric glands for the purpose of forming the chlorine compounds in question. The salt thus destroyed is restored by salt taken with food or liquids.

Mr. Ziegler also says that "unorganized minerals, including salt cannot be assimilated by and used in rebuilding the body." The foregoing authorities distinctly state that salt taken with food and from thence passing into the

blood, is assimilated in the manner stated.

Mr. Ziegler also quotes M. Rene Laufer as declaring that the taste for salt is not innate or instinctive, but is acquired. Also that "Man is a state of nature, does not salt his food. Primitive people who live a pastoral and nomadic life, do not add salt to what they eat. The same is true of animals. Dogs and cats do not like salt." In regard to the foregoing statement, a number of savants have investigated the question very thoroughly and flatly contradict M. Laufer. Prof. M. Bunge, of Basel, who may be taken as the mouth-piece of the gentlemen in question, after an extensive ethnographic, historic and geographical investigation which extended over some years, states that salt is absolutely necessary in the case of those men or animals who use a partial or wholly vegetarian diet. Where however, a population is addicted to purely pastoral or nomadic habits and in consequence, lives on milk and flesh exclusively, the need for salt does not arise. The reason of this, so it is stated, is, that vegetables are exceedingly rich in potash which combines with and so to speak, destroys the normal supply of salt in the system. M. Bunge found that the Siberian tribes, such as the Kamchadales and Tunguses who live on horse-flesh and mare's milk entirely, abhor salt. The well-known mineralogist Prof. C. Von Ditmir, who lived among the Siberian coast tribes, relates that the latter subsisted chiefly on horrible mixtures of putrid fish, and that they too, dislike salt. The same remark stands good for every flesh eating tribe or animal the earth over. On the other hand, "man in a state of nature" provided that he uses fruits or vegetables, craves salt with a craving that is most intense. Mungo Parks, the famous African traveller, relates how that salt was looked upon by many of the tribes he visited as a most precious possession. In some cases, the savages would travel for nearly a thousand miles in order to procure it. Also the natives of the Indian Archipelago, of Australia and of the Pacific Islands all "men in a state of nature" use salt freely, and where it cannot be procured otherwise, they extract it from tree ashes.



M. Laufer is also alleged to state that "the domestic herbivores get along very well if salt is not added to their food." This assertion is absolutely incorrect, as any farmer will state. Salt is a necessary adjunct to the cow-yard or the stable. The pamphlets published by the Bureau of Agriculture at Washington, that have to do with the use of salt by "domestic herbivores" may prove enlightening to both Mr. Ziegler and M. Laufer. The naturalists, Buffon, Barrill, Boussinguet, Desaiive, Darwin, and others all tell that cattle suffer cruelly if deprived of salt. The same remark stands good of wild animals that are herbivores. In all climates, salt seems to be a necessary portion of their diet, from the reindeer of the far north to the antelopes of southern Africa. Every old hunter knows that if he can discover a "salt-lick" and lies in wait near it, he is sure of securing a deer. It is self evident that a taste for salt cannot be "acquired" by these animals, but that they hunt for salt in accordance with a deeply seated instinct of their nature.

Mr. Ziegler states "that salt destroys the natural delicacy of taste." This statement is not borne out by facts as the unprejudiced know. Prof. C. Von Ditmir, relates that the tribes that lived on the hideous messes of decomposing fish, almost sickened when they tasted salt. Surely in their case, they could not be credited with a "natural delicacy of taste." Mr. Ziegler further remarks that to the person who uses salt "No food seems to have any taste." Now physiologists know that apart from the valuable offices of salt as already stated, it has another function, "that of exciting a gustatory sensation, which starts into action the vital energy of the stomach and induces the secretion of pepsin." I am quoting from the works of Prof. M. Lapiagne, Pawlow, and others. I would point out to Mr. Ziegler that salt is not a condiment, but a true food element.

As to Mr. Ziegler's statement that the use of salt "tends strongly to over-eating." I think that this is open to argument and should be reinforced by instances.

In objection number five to salt as set forth by Mr. Ziegler, a number of the

physiologists whom I have quoted contradict him flat-footed in regard to salt having a harmful effect upon the blood and its circulation. Prof. Meuse, who is one of the associates of Prof. Koch, states specifically that one of the most useful functions of salt is to assist in purifying the body by carrying away with it through the medium of the perspiration, the refuse matters "which would otherwise clog the blood." And he also says "If it were not for salt, there would be a great danger of the lymph and blood becoming too much diluted, but thanks to it, these liquids are able to maintain their proper degree of density. As excess of salt is always relieved by the perspiration or other of the liquids secretions."

Mr. Ziegler also states that if you take a piece of beef-steak and salt it thoroughly, the mineral will "rob the meat of its blood." It is evident that Mr. Ziegler is not familiar with the phenomenon of capillary attraction. If you lay lumps of sugar, pieces of charcoal or a half dozen different things on beef, you will get precisely the same results as you will as if you used salt. The capillary structure of these substances will absorb any liquid with which it comes in contact.

In the sixth objection to salt, Mr. Ziegler declares that the mineral "interferes with digestive processes." I have already quoted a number of authorities to prove that instead of interfering with digestion the latter would be impossible without salt, because it is the prime factor, in the hydro chloric acid of the digestive juices.

As to the statement made by Mr. Ziegler that any food treated to a fixation of its condition by salt is rendered less digestible, that too is a statement that should be proven by proofs instead of resting on mere words. It is certain that no small proportion of the world's inhabitants do live on food that is more or less salted, these including many of the heartiest and healthiest among us, such as loggers, sailors, hunters and so forth.

As to the cases which he cites of the evil effects of salt it should be noted that in each and every instance the victims used the mineral to excess.



## DIET AND ITS EFFECT ON NATIONS

A FAMOUS ENGLISH SCIENTIST PROVES THROUGH THE MEDIUM OF EXHAUSTIVE RESEARCH THAT THOSE NATIONS OR RACES WHICH ARE WHOLLY OR PARTIALLY VEGETARIAN, POSSESS QUALITIES THAT MAKE FOR MENTAL AND PHYSICAL GREATNESS—ON THE OTHER HAND, WHERE THE USE OF MUCH FLESH AND STIMULANTS PREVAIL, DECADENCE FOLLOWS

*By Nathaniel G. Winston*

**T**HE Hon. John R. Russell, a distinguished English scientist, is the author of a book entitled: "Strength and Diet," recently published in this country and abroad. The work which is of an exhaustive nature of nearly 700 pages is a notable addition to the literature of dietetics, teeming as it does with data of an illuminating kind. Not only does the established reputation of Mr. Russell claim the respect of the reader, but in addition, the scores of authorities which he quotes in support of his arguments are equally entitled to attention.

A small volume by the same author, published in the spring of 1904 which dealt with the fundamental conditions of physical vigor, embodied the conclusions that "both races and individuals living entirely or chiefly on plant food, or on plant food with the addition of eggs and milk are, other things being equal, stronger and happier than races and individuals living chiefly on the flesh of beasts;" and "that frugal persons and nations live better and longer than others and are more free from disorders of body and mind." Mr. Russell's later book now under consideration gives in detail the evidence on which the foregoing conclusions were based.

It will be seen then, that Mr. Russell in the first place, favors a physical culture diet, and that in the second, he endorses that temperance in eating which the editor of this magazine has consistently advocated. He says, "On the ground of health alone, it will be observed that I have a decided bias towards a diet which excludes flesh, but this bias is the result and not the pre-

liminary of investigation and experience."

Therein lies the value, so it seems to the writer, of the scientist's investigations. He has evidently approached the subject with an unprejudiced mind, has investigated it in a manner that is only possible to the patient and trained inquirer and has come to the conclusion just set forth by him. In other words, his belief that the diet, which excludes flesh is the ideal diet, is the outcome of a multitude of garnered facts rather than of beliefs based on mere theory.

So rich is the book in detail that it is hard to make such selections from it as shall give point to its interest and worth. In its fifteen chapters, it appears to cover pretty nearly everything that is pertinent to its subject, and with a painstaking regard thereto that, apart from all else makes it note-worthy as a compendium of condensed facts. As the work as a whole however, bases its conclusions upon a comparison of the diets of nations or of communities, perhaps its scope may be best illustrated by some quotations from that chapter which deals with "A general conspectus of the diet of races."

After a survey of the foods of ancient people, through the medium of which he proves that those races which attained prominence in art or power or dominion were practically vegetarians, and after showing that the virile nations of the Middle Ages were, as far as the bulk of their populations were concerned, non-meat eaters, and after proving too, that in later times the classes that formed the back-bone of nations rarely touched meat, he gives statistics which deal with



the races of to-day. In so doing he practically proves that among some of the highest European civilizations there exists an increasing physical deterioration which is due to the more or less recent changes in their diets, such changes including the very general use of tea and coffee, white bread, pork in some form or other, other flesh foods and tinned goods. In such communities in which the old and simple diets still obtain, the whilom virility and physical power yet remain.

For instance it is shown that in the extreme north of England where the inhabitants yet live on porridge, scalded oatmeal, barley, pea-flour, etc., the population is hardy and virguous. On the other hand, "where this diet has been superceded by tea, coffee, and butcher's meat, there is a marked falling off in the physical energies of the people." In the Highlands and islands of Scotland where the diet is of the simplest and consists almost entirely of oatmeal in some form of the other, varied by the products of the truck garden, there is "much decency, courtesy, virtue, and even mental refinement to be found in the cottages."

In the Scottish towns, the distinctive national diet has almost disappeared. Instead, a wretched quality of pork and other meats are eaten, and white bread and tea are in general use. These last articles of diet are alleged "to be responsible for a vast increase of physical infirmities and even of crime, and of a very notable loss of strength in the Scottish people."

It is also stated that government statistics conclusively prove that the unsatisfactory physical condition of the English laboring classes in due to a diet which includes much tea, more alcoholic drinks, bread which has been robbed of its main nutritive qualities, too much cheap meat of a questionable kind, and the almost total elimination of cereals and legumes. All of this in connection with crowded cities and unhygienic surroundings.

Even in Ireland, the tea habit and the meat habit are already telling upon the peasantry and with evil results. In those sections of the country in which poverty compels the people to adhere

to the simple diet of potatoes and milk, the old order of things exists. But elsewhere, the change that has taken place is their stamina is most apparent.

In France the people of the country, when not victims of the alcohol or absinthe habit are on the whole healthy, this being the outcome as Mr. Russell concludes, of their simple diet. With these, bread and coffee form the breakfast, at noon the meal consists almost entirely of vegetables and bread, and at night there is a similar meal to which fruit is added.

In Corsica, vegetables are scarcely eaten at all, coffee is a very general drink, and pork is the favorite meat food. The people of the island suffer much from scrofula, also the infant mortality is very high, and the Corsicans on the whole are neither energetic or distinguished.

In Italy the diet varies according to locality. Where the food of the working classes consists of wheaten bread, maize, beans, oil, lentils, chestnuts etc., the "staying" powers of both men and women are remarkable and they are strong and hardy, can bear enormous burdens, and are most industrious. On the other hand, in those communities in which meat is largely used together with cheap wines and spirits, the effects upon the population and the excitable Latin temperament are most demoralizing.

Frugality and a vegetarian diet are the dietetic features of the lives of the Spanish laboring classes. Flesh is not frequent on the tables. The condition of Spain as a nation is due not to her common people but rather to her ruling classes who are invaded by luxury and luxurious living. The average Spaniard is hardy, courteous and physically admirable.

Switzerland, the "home of liberty," is characterized by diets that vary greatly according to localities. As a whole though, it may be stated that the food of the Swiss is of a distinctly vegetarian nature. The curse of the country seems to be alcoholic drinks, and a growing consumption of coffee, tea and wines.

In the Schwitz canton, Mr. Russell states that the people have for long lived on plant food without flesh. They are a fine set of independent mountain-



eers and from this canton "the freedom of the Swiss was born."

In Germany, the diets of the various districts vary greatly. As a rule, flesh and especially pork is consumed together with a good deal of beer. The use of alcohol in the form of spirits is increasing. Especially in the large communities is the German stamina being affected by the coffee and alcohol habits. On the other hand and according to the Count Romford, the Bavarian wood-choppers who are the among the most hardy of men physically, receive each for his weekly ration, a large loaf of rye bread and a small quantity of roasted meal. Water is the only drink. The peasantry of the Bavarian highlands have for many generations lived upon a diet from which flesh in practically excluded. They are strong, active, healthy, well-developed, and good walkers and climbers.

While in some parts of Austria much pork is eaten, and tea and coffee are greatly used with results disastrous to the physique of the people, yet in the Austrian highlands, potatoes, milk, butter, and cheese form the sole diet, flesh meat never being seen. The people are hardy, healthy, and strong.

In the Carpathians, the several races are in the main vegetarians, their diet including black bread, barley, rye, onions, goat's milk, cheese, oat-cakes, milk, eggs, maize, and vegetables of several kinds. Many eat mushrooms. Tea and coffee are almost unknown except in certain small areas. These races are described as "big, strong, practical, clean, orderly, severe, silent, hardworking and unromantic." Those warlike tribes, the Szeklers and Magyars are splendidly built, handsome, energetic, poetic, and inventive.

The Roumanians are tall, handsome and bright, and their food consists largely of maize, fruit and dumplings sprinkled with the seeds of poppies and sunflowers.

In Scandinavia grain-food and milk in various forms are the staple foods of the working and middle classes, and it need hardly be said that the people of the territories included in Scandinavia are hardy, industrious and in many ways admirable. On the other hand and in

the towns, there is much intemperance.

In Belgium where physical deterioration is unhappily the rule according to some authorities, the diet among the working classes includes much adulterated coffee, sometimes butcher's meat, fresh or salted pork and vegetables, while lard is liberally used for frying purposes.

In the Netherlands, the working class use a diet from which meat is practically eliminated. "These people are remarkable for their cleanliness and comfort, for their constancy in their domestic and social duties, for economy prosperity and happiness."

The curse of Russia seems to be the pernicious vodka, a poisonous form of alcoholic spirit, the watkey (brandy) which rapidly produces delirium, and other alcoholic drinks of which the government has an absolute monopoly. Then too, among the aristocratic classes, much flesh is used, highly spiced dishes are common and intemperance is rife. There is little doubt that there is a distinct connection between current disastrous events in this vast empire and the dietetic excesses of its rulers.

