

PHYSICAL CULTURE

Vol. XIII.

APRIL, 1905.

No. 4

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PHYSICAL CULTURE is Published Monthly and is Primarily Devoted to Subjects Appertaining to Health, Strength, Vitality, Muscular Development and the General Care of the Body and also to all Live and Current Matters of General Interest, Enlivenment, Entertainment and Amusement.

Entered as Second-class Matter at the New York Post Office, August 11, 1899.

Price, \$1.00 Per Year, Postpaid.

With Foreign Postage, \$1.60

PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.,
29-33 EAST 19TH STREET, NEW YORK, U. S. A.

BERNARR MACFADDEN, EDITOR-IN-CHIEF.

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EXERCISES FOR EXPAND- ING THE CHEST AND STRENGTHENING BACK AND ABDOMEN

SOME VERY EFFECTIVE HOME
EXERCISES WITHOUT APPAR-
ATUS WHICH CAN BE MADE
TO TAKE THE PLACE OF
A VERY ELABORATE
GYMNASIUM
OUTFIT

By Bernarr Macfadden

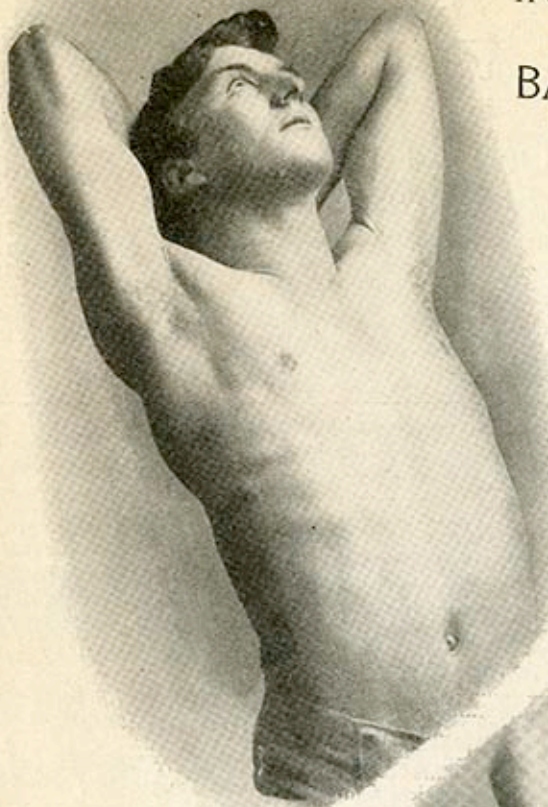
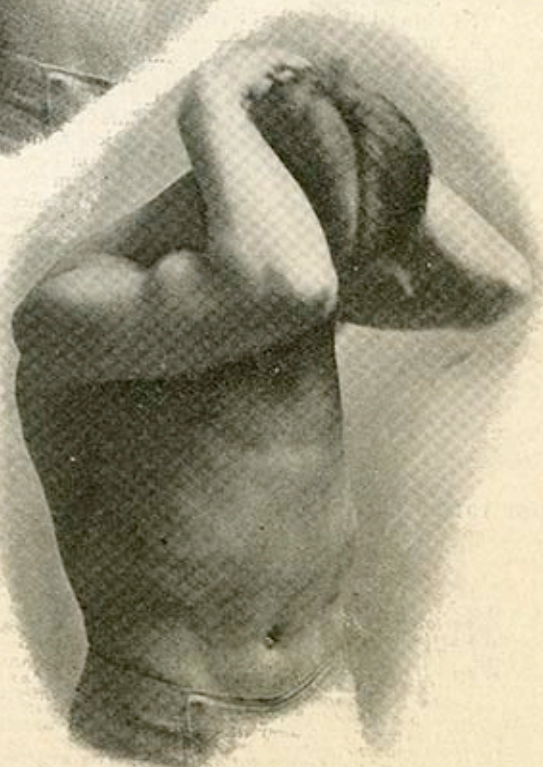


Photo. No. 1, Exercise No. 1.—
This exercise can be taken either stand-
ing, sitting down or reclining across the
couch, with the head, shoulders and
upper back free. Place hands behind the
head, with one hand grasping the wrist
of the other. If you clasp fingers, the
elbows will be too far out and the exer-
cise cannot be done satisfactorily. Next
bend head as far back as possible, as
shown in the illustration. (See next
Photo.)

It has been my usual
custom in the col-
umns of this maga-
zine to present exercises
which can be performed
in one's own home with-
out apparatus or expense.
Following this rule I
shall offer to my readers
in this article, some
movements which will
answer the purpose of

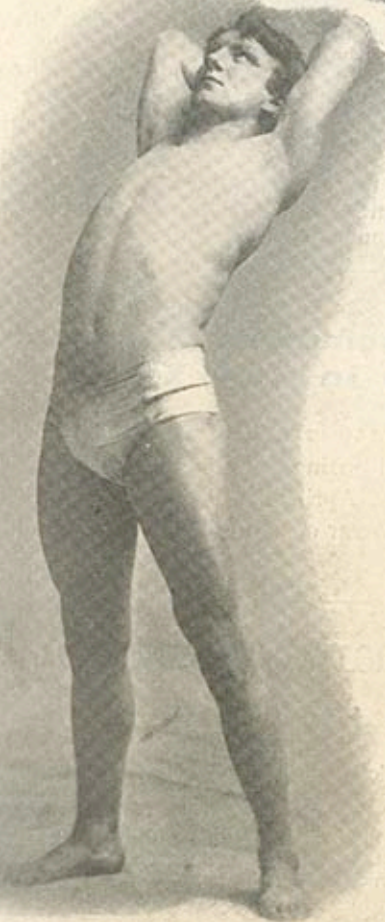


**Photo. No. 2, Exercise
No. 1, Continued.**—Now pull the
arms forward and downward,
resisting the movement with the
head and bring it as far downward
as possible, or until the chin rests
against the chest, as in the sec-
ond illustration. Return to the first
position and repeat the exercise, con-
tinuing until tired. An especially good
exercise for general chest development,
for strengthening the intercostal muscles
and others about the front of the chest,
and at the same time strengthening the
chest.

the "quarter-circle," and which will serve perhaps even more effectively than that apparatus, for strengthening the muscles of the trunk of the body and expanding the chest.

The "quarter-circle," an illustration of which is presented on this page, for chest development, is considered to be one of the most valuable pieces of all the var-

Photo. No. 3, Exercise No. 2.—With the hands locked behind the head, as in the previous exercise, bend far forward, bringing the head as near the floor as possible, at the same time keeping the knees straight and rigid. At this point, pause and make two or three attempts to bring the head still further down. (See next photo.)



ious gymnasium paraphernalia. In using it you lean or lie with your back upon the circle, reaching up behind your head to grasp the handles of the chest-weights which are attached to it. The position of the body stretched along this circle as it is with arched back, cannot fail to expand the chest and ultimately develop that fullness and roundness which makes it presentable in appearance and which betokens superior health and vitality. At the same time, the work of pulling the handles of the chest-weights forward and down is a most excellent exercise for the pectoralis and intercostal muscles.

I believe that you will find the

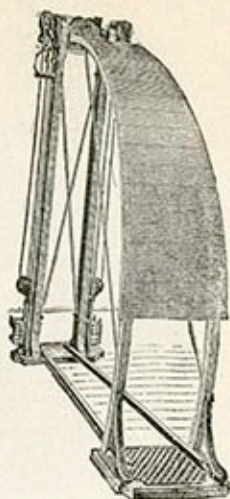
Photo. No. 4, Exercise No. 2, Continued.—Then straighten up and bring the head as far back as possible, as shown in this illustration. At this point, make two or three attempts to bend the back still more. Bend forward again and repeat the entire movement, continuing until tired. A superb exercise for strengthening the muscles of the back, chest and abdomen. In taking both of these exercises, make a practice of breathing deeply, inhaling when bending backward and exhaling as you bring the head forward and down. These movements, by concentrating the mind and inducing resistance, can be made as vigorous as anyone may desire.

movements illustrated herewith are a splendid substitute for this rather expensive apparatus. With proper mental concentration, I am inclined to think that many of my readers will find them even more satisfactory. Like most of the exercises which I have presented in these columns, they are suited to both weak and strong, for by means of the principle involved in the so-called resisting exercises, you can make them as vigorous as you choose.

Although in the past I have frequently called attention to the value of having a deep full chest, yet I feel that its importance can hardly be repeated or emphasized too much. And while no one who is at all interested in physical training need to be told to cultivate his biceps, yet there are quite a number who really do not give sufficient attention to acquiring a symmetrical development of other parts of the body. It is not difficult to see that it is far more important for one to develop his chest than to strengthen

his biceps. Hence the first consideration for the beginner in physical culture should be the strengthening of the great vital organs upon which one's entire life and

health depend. A round, full chest means plenty of room for the heart and lungs, while a stooping carriage of the body and a flat chest mean that those same organs are crowded and cramped, under which circumstances it is naturally impossible to expect a high degree of strength and vitality. Moreover, the use of the great muscles about the trunk of the body will indirectly stimulate the digestive organs and in fact invigorate the entire functional system, to say nothing of the external beauty of body which comes with a complete development of the muscles of the abdomen, sides, chest and back. Beautiful as are perfectly developed arms and legs in themselves, there are many artists who consider nothing so beautiful as a perfectly developed, well-rounded and symmetrical torso.



The Quarter-Circle, Showing Chest Weights Attached—One of the Best Gymnasium Apparatus for General Chest Development



Bernarr Macfadden Will Lecture and Pose in New York City

At Webster Hall, 119-125 East 11th Street, Friday, April 7th, 8.15 P. M. Classical posing and lecture, "The Cause and Cure of Weakness." Friday, April 14th, 8.15 P. M. Classical posing and lecture, "Superb Power of Manhood" (for men only).

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Evening classes in calisthenics and physical culture have been formed at the Bernarr Macfadden Institute of Physical Culture, 112 W. 18th St., N. Y. City, for the benefit of the public at large. These classes will be under the direction of competent physical culture instructors. Scientific instruction will be given in boxing, wrestling, athletics, and all other forms

of physical culture. The gymnasium of the institute will be open to the public of both sexes during the day and evening. Special evening classes will be formed wherein both sexes can exercise simultaneously. For further particulars address Secretary, Bernarr Macfadden Institute of Physical Culture, 112 W. 18th St., New York City.

GRAFT AND THE COMMERCIAL AGENCIES

THE ENTIRE CIVILIZED WORLD IS COMPELLED TO PAY TRIBUTE TO THESE BUCCANEERS OF BUSINESS—WHEN THE COMMERCIAL AGENCY CAME INTO EXISTENCE—FAMILY CORPORATIONS THAT STARVE THEIR EMPLOYEES AND PAY VAST SALARIES TO HIGH OFFICIALS—THE PERSONNEL OF THE STAFF OF AN AGENCY—READERS, REPORTERS AND DICTATORS, THEIR WORK AND PAY—BEGGARLY POLICY OF THE AGENCIES IN REGARD TO PATRONS AND HELP—OUT-OF-TOWN AGENTS OF THE CORPORATIONS AND THEIR LUDICROUS REPORTS AND “REVISIONS”

By Ernest Cooper Clews

IN point of grafting opportunities and possibilities, the commercial agency occupies a position which makes it the envy and despair of the less lucky brigands of the business world. The bucket-shop proprietors, the promoters of “get-rich-quick” schemes, the gentlemanly scoundrels who make Wall Street their rendezvous, and even the Trusts which prey upon the necessities of the public, all in turn operate in certain grooves and on scales which are limited by the class or classes, which they are permitted by the law to defraud. But the commercial agency levies tribute on business men the whole world over. No State or country is exempt from its ravages. No trade or profession is safe from its raidings. No business enterprise of whatever caliber can guard against its “stand and deliver” methods. Petty tradesmen in the country town, or the princes of trade in the crowded metropolis, are alike open to its attacks. As compared with the commercial agency, the average Trust is a law-honoring institution, and gentlemen of the type of Raffles are honest citizens. Its workings are as insidious as they are harmful, and its power for evil is as vast as its results for good are insignificant.

Remembering this, and, it may be, having had cause to experience it, you will, without doubt, be interested in learning somewhat about the inception of that institution of ill omen and evil ending—the commercial agency. It came into existence in New York about seventy years ago, and was at that time a local affair that devoted its energies to poking its nose into the business of honest Gothamites only. But even in those days, it seems to have exercised those methods that are

typical of it in these times of ours; in other words, tradesmen and merchants were cajoled or bulldozed into paying its fees in return for a “rating,” and an alleged insight into the business doings of business rivals or neighbors.

To-day, the commercial agency has connections in every part of the globe where ready money circulates, and, contingently, its opportunities for graft have extended as its sphere of non-usefulness has broadened. The total volume of business transacted by these agencies is enormous, and is increasing with every new development of trade and trade interests. On the face of it, the criminal absurdity of the situation is manifest. Placing the business reputations of the civilized world at the mercy of a few irresponsible and unscrupulous private corporations, suggests that the owners of these reputations or the communities of which they are members, lack sense if not sanity. An individual who undertakes to misrepresent the character or standing of another individual, is very properly punished by laws which have been enacted to meet such a situation. But the law, or rather lack of law, nevertheless allows a handful of grafters and libellants to play shuttlecock with the business characters of Christendom. This is one of the most glaring incongruities of the too often incongruous jurisprudence of our times.

Nepotism obtains in the case of the commercial agencies. The big corporations are virtually owned by members of certain families. It is also averred—and the writer knows that the statement can be accepted as truth—that a number of other officers of the larger corporations, who are also members of the lucky fami-

lies, get salaries ranging from \$20,000 to \$50,000, or even \$100,000 a year, while the amounts accruing to the actual proprietors after payment of these sums, and other expenses, are proportionately huge.

The explanation of all this is easy. Items of expense incidental to legitimate businesses are unknown in the case of the commercial agencies. Outside of offices, salaries of clerks, reporters, etc.—all of which are reduced to a minimum—stationery, postage, etc., there is practically nothing to pay out, as against the flood of currency that is continually coming in. Of all the parasites which attach themselves to the body politic, there is none more flourishing—and, incidentally, more harmful—than the commercial agency, because, as has been intimated, it is not only a non-producer, but is a blood sucker also. It lives upon the reputations of other people. For this reason it requires no invested capital.

Let it be emphasized that an enterprise which does not possess a capital, and yet, withal, yields enormous returns to its proprietors, cannot by any chance whatever be founded on integrity, or conducted with honesty. One of the first maxims of the business world is, that there is a certain relation between capital invested and accruing profits. If the profits are out of all proportion to the work or capital invested, there is something wrong, and radically wrong, somewhere, and the enterprise exists only by virtue of the impudence and dishonesty of its promoters and the laxity of the law. The result of the application of this principle to the commercial agency is of an obvious nature, and the sooner our legislators and the people recognize the fact, the better it will be for the commercial world in general.

If the methods of the commercial agencies, in point of honesty, judgment, and business-like detail, even approximated the size of their incomes, much might be forgiven them. But, as the matter stands, a disregard of the ordinary observances of business routine characterizes these agencies throughout. Cheap men, cheap methods, and consequent misleading conclusions, or results, are what one finds on every hand when one comes to inquire into the conduct of any one of these concerns. In order to establish this fact,

let us inquire into the personnel of the staff of any one of them.

It is not unusual to see in the "Help Wanted" columns of the daily newspapers an advertisement something on this order: "Wanted—A reporter for a commercial agency. Must be able to give references. Those who have been connected with newspapers need not apply. Address, etc." The reason why newspaper reporters "need not apply" is, that in the first place, decent members of the press would not work for the miserable pittance which the agency doles out to its employees; and again, there are lots of things connected with these corporations that the trained newspaper man would immediately recognize as "good stories," but which the agencies themselves have no desire should be ventilated in the columns of the press.

The big commercial agencies start their reporters off with the magnificent salary of \$8.00 per week. I have, in a preceding article, spoken of the result of this kind of thing, as far as its effects upon reports and ratings were concerned. An able-bodied young man who, by the way, is required by the agencies to "make a good appearance" in the matter of dress, who is willing to work for \$8.00 per week, must have a screw loose somewhere. If he is not the victim of misfortune, he must be either a knave or a fool. If the latter, it follows that he is certainly not qualified to pass upon the affairs of firms that, in the great majority of cases, have been founded by men of brains. If, however, he be a knave, it is plain that he is in the business for what he can make out of it, and his verdict upon the men or firms which fall into his hands will be colored by the amount of graft that he receives in connection therewith. It also follows that if there is no graft forthcoming, his reports will suffer in consequence.

My experience has been, however, that there are more dullards than rogues among the reporters. The graft goes "higher up," you know, if graft there is. The reason that the agencies continue to employ men of an \$8.00 per week mentality is that the business public are at their mercy. If protests are made that the work of the reporters is inefficient and misleading, the agency insolently re-

plies: "Well, what are you going to do about it?" Not in words exactly, but by its attitude. Where a monopoly exists, and there is cast-iron monopoly as far as the commercial agency is concerned, remonstrances are apt to be futile. Corporations are proverbially without heart or conscience. And this fact was never more apparent than in the instance of the corporations under discussion. For fifteen dollars a week, young men of reliability could be secured to act as reporters, while for an additional five dollars per week many men of extended experience in business affairs would be glad to undertake the reportorial duties. But while this might mean some appreciable degree of usefulness on the part of the concerns, it would also entail additional expenditure, and hence the eight-dollar-per-week man, who knows little, and cares less, about the business men with whom he comes in contact.

I know of an instance where three prominent credit men endeavored to obtain a position in a big agency for a competent reporter who had been employed in one of the small agencies, and had a first-class record, but their endeavor met with no attention whatever. The matter was absolutely ignored by the officials of the agency concerned. The circumstance was brought to the attention of another prominent credit man, who said, "Oh yes, I don't doubt it. I tried to get a man there whom I knew would prove valuable and instrumental in supplying better information than I now get, but I could not do so. They don't care. They consider we must go to them, and that we have to take our medicine whether we like it or not."

The few reporters who have become veterans in the business know their exact limitations. A few years ago four of the oldest and most trustworthy employees of one of the big agencies, holding star positions, mustered up sufficient courage to ask for an increase in wages. When asked "how much salary do you now receive?" they answered "\$125 a month." The matter was held in abeyance temporarily, and finally they were told that their salaries were more likely to be decreased than increased, which forthwith settled all further aspirations

in that direction. The position of the agency reporter, as far as his salary hopes are concerned, is of a similar nature.

When the business was first started, and for many years after, it was the rule to copy or write the reports, with suitable abbreviations, in volumes kept for that purpose. About 1885, owing to the accumulation of records, changes were inaugurated, and reports typewritten on tissue paper began to be generally used. This brought into life a new adjunct of the agency, called a "paster," i. e., one whose duty it is to paste reports on sheets and put them into covers called "binders." The binders are filed away alphabetically, and arranged into States or cities, as necessity requires. The "paster," in due time, is promoted, and allowed to read reports to subscribers, when he is known as a "reader." In many cases, his chance for earthly fame is here ended. Those that have fulfilled their duty in a satisfactory manner for a number of years receive as high a salary as twelve or thirteen dollars a week. It would appear that these limitations are immutable.

One of the reader's chief duties is to "tone down" reports that conflict, and so reduce the report to a non-committal, colorless, and more or less incoherent, statement that, like the tales told by fortune tellers, may mean anything or nothing. If you are a subscriber to a commercial agency, and have occasion to ask for a special report on a man or concern whom you, through your own efforts, have been unable to satisfactorily size up, in nine cases out of ten the "special" will be as devoid of anything useful in the way of information as a glass of overnight soda water is of "fizz." Especially is this so if you have had preceding reports upon the man. It will be both amusing and instructive for you, in such a case, to place all of the reports side by side, and observe the ingenuity with which the "toning down" process is conducted, in order that they may dovetail into each other and give you something that looks like something, and yet at the same time doesn't amount to anything.

Occasionally, the reader has to give a verbal "tone down" off hand to the awaiting subscriber, and it is then that he shows his qualifications for the position

that he holds, for the more pointless and non-committal his statement is, the less danger is there of its conflicting with previous reports. Readers are jocularly known as "foggers" by their associates in view of the fact that they "fog" or bewilder subscribers.

The "dictator" is a more important personage than the reader. It is his duty to condense the reports that are on the sheets. It is patent that so-called synoptical reports are not so regarded by busy men who have to read them, and it is palpably evident that the essence of the subject could be conveniently accommodated in one-half the space usually occupied, or even less at times. Hence the "dictator."

The condensing process has to be conducted on lines that are allied to the work of the reader, inasmuch as the result must be of a sort that shall save the agency from criticism or ridicule in the event of disaster happening to the subject of the report, while at the same time it must appear to be that which it purports to be. The dictator who has served his master long and well may receive as high as \$15.00 per week, but when he has attained to that point he need look for no further advancement, for he will not obtain it.

Of the other minor employees of the agencies it is hardly necessary to speak, except to say that as far as their stipends are concerned, they all work for wages that represent the ultimate in the way of parsimony. Greed and graft usually go hand in hand, and the miserably underpaid staff of a commercial agency is a case in point.