In Greece again we find a curious spectacle of temperance in edibles and intemperance in potables, the last part of this remark applying more particularly to the wealthy upper classes. On the whole, the working classes are described as simple, frugal, and abstemious in the extreme, living chiefly on black bread and dried fruits.

With a full recognition of the moral defects of the Turk, those who have been in a position to study him at home, declare that in bodily vigor and power of endurance, he does not suffer by comparison with any man in Europe. The diet of the race is practically vegetarian, rice forming a part of almost every meal.

Authorities state that in Belgrade and Servia, "The men have a habit of drinking cold water all day and are singularly lacking in activity." This would seem to be an illustration of the fact that excess in anything is productive of evil results, even in the case of cold water.

A perusal of Mr. Russell's book, especially by those interested in physical culture questions, will afford much instruction and amusement.



# 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.

## The Use of Pork

**Q.** I was much interested in the recent article in your columns on pork. Now I have been under the impression that well-cooked pork is not dangerous, and that cooking destroys the germs referred to. I am a timber-cutter, and of course eat the only grub that can be secured at a logging camp, which includes pork, usually three times a day. All these lumbermen are healthy, robust, powerful men, a fact which is not consistent with the claims of the article you published. Why is it?

**A.** It is doubtless true that there is little danger from germs in well cooked pork. The contributor of the article in question probably had in mind raw smoked meat, or poorly cooked pork. He probably also over-estimated the danger of germs, which a perfectly healthy person need not be much afraid of. However, there is no doubt that pork is not a satisfactory article of food. My understanding of the fare of lumber camps is that they use immense quantities of beans with their pork, and the men doubtless get much of their strength and hardihood from this very valuable and nourishing article of food, instead of from the meat. And by reason of their vigorous, out-of-door life, they are able to digest far more food, and readily eliminate impurities than a person of ordinary occupation could not. They are healthy and powerful in spite of their pork, not because of it. Their stomachs are so vigorous that they could digest almost anything in the nature of a food.

## Intense Desire for Grease and Sweets

**Q.** During the winter I invariably have a great hankering for grease and sweet stuffs. Do I require such things in winter more than in summer, and are they good for me? I can hardly go without them and don't feel right unless I get them.

**A.** Without doubt every one can eat more heartily in winter than in summer, owing to

the fact that the system consumes or burns up more bodily tissues at this season in order to maintain warmth. However, your craving for grease and sweets indicates that your diet is not supplying a sufficient quantity of fattening or heating elements. It is true that grease and sweets are heat producing and can be used at this time of the year much better than in warm weather, but they are too concentrated, somewhat difficult to digest, and the fat of dead animals is usually far from wholesome. It would be a much more satisfactory plan for you to secure the energy and heat producing elements you desire from plant foods, corn meal being particularly satisfactory in this respect.

## Codfish as Brain Food

**Q.** Would you kindly express your opinion on codfish as a food? Is it valuable for one living on raw food? What amount of brain food should one get from it? When I use it I get an abnormal thirst for water which must be satisfied immediately after eating.

**A.** I would not very highly recommend that form of codfish which has been dried and preserved by being saturated with salt. The craving for water you mention is due to the excessive amount of salt which you have eaten with the cod. It would be more satisfactory to eat this fish freshly cooked, certainly not raw. But even cooked, its value is no greater than that of many other fishes. The idea of fish being a "brain food" is a superstition. The same food elements which are most satisfactory for building up the nerves and muscles are best suited for the tissues of the brain as well. With a supply of perfectly pure blood derived from ordinary wholesome and appropriate foods, you need pay no attention to any of the delusions about "brain foods," foods "rich in phosphorus" and similar exploded myths.

## Warm and Cold Sleeping Rooms

**Q.** Is it really healthier to sleep in a cold room than in a warm room, and if so, why?

**A.** The important question is not so much whether the room is warm or cold, but whether



the air in it is perfectly pure or otherwise. It is more a question of ventilation than of heating. Perfectly pure, warm air is just as satisfactory as cold air. Of course in severe winter weather, wide open windows naturally mean cold air. In summer, they often result in the room being filled with rather warm air, and under such circumstances one should of course be clothed so lightly, or not at all, in order that one may not be uncomfortable. I would suggest wide open windows for the sleeping room all the year round, irrespective of temperature.

### Occupation and Health

**Q.** Do you consider it dangerous to work at the cigar-making trade in which I am kept indoors nine hours a day?

**A.** I certainly would not consider nine hours a day at your occupation in a close, stuffy room to be conducive to health. No matter what your general habits of life are, you would unquestionably enjoy far better health if you had some form of out-of-doors occupation. The direct contact with the tobacco leaves may only affect you to a limited extent. The worst influences in your case are probably the confinement and foul air. While there are many modes of employment in cities that are no less detrimental to health, yet there are others that are more favorable, and a change to some one of these would no doubt be of advantage to you. The physical culture aspect of social and economic conditions, showing the effects of factory, office, or shop employment on the health is a subject of vast importance to the community in general.

### Exercise All the Year Around

**Q.** Is it advisable to diminish the amount of exercise one takes in summer, and increase it during the winter?

**A.** If you have once determined on just what amount of exercise is satisfactory in your own case, there is no reason why you should either diminish or increase it at any time of the year. Of course it is perfectly right that you should change and vary the exercises and games that you have a liking for so that they may conform to the different seasons, but apart from that and with suitable clothing, your full need of exercise is just as pleasant in summer as in winter, and you should plan therefore to take it.

### Anaemic and All Run Down

**Q.** I am a dyspeptic, weak and anaemic to the last degree, and my friends are urging me to eat plenty of rare-done steak, which they claim is the only thing that can build up my health. Kindly give me your opinion.

**A.** I cannot agree with the advice given you that plenty of "rare-done" steak would build you up. In fact, heavy eating of any kind of food is not to be advised, for the at-

tempt to digest it consumes too much of your vital energy. Furthermore, meat contains so many poisonous elements that it is not nearly as satisfactory as a well selected vegetarian diet. You should take two meals a day, being careful not to eat at each more than you can comfortably digest at a time, and chewing carefully in order that you may digest it thoroughly. Possibly an exclusive milk diet, referred to in my recent editorial discussing the same, might be advisable for a time. At all events it would be wise for you to live out-of-doors entirely if possible, being actively, but not too strenuously engaged in some light occupation. You should not attempt to study or follow sedentary habits until your condition has radically improved.

### The Use of Distilled Water

**Q.** Do you recommend distilled water for drinking? Is it good for kidney trouble?

**A.** As a general thing I would recommend the drinking of good spring water, which is sometimes more satisfactory in taste than the distilled. But where the water is of doubtful flavor and character, it is much better to use distilled water, for this has at least the advantage of being perfectly pure. It is well to use water quite freely between meals for by this means the fluids of the body are kept at a proper consistency. The plentiful use of distilled water is especially valuable in cleansing the system and I would strongly recommend it in a case of kidney trouble.

### Aneurism of the Heart

**Q.** Have suffered more than two years with aneurism of the heart, commonly call throbbing tumor. Doctors are afraid to operate on me for they say it is certain death. The tumor has been constantly growing and is now nearly as large as an ordinary loaf of bread. Is there no cure for me, or must I suffer this way until death.

**A.** I do not see how a tumor of this kind can be removed, though if you build yourself up to a condition of more perfect health, the tissues can perhaps be so strengthened that it will give you less annoyance, and there might even be a possibility of your reducing it slightly, though this is doubtful. You should avoid violent exertion, but you should take some exercise of a very mild nature. That is, instead of vigorous exercise for a few minutes, you should spend considerable time in some light form of activity such as walking, etc. You should especially avoid stimulants of every kind, even tea and coffee. Without doubt your trouble was originally due to weakness. In other words, you are now suffering the consequence of unsatisfactory habits of life. These habits should even at this late hour, be changed radically. Your case is an unhappy reminder to others, that no one can afford to neglect to build as perfect a degree a health as it is possible to acquire.



## Various Comments 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 greatest 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—*Bernarr Macjadden.*

### FASTING USED TWO THOUSAND YEARS AGO AS A CURE FOR DISEASE.

#### TO THE EDITOR:

In looking over an old Hindu book written about two thousand years ago, named Charaka—*Samhita*,—I find that fasting is therein laid down as the very best remedy for the larger number of diseases. The work is a compendium of medical science and is, I understand, still regarded by physicians in India as high authority. The writer of the book prescribes in cases of fevers,—“light and beneficial food only should be taken, or the patient should fast (i. e. totally abstain from food of every kind) since fever arises from the *amacaya*” (lower part of the stomach).

I thought the citation might interest some of your readers.

W. C. ROGERS

Cleveland, O.

### THE RIGHT WAY TO COMBAT THE CORSET EVIL.

#### TO THE EDITOR:

I have been closely following the articles in the open discussions hoping to see something upon the correct way to preach the doctrine of “No corsets.” So far I have found very little which appeals to me as being the surest and most direct way of combating the corset evil. It is for this reason that I offer my own opinions on the matter and say in support of them, that I have been rewarded by seeing four of my girl friends throw corsets aside.

My belief is that it is the duty and entirely within the scope of respect and friendship, of every young man to frankly discuss the matter with his girl friend, in order to show them that they are not only abusing themselves but that they are not gaining that for which they are striving. The girl's desire is to look attractive and one must prove to her that she will be all the more attractive if she looks natural and graceful. It must be shown that she will have better health and a better life in general if she does not injure herself by her desire to avoid the criticisms of her friends and acquaintances who are corset wearers.

I have so far found that the average girl has never thought of the possibility of getting along without the corset simply because her mother wears one and she has been taught that it was necessary for support. Argue the muscle question with her and you will find that she will admit that she lacks strength when she is without a corset and usually she

will be sharp enough to realize that it is because the muscles of her back have been weakened by its use. She knows that to be strong she must exercise. She knows that she cannot properly exercise while she has a corset on. She will then realize why she is weak.

You will also find that nearly every girl is deathly afraid of the pains of child-birth. She must be shown that this pain is largely dependent upon the strength of the abdominal muscles and their flexibility; that the health of her child will depend upon the freedom she gives it for development; that it is a crime to hinder such development.

If a young man is either a prude or a coward he will not discuss any of these subjects with his girl friends. But if he is a man in every sense of the word, it lies in his power to do more for the development of his friends and the health of their offspring than can be done by all the doctors, ministers, teachers and lecturers in the country. Let him therefore talk frankly to the girls he likes and would like to see benefited and they will listen and believe.

TOM BRIGHT.

### THE ORIGIN OF GERMS OF DISEASES.

#### TO THE EDITOR:

With all the arguments that have been promulgated since the birth of the germ theory, there has never been a single question, asked and answered, as to the origin of germs. It is a generally accepted theory that all infectious diseases are due to the entrance into the body of germs. But from whence do they come? If they come from a second person, that person must have derived them from the third, and so on throughout infinity. But do they come from infinity? They certainly must have a beginning somewhere, just as there was a beginning for mankind. And if there is a beginning for them, as sane persons must admit, would it not be a part of wisdom to ascertain, if possible, whether they could not begin where they are found, instead of coming from some unknown region without. Is it not as reasonable to consider them as brought into existence by the decomposition of food, spontaneously in the stomach, as it is to believe that the germs of human beings are brought into existence within the testes spontaneously? If this is not a spontaneous process, will some one tell by what process the living germs of human beings are brought into existence?



If, however, they are a product of creation, then we are bound to admit that creation has by no means been completed, and it is going on all around us now just as it has been going on through ages of time. It is self-evident that we are brought into existence by a process of spontaneous generation. Tell us why not? If not, then one writer made a terrible blunder when he said that God had completed the creation. This subject is open for discussion.

J. T. SUTTON, M. D.

Milburn, Ky.

#### ADVANTAGES OF A WALKING CLUB.

##### TO THE EDITOR:

There are very few if any exercises that can be taken by the masses of the people as easily and cheaply as walking. Am pleased to say that we have a large number interested in the Overland Walking Club of this city and we have several members who have regained their health by walking and leaving the doctors alone. I took up the exercise nine years ago and have felt fine every day since. I probably spend \$200 every year to advance the cause in the way of prizes offered for the greatest number of miles walked and for walking and running races, etc. I am sometimes asked if I make anything out of it. Some people think if you don't make money out of everything that you do that it is not worth the while. Five of our club members took a tramp through New England this summer and had a fine time of it. They visited every New England state and tramped through the Berkshires, White Mountains, Green Mountains, and along the sea coast, besides seeing the Hudson River region from Hudson to New York City. We averaged twenty-one miles a day on foot and slept out nights whenever possible. Next year we plan to walk through Colorado and Utah.

JAMES M. HUTCHINSON.

Jackson, Mich.

Pres. O. W. C.

#### PRESENT INDUSTRIAL CONDITIONS INCOMPATIBLE WITH PHYSICAL CULTURE AND HEALTH.

##### TO THE EDITOR:

I want to thank you for what you have done for me in the past through the medium of your magazine. I now fully realize that there is more impurity in prudish people than in nude figures.

We will never see the elimination of prudishness so long as current conditions are such that prudes can exist. The social system we live under is a prudish system, and what you complain of is just the logical result of what the people support. At the present time the struggle to simply keep the body alive is occupying the whole attention of the majority of people in the cities of this country. Women and children are forced to work in factories and mills and stores or starve. Many live in places not fit for dog kennels, and have no chance to get a proper education. Under these circumstances it would be impossible to raise children in any other way than for

them to be drunkards, cigarette smokers and prostitutes. When people own decent homes and their children have the same opportunities to develop in the same way as the children of the wealthy, then and then only can they be expected to become physical culturists.

To remove evil, remove the cause that produces evil. I know of no other way to bring about such a condition except through socialism. I believe there are many others as well as myself who would be pleased to hear from you, on this subject.

ONE OF YOUR READERS.

St. Anthony, Idaho.

#### LET SOCIALISM AND POLITICS ALONE.

##### TO THE EDITOR:

In a recent issue of PHYSICAL CULTURE I happened to notice an article in the Parliament of Thought by Henry Busby, regarding socialism and physical culture advising that you publish in your valuable magazine, articles on socialism and its relation to physical culture which suggestion I heartily hope that you will not follow.

I have been an intermittent reader of PHYSICAL CULTURE for about seven or eight years. And in those years I do not remember of reading a single article in your paper of a political nature, or any article showing the political leanings of its editor.

PHYSICAL CULTURE is a magazine for the people no matter what their political inclinations may be, and it would be a great wrong now to take up politics and only one side at that. There are many people, I regret to say, who being politically of one faith, would drop any periodical which dealt favorably with the doings of a party to which they were opposed. In my estimation, if the Utopian dream of socialism can ever be carried out, it will first have to come to the world through physical culture channels as I believe the latter to be the only way to wipe out those evils which cause the ruin of homes and morals.

By these evils I mean alcohol, tobacco and the unwholesome ~~type~~ used by most people. If people would only make up their minds to live on more ~~simple~~ fare they would find it cheaper in every way and their money would go much further towards purchasing the necessities of life. I sincerely hope that PHYSICAL CULTURE will remain a non-political, non-sectarian magazine making for the good and health of mankind in general.

E. J. PILGER.

El Paso, Tex.

#### ANOTHER READER COMMENDS THE STUDY OF SOCIALISM.

##### TO THE EDITOR:

As I expect you are glad to get opinions from your subscribers regarding the conduct of your magazine, I am writing a suggestion or two.

If you are going to branch out on ideas that have not wholly to do with physical culture then I, for one, must say that you should give a fair representation to Socialism, not



simply because it is an "ism," but because it is working for conditions whereby people will have more chance to live up to physical culture ideals. You must admit that to-day there are millions who, even if they get a chance to imbibe ideas regarding the proper care of their body, are utterly unable to practice them through a galling environment that binds them like slaves.

There are other important things which you should also give expression to, but of course you cannot expect to cover every field of thought. If you should open your pages to Socialism you will find that many able writers will respond to your call.

I must commend you for uniting your three magazines in one. I trust that it will be a vast improvement for you financially as I know that it will be in the matter of the magazine itself.

Yours for the physical improvement of the race,

CHESTER H. STOW.

Vallejo, Cal.

FASTING TWO DAYS EVERY SIX WEEKS FOR PERSONS IN GOOD HEALTH.

TO THE EDITOR:

I have been a reader of PHYSICAL CULTURE for some time and consider it a magazine that every one should have. As I am a "drummer" and always on the "road" I have many opportunities of noticing how and what, a great many people eat. The average individual eats three times as much meat as he should and besides, doesn't allow himself time for proper mastication, hence the saliva has no chance to do its work. We are living in a very fast age in eating and other senses.

One cannot emphasize too strongly the importance of fasting occasionally, in order to give the digestive organs a rest. Every six weeks I fast for two days and find it very beneficial. The first time I tried it I found it rather hard to pass the first two meals, but after that it didn't bother me at all, as I would simply drink a glass of fresh water when feeling a desire for food, and this never failed to put new life into me. If people would eat less and get more exercise in the open air the world would be better in every way.

W. L. RICHMAN.

Lindsay, Ont.

EXPERIENCE WITH DISTILLED WATER.

TO THE EDITOR:

Having read your article in PHYSICAL CULTURE, "Value of Drinking Water," I will give you my personal experience. I consider that one of the best investments I ever made was the purchase of a good water still. We have used distilled water in our family for several years and believe that our own and children's good health is due in a large measure to it.

Last summer dysentery was very prevalent in this town; almost everybody had it more or less severely, children especially, many deaths resulting. Our children age five and two

years remained very well until we, not thinking, gave them some of the town water from the faucet. They soon began to have bowel trouble. Then we immediately restricted them to purely distilled water and they recovered almost at once, without doctoring. My children are very strong and well and large for their age.

I note the article on "Education of the Child," and would like to know your opinion on the subject. At what age do you think children should be sent to school, or should they not be sent at all as inferred in the article?

I believe that many children are pushed too hard in school, but I think a good school education is absolutely necessary to their full and complete growth and development.

I would be glad to see more in your valuable magazine on this subject.

R. E. WHITMAN.

South Braintree, Mass.

FAVORS THE FORMATION OF A "LIVE FOREVER" CLUB.

TO THE EDITOR:

A suggestion in a recent issue of your magazine as to the forming of a "Live Forever" club meets with my hearty approval, as I believe that some startling results can be obtained by intelligent endeavor along these lines. I have no doubt that life can be greatly extended by proper methods, and think if the knowledge now in existence on the subject was brought together and more obtained by added research, the results would more than warrant the efforts.

Recent achievements of Prof. Loeb in allegedly creating life from dead matter, without the aid of "life seed" and also other great discoveries goes to prove what can be done by men who dare to attempt the apparently impossible.

I believe that your magazine reaches more people who dare attempt things and original thinkers than any other publication, and that, therefore, the promotion of this most important of clubs can best be accomplished by you. Why not make a call for opinions on the subject from your readers?

JOHN NELSON.

Peru, Ill.

SHOULD WE HAVE A DIRECTORY OF PHYSICAL CULTURE AND NATURAL CURE PHYSICIANS?

TO THE EDITOR:

This poor old world is so much in need of help in the matter of health which it seldom or never finds through the "regular" methods, that I feel that too much cannot be said or done to help it along.

When I think of the years and years that I struggled with poor health in the "regular" way, each year finding me worse and worse and then of how quickly and easily and without a drug of any kind I acquired blooming physical manhood and promise of long life without a pain or ache or fear of disease, I blush for shame for the whole medical profession.

I can see thousands, nay, millions of poor deluded fools reaching up from a seething



caldron of disease, pain and death, pleading for just a ray of hope only to be told "There is no hope," or worse still to be given a potion which only sinks them deeper and deeper in despair. I am ready to cry "How long, Oh, Lord, how long?"

The suggestion made in your January number by the Rev. Mr. Blott, seems to me to be a good one. I have had some such thought for a long time, but being a physician myself I hesitated to suggest it.

In my practice I have had very much the same experience that he suggests. If I prescribe physical culture remedies I find very little attention paid to them unless the patients are constant readers of your magazine.

If seekers after health—I mean those who have lost it—could have a little help at the right time it would save many who have become discouraged and prevent them from going back to the "regulars."

Again, most physicians hesitate to prescribe physical culture remedies when they are really convinced that they are the only means of cure for it would be "casting pearls before swine." But when a patient seeks out a physician through the medium of your magazine and because of your endorsement he would feel compelled to prescribe your remedies in order to hold his patient.

For these reasons and many others let us have a printed directory or some such means as suggested to bring these patients and doctors together, and let the list be as long as possible.

I would be glad to hear from others on this subject.

Yours, E. D. W.

#### IS REFORM IN DIET THE SOLUTION OF SOME PRESSING SOCIAL PROBLEMS?

##### TO THE EDITOR:

I have for several years, been a constant reader of PHYSICAL CULTURE, and through its teachings, was led with some of my fellow college students to abandon the meat diet, and to live on sensible healthful food products.

For more than a year I have been collecting information on the following subjects, and have decided to write and see if you would aid me by publishing the questions in PHYSICAL CULTURE. (1) Are vegetarians ever drunkards? (2) Are the members of the "houses of ill-fame" ever vegetarians?

One woman who has charge of a Rescue Mission said, "If I can keep men from eating meat, I can get them on their feet." She followed this statement by reciting some very interesting and instructive experiences which proved her statement. Others declare that the most important and effective work that

can be done in saving drunkards is to give them the right kind of diet and exercise.

Lincoln, Neb.

C. E. BURGESS.

#### ENGLISH AND AMERICAN FOOTBALL.

##### TO THE EDITOR:

In the current controversy over the roughness and brutality of your so-called Rugby Football—I have noticed the extraordinary ignorance of English football displayed by American writers. Now the game of football as played in England is no child's play, as some writers seem to imagine. The leading Rugby and Association players are the best athletes in England, and let me say that England plays far and away more Rugby than is played here in America, and of a superior style at that, for you could not get Englishmen to witness an inferior display as he is generally a keen critic of sport and wants his money's worth. English Rugby Football as it now is, is a scientific, open, fast running dodging and passing-display than which no superior or more exciting sport can be found. I am sorry that I am not able to see the victorious New Zealand team now touring England. The Maories first came over to England in 1892 (I think it was). They were somewhat green then but how rapidly they improved, I never saw bigger, stronger men in my life. Now in 1905 they again invade the mother country and sweep all before them. Of course England is not so strong in Rugby to-day as she was ten years ago, the reason being that a split occurred dividing amateurs and professional players, also the great inroads made by the Association code. The record gate for England is 114,000 spectators (Sydenham, London 1898). I myself have seen 70,000 spectators on a football field at Manchester in 1895. Well, no complaints are heard in England with regard to football except those that believe too much time and money is given to the sport. There are scores of splendidly equipped grounds in England and the organization all-round is all that could be desired—Let a delegation of Americans go over and see for themselves; conviction will take the place of argument if this is done. I am, of course, an Englishman, but I am also a good, loyal American. I know we can each learn from one another even to-day, so don't let conceit get control of either of us, but in a spirit of progress and good let us copy the best traits that each can offer the other and try to build up to perfection this grand old Anglo-Saxon race—not without its faults—but always in the van-guard of human achievement, progress and liberty.

Well, here's to the best interests of manly, scientific sport with the best of good feeling and healthy rivalry all round.

DAVID HUDDLESTONE.

Pasadena, Cal.

"One day of perfect health ought to convince a man of the bliss of earthly existence"—Anon.

"The Eating and Drinking Reformation is at the foundation of all the good that would be produced in society."—Joseph Brotherton, M.P.

The Church can do no wiser thing than help forward dietetic reform."—Met. Wkly



## 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 brief items of information suitable for this purpose.—*Bernarr Macfadden.*

IT was with much satisfaction that I learned of the recent arrests of several members of a quack concern, known as "The Force of Life Chemical Company," that have been engaged in foisting upon the ignorant and the gullible a substance or nostrum called lecithin. Those arrested included Dr. William Wallace Hadley, who called himself medical director of the company; Mrs. Laura M. Wilson, the assistant medical director; E. Virgil Neil, the former president, and, at the time that the law got its claws upon him, a director of the concern; and Arthur J. Williams, treasurer. Other aiders, abettors and officers of this worse than swindling organization, included several eminently "respectable" individuals such as General James R. O'Beirne who is the president of the company, and who during his political career has held a number of federal and municipal offices; William F. Acton, secretary and general manager of the New England Railway Company; Edwin O. Keeler, an ex-lieutenant governor of Connecticut, and a bank president, James F. Tedford, a well known advertising agent of New York City, R. T. Badgley, James F. Pierce, formerly the New York State Superintendent of Insurance, Frederic H. Wilson, well known in connection with warehouse interests in New York, etc. The man, Neil, already mentioned, is an ex-professional hypnotist, who used to travel about the country giving ten and twenty cent shows. Later he became identified with "The Institute of Physicians and Surgeons in Rochester, N. Y." which was put out of business by a fraud order issued against it by the postal authorities. Then he came to New York and started a fake school of palmistry, mind reading etc., which was duly shown up in the newspapers. Next he became

president of the Force of Life or Lecithin Company. It must be gratifying to General O'Beirne, and the other "respectable" citizens who are mixed up in this scandal to be identified with a person of the peculiar talents of Mr. E. Virgil Neil.

My satisfaction in regard to the arrests of these swindlers through the action of the Postal authorities is of a dual nature. In the first place I am always glad to learn of quacks and charlatans being put behind prison bars. In the second, an attempt has been made to use the standing and prestige of this magazine as a lever to further the ends of another individual who is also engaged in exploiting Lecithin. The allusion is to A. Wilbur Jackson, M. D., who is the apparent proprietor of a concern calling itself the American Lecithin Company, of 63 Fifth Avenue, N. Y.

Dr. Jackson in the advertisements of his nostrum quotes from an article which he published in the November, 1903 issue of this magazine in regard to lecithin—as he prefers to spell it—but in such a manner that it would seem to the casual reader that PHYSICAL CULTURE partially or wholly endorsed the stuff. Now PHYSICAL CULTURE did nothing of the kind. IN FACT WE HAVE ON MORE THAN ONE OCCASION REFUSED TO PUBLISH DR. JACKSON'S ADVERTISEMENT EXPLOITING HIS SO-CALLED REMEDY.

At the time we published the article on Lecithin, a large amount of space was given by the newspapers of this country to the exploited experiments of a Japanese physician of Chicago, who claimed that the administration of lecithin to cats, rabbits, and other animals caused them to grow in a marvellous manner. Dr. Jackson who had been an occasional



contributor to this magazine wrote to me offering to submit an article on the subject. On my approval he did so, but I was especially careful to impress upon my readers that I did not endorse Dr. Jackson's views as embodied in the said article, my editorial which preceded the latter saying among other things, "It seems that at present there is but little in the so-called discovery that can be of practical value."

As my readers know, the pages of this magazine are always open to those who have a theory or a principle or some method of promoting the health and happiness of the race of an apparently commendable nature. But they also know that PHYSICAL CULTURE does not commit itself to an absolute endorsement of such unless it is fully assured that it is entitled to the same. If PHYSICAL CULTURE did so, it would not admit of the publication of many communications that are sometimes opposed to the views which it advocates.

But Dr. Jackson with an astuteness which is more commendable than his honesty, has taken advantage of our generosity in this respect by, as already intimated, making it appear in his advertisements that PHYSICAL CULTURE "stands for" the unconscionable claims which he makes for this stuff of his. In these advertisements he says, "Dr. A. Wilbur Jackson in PHYSICAL CULTURE, November, 1903, says of this wonderful stuff" and then he goes on to quote from his article, the inference being that because PHYSICAL CULTURE permitted him to ventilate his views about lecithin, that PHYSICAL CULTURE endorsed it, which is nothing of the kind, and which is an inference of the most gratuitous not to say impudent.