The alleged "revisions" of ratings that are received from the out-of-town offices by the main office, never cease to be the cause of mirth on the part of the staff at headquarters. The supposition is that the country representatives keep "tabs" on the business men resident in their localities, and advise the main office in regard to any alteration that may have taken place in owners, business standing, or what not. But the "no change" report, year after year, is the rule rather than the exception, in the case of the revisions that come from the country. Usually, the man who conducts the country office has a half dozen other occu-

pations that keep him busy, and his "revisions" are as unreliable as they are invariably perfunctory. Yet the main office will tell you that, in order to insure a competent supervision of the out-of-town offices, trained inspectors are constantly sent to the latter in order to see that the agents are doing their work properly. The supposition is that the inspectors drop down unexpectedly on the country offices, but as a matter of fact their visits are invariably anticipated. Sometimes the tip goes out some two weeks in advance for the branch office to watch out. So things are straightened up, any information that has been delayed is promptly forwarded to the main office, and the "inspection" fails to inspect.

Some of the stories that are told about these country reports throw light upon the unreliable methods of the agencies. One such tale is to this effect:

About seventy miles from New York is a flourishing village, in which is located a store that includes a post office, a millinery establishment and a harness maker. The proprietor of the place wished to open yet another harness store at an adjoining village, and applied for an increase of credit to a well-known New York firm. A special report was asked for by the firm, and in due season one that did not comment favorably on the would-be debtor reached the main office. Somehow or other the harness man heard of the nature of the report, and sent a vigorous protest to the main office. The result was that an inspector was sent down, who, in due course, reported that the man who desired more credit was perfectly sound in a financial sense, and that the animus of the misleading report made by the branch office agent, was due to the fact that the latter believed that the harness maker had overcharged him for a pair of reins. It was a sort of back-handed graft, so to speak. The incident—trivial as it is—is nevertheless illustrative of the means, methods and spirit of commercial agencies and their employees in general.

In my next issue I shall, among other things, tell some anecdotes which throw light on the loose and unreliable way in which the typical commercial agency conducts its business and imposes on its patrons.

SOME EXCELLENT PHYSICAL CULTURE PARLOR GAMES

FEATS OF STRENGTH AND AGILITY THAT CAN BE PERFORMED FOR THE AMUSEMENT OF
COMPANY AND THAT WILL STIMULATE INTEREST IN PHYSICAL CULTURE

By Henry Holcombe

*In the past I have always emphasized the importance of maintaining the play spirit in taking of physical exercise. Physical training must be made pleasurable and interesting, or it loses much of its power for good. The little "stunts" given in the following article are designed to interest your friends in feats of strength and agility and so indirectly teach them the great lesson of health and vitality which many of them so badly need. Parlor exercises of this kind are always interesting, and I hope to furnish them from time to time in this magazine from now on. I shall be pleased to hear from any of my readers who have suggestions to offer along this line. If you can think out some original little tricks or unusual feats of strength, send us a description of them and we shall much appreciate your so doing. Send illustrations whenever possible.—BEN-
NARR MACFADDEN.*

ALL physical culturists ought to realize that nothing is so convincing as an object lesson. So those who desire to do a little missionary work—and surely all do—cannot do better than to study the exercises which are here suggested, as they are especially suitable for awakening interest in feats of strength, agility and grace.

I am presuming that there is gathered



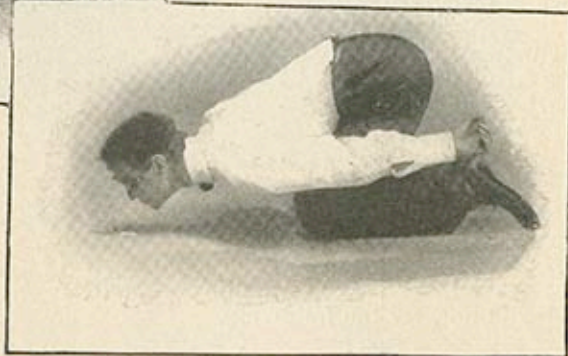
Feat No. 1

awaiting the summons to the table as a welcome relief. Or some time later in the evening, when the conversation will insist on lagging, if you suggest that if anybody will contribute a pin, you will show them something interesting, it is safe to say that somebody will gladly volunteer to furnish the desired article.



Feat No. 2

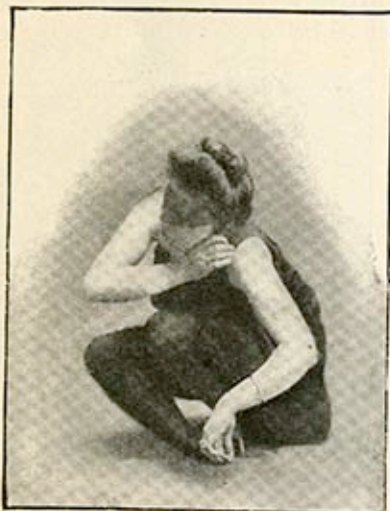
together an ordinary mixed company of ladies and gentlemen, the plump and the lean, the corseted and tightly clothed, with just a little leaven of the physically enlightened. Take that awkward half-hour before dinner, when every one is "talked-out" and is



Feat No. 2 (Continued)

Feat No. 1

Stick the pin lightly in the wall or the frame of a door just at the height of the waist. Now, with your back to the wall, and a foot or two away from it, place the hands on the hips, fingers to the front, and bend backward from the waist until you can draw the pin from the wall with the teeth, and resume an upright

**Feat No. 3**

position. It looks very simple and easy, but get some corset-wreck to try it, and hear the strings snap! That is the time for a little homily on tight-lacing, and the chances are about a thousand to one that those who do not try it at the time, will make the attempt before retiring in the seclusion of their rooms, where "natural" figures, divested of corsets, have full play. This is just a test for control of the muscles, balance and grace, but, used as an exercise, will develop the arms, back and abdominal muscles.

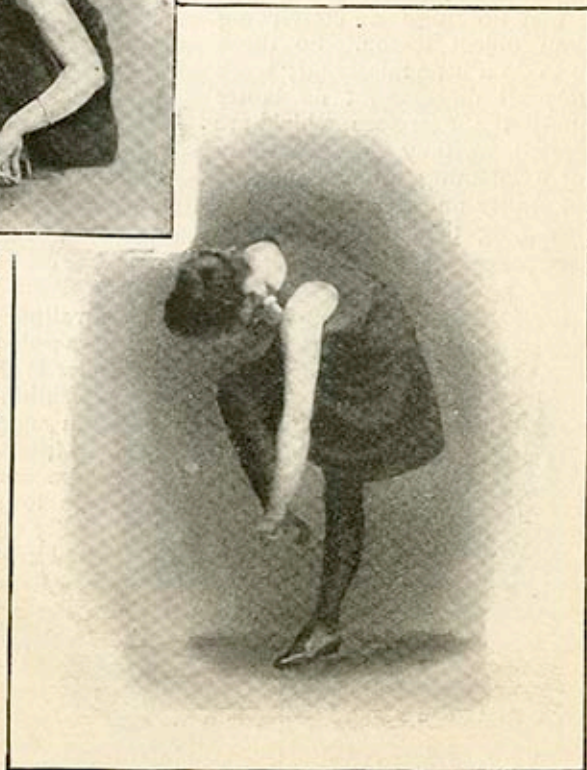
If you wish to test proportions, and see whether adipose tissue is settling where it should not, try the following.

Feat No. 2

Kneel with the legs close together, and lay the forearm on the floor with fin-

gers extended. Now take an ordinary calling card and bend it in the form of an L and stand it against the outstretched tip of the middle finger. Then with the hands behind the back, endeavor to seize the edge of the card with the teeth or lips. This feat, while not difficult for a well proportioned person, will be almost impossible of performance by one whose arms are too long, or whose neck is too short or fat.

If your friends have followed you thus far with varying success, you will find it easy to induce them to try a third feat. This one, however, requires considerable strength in the legs, and ladies are not advised to attempt it when hampered by long skirts.

**Feat No. 3 (Continued)****Feat No. 3**

Sit on the floor with the knees crossed, and take hold of the right toe with the left hand, and the left ear with right hand. (The only object in holding the ear is to prevent the right hand act-

ing as a balance.) These holds must not be loosed during the entire exercise. Now, getting the right foot well under



Feat No. 5

the body, rise to a standing position, and, still retaining the same holds, endeavor to jump through the bent leg. This is not nearly so hard to do as it seems, but a nice sense of balance, and a short skirt (in the case of women) are essentials.

Feat No. 4

If any of the gentlemen are rather proud of their muscular development, a pure strength test may be made by putting the feet upon one chair and resting the weight of the body on one arm, the hand being on the edge of another chair distant about the length of the body. Now drop a handkerchief in front of the chest, and, with the free hand behind the back, lower the body on one arm until the handkerchief can be seized in the teeth. This is a first-rate and very vigorous exercise for nearly all the muscles of the body, and may be practiced in any costume or any place where two chairs are to be had.

Feat No. 5

From second position in exercise No. 3 bend forward and lift a twice folded newspaper from the floor with the teeth. The ladies may join in this, and will usually succeed, if they possess a fair amount of strength, by reason of their ability to judge distance and balance.

Now, to put everybody in a good humor, and provoke a hearty laugh—the best nerve tonics and aids to digestion known—let all try the following:

Feat No. 6

(6) From a fixed mark on the floor let each person measure off three of their own foot-lengths, and at that distance stand some small article, like a match-box, for example. Now, toeing the mark with one foot, reach forward with the other and endeavor to kick over the box, and bring the free foot back behind the mark without touching the floor with it, or losing the balance and overstepping the mark. The hands, of course, assist in maintaining the balance.



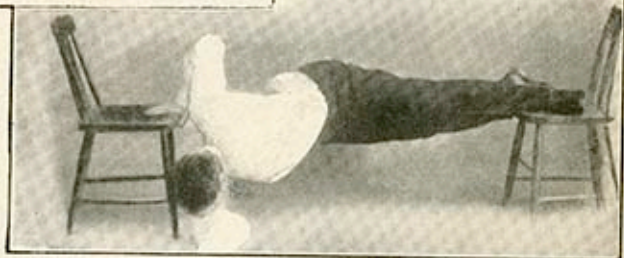
Feat No. 6

These feats are bound to excite considerable emulation, but anyone can perform them, if not at the first attempt, at



Feat No. 4

least after a little practice. Used regularly, they make a pleasant change in the usual round of exercises, besides developing grace and agility. Those interested in advancing the cause of physical culture will find in them one of the best



Feat No. 4—Continued

wedges that can be used for opening the way to a little common sense talk, and a person once interested is already half converted to standards of right living.

CYCLES OF OPPORTUNITY

By Frederic W. Burry

Opportunity is a condition that comes not merely once in a man's career; it is constantly visiting us in one form and another.

Openings and possibilities of various sorts are presented to us daily; some we may grasp, others we let pass us; but there are repetitions of "chances" perpetually coming our way.