Anyone who reads the advertisements in question must know that PHYSICAL CULTURE would never permit of anything appearing in its columns which would bolster up such misleading, not to say ludicrous, assertions on the part of Dr. Jackson as "Lecithin is the most marvellous tissue, nerve, muscle builder known to science;" that "Five grains of lecithin contain more nutritive qualities than a peck of uncooked wheat;" that "It is the only pure, phosphorus

principle of the blood, brain, and nerve tissue that may be easily assimilated by the human digestive system." This is quackery pure and proper, and there is no other term to describe such mendacious statements. Needless to add that PHYSICAL CULTURE emphatically repudiates any attempt to connect it directly or indirectly with such charlatanism. Lecithin may or may not have something to recommend it to the attention of the public that just now it is being used by quacks for the purpose of bamboozling the public and that is all there is to it.

To refer to the Force of Life Chemical Company; there is not much difference between the claims of that fraudulent concern in regard to lecithin, and those of Dr. Jackson. As a matter of fact, lecithin owes its existence to a French scientist and it has also been the subject of some study on the part of a number of American physicians who, however, later seemed to lose all interest in the stuff. Nevertheless, the literature of the Company claims that its discoverer was Dr. Hadley. Here is a sample of such literature.

"In the glare of a midnight light, bending over his crucible and retorts, Dr. William Wallace Hadley cried triumphantly: 'I have it!' At last he had succeeded in making a rare chemical combination of concentrated extracts which might truly be called 'liquid life'. There it was, glimmering in its sheen of ruby red, while the retort itself seemed to quiver and vibrate as if in the effort of restraining the tremendous dynamic force it held.

"There was lecithin, the force of life, the power that makes man live and think. Without this subtle essence in your system death would occur before you could read three of these lines. With it in sufficient quantity you can combat any disease. To discover and make the vital principle of life has been the dream of the chemist and the goal of the medical professor of all ages."

Between these ridiculous claims and those of Dr. Jackson there is but little to choose, and they may both be relegated to the category of that preposterous quackery whose end and aim is the obtaining of money under false pretenses.



It is stated that the disaster which have fallen Dr. Hadley and his "respectable" associates is the outcome of the personal suggestion of President Roosevelt, whose attention was called to the concern by a victim. Mr. Roosevelt has distinguished himself in many ways during his residence at the White House, and that too in a manner which makes a claim upon the gratitude and the admiration of the citizens of this country. But I venture to think that this act of his of initiating a war against those cold-blooded scoundrels, who prey upon the hopes, the fears, the tears, and the agonies of their sick and suffering fellow creatures, is one that stands out as pre-eminently admirable among his many praiseworthy efforts for the well being of this nation.

I consider that one of the gravest dangers that threatens our civilization is that due to the unbridled license afforded to the quack. This same license is without doubt the outcome of the vast amount of money available for bribing legislatures and in generally corrupting those who are supposed to look after the physical and mental interests of the various communities. This systematic poisoning of the bodies of the people, and the wrecking of their mentalities will continue as long as there can be found men of "high social standing" and those "eminent in political circles" to join hands, and to aid the plans of these professional thieves and murderers. Can such men have a shred of conscience or vestige of manhood remaining to them? Do they ever reflect upon the shattered hopes, the filching from lean pocket-books, the agonies, and the deaths to which they are parties? Are they totally lost to a sense of decency and honor? Some of them, probably the majority of them, pay pew rates, and recite Sunday after Sunday "Thou shalt not steal," and "Thou shalt love thy neighbor as thyself." Do they ever reflect upon the blasphemy and the bitter irony of which they are guilty in uttering these same words? The reply must be in the negative. They must have calloused consciences. They must be obsessed with a lust for money which blinds them to morality and crucifies their sense of humanity.

In one of the circulars issued by the Force of Life Company and headed "Our President" this occurs:

"General O'Beirne is one of the few men who holds a gold medal, voted by the United States Congress and presented by President Harrison. He is very widely and favorably known through this country. He has a kind word for all; his heart is big enough to take in all humanity." If there is laughter within the confines of Hades, how the damned must chuckle at this, taken in connection with the frightful revelations of the work and methods of the concern in question. This kind of thing points to a condition of affairs existing among us that is not only disgraceful individually, but threatens the whole social structure itself. We leave it to our readers to pause and ponder over it.

It may be added that the Force of Life people have also been promoting a "radium" fake of very much the same kind that PHYSICAL CULTURE exposed in its January issue. Hadley manufactured capsules which "were charged with radium." With the aid of these capsules, he claimed that human life would be prolonged to two hundred years or more. According to the Post Office authorities he found thousands all over the United States who were willing to swallow his assertions and incidentally sent him money for a radium "treatment." The contents of the capsules on being analyzed proved to contain a cheap phosphorescent powder. The Post Office authorities are to be congratulated upon their efforts to expose this gang of scoundrels, but they have only touched upon the mere fringe of the huge conspiracy against the pocket-books and the lives of the citizens of the United States, of which Hadley and his "respectable" associates furnish but a single example.

In the December issue of PHYSICAL CULTURE there was some space devoted to the Lydia Pinkham fraud, including a quotation from the literature issued by her or the company which bears her name, one sentence of which was "If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham,



Her address is Lynn, Mass., and her advice is free. You are very foolish if you do not accept her kind invitation." Accompanying this quotation was a photograph of the tomb of Mrs. Pinkham who died in 1883 not furnished by her company, however, but obtained by this publication.

The article seems to have stirred to instant action and violent language the Lydia E. Pinkham Medicine Company, for, for obvious reasons, Mrs. Pinkham was unable to act in her own behalf in this instance. So the company issued a long circular which leads off with the proposition that "Certain publications have repeatedly attacked the Lydia E. Pinkham Medicine Company. These attacks have seemed to the company hardly worthy of its notice, but we have decided to make a plain statement for the satisfaction of those who may wish to see it."

This is rather puzzling. If these attacks were "hardly worthy of notice" why this extensive circularizing in reply to them?

To quote further "There are two charges against this company made by the sensational press. One is that our vegetable compound contains alcohol." The circular thereupon proceeds to try to answer this charge by acknowledging that it does contain a good deal of alcohol, thus: "In the liquid form it contains alcohol, *as do most other liquid medicines*. The proportion of alcohol can be easily discovered by anyone who cares to examine the medicine for that purpose." How anyone can "easily discover" the alcohol without the necessary apparatus and the needed knowledge of chemistry is a moot point. The amount of alcohol contained in Lydia Pinkham's compound is admittedly "about 18%." This be it noted is much more than that contained in beer or some other intoxicating beverages. But this fact is lightly passed over thus by Lydia's representatives in this fashion: "A great deal of foolish talk has been made about this (18%) being a larger proportion than is contained in some light alcoholic beverages. This is entirely immaterial." We venture to add that it is not entirely immaterial. A liquid which contains the percentage of

alcohol in question is an intoxicant, nothing more nor less, no matter what attempts may be made to beg the question. The circular goes on to say, however, that Mrs. Pinkham's compound is put up in pills and lozenges as well as in a liquid form so that those who object to the alcohol will not find it in the case of the pellets. It would be an interesting matter to ascertain what proportion of lozenges or pills are sold as against the liquid. Our belief is that the liquid has it all the time and by reason of the 18% of rum that it contains.

Another charge that the company complains is made against it is that "we, invite correspondence with Mrs. Pinkham by whom our critics assume that we mean Lydia E. Pinkham although she died more than twenty years ago. Her death was a matter of common knowledge at the time and we could not have concealed it if we had wished." Now as to this, anyone who has observed the advertisements of the nostrum in question knows that it is known as the Lydia E. Pinkham Vegetable Compound, that there are persuasive invitations to correspond with Lydia E. Pinkham, and that all manifestos regarding the stuff are signed by Lydia E. Pinkham. Further than that, the stationery of the company has upon it a large vignette of Lydia E. Pinkham having underneath the inscription, "Yours for health, Lydia E. Pinkham." If these are not sufficient proofs that "we mean Lydia E. Pinkham" we shall be glad to hear further from the company or some of its more or less duped patrons.

The circular says further "Her death was a matter of common knowledge at the time and we could not have concealed it if we had wished." As a matter of fact her death was *not* a matter of common knowledge. Lynn, Mass. is a very small part of the United States, and the death of Lydia was known only locally. If it was desired to spread the news of her death generally, why was not a notice thereof included in the advertisements of the vegetable compound which are spread broadcast not only over this land, but other lands also. "At various times since her death, beginning we think at least fifteen years ago, we have published explanations to the



person who was continuing her work, asserts the writer of the circular. Note the "person," etc. A long explanation is made in regard thereto which may be boiled down to the fact that the widow of the original Mrs. Pinkham's eldest son has now taken the place of Lydia, with a number of "capable women helpers." Also "The present Mrs. Pinkham has several other competent women working with her who can and do answer letters sent to the Pinkham Laboratory." So after all, it is admitted that it is *not* Mrs. Pinkham to whom you are advised to write freely for "she can surely help you for no person in America has had such a wide experience in treating female ills." In other words, the Lydia E. Pinkham Medicine Company not only deludes the public into the belief that Lydia E. Pinkham looks personally after the letters sent to her, but when brought to the wall admits that Lydia does not exist, but that another Mrs. Pinkham is doing her work, and then adds the further and confusing statement that it is not a Mrs. Pinkham at all who looks after letters sent to the concern, but that the work is practically done by "other competent women."

Those who are familiar with the vast expenses that attend the advertising of a concern like the Lydia Pinkham Medicine Company will not be surprised to be

told that it spends about half a million dollars per annum in the newspapers and magazines. This is irrespective of the cost of tremendous output of circulars, booklets, etc. Remembering these figures and remembering too the hundreds of thousands of replies that must be sent to the concern in order to make such advertising pay, we extend our hearty sympathy to the present Mrs. Pinkham and her small and select band of "competent women helpers" who have to wade through this mass of correspondence in order to give "personal attention" to each case. We are further assured in the advertisements of the concern that "No man will see your letter." That may be so, but the fact remains that until very recently at least, a full fledged M. D. was in charge of the correspondence department of the company. He may still occupy that position for all we know. Meanwhile we respectfully submit to the Lydia E. Pinkham Medicine Company that in spite of its labored explanation, its advertisements *do* lead one to believe that Lydia E. Pinkham "gives personal attention to all communications" and that in writing to Mrs. Pinkham you are writing to Lydia, and not to her daughter-in-law and her band of uncommonly industrious co-workers, whose existence was hitherto unknown to the public.

## HIGHER JIU JITSU

*By Rand Smith*

Following are some very effective Jiu Justo methods of disposing of a dangerous antagonist.

Beware the utter stranger who attempts to speak to you at the railway station. If he looks you squarely in the face, take his nose between the thumb and forefinger of the right hand and twist it outward and upward until the tip touches the forehead. Should he attempt to strike you in the meantime (or any where else), trip him up and lay him gently, but very politely on his neck.

If, while seated in a friendly game of poker, an acquaintance draws a knife

and tries to stab you, catch the point of the knife between the thumb and forefinger and give it a short, quick twist towards his throat, then shove his elbow until the knife sticks out of the back of his neck. This is called *kitchi-kitchi*, and should be used only by an expert Jiu Justoan, as it requires a thorough knowledge of the art to restore your opponent. Should you awake in the night, alone in the house, and find the light of a dark lantern and the muzzle of a revolver in your face, backed by a vicious looking thug, throw up your hands and surrender, for Jiu Justo won't help you any.

The nearer men live to each other, the shorter their lives are.—*Dr. Parr.*



# The Athletic World

By Arthur F. Duffey

With the approach of early spring, there are indications of a most prosperous year in outdoor sports. Following an indoor record breaking season of general interest, keen competition and the development of many promising athletes, the open air athletic period of 1906 promises to outrival the indoor season in many respects. It has been believed by many trainers and athletes as well, that indoor running was a hindrance to the development of championship material, in fact some of our foremost trainers refuse to allow many of their star men to participate in floor carnivals. Just why they have taken such a stand I am at a loss to know, for there can be no doubt that there is

nothing like such competition to bring out all the good that there is in a man.

Hitherto the month of March has been devoted almost exclusively to preliminary preparations for the outdoor sports. But just now there is an unusual activity in the athletic world in general which suggests a forthcoming period of record breaking and surprises.

With the announcement that the Grecian Committee of the World's Olympic Championships which are to be held at Athens, are to donate expenses amounting to the sum of \$1,500, to insure the presence of American representatives, track athletes far and near have resumed

World's Olympic Games



BREWILL      DUFFEY      MORTON      WADSLEY

Start of 100-Yards Scratch Race, Pontypridd, Wales

Won by Duffey, 9 4-5 seconds



their training in strenuous fashion, striving to be among the representatives of the Stars and Stripes which are to be selected by a special American Committee. In the previous issue of this magazine I called attention to the frequency with which committees are "reviving" the Olympic Games, but at last it seems that we are indeed to have a real Olympiad. To American athletes the forthcoming games at Athens should be an incentive to arouse their ambitions to win greater glory than in any other previous similar contest.

As in the days of the ancient contests no greater laurels could be won by an athlete than those at the Olympic games, so it should be to-day. With the many promising champions which we have at present we may look to America upholding the prestige which her athletes have already secured on foreign shores.

Not since the Paris Olympiad of 1900 have we had one which was characteristic of the relative athletic cream of the respective countries. At that Olympiad, although the enthusiasm of the French spectators was decidedly lacking, the keen competition which was displayed in the different events made the winner feel assured that he really had won a world's championship and not a mere title such as was awarded in some of the events at the late St. Louis Exposition.

In fact, the so-called Olympic Games of 1904 were not really a World's Championship series at all, for the best athletes of many parts of the world were not present. In track and field events, at least, it was practically an American championship. Shrubbs is without question the world's champion in all distances from a mile and a half up to twelve miles, but he was absent. Australia has many athletes of first class championship ability, but they were absent. New Zealand was to have sent a delegation on, and although there was considerable correspondence in regard to it, yet for some unknown reason the transportation expenses were not forwarded until it was too late. Thus there was every reason why American athletes should have secured practically all the World's Championship titles, since they were not compelled to fight for them against competitors which should have been sent

on from other countries. It goes without saying that there is a very bitter feeling in New Zealand towards the management of the St. Louis so-called Olympic games, and the expressions of opinion regarding the American athletic officials are not flattering. Of course, it would have cost a little more money to bring the foreign athletes here, but a real Olympic World's Championship cannot be held without them.

Preliminary training in rowing is now in vogue in many of the universities and rowing associations that are intent on winning in coming contests of the aquatic world. From Philadelphia comes the report that the Vesper Rowing Club will once more send a crew to Henley (England) to try and wrest the highest rowing honors from the Englishmen who now hold them. In college rowing circles, Cornell, Pennsylvania, Syracuse, Georgetown and Columbia have commenced training for the annual Intercollegiate regatta at Poughkeepsie in June.

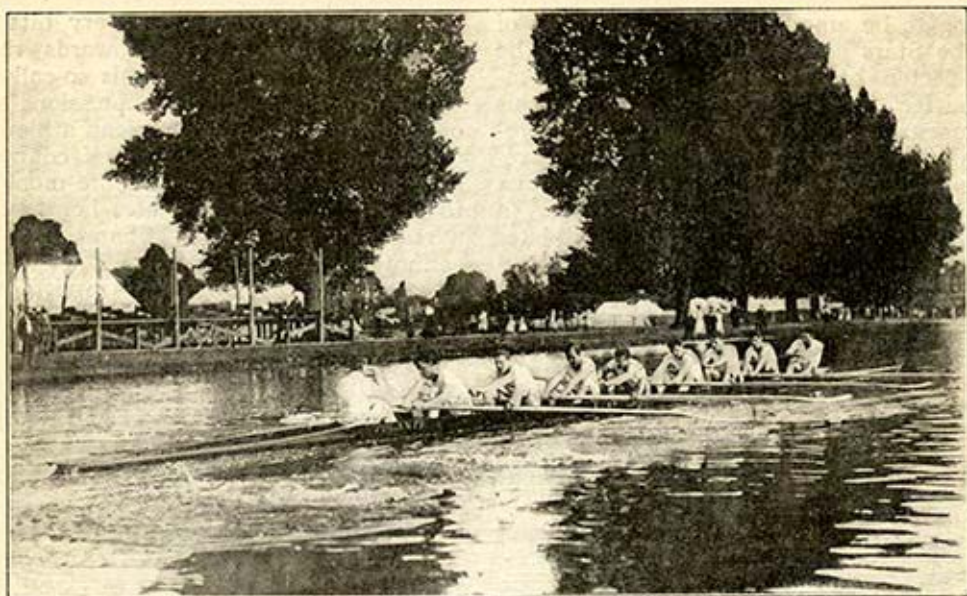
An innovation in intercollegiate rowing has been determined upon for the Poughkeepsie Regatta next June.

This consists of the addition of an event for centipede crews, and it will be the first time this form of rowing has been tried by the collegians.

Coach Ellis Ward, of the University of Pennsylvania has agreed to develop a centipede for this regatta and so has Ten Eyck, of Syracuse. Georgetown, Cornell and Columbus have been requested to do likewise and although the matter has not been finally passed on by the Board of Stewards, it is practically certain that centipede racing will be a fixture after this year.

This form of racing will supply a new feature to the programme and should awaken greater interest in rowing at the different colleges. Centipede racing has always been popular among the various rowing clubs of the country, but somehow or other was never properly appreciated by the college clubs. The substitution of this event for the four-oared race is sure to be received with approbation by rowing enthusiasts, this for the reason that the latter event has always been regarded as a race for unsuccessful candidates for the eight-oared





The Vesper Crew on the Thames, England, 1905. They will again Compete Abroad

crew rather than an important contest by itself.

Plans for the American Henley which will take place May 26th at Rowing Philadelphia are now under way. The project, now but four years old, has shown wonderful growth and promises to fulfill all expectations. It will take time to thoroughly establish this great regatta in America, but soon we may hope to see it outrivaling the old Thames regatta in many respects. A distinct feature of it, as in the past, will be the inter-collegiate contests.

Last year Harvard and Yale both sent freshmen crews, and Cornell and Pennsylvania their second crews to compete in the eight-oared race at Philadelphia. Other colleges were represented in other events. In the coming contests other crews undoubtedly will accept the President of Rowing Association invitations, including Columbia, Georgetown, and Naval Academy. The regatta seems to be concentrating interest in rowing in one national event, instead of having it scattered all over the country. There is no question of the great advantage which could be gained if all the colleges would send crews to

one great regatta, to say nothing of the great boom to rowing that would result therefrom.

I am in receipt of a letter from Alfred Shrubbs, the world's champion distance runner who at present is training lightly at his home in Horsham, Sussex, England. As the Athletic World readers will recall, Shrubbs was suspended recently after his return from the Antipodes by the A. A. A. of England. The charges preferred against him were "malpractices on the track," but they were of so indefinite a nature, that the Horsham Harrier informs me that he is at a loss to know just what they applied to. From indications which Shrubbs has learned from hearsay he was charged with "not trying" to win in a recent race in Scotland with J. McGough, the Scotch champion. The race was over one mile and half and as Shrubbs was not "keyed up" for the contest, the consequence was that he was defeated. Certain persons who were evidently seeking an opportunity to attack the good name of the champion, thereupon howled "fake." But anyone who knows the honesty of Shrubbs, and furthermore considers that the distance was but one

#### Track Athletes



mile and a half, will see nothing unusual in his defeat. In his letter Shrubbs specifically stated that he will run no more, for he is simply disgusted with the ruling of the A. A. A. He also states that he will appeal the case, not so much that he desires to run as an amateur again, but simply to find out why he has been suspended.

Since Shrubbs made the trip to Australia he has grown in disfavor with the A. A. A. of England. At the time of the negotiations between the Australian Committee and Shrubbs, the A. A. A. of England endeavored to discourage the trip which had been planned for the visit of the champion and myself to the Antipodes. We very much desired to make the trip and finally did manage to get the sanction of the A. A. A. I might add that it seems a peculiar state of affairs that, when an athlete desires to compete in a given country he must ask the permission of an Association in still another country. If the truth was known, the reason why the A. A. A. of England did not desire us to make the trip was that they were afraid we would not be back in time for the British season in the spring. As a matter of fact, Shrubbs had to promise he would be back early enough to compete for the championship.

In losing Shrubbs, the amateur world loses one of the greatest athletes the world ever produced. As the holder of records from  $1\frac{1}{2}$  miles to the hour record, this wonderful athlete's powers of endurance seem unlimited. Shrubbs stated that on February 1st he would settle down and get married. But the tone of his letter suggests that he would later delight in visiting America in order to compete against some of our foremost professional runners. At present we have no competent runners who could hold their own against him should he be in top notch form. Yet to my mind I believe that Shrubbs has gone off a bit, and thus should he compete against some of our aspiring champions, the latter would have a chance.

The current popular "fad and fancy" of the A. A. U. is the sanctioning of events to particular athletic organizations. For instance, at the recent Columbia Games, the A. A. U. sanctioned

the running of the 300 yards and mile for the alleged American championship. What influence was brought to bear in order that one club may have an American Championship and another may not can only be guessed at. I suppose, however, that it is but another illustration of the fact that there is "everything in the pull." "Stand in" and you will get the permission from the august body in question, but be on the outs—"nothing doing."

Now the 300 yards and one mile, as I stated, was for the "American championship." But can you tell me how under the present rules some of the westerners who are superior to the eastern in these particular events are going to have a chance to compete for this "championship?" The so-called title is a farce. A better idea would be to hold all these events at the regular outdoor championship, or better still to institute an indoor championship similar to the outdoor.

Melville Sheppard, a Philadelphia schoolboy, representing the Irish-American Athletic Club, established a new record for one mile indoors—4.25 1-5—on January 26th, at New York, winning the A. A. U. indoor one mile national championship held in connection with the Columbia University relay carnival. Sheppard was closely pressed by James P. Sullivan, of the same club, from whom he won by two yards. The Philadelphia lad has been doing some remarkably good work throughout the winter, having won a mile handicap event in 4.26, which was equal to the previous best world's indoor record for the distance. If Sheppard can retain his present form during the coming out-of-door season, or even improve upon it, it is difficult to say what he may not accomplish upon the cinder path. He has already proven himself to be one of the greatest track athletes that America has ever produced.

Sheppard's most dangerous competitor will be his clubmate, J. P. Sullivan, who pressed him so hard in the race in question. Sullivan has the credit of having run the fastest out-of-door mile of any American-born athlete, having



won the Metropolitan one mile championship last summer in 4.22 2-5. He runs a very strong race, and may possibly have the best of it in an out-of-door contest. American athletes will soon be the equals of their British rivals in long distance running if their standard of running continues to improve as it has been recently doing. Even if we cannot hope to approach the records of Shrubbs at the longer distances yet in the mile we are well represented by Sullivan, Harvey Cohn, Sheppard, Bonhag, Lightbody, Munson and others, all of whom can be relied upon to run that distance in the neighborhood of 4.25 or 4.26, if not better.

Pennsylvania will without doubt give a very good account of herself at the championships this year. With Amsler in the hurdles, Taylor in the quarter and the support of considerable other good material, she is quite sure to score a respectable number of points. Dear and Cartmell will probably make points in the sprints, and Risley, Moffitt and Greene should do well in the jumps.

Harvard's chances are not very bright, for outside of Dives in the quarter she has had no very brilliant men since Schick's departure. She has a great quantity of material, however, to work on, for about three hundred aspiring young athletes reported as candidates for the track team. Yale is pretty strong on the track, and Cornell can also be expected to make a strong bid for first honors.

As in recent years, the University of Pennsylvania relay meet will be next in importance to the intercollegiate championships, and will attract the best talent of all the big colleges of the east. The University of Chicago also expects to try to wrest the honors from their eastern rivals, and will unquestionably make a splendid fight. It is more than likely that Chicago could take the measure of any eastern institution in a dual meet if she had the opportunity. It is worthy of note that at the championship meeting last June of the I. C. A. A., at Chicago, the average standard of performances was superior to that of the I. A. A. A. A. The western men promise to do equally well this season.

The so-called "house-cleaning" attempted in January by the executive committee of the Amateur Hockey League attracted a great deal of attention, but really accomplished very little. Four or five hockey players who had just arrived from Canada were barred from the game, but this does not in any way alter the fact that practically all the successful players on the American hockey teams are previous importations from Canada, men who had become skilled in hockey before they came to New York. While this applies more or less to all the teams in the American Hockey League, it is particularly true of the New York Athletic Club team and the Crescents, of Brooklyn, both of which are made up almost entirely of Canadians.

There are many smooth ways in which profitable employment can be arranged for these players, and all kinds of subterfuges are resorted to in order to get around the rules. It is difficult to see how this can be prevented. As long as there is the spirit and the inducement to do so, men can find a way to get around almost any rule that can be invented to keep an amateur strictly an amateur. It is really a very simple matter for some one connected with an athletic, skating or hockey club to find very satisfactory employment for star players in some business with which he may be connected. The new rule adopted by the executive committee of the Amateur Hockey League provided for a sixty days' residence in New York as the condition of eligibility, but this of course did not in any way affect those who had previously been brought to this country, or who may be brought here just that much earlier next season. Though we may try ever so hard to shut our eyes to the facts, and try to think that our hockey teams are composed exclusively of pure amateurs, yet it is apparent to everyone who has his eyes open that the New York Athletic Club Hockey Team and the Crescents of Brooklyn are practically professionals. And, as suggested above, this hypocritical condition of affairs cannot be changed without some very radical al-



terations in the present "amateur" rules.

Several practice games between the teams of the Amateur Hockey League and the Intercollegiate League demonstrated very conclusively the superiority of the former. At the same time, the college teams have shown some very fast and clever playing. Yale and Harvard are far in the lead among the college teams at this writing, and it would be quite impossible to predict just which of the two will win the Intercollegiate Championship for the season. Columbia and Princeton are about on a par, while Brown is at the lower end of the ladder.

The New York Athletic Club Team has been somewhat of a surprise in the manner in which it has climbed to the top position in the Amateur Hockey League. The Crescents, with the same team with which they won the championship last year, were expected to make the strongest bid for the title this season, but they have met defeat at the hands of both the New York Athletic Club and the St. Nicholas Team.

The coming baseball season in the intercollegiate world indicates a close battle for the college championship, the outlook being, however, that Yale will retain her hold on the title which she won last year. Preliminary indoor training in the cages, principally for batting practice, is now

in order, but with the approach of fair weather the teams will begin out-door work.

There appears to be an extraordinary amount of valuable material available at Yale for next season. If a winning team could be produced from what there was on hand there last season, there should be considerably better chance with the line of candidates this year. Under the leadership of Capt. O'Brien and coaching of Lusk, the Yale nine should be a strong and evenly balanced team. There are plenty of infielders and battery candidates and fully as many catchers.

When once the college world was thoroughly stirred up over the question of football reform it seemed that it would never get through talking about it. It also seemed that the new football rules committee could not grapple with the work it had undertaken. There is no doubt that this committee has done the very best that it could to improve the conditions under which the game is played and still not actually destroy the game. To make too many radical changes would have been equivalent to killing the game entirely. As stated a couple of months ago in these columns, college men and football players do not want to lose the game, nor even to have it changed to any marked extent.



Yale Baseball Team, Champions of 1905



Although it is unlikely that soccer football will supplant or seriously rival the American game, it is gradually becoming more popular with athletes and with those who are interested in athletics. While the close mass plays which characterize the American game make it difficult for spectators to distinguish the individual work of the players, yet the formations, and occasional end-runs and the diving tackles appeal to the average onlooker more than the rather loose, open and individual play of the British game. What the American people demand is something strenuous, alert and continually exciting. Even without being able to distinguish individual play the spectators are able to watch the work of the team and can tell how they are making gains. The man to man struggle and the sight of eleven men working as one in a given formation is unquestionably more attractive to the American public than the more open and perhaps more skillful English game. American football has a place of its own which no other sport seems capable of filling.

Still, the introduction of the English game in this country will prove of much value in assisting in the bringing about reforms in the American contest. Soccer football is a sport rather than a battle, and on that score alone should become one of the regularly recognized American sports. As a substitute for American football, however, it seems unlikely that it will qualify.

After completing a most successful tour through the United Kingdom, the New Zealanders' Visit New Zealand football team has secured permission from Christchurch, New Zealand to extend the trip to America and Canada. As yet, while no definite arrangements have been made for exhibition games, it is practically assured that there will be no trouble in arranging matches to take place in Philadelphia, New York, Boston, Montreal and other cities. The coming of the New Zealanders could not have been planned at a more appropriate time when the whole college football world seems to be in a state of either readjustment or chaos.