To-day and to-morrow both possess opportunities. The past is gone, but we have the future, which is assuredly better than the past.

On the other hand, it must not be forgotten that the habit of neglecting opportunities eventually makes one blind to them. Then is it that a man sits down in the very midst of them, and declares himself a victim of hard luck.

Exercise of the senses makes them more acute. To keep on the watch makes one's vision stronger. The whole of success is but a matter of its recognition and appreciation.

This is a universe of resources. There is no dearth of opportunities; there is something to do

always, and doing is the whole thing; nothing else creates things or conditions.

Opportunity! Is there not evidence enough of its infinite nature? It comes to you in one form, to me in another. We are not here to all do the same work. But, truly, every man enshrines some genius, some capacity of excellent workmanship—if he will only use it.

First recognize the smallest opportunity, then make use of it.

Your experiences enclose opportunities. They are lessons; they teach you how; they arouse your capacities. There is too much apprehension among us. Of course, you will experience failures; but they all help you. For one thing leads to another. Opportunities come and they go. There are plenty of them. There are large ones for all. And one gets into the habit of noticing them by just grasping the little ones that first show themselves.

OPPORTUNITY TO SEE ALBERT TRELOAR, WINNER OF THE \$1,000 PRIZE FOR THE MOST PERFECTLY DEVELOPED MAN

For the benefit of the admirers of this splendid physical culture representative, who desire both to see and speak with Mr. Treloar, we gladly give his itinerary in these pages. It is advisable to ask at the box office what time Albert Treloar appears. Mr. Treloar will be glad to talk with all who come to him and to give any advice that he can regarding exercise.

Week beginning

Mar. 27,	Keith's Theater.....	Boston, Mass
Apr. 3,	Mechanics' Hall.....	Salem, Mass
Apr. 10,	Family Theater.....	Portland, Me.
Apr. 17,	Keith's Theater....	Philadelphia, Pa.
Apr. 24,	Maryland Theater....	Baltimore, Md.
May 1,	Grand Opera House....	Pittsburg, Pa.
May 8,	Garden Theater.....	Buffalo, N. Y.
May 15,	Shea's Theater.....	Toronto



Family of Mr. and Mrs. Lawrence Boehm, Chippewa Falls, Wisconsin, Winning First Prize as Largest Family—Photograph Shows Both Parents and Sixteen of Their Eighteen Children

OUR LARGE FAMILY PRIZE CONTEST

WINNERS IN THE COMPETITION FOR THE NUMERICALLY LARGEST AND MOST PHYSICALLY PERFECT HOUSEHOLDS IN AMERICA

MUCH has been said within the last few years concerning "race suicide," a term used to denote the seeming disinclination of the American people to raise not only large families, but any families at all. That such a tendency exists among the wealthier classes of our citizens there is little, if any, question. The press and the pulpit have both commented upon the lamentable fact, and it will be remembered that President Roosevelt has given vent to some strenuous utterances regarding it. A large proportion of our population consists of foreign-born citizens, some of which are of excellent character and desirable for naturalization purposes. On the other hand, hundreds of thousands of them are of that quality that is a menace to our moral, political and physical well-being. Such are invariably illiterate, poverty-stricken, often diseased, and, in a great

many cases, have criminal records. They leave the countries of their birth literally for the good of those countries, and come hither with no fixed purpose except that they believe that in America they may obtain that license of action and ease of living that they could not secure in the lands that gave them birth. But a small percentage of them adopt agricultural pursuits, which is, or should be, the natural field of labor for immigrants in the case of a country like America, that has vast undeveloped farming facilities. Instead, they invariably settle in crowded cities where, at the best, they—that is, the men—obtain irregular employment as laborers, and the women eke out wretched existences by rag picking or like occupations. It is this type of newcomer that constitutes what is known to the police and Federal authorities as the "dangerous and undesirable" class of immigrants.

In their foul and reeking rookeries—for they flock together by instinct—are bred crime, immorality, disease and—large families. For, unhappily for the little ones who are thus called into a world that will yield them nothing but misery, and unhappily, too, for the country which is so cursed, it is amongst these individuals that the largest families are found, just why or how it cannot be said, but the fact remains. In a recent issue of this magazine attention was called to the grave dangers arising from a condition of the type in question. Authorities on the subject were quoted in that article

the children of "Little Italys" and "Little Hungarys" are in a condition of chronic hunger or even starvation. This is the more so because the meager supply of food they receive is usually extremely poor in nutritive value, through the ignorance of the parents in regard to the relative dietetic qualities of food. Naturally, there are those who doubt the wisdom of allowing men and women of the kind in question to bring large families into the world when they are totally unable to properly care for such families. It is argued that unless some drastic means are adopted to check this reckless rais-



Family of Mr. Valentine Espenshied, New Philadelphia, Ohio, Winning Second Prize—Photograph Shows Both Parents and the Entire Family of Thirteen Children

as alleging that if the condition was permitted to remain unchecked, in course of time the American race, as we now know it, would become extinct, or rather would be blotted out of existence by being absorbed by the swarming progeny of the undesirables.

Such progeny are not only endowed with hereditary vices, but in addition they are puny and unhealthy, mainly through lack of proper food. It is hardly too much to state that, in nearly all of our large cities, a good-sized proportion of

ing of weakly and viciously endowed children, not only will the nation deteriorate on the lines already indicated, but in addition, the current unsatisfactory economic conditions will be intensified, industrial competition will become more severe, and the situation throughout will tend to widen the chasm between the classes and further the present tendency toward industrial slavery.

Be this as it may, however, it must be apparent that there is every reason why the better class of our citizens, the real



Mr. J. Van de Motter, Wife and Family of Twelve Children, Winning Third Prize

Americans, the people of energy, force and brain, who have made this country what it is, should heed the recent warning of President Roosevelt upon the subject of "race suicide." It is the imperative duty of every strong, manly, intelligent, progressive citizen, whose circumstances in life will permit him to properly provide and care for a suitable home and raise a large family, to see that he does not shirk the sacred responsibility of so doing.

Fatherhood and motherhood are really the perpetuations of the parents. Both are obligations no less sacred than the preservation of life itself. Viewed in this light, a normal, healthy, vigorous man or woman can no more justify his or her failure to take advantage of the privilege of parenthood than we can excuse the act of the suicide. Celibacy and unfruitfulness—if the latter be induced—are unnatural and wrong, and those who are guilty of them have wickedly failed to fulfill the purposes for which

they were created. They are, incidentally, traitors to their country.

We desire especially to call attention to the splendid showing made by the family of Mr. Franklin H. Dewart, of St. Albans, Vermont, a photograph of which is published on the front cover of this issue of the magazine. Although we have received photographs of larger families than this one, yet, on account of the remarkably bright, vigorous, healthy appearance of Mr. Dewart's household, and the uniform degree of strength apparently possessed by every member of the same, we have decided to award to Mr. Dewart a special prize of a \$10.00 library.

Mr. Dewart, after graduating from Harvard, took up the study of medicine, mastering such subjects as anatomy, physiology, chemistry and hygiene, but drew the line at all other therapeutics, not being able to reconcile the practice of drugging with his ideas. So he abandoned medicine as a profession, and for

a time was superintendent of schools in his city.

The entire family live upon a vegetarian diet, and are in hearty accord with the general teachings of this magazine. Both parents are under forty-five years of age, and the eldest married daughter, at the left of the picture, has three children of her own.

The first prize of a gold medal for the largest family, falls to Mr. Lawrence Boehm, who lives on a farm near Chipewa Falls, Wisconsin. He is sixty-three years of age. He has had eighteen chil-

phia, Ohio, and who have now thirteen children, all of whom are living.

Our third prize, consisting of a \$3.00 Physical Culture Library, falls to Mr. J. Van de Motter, 14 Meridian street, Cleveland, Ohio. He is fifty-two years of age, his wife forty-eight, and they have twelve children, ranging in age from two and a half to twenty-six years.

It is interesting to note that the majority of our great men have come from large families, and it would seem as if not only the physical vigor, but the mental and moral stamina of the child



Family of Mr. and Mrs. Adelbert Strait, Annin Creek, McKean County, Pa. Another Large Family Possessing Unusually Good Health

dren, only one of whom, a girl, has died. The sixteen children shown on the accompanying photo doubtless owe their good appearance and health to the active out-of-door farm life which they have lived from childhood. In spite of having so many mouths to feed, Mr. Boehm has prospered, and congratulates himself that he has never but once had sickness to contend with in his family.

The second prize, consisting of a \$5.00 Physical Culture Library, goes to Mr. Valentine Espenschied and wife, who reside on a fruit farm near New Philadel-

are more likely to be well developed in one of a large family than in the spoiled darling who is the "only child."

Mr. and Mrs. Adelbert Strait have a family of nine children, and live on a farm at Annin Creek, McKean County, Pa. They are much in the open air, never have occasion to call a doctor, and are all unusually hardy and healthy. The children walk a mile and a half each way to school, both winter and summer. The father is fifty and the mother thirty-eight years of age.

FAMOUS SCIENTIST ENDORSES PHYSICAL CULTURE DIETETIC PRINCIPLES

PROFESSOR RUSSELL H. CHITTENDEN, OF YALE UNIVERSITY, WHO HAS AN INTERNATIONAL REPUTATION AS AN AUTHORITY ON DIET AND NUTRITION, PROVES CONCLUSIVELY, THROUGH THE MEDIUM OF A LONG SERIES OF EXPERIMENTS, THAT TWO MEALS A DAY, A PRACTICALLY VEGETARIAN REGIME, SLOW MASTICATION, NO ALCOHOL AND MUCH EXERCISE, WILL BRING ABOUT A CONDITION OF PERFECT PHYSICAL AND MENTAL HEALTH, CURE AND PREVENT DISEASE AND INDUCE LONGEVITY

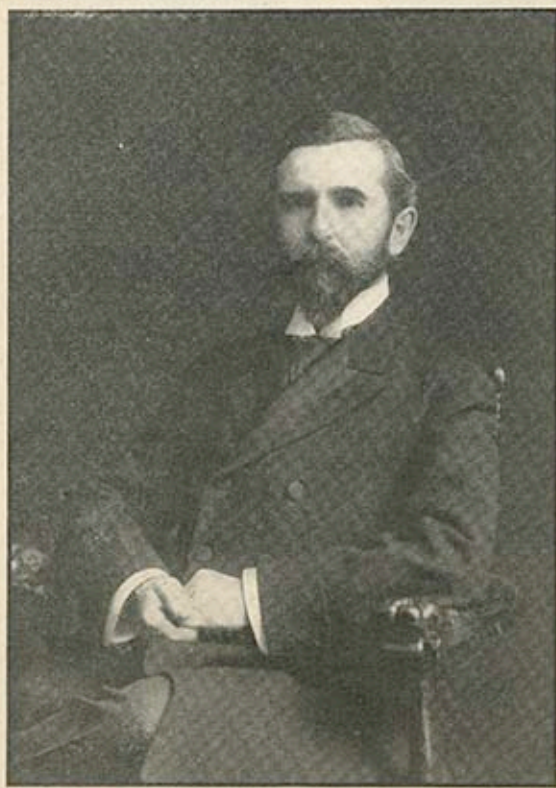
By *J. W. Smithson*

I want to call the especial attention of my readers to the article which follows. While all that I have, in the past, written or said about diet and exercise has been the outcome of conviction based on experience, yet it is, nevertheless, gratifying to note that a man of Professor Chittenden's standing in the scientific world so emphatically endorses the principles that I have advocated for so long.—BERNARR MACFADDEN.

NO more emphatic testimony to the truth of the dietetic principles advocated by the editor of this magazine could be possibly imagined than that furnished by Professor Russell H. Chittenden, who is director of the Sheffield Scientific School of Yale University. He is also Professor of physiological chemistry, a member of the National Academy of Sciences, and many other scientific organizations and institutions, and has an international reputation in connection with questions involving diet and bodily hygiene. From this it will be seen that his statements should be heard with respect and received with conviction.

Professor Chittenden has embodied in a recently published book of his, entitled

"Physiological Economy in Nutrition," the results of a series of investigations on his part which were conducted at Yale

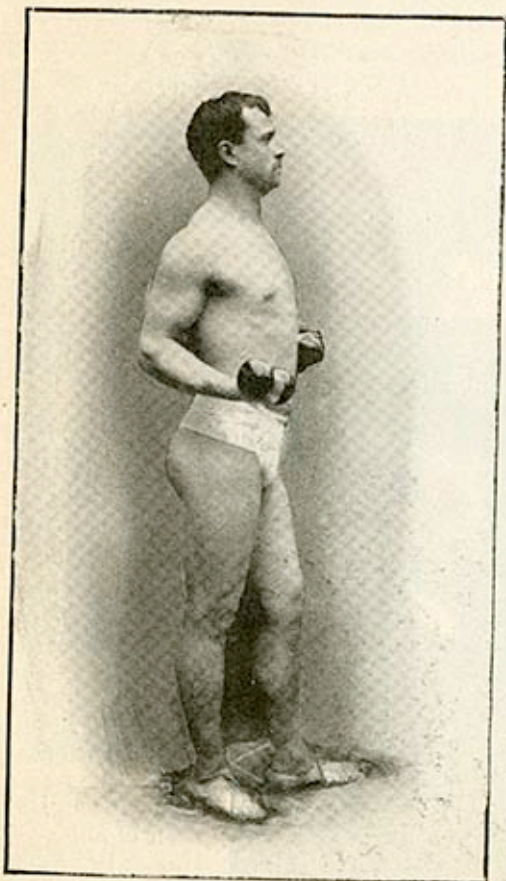


Professor Russell H. Chittenden, of Yale University, Author of the Remarkable Book on Physiological Economy in Nutrition

University and covered a period of some months. Through the medium of these investigations, which included a series of exhaustive and brilliant experiments, he sought and succeeded in proving that people not only eat far too much, but that they consume an excessive proportion of animal food; that is to say, the flesh of animals. It may be added that from their inception right up to their termination, all of the investigations conclusively proved that a properly balanced vegetarian diet is, after all, the ideal dietary for mankind.

Let it be repeated that Professor Chittenden's conclusions are not those of an

enthusiast or theorist, but are the carefully considered and laboriously obtained deductions of an unbiased scientist. Herein lies their value to the physical culturist or the student of nutrition. There is no subject of greater physiological importance, or of greater moment for the welfare of the human race, than the subject of nutrition, Professor Chittenden asserts; and he adds that, how best to



Profile View of Private Chas. J. Fritz of the U. S. Army at the Conclusion of the Six Months' Experiment

maintain the body in a condition of health and strength, how to establish the highest degree of efficiency, both mental and physical, with the least expenditure of energy, are questions in nutrition that every enlightened person should know something of. Yet, even the alleged expert physiologist of to-day is in an uncertain frame of mind as to what constitutes a proper dietary for different conditions

of life and different degrees of activity.

We hear on all sides widely diverging views expressed by scientists regarding the dietetic needs of the body, the character of its food requirements as well as contradictory statements as to the relative merits of various foods. Indeed, there is a great lack of agreement regarding many of the simple fundamental questions that constantly arise in any consideration of the nutrition of the human body. Especially is this true regarding the so-called dietary standards.

Professor Chittenden cites some of these standards, but infers that while such have found a more or less general acceptance in all parts of the civilized world, they have been reinforced and added to by man's aptitude for self-indulgence. The standard of Carl Voigt of Munich, who devoted his life to a "scientific" study of nutrition, is or has been, generally accepted by the medical world as representing the food needs of the body under normal conditions of life. The majority of other investigators on the same lines have pretty well agreed with him.

As has been intimated, Professor Chittenden, as a student of physiology, has for long maintained that man is disposed to eat far more than the needs of the body require. His initial active interest in the problem was aroused by experiments which he made with the assistance of Mr. Horace Fletcher, the well-known writer on nutrition. Mr. Fletcher spent several months with Professor Chittenden in 1902 and 1903, and, during that period, the former proved to the satisfaction of the scientist that the vegetarian who thoroughly masticates, and thereby thoroughly insalivates, his food, not only maintains the body in a high state of efficiency, but keeps his mental faculties in a like order, mainly because, among other things, such mastication tends to destroy the unnatural appetite created by rapid and imperfect mastication.

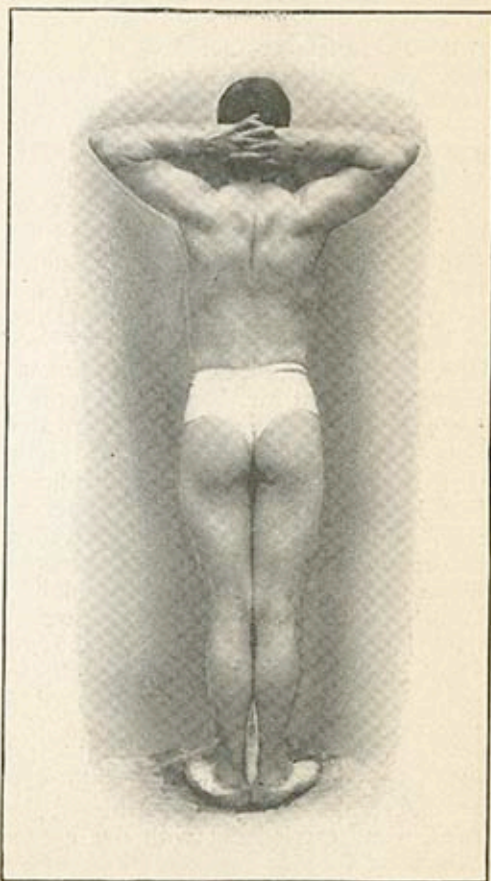
It should be said here, as a preliminary, that for all practical purposes, the maintenance of health is dependent upon the continuation of an equilibrium between the requirements of the body in the way of nitrogenous products of proteid or albuminoid foods, and such of those foods actually fed to it. The proteid intake,

therefore, assumes a greater importance than the daily intakes of fat and carbohydrates, because the latter, when oxidized in the body, are burned up to simple gaseous products, namely, carbonic acid and water. Hence, the waste of these last named foods are easily and quickly eliminated and cannot exercise a very deleterious influence upon the system, even when formed to excess in it. But it must be admitted that there is a distinct waste of energy in digesting, absorbing and oxidizing the fats and carbohydrates when they are taken in excessive amounts. Also, when they are once introduced into the alimentary canal, they must be more or less rapidly digested, or else they are liable to clog the intestine or undergo fermentation or putrefaction, and so cause trouble. Further, when absorbed, they may be transformed into fat and deposited in the various tissues and organs of the body; a process desirable to a certain point, but the reverse when the accumulation results in a gross and unwieldy form.

With proteid foods, on the other hand, says the professor, the story is quite different. These substances when oxidized in the body, yield numbers of crystalline nitrogenous products which ultimately pass away through the kidneys. Prior to their excretion, however, these products—frequently spoken of as toxins—float about through the body, and not only exercise a more or less distinctly injurious effect upon the system, but by being deposited in the tissues, exert specific disease influences that calls for their speedy removal, or the results are disastrous. Hence, the importance of restricting the production of these bodies, owing to the part they are liable to play in the bringing about of many diseases. Furthermore, the elimination of excessive amounts of these crystalline bodies through the kidneys, places upon the latter organs an unnecessary burden which is liable to endanger their integrity and result in serious injury to them, to say nothing of an early and certain impairment of their powers of function.

Mr. Fletcher, together with a Dr. Van Someren, had, prior to the Chittenden experiments, visited the physiological laboratories of Cambridge University, Eng-

land, where, with the assistance of the famous scientist, Sir Michael Foster, the subject had been gone into pretty deeply. Observations carried out in the cases of a number of individuals resulted in Professor Foster stating that the adoption of a habit of thorough insalivation of food was found to have an immediate and very striking effect on the appetite, making the latter more discrim-



Muscular Development of the Back of the Same Soldier at the End of the Experiment

ating and leading to the choice of a simple dietary, and particularly in reducing the craving for flesh food. Is not this pure physical culture?

Now, we do not intend to use such scientific terms in this article as are not understandable to the average reader, but we ask the latter to remember that the Voigt diet standard requires daily, 118 grams of proteid or albuminous food, of

which 105 grains should be absorbable; 56 grams of fat and 500 grams of carbohydrates, with a total fuel value of over 3,000 large calories. A calorie is a kilogram-degree unit of heat.

Now, coming back to Professor Chittenden's experiments with Mr. Fletcher, it was found that the total daily food value that sufficed to keep the latter in perfect health amounted only to 1,606 large calories per day, as against the 3,000 large calories of the Voigt standard. The Fletcher diet also showed a daily gain to the body of 0.29 grams of nitrogen, and this on foods containing less than one-half the proteid required by the Voigt standard. In other words, Mr. Fletcher's food subjected his body to about 50 per cent. less wear and tear than did the standard usually accepted by medical men. "It was also found," states the professor, "that Mr. Fletcher could do the work of trained athletes and not give evidence of overexertion." Dr. Anderson, Director of Yale College Gymnasium, stated that Mr. Fletcher performed his work in the gymnasium with greater ease and fewer noticeably bad results than any man of his age and condition that had ever come under his observation. From this, Professor Chittenden naturally asks: "Are not the accepted dietary standards altogether too high?" Which question, by the way, is answered daily in the affirmative by thousands of physical culturists. And he sought to get a reply through experiments of a thorough nature.