The wrestling game received an unfortunate jar in the recent bout between Alex. Swanson, the Swede, and George Bothner,

which will cause the refusal of many followers of the sport to again witness public exhibitions of it. For an hour and half these two athletes wiggled and squirmed about on the mat without accomplishing anything in particular. It was the slowest kind of wrestling, nor did Bothner try any offensive work. The climax was reached when he whipped his arm out of Swanson's hold, grabbed his own shoulder, complained of being in pain, and refused to go on with the bout. It is a curious fact that when the bout stopped and physicians were called to examine Bothner, they were not allowed to do so. It is true that Bothner's seconds declared that something snapped, nevertheless it seems very peculiar that he did not wince in the least when his shoulder was allegedly hurt, and as he left the ring he shoved his arm into his robe most unconcernedly.

The bout was supposed to be for the lightweight championship, but it was not, for Swanson weighs 143½ pounds, while Bothner weighed 139 pounds.

The great majority of spectators were inclined to believe that the bout was a fake, as unfortunately have been the majority of wrestling matches.

Cornell, the leader in track athletics and aquatics, has undertaken to boom intercollegiate wrestling as an indoor sport. Several years ago the sport was quite popular at the Ithaca University, but owing to the difficulty of securing suitable opponents for the collegians, it gradually lost popularity.

Now that wrestling has secured a firm hold in the other universities of the East, Cornell will resume its place as a prominent exponent of the sport. The new move is certain to attract great interest among wrestlers in the college world.

Pennsylvania's team has already expressed its willingness to unite in booming wrestling, and has commenced practice for a series of intercollegiate meets. Besides the contest with Cornell, Pennsylvania has arranged to meet Princeton.



The quick manner in which Aurelia Herrera, the Mexican fighter, **Boxing** defeated young Corbett stamps him as a pugilist of high class. With a style different from all the other prominent fighters, he has an excellent defense, and a wallop that hits the mark sure and hard.

A strange thing about this champion is the manner in which he prepares for his contest that is directly opposed to all other methods of training, yet still produces good results and enables him to hold his own with all competitors who live the "simple life." Herrera lacks only one thing from perfection and that is stamina, the recuperating power that would enable him to recover quickly and be strong after a hammering. This stamina has evidently been thrown away by a too great fondness for the good things of earth. Although not a drunkard by any means, he indulges in cognac after meals, and keeps up his practice of smoking the blackest cigars whether in training or not, so that one can but wonder how he is ever able to fight at all, for physiologists argue that of all men the habitual moderate drinker is the one who does the most harm to himself.

At present, Mexico seems to be the venue for the followers of golf. **Golf** For the last two or three years, the Mexicans have been showing great interest in this sport. Last year they held a championship tournament, and a few of our northern golfers participated. Anderson, the American open champion, and Smith, of Chicago, each won one of the big professional events. We American amateurs were highly pleased with the links, and the efforts of the Mexicans to improve the standard of the game. This year the Country Club of Mexico have arranged a championship tournament on a mammoth scale, in which such famous golfers as Jack White, champion of Great Britain in 1904, and Alex Heid, who held the title in 1902, will compete.

For the first time in the history of **Swimming** American aquatics we have succeeded in bringing the world's record in the 100-yards swimming race from Australia to this country.

The feat was accomplished in the 100-

yards handicap which took place in the tank of the N. Y. A. C. at its recent indoor swimming carnival. In this event C. M. Daniels (N. Y. A. C.) from scratch, negotiated the distance in the sensational time of 57 3-5 seconds, which lowers Dick Cavill's previous world's record of 58 seconds, established in Sydney, Australia. It is the fastest time ever made by an amateur or professional; the professional record being 58 1-5 seconds.

In the past, world's records have been credited to our swimmers which were only records because made at odd distances not recognized abroad, or because obtained under too favorable conditions. For instance, one only has to recall the fact that H. J. Handy, the Central Y. M. C. A. champion, whose record-making feats of late have somewhat startled the aquatic world, were made at 350 yards, 500 yards, etc. distances unrecognized by the Australian and American Associations. The question of the relative merits of Handy and Daniels has often been open to discussion, many followers of the western champion claiming that Handy by reason of his recent record making performances is the forthcoming champion. Daniel's performance in the 100-yards race as told makes him practically an odds-on favorite for the championship, however. Not only did the crack Mercury's foot swimmer twice repeat his wonderful record breaking performance with a slight rest between heats, but incidentally shattered two other good records, touching the 50-yard mark in 26 2-5 seconds and the sixty-yard mark in 31 2-5. Daniels seemed to positively crawl over the water, with his body practically half exposed. In the past he has confined himself to the powerful trudgeon stroke, but in his recent race he used a compromise between a trudgeon and the famous Australian crawl, thus combining a peculiar scissor-like leg motion with every other arm stroke, and insuring the greatest possible drive. Unlike many crawlers who keep their feet entirely under water, Daniels would lift his legs high above the water, and then slap down hard with a great splash. In other words, he used a form the like of which has never before been seen.



# Protection from Patent Medicines

THE LADIES' HOME JOURNAL has done very creditable work in exposing patent medicine frauds. Their interest and activity in this line seems to be constantly increasing. I am indeed pleased to have such a powerful ally in this vastly important reform. In the last issue of their magazine they suggested that every subscriber use his or her influence to have the bill that they propose, introduced in the various State Legislatures. I emphatically commend the suggestion of Editor Bok. I hope that many of my readers will be able to help along the good work. The bill very clearly explains its object and follows hereafter :

## AN ACT

### TO REGULATE THE MANUFACTURE AND SALE OF "PATENT" AND "PROPRIETARY" MEDICINES

BE IT ENACTED by the Legislature of the State of \_\_\_\_\_,

SECTION I. Each package, bottle, box or other parcel containing what is commonly known as a "patent" or "proprietary" medicine of any kind or in any form, intended for internal consumption by human beings, other than a medicine specially compounded upon the written order or prescription of a physician duly authorized to practice his profession in this State, which shall be hereafter manufactured within this State, or which shall be hereafter manufactured without this State and exposed or offered for sale, or sold or given away, or otherwise disposed of, within this State, shall have both on the outside wrapper of such package, bottle, box or other parcel, and also on the label affixed to such package, bottle, box or other parcel, in plain English, printed in black letters on white paper, of a size not smaller than of type eight point, so-called, a complete schedule showing all the ingredients contained in such "patent" or "proprietary" medicine, and the exact proportions of each ingredient thereof.

SECTION II. Whenever any such "patent" or "proprietary" medicine shall contain more than eight per cent. of ethyl alcohol, or more than one-twenty-fifth of one per cent. of morphine, heroin, cocaine, or of the salts or equivalents or derivatives of the same or any of them, or more than one-fourth of one per cent. of chloral hydrate, or any quantity of belladonna, cotton-root, ergot, or other abortifacient, there shall be printed in plain English, in red letters of a size not smaller than eight point, so called, on white paper, in addition to the schedule of ingredients hereinbefore required, both on the outside wrapper of the package, bottle, box or other parcel containing the same, and also on the label affixed to such package, bottle, box or parcel, a notice reading as follows:

"This package (or bottle or box or parcel as the case may be), contains (here give the name and proportion or percentage of the drug as the case may be), and is therefore under the Act of the Legislature of the State of \_\_\_\_\_, marked

"POISON"

and also the single separate word "POISON," which shall be printed separately on a line by itself, in bold-face type, and in letters not less than one-quarter of an inch high.

SECTION III. The Board of Health of this State is hereby empowered, immediately upon the passage of this Act and from time to time thereafter, to make, or cause to be made, a chemical analysis of "patent" or "proprietary" medicines, manufactured, or exposed or offered for sale, or sold or given away, or otherwise disposed of, within this State, for internal consumption by human beings, other than those specially compounded upon a physician's written prescription as aforesaid. If any such analysis shall show that there has been, with respect to any such "patent" or "proprietary" medicine, a failure to comply with the requirements of this Act, said Board shall at once notify the District Attorney of any county in this State in which the said "patent" or "proprietary" medicine is manufactured, or exposed or offered for sale, or sold or given away, or otherwise disposed of, whose duty it shall be to prosecute the person, firm or corporation so violating the provisions hereof.

SECTION IV. Any changes, either in the ingredients or in the proportions or percentages of the ingredients in any such "patent" or "proprietary" medicine manufactured within this State, shall be at once reported by the manufacturer thereof to the Board of Health of this State.

SECTION V. Any person, firm or corporation who shall manufacture, or expose or offer for sale, or sell, or give away, or otherwise dispose of, any such "patent" or "proprietary" medicine within this State in violation of the provisions of this Act, or any of them, shall be guilty of a misdemeanor and on conviction thereof shall be punishable therefor by a fine of not less than fifty dollars (\$50) nor more than five hundred dollars (\$500), or imprisonment for not less than thirty (30) days nor more than six (6) months, or both.

SECTION VI. All Acts or parts of Acts inconsistent herewith are hereby repealed.

SECTION VII. This Act shall take effect on the \_\_\_\_\_ day of \_\_\_\_\_, 1906.



# About the Honesty of James E. Sullivan

By Carrol H. Wynne

In publishing this article, I want my readers to distinctly understand that I have no reason for any feeling of enmity towards Mr. Sullivan, or the Association which he represents. We began the series of articles on Corruption in Amateur Athletics with the distinct purpose of accurately proving our contentions. I stated editorially that we would protect no one, and we do not intend to protect Mr. Sullivan. Our attorneys have carefully gone over this article, and have been extremely careful to verify every statement made therein. I firmly believe that it is about time for the A. A. U. to take some definite action. Officials in their organization who are using their athletic standing and influence solely for financial gain, should be removed from the organization, or else their by-laws should be changed. I sincerely hope that this and other articles to follow, will have a salutary effect upon amateur athletics. I would be pleased to publish any reply Mr. Sullivan might choose to make to the charges contained in this article.—*Bernarr Macfadden.*

**JAMES E. Sullivan**, Secretary of the Amateur Athletic Union, in his preface to the official athletic almanac of which he is paid editor, mournfully admits that "dishonesty in athletic officials has been found." The foregoing quoted sentence was used in last month's issue of this magazine in an article of Mr. Bernarr Macfadden's which had to do with Mr. Sullivan and his "honesty." The sentence, however, is so pertinent to that which I am about to relate that I offer no excuses for using it in this connection, inasmuch as this article has to do with what is a real or apparent case of dishonesty on the part of an athletic official—this official being Mr. Sullivan himself.

The term dishonesty is, of course, more or less relative, by which I mean that there are several kinds of dishonesty. A plagiarist is one who is intellectually dishonest; a liar is verbally dishonest; a hypocrite is morally dishonest, and the man who filches from you either in the matter of records or personal reputation is guilty of a despicable form of dishonesty that can hardly be catalogued, while the man who makes money by violation of those professions or principles under the terms of which he is strictly forbidden to make money, is guilty of a species of dishonesty which is all the more damnable because it is tinctured with hypocrisy. With which particular type of dishonesty this story has to do I leave my reader to judge. In addition, it may be not inappropriate to quote the dictionary definition of dishonesty, which is—"A want of hon-

esty or probity; disposition to cheat or to fraud; violation of honesty or trust; etc." With this preface I will now to my tale.

During the Sportsman's Show at Madison Square Garden, New York City, in March, 1899, the swimming contests which took place in the "lake" or big tank were among the most attractive features of the programme. This in the main was due to the fact that the management of the Show realized the drawing possibilities of the contests, and so set about to secure natatorial talent that would prove attractive to athletes and laymen alike. Recognizing the fact that the A. A. U. had a whole lot of available material for the contest, Mr. Sullivan was approached by the representatives of the Show to the end of a number of swimmers being secured to take part in the various races.

For obvious reasons it is impossible to give in detail the negotiations which followed, but after some days of parleying, a contract was made by Sullivan and two associates, on one side, and the Show people on the other, under the terms of which Sullivan, then as now an A. A. U. official, agreed to supply during the continuance of the Show a sufficient number of not only amateur but professional swimmers in return for a certain percentage of the gate money to be paid to Sullivan et al. In other words, the services of A. A. U. athletes and professionals were sold to the management of the Show, the purchase and price taking the form of a rake-off on the gate receipts. As I believe that the



reader of this little story can see through a pane of clear glass, it is not deemed necessary to suggest who benefited by the gate money percentage.

I would refer those who are curious to know what bearing this question of sharing in gate money has on the standing of an A. A. U. official to Article 10 of the constitution of the Amateur Athletic Union, which article distinctly forbids the "compensation or reward of any kind in return for skill or knowledge of athletics, or for rendering personal service of any kind, etc." And the reader's attention is once more called to the question from Mr. Sullivan's preface.

The New York *Morning Telegraph*, at the time in question, managed to get a tip on Mr. Sullivan's pleasant and remunerative relations with the Sportsman's Show, and published the story at length after a thorough investigation of the facts of the case. The writer of the story is still engaged in active journalism in the metropolis. It need not be added that the publication thereof caused more than a ripple on the usually troubled sea of amateur athletics. Indeed it raised a storm, Mr. Sullivan playing the part of Boreas.

Amazed and furious at the reflection on his "honesty" Mr. Sullivan demanded a retraction from the *Morning Telegraph* proprietors. This retraction was not furnished. Then the perturbed secretary of the A. A. U. hurried hot-foot to

his lawyers and those gentlemen notified the *Morning Telegraph* that unless the latter withdrew its tale, made ample apologies, and "crawled," that criminal libel proceedings would be instituted forthwith.

Whereupon the *Morning Telegraph* editors made a further and careful investigation of the data upon which their reporter had founded his story, and subsequently 'phoned Mr. Sullivan's lawyers to go ahead, and that the charges made in the published story would be duly proven in court.

It may not be surprising but it is true, nevertheless, that Mr. Sullivan declined to vindicate his "honesty" through the means thus offered by the *Morning Telegraph*. In other words, he dropped the matter like the proverbial hot potato, and nothing more was heard of the threatened suit.

All of which goes to show that the honest man should ponder e'er he attaches his signature to contracts when such contracts directly or by inference may at some time smirch the virginal purity of his probity.