The experiments with which this article has more particularly to do, in view of the results which were achieved by them, were carried out with due appreciation of the varying conditions under which the average individual works and lives. Consequently, Professor Chittenden selected three types or classes of subjects, these representing different types of the community. The subjects were divided into groups. The first group consisted of five men of varying ages, connected with Yale University as professors and instructors, who were leading active lives intellectually, but not engaged in active muscular work. These were selected as representatives of the mental worker. The second group consisted of

a detail of thirteen soldiers of the Hospital Army Corps of the United States Army. They were of different nationalities, ages and temperaments, and, for a period of six months, did each day a vigorous amount of systematic exercise in the gymnasium in addition to the routine work connected with their daily life. The third group was composed of eight young men, students at the university, some of them holding exceptional records in athletic events. In all instances the use of alcohol was avoided.

Before beginning his investigations with the aid of the groups named, Professor Chittenden, who admits that he was impressed with the responsibility of conducting an inquiry of the kind in question, made some preliminary experiments upon himself. At the time he was 47 years of age, weighed 143 pounds, and was accustomed to eat daily an amount of food about equal to the so-called dietary standards. Realizing that an instant and radical change of diet could hardly be made with safety, a gradual reduction was made in the amount of proteid food taken daily. This, in the course of a month or two, resulted, among other things in the complete abolition of breakfast. A light lunch was taken at 1.30 p.m., followed by a heavier meal at 6.30 p.m. It will be here noted how entirely in accord with PHYSICAL CULTURE teachings Professor Chittenden was. The experimenter states that there was in consequence, "A distinct tendency toward the exclusion of meat, the appetite not calling for this kind of food as formerly." But, what is even more interesting, as proving the truth of physical culture principles, is to again use the Professor's words, "My interest in the subject was augmented by a discovery that I was unquestionably in a state of improved health and physical condition. A rheumatic trouble in the knee joint, which had persisted for a year and a half, and had only partially responded to medical treatment, ceased, and has never reappeared since. Other minor troubles, such as bilious attacks and slight headaches, appearing at periodical intervals, disappeared altogether. Greater appreciation of food, with keener appetite, ensued, and a more thor-

ough liking for simple foods seemed to be developed."

It was also discovered that a boat was easily rowed from six to ten miles in the forenoon, sometimes against head winds, before the first meal of the day was taken, and with a much greater freedom from fatigue and muscular soreness than was possible in previous years under a full diet. The tests for physical and mental work endurance and fitness for physical work which the Professor carried out on an empty stomach, proved conclusively that it is a mistake to assume the necessity of a heavy meal because heavy work is about to be done.

From all of which the investigator concludes that "It is far more rational from a physiological standpoint to leave the taking of the hearty meal of the day until the day's work is accomplished. It is seemingly forgotten that the energy of muscular contraction comes, not from the food stuffs present at the time in the stomach and intestinal tract, but rather from the absorbed material, stored up in the muscles, which was digested and absorbed a day or two before."

These are golden words, and should be considered and acted upon by all.

"Furthermore," he continues, "it must be remembered that the process of digestion draws to the stomach and intestinal tract a large supply of blood, and a large amount of energy is needed for the processes of secretion, digestion, absorption and peristalsis. These processes, therefore, diminish the amount of energy available elsewhere, and where it is most needed by the worker. It is obviously foolish, then, to draw upon the resources of the body by eating heartily just at the time of, or slightly prior to the period when the work we desire to perform, either mental or physical, calls for a copious blood supply in muscles or brain; and when all the available energy is needed for the task we propose to accomplish."

It may be added that during the experiments performed on himself Professor Chittenden discovered that during a period of seven months he lost about seventeen pounds, but from thence on, and continuing the two-meal-a-day régime, his weight remained stationary.

From which he concluded that his body had attained its natural and normal equilibrium. It may be further stated, and this is probably the most important feature of Professor Chittenden's personal experiments, as indeed it was that of the experiments conducted on the groups already alluded to, that the quantity and quality of food required to keep him and his subjects in perfect physical health was startlingly unlike that of the Voigt standard.

Without going into details, it may be said that if Professor Chittenden's conclusions are to be accepted as correct, as there is every reason in the world to believe that they are, the Voigt standard is one which, if followed, would cause us to eat at least one-half more than is necessary, besides charging our systems with poisons whose existence in our bodies is responsible for all the physical evils which afflict humanity.

Professor Chittenden is not a vegetarian in the strictest acceptation of the term; nevertheless, but little exception can be taken to the make-up of the meals which he consumed during the period of his experiments on himself, as well as those which were fed to the subjects of his groups. It is true that physical culturists may differ from him in regard to his use of tea and coffee, but apart from that there is little to criticise. A sample day's dietary may be cited to prove this: It included sugar, creamed codfish, biscuit, butter, tea, wheat griddle cakes, creamed potatoes, cheese, crackers, apple-celery salad and apple pie. This covered two meals, and, by the way, the total fuel value was 1,984 calories. Compare this quantity with the 3,000 calories of the Voigt standard, and draw your own conclusions. It may be added that in a great many cases the number of calories per day was as low as 1,200. Even more impressive are the figures furnished by the experiments in regard to the nitrogenous intake and output. As has been said, the danger to one's health from an excess of nitrogenous foods in the body is as unmistakable as it is disastrous. Now, according to the Voigt standard, the daily diet, as said, should include 118 grams of proteid, with an equivalent of at least 18 grams of nitrogen, which

would call for the metabolism of 105 grams of proteid, or 16.5 grams of nitrogen per day. It may be here said that metabolism is a term which signifies or applies to chemical changes that take place in food stuffs when they have been swallowed, or in living matter. But Professor Chittenden found that he maintained his strength and improved his health through the metabolism of 34 grams of proteid matter, or 5.44 grams of nitrogen. In other words, the consumption of daily foods during the experiments was reduced at least one-third the daily amount generally considered as representing the average requirement of a healthy man, and that, with a maintenance of bodily weight practically at a constant point for ten months, with no loss of vigor or capacity for mental or physical work and endurance! Indeed, the professor states that he did more work and led a more active life in every way during the period of the experiments, with greater comfort and less fatigue than under ordinary conditions. Argument need go no further than that furnished by the figures given. Considering them, however, it would really seem as if the dietetic principles of physical culture had solved the problem for all time, as to how disease can be eliminated from the annals of humanity, and how mankind can achieve its dream of being at its best when the century mark is passed.

Professor Chittenden also asserts that while he entered upon the personal experiment with a view to simply studying the questions involved from a purely scientific standpoint, he has become so deeply impressed with the great gain to the body by this practice of physiological economy, and his system has become so accustomed to the new level of nutrition, that there is no desire on his part to return to the old dietetic habits of former years. In other words, Professor Chittenden has embraced the fundamental principles of physical culture.

Among the scientific men who volunteered to become subjects for the group of mental workers were: Dr. Lafayette B. Mendel, Professor of Physiological Chemistry in the Sheffield Scientific School; Dr. Frank P. Underhill, Instructor in Physiological Chemistry; Dr. Ar-

thur L. Dean, Instructor in Plant Physiology; and Mr. Geo. M. Beers, of the Treasurer's Office, Sheffield Scientific School. Their experiences practically duplicated those of Professor Chittenden in every way. They enjoyed perfect health. The total average fuel values of these four subjects was a little more than 2,000 calories per day, while the economy of nitrogen metabolism was equally marked.

So far as the soldiers were concerned, they were, as stated, of several nationalities and ages, ranging from 21 to 43 years, and included among them a Scotchman, an Englishman, a Swiss, a Hebrew born in Palestine, the balance being Americans. It will be seen, then, that these subjects were of a very representative nature. During the first two weeks of experiment the ordinary army rations were served to them, but later a gradual change was made, accompanied by a reduction in the amount of proteid food. The most scrupulous care was taken in regard to the purity of the foods used, and also as to their chemical values. The weighing, cooking, distributing, etc., were done under the eye of the scientist and his assistants. The food left from each meal was carefully weighed, and the excreta and urine of the subjects, on analysis, furnished the greater portion of the required data.

Without going into the details of the experiment at length, it may be said that during its continuation the men were worked pretty hard.

The experiments began October 4, 1903, and continued for a period of six months.

From start to finish they yielded results that were again practically duplicates of those already obtained by Professor Chittenden. In other words, the daily average excretion of nitrogen became less and less very rapidly during the first few weeks of the experiments, showing that under the prior and average diet there was an excess of nitrogenous products in the food, and a consequent strain on the excretory organs, to say nothing of contingent disease-inducing conditions.

Furthermore, the weights of the men's bodies declined for the first three months, but after that, and until the close of the experiments, they remained stationary.

There was at the same time a complete satisfying of the appetite. Likewise, the men enjoyed excellent health; and in some cases there was, according to tests made in the gymnasium, a remarkable gain in strength, especially in the case of Private William H. Oakman, who, by the way, was the oldest man in the squad, being forty-three years of age.

Dr. W. G. Anderson said: "The men were not up to the average standard, physically, when they began their work, but at the end of it, they were much above the regular standard, while their feats of strength were far greater than the average made by college men. The gain in health, confidence and body fiber was very evident. The gain in accuracy and skill was marked. At the end of the period the soldiers were in excellent condition."

The students engaged in these experiments represented all forms of university sports, and, as has been said, included some famous athletes. Such, for example, was W. L. Anderson, captain of the Yale gymnastic team; and, what is even more interesting, it was while he was under the restricted diet of the experiments that he won the Collegiate and All-round

Intercollegiate Championship of America.

In summing up the results of the investigations, Professor Chittenden asserts that through them it has been positively learned that a much smaller amount of albuminous or proteid food than is ordinarily consumed, suffices for the ordinary needs of the body, and that a restricted, practically vegetarian, diet as described, is a cure for and a preventive of disease. It remains to be seen, he adds, whether these most important facts will gain the popular recognition that they deserve, and continues: "In the question of diet as a matter of physiological economy, and its possible bearing on health and strength, it is fair to ask why should people indulge in such wasteful extravagance in the matter of diet when there is no real physiological need of it? Why not encourage the body to accept a smaller consumption of food, thereby saving for other purposes the expenditure that excessive food involves? The question of daily diet is one of the greatest importance to the family of small means, and there is no reason why the family purse should be so heavily drained for an imaginary need."

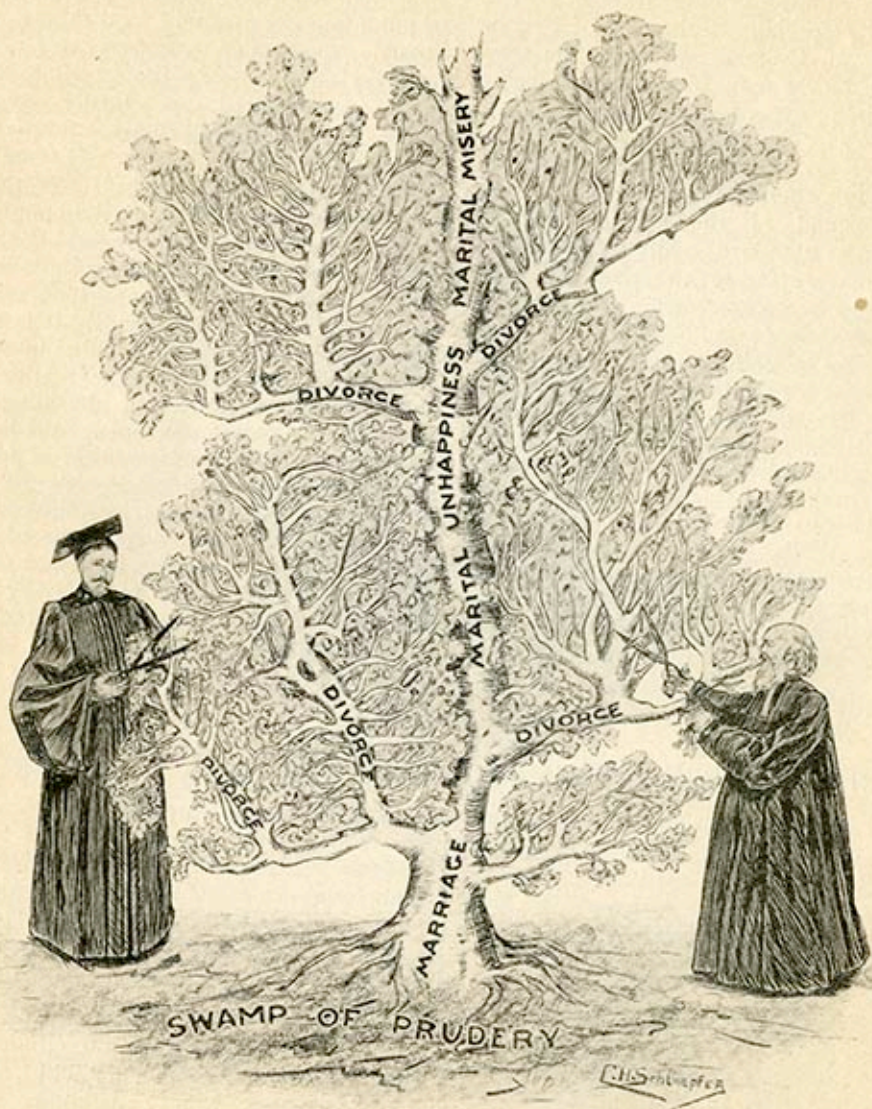
REMARKABLE ENDURANCE TEST OF CLUB SWINGER

KEPT CLUBS SWINGING FOR OVER FORTY-EIGHT HOURS WITHOUT A BREAK



Tom Burrows, Champion Club Swinger
of the World

Tom Burrows, who is the champion club swinger of the world, performed a club swinging feat recently at an exhibition in Montreal that has established a world's record for physical endurance in club swinging. For 48 hours and 6 minutes Burrows kept the club circling in one monotonous and weary whirl, using a wrist motion. The clubs made about 310,320 revolutions during the time of the record test. During all the time while the clubs were kept swinging the champion was on his feet, adding to the trying physical strain that he endured.



A Fruitless Task

How the Law and the Church Deal With the Divorce Evil—Cutting the Twigs to Kill the Tree Instead of Destroying the Root

SYMPOSIUM ON DIVORCE

FIRST INSTALLMENT OF A REMARKABLE SYMPOSIUM ON DIVORCE, ITS CAUSES AND CURE, THE CONTRIBUTORS TO WHICH INCLUDE MANY OF THE MOST NOTABLE MEN OF THIS COUNTRY—SENATORS, GOVERNORS, JUDGES AND CHURCH DIGNITARIES EXPRESS THEIR VIEWS, SOME OF WHICH ARE OF A NOVEL AND RADICAL NATURE—THE PHYSICAL CULTURE PROPOSITION THAT DIVORCE IS, IN THE MAIN, THE OUTCOME OF VIOLATIONS OF THE PHYSIOLOGICAL LAWS OF MARRIAGE IS GENERALLY ENDORSED

By Bernarr Macfadden

MY views on divorce are, of course, familiar to all readers of this magazine. I have voiced them often, and in a manner which my conscience prompted and my reason confirmed. If at any time I seem to have temporarily overlooked the subject, the omission was not due to a waning interest in it, but was the result of the exigencies of editorial duties and publishers' space. Holding as I do that marriage is the institution upon which the higher happiness and the real civilization is based, it is constantly impressed upon me that anything that endangers that institution is a menace to the well-being and progress of the individual, the State, and the world at large. And, of all menaces, divorce is the most deadly. I further hold that it is my duty, as it is the duty of all right-minded men, to do what I can toward checking the growth of this moral leprosy—divorce. And that I have attempted so to do, the past and current issues of PHYSICAL CULTURE will testify.

Prompted by my beliefs in this regard, I recently came to the conclusion that an expression of opinion on the part of those whose positions in life mark them as being men of integrity, acumen or intellectual attainments, would be of the utmost interest to the public and of assistance in solving the problem of unhappy marriages. So I selected about three hundred representative members of the clerical, judicial, political, legal and medical professions, and the heads of a number of philanthropic and learned societies, to each of whom I sent a letter, a copy of which is herewith given.

"MY DEAR SIR:

The belief of the writer is, that of all the vexed problems that modern humanity is called upon to attempt to solve, there is none of such vital import to the race as that of divorce, in-

asmuch as it has to do with those things that make for or against the moral and physical strength and welfare of the individual or the community.

From time to time, sporadic attempts are made to deal with the question, but such are invariably productive of little, except the emphasizing of the far-spread and deeply-rooted marital infelicity which, unhappily, distinguishes the civilizations of both America and Europe.

It will be remembered that, recently, certain rectors of the Episcopal Church, after due consideration of the current status of divorcees, decided that both parties to the sundering of the marriage tie—the guilty and the innocent—should be made to suffer alike by dooming them to perpetual celibacy. Without passing upon the motives, or questioning the wisdom which prompted the divines to reach this conclusion, I have only to say that their action was, to my mind, eminently characteristic of the futile manner in which the whole matter has hitherto been treated by those in authority, either in or out of the church.

In view of the fact, then, that moralists, the clergy, the judiciary and legislators, seem to be powerless in checking the growth of the divorce evil, it will be very properly asked whether there does exist a palliative, if not an actual cure for it.

THE WRITER UNHESITATINGLY AVERS THAT THERE IS A REMEDY

His understanding and belief, both of which are based upon years of observation of the relations between the physical on the one hand and the mental and moral elements of humanity on the other, lead him to assert, and assert most positively, that divorces, in almost every instance, are the outcome of an ignorance, or the deliberate violation of what may be characterized as the physiological laws of marriage. Marriage in the broad sense of the term is, after all, a physical relation, and although the writer fully acknowledges the part which the intellectual and the spiritual play in the true union of a man and woman, yet, if the physical relation be done violence to, a divorce of hearts, if not a divorce of bodies, is inevitable.

This ignorance and this violation of these laws lead to a prostitution of the marital relation with resultant indifference, satiety and, finally, repulsion. This is saying nothing of the host of physical and moral wrongs which are bred in an impure marriage bed. And di-

voiced is the logical sequence of such conditions.

The remedy, then, is of an obvious nature. Teach the man and woman, the youth and maiden, nay, the boy and girl, somewhat about the laws involved and the sanctity which environs them, and it is my belief that within a generation or two a peaceful and wonderful adjustment, or, rather, elimination, will have been accomplished in regard to the difficulties that now environ marriage, while the divorce court will be an obsolete institution.

I am, sir, most anxious to have an expression of opinion from you in regard to the foregoing for publication in this magazine. May I ask that you will furnish me with such at your early convenience? Or I shall be equally glad to have your special and independent views on marriage and divorce. The desire is to illuminate the subject as much as possible, and so, it may be, aid men and women in reaching a conclusion concerning it, the adoption of which shall lessen, if not eradicate, the poignant misery which is invariably the outcome of a marriage undertaken without but slight, if any, conception of what marriage actually is, or should be.

Very respectfully yours,

BERNARR MACFADDEN."

The results of this letter, while of a somewhat unexpected nature, were, nevertheless, instructive and illuminating. They seemed to me to show that the divorce evil exists and is increasing mainly because of the inability or apathy of those in high places, who, either through lack of desire, or pressure of circumstances, fail to take such steps, spiritual, intellectual or what not, as shall retard the growth of the mischief and partially or wholly remedy its ravages.

Some of the gentlemen in question are, perhaps, not to blame for the attitude which they have been forced to assume in this connection, if we consider the matter only from the standpoint of business necessity, or social or political exigency. But, on the other hand, are we not justified in asking whether any men, especially those of the type whom I addressed, can, through any cause, afford to ignore a subject which lies so close to the hearts, homes and consciences of the world at large, as does divorce? Can any man legitimately refuse to deal with an evil of so obvious and appalling a nature as is divorce, simply because he happens to be a man of affairs? A sin is a sin, whether it be one of commission or omission. And the assumption of a negative attitude in regard to divorce is, so I believe, a sin of the latter class.

However, noncommittal as are many of the replies, I have to thank the writers, nevertheless, because, reading between the lines, it is evident that the nature and weight of the proposition is manifest to these same gentlemen, which is something, if it is not much.

To that large percentage of individuals who, through indifference or motives of policy, fail to respond, I would simply say—It is men of your type that are responsible for much of the evil that exists in this world. Clothed as you are with authority, and placed as you are in relation to your fellows, your duty to yourself and the world at large, is to realize and enforce your advantages to the end of encompassing the happiness and the good of humanity. But, you do neither the one nor the other. I will not deliberately accuse you of slothfulness, and I will not charge you with poltroonery. At the same time, the most insidious and dangerous moral disease is that of lethargy. It numbs the brain, chills the heart and shackles the hands. It not only fails to work for good, but it encourages wrong by permitting the unchecked progress of the latter. Concerted and vigorous action on the part of the powers that be, is the only hope of our race in as far as divorce and its remedy are concerned. But that action will never be possible as long as the heads and consciences of many of those in authority are afflicted with the dry rot of selfishly comfortable disregard of the evils which afflict the people.

I desire to extend an expression of sincere appreciation to those other gentlemen who, having the courage of their convictions, have not hesitated to express them. I leave my readers to pass on these latter communications, feeling sure that they, even as I do, will realize the benefit and influence for good which will result from these fearless and valuable expressions of belief.