There should always be sufficient reason for the publication of a magazine article. The excuse in this instance is that a little story of the foregoing type may, to once more quote from the preface of the Amateur Athletic Almanac tend to "a step forward in the government of honesty and clean sport."

---

Madame Renier says that champagne develops the throat and lungs. "Fizzical Development" so to speak.

---

"The percentage of insane at Chicago has quadrupled in the last fifty years"—*Dr. Podstata, Supt. of Asylum, Chicago.*

### POPE PIUS A FRIEND OF ATHLETIC SPORTS

Pope Pius has recently placed himself on record as an earnest advocate of physical training and athletics. In a recent address to the sporting societies at Rome he said in part:

"Beloved Sons.—It is sweet pleasure to me to meet you, young men of Rome, for yours is the age of noble efforts and beautiful, courageous endeavors and hopes.

"As your friend, beloved sons, I approve of your societies and their aims. They are noble aims, calculated to improve body and soul.

Gymnastics, bicycling, foot-ball, mountain climbing, running, rowing, shooting, walking—I love all those sports and, in my time, tried them all. And I envy you your ability to devote yourself to these health giving exercises. My blessing upon them, my blessing upon your joyful, peaceful contests.

"I advocate the aims of your sporting societies because physical exercise while benefiting, as I pointed out, both mind and body, keeps the young men from idling,—idling that is the beginning of all vices. And inasmuch as gymnastics forestall vices, I consider them almost a virtue."



# In Defense of the A. A. U.

## CHAIRMAN OF REGISTRATION COMMITTEE REPLIES TO MR. WALKER'S CHARGES IN LAST ISSUE.

TO THE EDITOR:

In your issue of February, 1906, reference is made to me in an article signed W. H. Walker, Jr., Crown Point, Ind. I desire to reply thereto, and trust that you will give it the same publicity as the statement of the above-mentioned gentleman. In the first place, reference is made to a 220-yard race between Mr. Foster and "the most prominent sprinter in the University of Chicago, who originally hailed from Indiana Harbor, this State." I beg to say insofar as the inference is drawn from this item that I had any connection therewith, that this is the first information I have ever had of such a race having taken place. Again reference is made to another "100-yard race at Cedar Lake, Ind., between the best dash man in the First Regiment and an athlete now one of the most prominent halfbacks on a University Team." The statement is made in connection with this that the Central A. A. U. of Chicago heard of this affair only three days after and were given the athletes' names. Were either of them suspended? "Mr. Lipps, Secretary, looked wise when asked about it afterwards and said it was only a friendly race at a picnic." As to this statement, I beg to say, why does not Mr. Walker give the names of the A. A. U. officials to whom such information was given, inasmuch as they were present? This also is the first information I have had of this race taking place. Again I am also quoted as Secretary of the Central A. A. U., at the time of this last race mentioned. This again is an error, as I have never been or am I now Secretary of the Central A. A. U. or of any other branch of the A. A. U. either Local or National. Again the statement is made in the item above referred to that this latter was but one of the many match races that had been pulled off at Cedar Lake; further, Mr. Walker states that he saw prominent A. A. U. officials right on the grounds while the rankest kind of money-betting had taken place between positive A. A. U. stars and not a word was said afterwards. Why, Mr. Walker, did you not give the names of these officials you saw connected with the affair and not make statements from which the inference to be drawn is that I was the party referred to? I want to say that I never was present at a match race or an athletic meet of any kind at Cedar Lake, Ind.

One more word as to Mr. Foster, who Mr. Walker states was "quietly dropped from the A. A. U." Under date of August 16, 1904, I was advised that he had competed in un-sanctioned games in the years 1901, 1902 and 1903 at Crown Point, Ind., given by the I. O. of F. of America. After looking the mat-

ter up and satisfying myself that this information was correct, I advised Mr. Foster under date of September 12, 1904, that he had been suspended from the A. A. U. for the above offences and he was at liberty to submit such evidence as he desired in defence of himself. He wrote me under date of September 20, admitting that he had competed at these picnics and assured me that he would in the future keep out of all meets unless they were sanctioned. He did not however, you will observe, openly state that he was a professional, as Mr. Walker states; but he did lead us to believe that he was an amateur and only violated the rules through ignorance on his part. As to the reference made to the Pullman games, I would say that he was protested at the Pullman meet, Decoration Day, 1904, on the grounds of having been coach for the Crown Point High School. The medal which he won at that time was held pending said charge, in reply to which Mr. Foster filed an affidavit with me dated June 1, 1904, certifying that he merely practiced with the Crown Point High School and did not act as their coach, and gave them advice on training rules. He received no consideration of any kind and this is also supported by Mr. Heighway, Superintendent of the Crown Point High School with an affidavit filed the same date, after which his medal that he had won at the Pullman games was delivered to him. His case was again called up in July, 1905, by reason of the athletic meet being held at Crown Point, Ind., and statements having been made that the A. A. U. would not interfere as it was a closed meet, being confined to athletes residing in Lake County, Ind. This was denied by me under date of July 15, 1905, inasmuch as it was not a closed meet. He was advised that he could not compete therein on account of his having become a professional, and unless it were a duly sanctioned meet an athlete could not compete therein unless duly registered.

I only go into this matter at this length to show what action was taken by me as an A. A. U. official the moment I received any evidence regarding Mr. Foster. The inference intended from Mr. Walker's statement is wholly wrong in the light of these facts and I would suggest that he give the names of the A. A. U. officials to whom he has referred who have such actual knowledge, either in Chicago or elsewhere. All of which is submitted for consideration, by

Yours respectfully,

W. B. LIPPS,

Member of Registration Committee  
Central Association of A. A. U.



# Swedenborg's Conception of the Inhabitants of Jupiter

TO THE EDITOR:

The remarkable story you are now publishing from the pen of Tyman Currio, reminds me of a little book written by that most remarkable of theological writers, Emanuel Swedenborg, and first published in Latin at London in 1758, entitled "The Earths in our Solar System, which are called Planets, and the Earths in the Starry Heavens—their Inhabitants and Spirits and Angels." The enclosed pages contain an extract from his account of the Planet Jupiter.

I do not know whether you are acquainted with the writings of this wonderful man, or not, but it seemed to me, that in the light of Mr. Currio's story these quotations might be interesting to you.

"Since, by the Divine mercy of the Lord, the interiors of my spirit have been opened, and thereby I have been enabled to speak with spirits and angels from this and other earths—with some for a day, with some for a week, and with some I have conversed for months—and have been instructed by them concerning the earths from which they come, and concerning the life, the customs, and the worships of the inhabitants.

"That there are many earths, and men upon them, and spirits and angels thence, is very well known in the other life; for there every one who desires it from a love of truth and thence of use, is allowed to speak with spirits of other earths, and thereby to be confirmed concerning the plurality of worlds, and to be informed that the human race is not from one earth merely, but from innumerable earths.

"With the spirits and angels of the planet JUPITER, a longer intercourse was granted me, than with the spirits and angels from the rest of the planets, and for this reason I am enabled to relate more particulars about their state of life.

"The spirits from Jupiter said that in the region of the earth where they lived while in the world, the multitude of men was as great as the earth could support, that the earth was fertile and abounded in all things;

but that they did not desire anything beyond the necessities of life, and that they accounted nothing useful that was not necessary. They said that their greatest concern was the education of children, and that they loved them most tenderly.

"They stated further that the inhabitants are distinguished into tribes, families, and households, and that they all live by themselves with their own kindred.

"It was told me by angels that the most ancient people of our earth lived in a similar manner.

"What sort of face the inhabitants of the planet Jupiter have, was also shown me. They were like the faces of the men of our earth, fair and beautiful, but *sincerity* and *modesty* beamed forth from them.

"Those who live in their warm climates go naked, nor are they ashamed of their nakedness, for their *minds are chaste*, and they love their consorts only; and they abhor all adulteries.

"They wondered exceedingly that the spirits from our earth, on hearing that they were naked, had lascivious thoughts; and that they paid no attention to their heavenly life, but only to such things. They said this was a sign that the men of our earth had a greater care for corporeal and earthly, than for heavenly things, and that their minds were full of indecencies.

"It was answered them by the inhabitants of Jupiter, that nakedness is no cause of shame nor of scandal to those who live in chastity, and in a state of innocence, but only to those who live in lasciviousness and immodesty."—*Emanuel Swedenborg.*

In his book entitled: "Heaven and Hell, from things heard and seen," published the same year, he says, in speaking of the garments of angels: "Those in the *inmost* heaven are naked, because they are in innocence, and innocence corresponds to nakedness."

With fullest sympathy with you in your battle for Purity against Prudishness, I am,

Sincerely,

Newark, Del.

E. C. A.

## CHILDREN'S LIVES SACRIFICED BY ADULTERATED CANDY

TO THE EDITOR:

The evil of candy adulteration, particularly of the cheaper confections, and those known among the trade as "penny goods" has had an illustration in the case of little eight year old Eula Walcott, of Randolph, Vermont, who recently died in intense agony and convulsions from poisoning by candy. Her parents, Mr. and Mrs. Henry Walcott, knew that their little girl bought a cent's worth of candy which, child fashion, she shared with a playmate, Helen Ranny, who was also made ill, but not so seriously as to cause her death.

Very few parents realize the artful schemes which the cheap confectioner adopts to attract the attention and draw the trade of their little patrons, few too have any conception of the magnitude the cheap candy trade has assumed in the United States. It is only when the evil is brought home to us as in the foregoing unfortunate instance that the average parent is forced to give the subject a thought.

A doting granny almost daily says: "Here, Johnny, is a penny," and, forthwith, Johnny hies him to the nearest slot machine or penny



counter and returns with a smiling face. He has found some new catch-penny product of the unscrupulous confectioner's art and is happy because he has got so much for his money. But, in an hour, a day or a few weeks the boy is sick, the doctor is summoned and pronounces the trouble biliousness, or gastritis, never enquiring into, or seeking to prevent a recurrence of the cause. Johnny recovers but sooner or later the same thing occurs again, and again.

Finally, after the boy's digestion is seriously impaired, the parent learns that it is cheap confectionery that has been injuring his boy's health. The boy, is bound to have this artificial sweet—because he does not get

natural sweets in his regular diet, as sweet fruits, dates, figs, honey, etc.

The poisons used in confectionery to give it gorgeous and attractive colors include chromate of lead, gamboge, cochineal, Vandyke brown, amber, sienna, Antwerp blue, Prussian blue, Brunswick green, verdigris, and emerald green. Dr. Hoskins, an authority, says in regard to the quantity of poison used in coloring confectionery: "They say that the quantities of coloring matter used are infinitesimal. Perhaps so, but I have, myself, scraped enough Shule's green from one small sugar toy to kill a rabbit in a few minutes."

ARTHUR T. BUSWELL, M. D.

Barton, Vt.

### WAS PRESIDENT HARPER A VICTIM OF UNHYGIENIC LIVING?

THE tragic lessons taught by the death of President Harper of the University of Chicago, are, if considered and acted upon, no less emphatic than those brighter ones which he so faithfully and nobly taught during life. President Harper was but forty-five years of age when he passed into the Unknown. His demise was due, so we are told, to a cancerous growth which defied the skilled specialists called in to consider his case and in regard to which several surgical operations proved futile. This is the superficial statement regarding his sufferings and premature taking-off.

We are further told that he was the victim to his zeal for his life work. But we are not told that his death was due to a total disregard of the elementary principles of right living and right effort.

Let us see. President Harper was according to general opinion, a man of "full" habit, that is, one whose physical system is such that there is a tendency to make blood freely and to acquire adipose tissue or fat very quickly. Nevertheless he was accustomed to work at his desk from 5 or 6 a. m. until midnight, and that furthermore, he only allowed himself five hours sleep nightly. In addition, he took but a few minutes at each meal, and his brain was unceasingly occupied with the many details of his responsible office.

Now it is evident that a man who worked in the manner that he did, must have totally eliminated exercise from his daily regime. Logically, the action of the digestive and excretory organs

which cannot fulfil their offices without a proper degree of exercise, were rendered practically inoperative. Naturally too, the rapidity with which he ate tended to still further interfere with the work of these organs. And remembering that he was of "full" habit, he was one of those men, who even under normal conditions, need a large proportion of exercise to keep them moderately healthy. His method of living therefore brought into being a superfluous amount of blood charged with the poisons that arise from unassimilated food and a body that was terribly hindered in its work of getting rid of these same poisons. Cancer, from which he died, is admittedly due to blood poisoning.

Also he took so little sleep that his body had no chance to recuperate. The statement issued by his doctors not long before his demise was significant. It was to the effect that he was suffering "from a thickening of the intestines." Constipation and its allied evils brought about this condition, and the cancerous growth was, as intimated, the outcome of the same evils also. And so, a most useful and a most noble life was cut short in its prime.

The lesson is a terrible one, but it is hardly likely that humanity will profit by it. The world seems to be wedded for all time to those unhygienic vices which manifest themselves in improper eating, indifferent mastication, lack of exercise, etc., this too in spite of the teachings of PHYSICAL CULTURE, and the deaths of such men as President Harper.



# 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 curses—that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL and TOBACCO.

**I**N another part of this issue appears a letter from one of our friends, which is in effect an argument for the repeal of the Comstock law against obscene literature. In regard to this letter I would say that while I have not given the subject a great deal of attention, I am inclined to think that such a law, wisely enforced, might be of benefit. My opinion on this subject is not by any means firmly fixed and might be reversed after more careful consideration of the facts.

## THE REPEAL OF THE COMSTOCK LAW

There is, however, a vast deal of literature circulated which undoubtedly has a demoralizing influence upon the young and old alike. It benefits no one. It harms a vast number of persons. The principal fault with the law as it exists seems to be that "obscenity" is not defined. It is quite apparent that under such circumstances, injustice is bound to result. If there existed a law, the meaning and terms of which were clearly defined, it appears to me that it would work ultimate good. But with the law as it is and with, as a consequence, such a man as Comstock posing as a censor of literature and art, the law and its enforcement has naturally become a farce. It must be admitted that prudery has created the excuse for the existence of this law. Without prudery to point out the obscene, that which we term "obscene" would lose its attractions. There would be no necessity for curtailing the sale of literature or pictures that offend the moral sense, for then there would be no demand for them.



**I**N the last issue of this magazine, there appeared an article calling attention to the criminal alliance between newspapers and quacks. It may, at first thought, seem startling that newspaper proprietors who are considered highly respected citizens can be classed as partners of the charlatans who are robbing the public of money and health by means of false promises regarding the alleged benefits of their so-called remedies. Every newspaper proprietor loudly proclaims

## NEWSPAPERS THE PARTNERS OF QUACKS

that he has a friendly interest in every reader of his paper. His declared desire is to benefit his entire reading public. And yet, paradoxically enough, this same individual will go into partnership with the lowest schemers, the most infamous scoundrels that were ever permitted by lax laws to victimize the public. Of course there is no formal contract in this partnership, but the newspaper furnishes the victims from the ranks of its readers. In other words, the proprietor of the newspaper sells his advertising space to quacks whom he fully realizes will fleece and in some cases vitally injure if not kill the unfortunates who purchase the nostrums.

The Insurance Companies scandal furnished a vast amount of material for newspaper comment. The managers of these companies were most severely and justly criticized. Their financial methods were held up to public scorn, their lack of commercial morality called forth general condemnation. But all the sins that they may have committed are insignificant when compared to the sin of victimizing poor, frail weaklings, who are groping in the dark for health. Newspaper proprietors are to blame for the existence of quacks. Without the aid of the public press, these medical vampires would soon cease to exist. Newspaper owners who aid and abet them have no right to pose as friends of the public. Those who receive money from scoundrels, who,



if they received their just deserts would be within prison walls, are partners in the crimes of such.

I want my readers to help in this fight against medical quacks. I want each one to start a crusade to the end of eliminating these foul birds of prey. The first step in accomplishing this object is to awaken the moral sense of the various newspaper proprietors. Write to the proprietors of the newspapers publishing such advertisements, and call their attention to the infamous alliance existing between them and quacks. Do not be satisfied with one letter. Write several letters; then, if your letters have no effect, write to a higher authority, for instance, the Postmaster-General or President Roosevelt. If these gentlemen receive numerous complaints in regard to newspapers that are in the habit of publishing fraudulent quack advertisements, there is liable to be "something doing."

There is a moral awakening in all walks of life at present. The newspapers are everywhere commenting upon this renaissance of the public conscience. The political boodler, the insurance company robbers and various other notorious characters have lately been relegated to the background in public esteem and to the foreground of public contempt. It is time for the newspapers to begin to take a little of their own medicine. I, therefore, ask my readers to assist in the good work of awakening the moral sense of those newspaper proprietors who are notable sinners in the manner in question.



**I**n the last issue of this magazine, Doctor M. B. Jackson called the attention of my readers to the danger of the proposed Federal medical law. Various states have enacted laws giving a monopoly of the practice of the healing art to members of the "regular" medical profession. The results of these laws have not been entirely satisfactory to the political doctors. They are now working hard for a Federal

#### CONGRESS AND MEDICAL LAWS

law, which they are trying to pass during the present session of Congress. Do the readers of this magazine realize what this law means? It means that we shall be forced to hire a certain brand of physicians, should we happen to fall ill, whether we believe in him and his mode of treatment or whether we don't. For instance, if any of your family became ill and you dared to treat him by some common-sense method, you would be guilty of a crime for which you might be severely punished. Let us awaken to the danger that thus confronts us. Use all the influence that you may have with any Congressional representative to prevent the passing of a bill of this kind. If you have no direct influence, arouse the interest of those of your friends who might be able to bring influence to bear on the subject. With monopolies on all sides, with everything that should belong to the people in the hands of Trusts, it would certainly be a fitting climax to the tyranny thus legalized if we were harnessed to a medical trust founded on a Congressional enactment.



**A**S my readers will have probably noted, I am fond of long walks. During one of these walks and on a recent occasion, I came in contact with a family who were carrying out what one might term the "simple life" in all its details. The family consisted of father, mother and three children. I could hardly call them physical culture representatives, but they apparently enjoy more than an average degree of health.

#### THE SIMPLE LIFE

They were cultivating a small farm. Market gardening was the principal occupation, though they "dabbled" in pigeons, chickens, and were carrying on other small experiments, which though interesting have not as yet proved to be remunerative. To my mind, the life of the family was very near the ideal. They were free from the petty worries and shallow irksome superficialities of the world. They had just enough work to keep them occupied, and had been able to live without being tainted with the prevailing dishonesty and greed for gain. The sweet simplicity of their life appealed to me. They were free from the feverish ambition which often leads one on with its fiery ardor to wreck



and ruin. No distrust of others, merely the simple capacity to live and enjoy life in all its wholesome intensity. In the world of greed and gain and hypocrisy the very foundation of life's happiness crumbles away. Life, to yield anything of permanent importance and value must be founded on earnestness, sincerity and honesty. These are characteristics that are rarely met with in this age of commercialism. I envied this small farmer. He was living his own life, according to the dictates of his own conscience. It was satisfactory to him, and it was productive of a vast deal of enjoyment. There were no lines of worry on his pleasant, wholesome countenance. The features of his wife, too, were free from the usual careworn expression. They were living the simple life. They were getting one hundred times more real happiness out of existence than the average millionaire in his Fifth Avenue palace. Those whose ambitions or dissipations have compelled them to go at the furious pace set by the world of to-day are advised to try and taste some of the joys that come with the simple life as just described.



**T**HE perversion of the love instinct is one of the greatest evils with which so-called civilized man has to contend. This instinct properly obeyed brings out all that is best in the human character. It is a force that leads towards the highest morality. A man truly in love is bound to one woman by ties that cannot be severed. A woman truly in love is similarly bound. There is but one woman for such a man, and there is but one man for such a woman. Being true one to the other, is simply a matter of instinct. The man who is true to one woman is so because she so fills his life that others have no attraction for him. The woman is true to the man because there is no desire for her to be otherwise.

#### LOVE, A GREAT MORALIZING FORCE

In this commercial age, when marriage is often a matter of convenience or the means of furthering one's ambitions socially, professionally or otherwise, the love instinct in some instances exerts but little influence. But where it is ignored, where marriages are made without love for a guide, the participants are indeed to be pitied. Happiness is practically impossible under such conditions. Life becomes a mere dull existence, a matter of dollars and cents, and the parties to such unions never taste the real joys that are easily within their reach under normal conditions.

With true love as a guide, the morals of the world would be quickly righted, for every instinct would lead toward the highest morality. Perhaps the time will come when prudery will be so thoroughly vanquished that the human race will have an opportunity to really learn something of the love instinct. Now, the innate viciousness of prudery stands in the way like a vast impenetrable wall. The average man and woman grow up, matures and often marry at the dictates of momentary passion, or for mere material advantage, and the results of such marriages can easily be imagined.



**I** WANT more articles of the helpful nature for my readers. There are many remunerative businesses which might be termed physical culture occupations.

Vegetable and fruit farming, the raising of pigeons and chickens, and many other vocations, which furnish light work, and require one to be out of doors during almost the entire day. Now, I would like to have some short articles from those who are actually engaged in work of this kind. I would like the

#### ARTICLES WANTED

author to describe as nearly as possible, the best way of starting the business in which he is engaged. How he continues his work, and to what extent it has been financially and physically profitable. I know there are a great number of our readers who could write very interesting and instructive articles on these subjects. I hope to hear from those who are capable of preparing the articles mentioned. What I want is instruction for my readers. Accurate facts from those actually engaged in the work. There is no need of bothering about the construction of sentences. We will attend to the editorial part. Send us the information and we will do the rest.



THE State of Missouri has been attracting considerable attention recently. It has more or less successfully grappled with grafting and bribery and has elected a Governor who is apparently a man in every sense of the word. It is said around New York that if you desire to convince a Missourian of anything you have to "show him." In fact, in the state of Missouri they are doing much that is commendable in general. I am beginning to be proud of the state and of the fact that I was born and grew to manhood within its borders. Among other things, the Missouri authorities have adopted a very novel method of dealing with drunkards. They recognize the

#### A NEW METHOD OF CONVERTING CHRONIC DRUNKARDS.

fact that a drunkard is really an insane man. He is not capable of judging between good and evil. Governor Folk has pardoned a number of prisoners in the State Penitentiary whose crimes were committed in a drunken frenzy. These pardons were issued on the conditions that the prisoner take a pledge agreeing to abstain from the use of intoxicating liquors of every kind or character. Should he return to his old habits, it is distinctly understood that he shall immediately be taken back to prison and serve out the balance of his sentence. While it is too early to determine the outcome of this unique policy, yet it unquestionably appeals to one's humanity and intelligence.

The present method of dealing with criminals is deplorably deficient. The effort to reform should be foremost in their punishment. But frequently young men without evil inclinations commit a paltry offense for which they are sentenced for a short period. The environment during imprisonment, together with the bitter resentment aroused by what they usually believe to be an unjust sentence turns them out criminals for life.

Judge William Jefferson Pollard, the Police Magistrate of the Second District of St. Louis, has followed out a plan of his own in dealing with drunkards. Whenever a person is taken before him on a charge of drunkenness or who has committed some slight offense while intoxicated, he frees the prisoner providing that he will sign the pledge and agree to abstain from the use of alcohol in any form.

In an interview published in a recent issue of the "New York Herald," Judge Pollard makes some very interesting comments on the result of his work. He says:

"As long as the germ of good is not dead, I believe it is the duty of the Court to save drunkards from themselves and for their families. I would rather make my Court a tribunal of reformation than of punishment. A judge on the bench must exercise common sense and good judgment. I try to do the best I can for the defendant and the city. Back of the man is his family, whose interests must be taken into consideration in fixing his punishment. To send a man to the workhouse to work out a fine, breaking rock at fifty cents a day while his family faces starvation, is a pretty serious thing to do. I would rather send the man back to his family and keep him sober than to send him to prison. It is better for the city, better for society, better for the individual, and a thousand times better for his family, to say to the drinking man—"The Court will forgive you for your past conduct, but you must pledge yourself to behave in the future." Virtually the man is enjoined from getting drunk.

"In giving a defendant an opportunity to sign the pledge I always impose a suitable fine for his offence. I let him off on his promise of good behavior, with the distinct understanding that if he drinks again he will have to go to the workhouse. The man who knows he is going to be sent to the rock pile for getting drunk will keep out of the reach of temptation. I have learned by observation that after they have kept sober for a month they have very little trouble. It is during the first month after giving them the pledge that I have to keep a sharp lookout over them. They must report to me regularly every week either at the court or my home. If a man is working and cannot get away without losing time I give him the privilege of reporting to me at night at my home. If he is a married man I require him to bring his wife with him.

"It is a useless waste of time to give the old toper a chance to reform. He has become a confirmed drunkard, and I know that he is better off when he is breaking rock. I can tell the old offender, no matter whether he has ever been in my Court before. But there are many good-hearted, honest men when they are sober who lose their heads when they are drunk. They have an appetite for drink which they seem unable to control. They meet their friends in barrooms and the first thing they know they are drunk and in trouble. They are arrested and sent to my court, charged with disturbance of the peace or some other trivial offence. It would do such men more harm than good to put the stain of the workhouse upon them. What they need is a good, strong moral stimulant. I produce the pledge and give them a chance



to work out their own reformation. Then I back up that pledge with the law created by 700,000 people. The chances are that the man who knows the eye of the Court is upon him wherever he goes will stay at home evenings instead of lounging around saloons."

It would be, unquestionably, a move in the right direction if these methods were given a trial in other communities. They should appeal to every one whose object it is to reform rather than to exact severe punishment for transgressions of the law.

+ + + + +

**S**ENATOR Crane's Bill for the establishment of a Government Bureau to be known as the "Children's Bureau," has attracted a great deal of attention. The various newspaper editors are having "all kinds" of fun with his theories. The average writer is a "dyed in the wool" member of the sheep family. Anything unusual is bound to be emphatically condemned. Senator Crane's Bill is a step in the right direction.

#### THE TRAINING OF CHILDREN—SENATOR CRANE'S BILL

If it is of advantage for the Government to give attention to live-stock, why is not the education and general development of human beings of equal, if not a thousand times greater importance?

Infants are being murdered by the thousands and perhaps by the millions at the present time, because of the ignorance or prejudice of parents. The establishment of such a Bureau would work untold benefit to the human race. The results of the efforts of such a Bureau, if intelligently and conscientiously pursued, would be worth more to the progress, enlightenment and general physical, mental and moral development of the race than all the Governmental Bureaus already established.

Senator Crane is to be congratulated for his foresight. He evidently does not belong to the "sheep family." He has no doubt realized the wonderful possibilities in the development of child-life. Experiments made with the view of determining the best method of training and developing babies into strong, rugged children, will furnish information that would save millions of lives, and develop superb men and women of many who otherwise would grow up into incompetent weaklings. Would not such a result as this be worth something to this country?

Of course, some may talk of interfering with personal liberty, but there is no need of interfering with the liberty of anyone. If the Government, by a series of experiments, absolutely proved the accuracy of certain methods in the growth and general development of children, in a short time the parents of the entire country would "sit up and take notice." The Agricultural Department at Washington furnishes, upon request, free of charge, all sorts of valuable information referring to the raising of hogs, cattle, sheep and other domestic animals. The Children's Bureau could supply free to all parents the most scientific data on the rearing of their offspring.

Surely, fine, strong, superb children are of more importance than hardy swine or fine bred horses.

I sincerely hope that all of my readers will consider it a duty to write a personal letter of commendation to Senator Crane, Washington, D. C., for taking up this important and greatly needed reform.

And it would doubtless help matters considerably if you would also write to the representative of your own congressional district, calling his special attention to this bill and giving your opinion of it.

+ + + + +

**D**O you want to spend your vacation at PHYSICAL CULTURE CITY, as the guest of PHYSICAL CULTURE? We want our readers to know that we appreciate the efforts of workers. Those sending us subscriptions from twenty-five (25) upward, will be eligible. If your home is a great distance from here,

#### FREE VACATION FOR SUBSCRIPTIONS

while here. Our friends  
for further particulars.

and you secure a large number of subscriptions, we may be able to present you with free transportation both ways, in addition to paying for your accommodation interested in this proposition are invited to write

*Bernarr Macfadden*