Lastly, it is interesting to note that in almost every instance, the theory long advocated by me that a violation of the physiological laws of marriage is responsible for divorce, is fully confirmed by the majority of the authors of the courageous letters alluded to.

President Arthur Hadley, of Yale University, replied thus:

"MY DEAR SIR:

I appreciate very fully the reasons which lead you to take the view expressed in your letter, but I do not under the circumstances think that I had better say anything for publication."

Arthur Hadley

From the Ohio State University came this brief note, signed by President W. O. Thompson:

"DEAR SIR:

In reply to yours. At present I have no opinions to express upon a remedy for the divorce evil."

W. O. Thompson

This explains itself:

STATE OF NEW YORK,
EXECUTIVE CHAMBER,
ALBANY.

"MR. BERNARR MACFADDEN, EDITOR PHYSICAL CULTURE MAGAZINE.

"DEAR SIR:

Governor Higgins is in receipt of your favor, and while he thanks you for the opportunity you offer, he is unable to comply with your request, owing to the demands made upon his time by his official duties."

James E. Parley
Secretary.

William H. Maxwell, City Superintendent of the public schools of New York, was another of the non-committals, as the following letter from him proves:

"DEAR SIR:

In answer to your letter in which you ask for my opinion about divorce, I beg leave to say that I am not ready at this time to express any opinion regarding the matter discussed in your letter."

William H. Maxwell

The established courage of Chief Edward F. Croker does not, however, seem equal to the test of facing the question of divorce, as his reply, as follows, attests:

"DEAR SIR:

I am in receipt of your very interesting communication, under date of the 2d inst., and have carefully read same, but I am not desir-

ous of entering into a discussion on a subject of this kind."

Edw. F. Croker

Assistant Corporation Counsel James D. Bell, of the Borough of Brooklyn, wrote:

"DEAR SIR:

I beg to acknowledge the receipt of your favor of the 2d inst., which I have read with attention.

I regret that my time is so occupied as to prevent my acceptance of your kind invitation therein contained to give my views on your remedy for the divorce evil for publication in your magazine."

J. D. Bell

Justice C. H. Van Brunt, of the Appellate Division of the Supreme Court, replied thus:

"DEAR SIR:

Much as I would be pleased to give my views upon the subject which you speak of, I cannot find the time to devote to the subject."

Rev. Dr. S. Parkes Cadman, of the Central Congregational Church, Brooklyn, who is identified with a number of movements looking to the public good, has apparently overlooked the divorce evil, judging by his reply, which follows:

"DEAR SIR:

I am sorry to say that I have no opinion to give on the question which you suggest."

S. Parkes Cadman

Governor William L. Douglas, of Massachusetts, evidently has ideas about the subject, but prefers to keep them to himself. This is his answer:

"DEAR SIR:

Your favor received, and in reply would say I do not care to express my views on the marriage and divorce questions."

William L. Douglas

President C. H. Levermore, of the Adelphi College, Brooklyn, is another man who does not care to appear in print, as this testifies:

"DEAR SIR:

I do not wish to furnish any opinion for publication upon the subjects suggested in your note."

C. L. Loring

United States Senator Henry Cabot Lodge, of Massachusetts, gives a good reason for not replying at length, but he is somewhat mistaken in thinking that a magazine article was asked for. A brief expression of opinion would have sufficed. He writes:

"DEAR SIR:

I have your letter, but I am sorry to say I am altogether too busy to write such an article for your magazine as you suggest, and I shall have to ask you to excuse me."

H. C. Lodge

Another distinguished United States senator, William P. Frye, of Maine, gives a similar reason for not talking to the subject, thus:

"MY DEAR SIR:

I have yours, and have read your views on divorce with interest, but my official duties leave me no time at all in which to write for your magazine an essay on the subject."

Wm. P. Frye

And yet another person high in the councils of the nation, United States Senator Joseph R. Hawley, of Connecticut, failed to reply through lack of time:

"DEAR SIR:

Senator Hawley directs me to acknowledge yours of the 2d inst., and to advise that to make a proper response thereto would require more time and study than he can give to the matter at this time."

J. R. Hawley

Secretary.

Mr. Martin W. Littleton, President of the Borough of Brooklyn, is also a busy man, as his letter following shows:

"DEAR SIR:

I have your letter, but regret to say that the pressure of official business is so heavy that

I am unable to go into the subjects which you suggest."

Martin W. Littleton

So much, for the present, for some of those who were non-committal on the divorce question. Now for others who have expressed opinions briefly, or at length, regarding it. Not the least interesting of the communications from these last is that of Governor S. H. Elrod, of South Dakota, who, in view of the fact that his State is a haven, if not an Eden, for prospective divorcees, ought, seemingly, to be an authority on the matter. But, as will be seen, he implies that he is not in a position to treat of the divorce problem, public opinion to the contrary. He says:

"MY DEAR SIR:

Your letter asking for an expression of opinion in reference to the divorce question is received.

Not having given the subject as much consideration as it deserves, I am not prepared to advance any special views on marriage and divorce. Your remedy, without doubt, has many merits, but there are those who might consider your views a little too radical. I agree with you that divorce is one of the 'vexed problems' and favor any and all remedies that may help to bring about a better condition of affairs in the welfare of our nation."

S. H. Elrod

The Rev. Dr. George R. Van De Water, rector of Saint Andrew's P. E. Church, one of New York's most famous places of worship, writes interestingly, thus:

"MY DEAR SIR:

I am in receipt of your interesting letter of the 2d instant and have noted well its contents.

Your criticism of the recent action of the General Convention of the Episcopal Church betrays your lack of understanding what that action was. To-day, as ever, the innocent party in a divorce for adultery can be married in the Episcopal Church. Recent legislation merely provides that more care be exercised to determine that the party proposing to be married is the innocent person in a divorce for adultery.

This aside, all that you say about causes of marital differences and subsequent divorce may be and doubtless is true. But such conditions cannot be made the subjects of legislation. Education is a most important work, but at best it is a slow process.

Just now we are confronted with conditions that make legislation imperative.

In my judgment, we ought as quickly as possible to obtain accurate statistics of divorces in this country. Then we ought to enact legislation that will make it impossible for anybody to secure a divorce for any other cause than adultery.

Then it ought to be the law in every State that the innocent party only in a case of divorce for adultery only, tried and concluded in a court of record, shall have the right to remarry. This would be, in my judgment, the best law man could devise, and wholly in accord with the mind of Christ.

Meanwhile, go on with all your educational processes and the Lord prosper you!"

Dr. Van De Water

If Dr. Van De Water will refer to my letter sent him, he will see that I did not refer to any action on the part of the General Convention of the Episcopalian Church, but steps taken by "cer-

(To be continued.)

tain rectors" who have decided not to marry divorcees, innocent or guilty. Nevertheless, the reverend gentleman's communication is luminous and suggestive.

The Right Reverend S. M. Merrill, of Chicago, Bishop of the Methodist Episcopal Church, makes a notable suggestion, as follows:

"DEAR SIR:

"As a man can not be tried for stealing a chicken or a pig, or for committing murder, except in the county where the offense was committed, so neither should any court have jurisdiction to hear any application for divorce except in the State and county where the breach occurred—that is, where the parties last lived together as husband and wife. Fix the question of jurisdiction in this way—on this common-sense and common-law principle—and half the applications would be cut out at once. But the matter is beyond me now, and I leave it to younger folk."

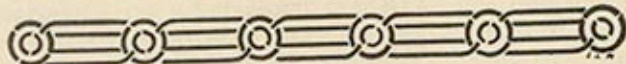
S. M. Merrill

CLERGYMAN PREACHES THE RELIGION OF HEALTH

If the pulpit realized more thoroughly than it apparently does that eight-tenths of the sin of this world arises from sins against one's digestion and lungs and muscles, there would be less misery and bigger congregations all over the land. Occasionally a minister with courage and common sense is to be heard voicing the foregoing truth, and the Rev. Wilmer Evans Coffman, of the Memorial Methodist Episcopal Church, of Easton, Pa., is one of such. In a recent sermon on "Temperance and Physical Culture," he said: "It is better to worship God under the open air in a healthful body than in a beautiful building with health lacking. But we are to enjoy health by obeying Nature's laws. Nature's laws

are the laws of God, the wilful violation of which is a crime.

"The saint who lives in a sound body will know more of God than he whose body is constantly weak and sickly. Our eating should be as worshipful as the blessing asked at the beginning of the meal. Lack of proper care of the body in eating and sleeping, in ventilation and exercise, results in muddy blood and muddled brains, and the helpful thoughts of book and sermon fail to reach us. A heavy dinner keeps many a prayer from rising to heaven. Poor ventilation spoils a good sermon. Clean blood, healthy complexion, sound organs, pure breath do not make a Christian, but they are necessary to the perfect Christian life."





HOME INDUSTRIES FOR PHYSICAL CULTURE CITY RESIDENTS

A DESCRIPTION OF SOME OF THE LUCRATIVE, PLEASANT AND HEALTHFUL AVOCATIONS THAT ARE POSSIBLE TO THOSE WHO LIVE IN THE COUNTRY—A TRUCK PATCH IS A SOURCE OF WHOLESOME FOOD AND PROFIT—FLOWER RAISING FOR THE MARKET AND THE HOME—BEE-KEEPING IS NOW AN EASY AND MONEY-MAKING OCCUPATION—POULTRY FARMING ON A SMALL SCALE—SMALL FRUIT RAISING WILL INSURE ONE A STEADY INCOME—THE BREEDING OF SILK WORMS IS A PROFITABLE OCCUPATION—OTHER MEANS BY WHICH THE MAN OR WOMAN WITH A HOME IN THE COUNTRY CAN SWELL THE BANK ACCOUNT, ADD TO THE TABLE, AND SECURE PLEASURABLE EXERCISE

By J. W. Smithson

WHEN one takes into consideration the many advantages—financial, healthful and recreative—that go with country or suburban life, the wonder is, that millions of people are content to pass their existences amid the hampering surroundings and unhygienic conditions of a big, crowded city.

Of course, the time and cost of transportation are largely responsible for our densely populated communities. But the trend of transportation companies is distinctly in the direction of rapid and cheap service. Furthermore, if one will note the difference between the cost of

renting a house in the country and one in the city, it will usually be found that such difference will cover commutation rates on a railroad to any locality within an hour's ride of, say, New York, or any other crowded center of population. Apart from that, it is almost impossible for a man of moderate means to buy a house in an attractive location in a big city even on terms that real estate men call "easy." This is to say nothing of taxes and the many incidentals that make the ownership of a town home an expensive proposition. In the country, however, a man who is earning what, for the

purposes of illustration, we may call "mechanics' wages," can very readily acquire a home in such a way as shall not strain his pocketbook, while at the same time he is ensuring for himself and his family one of the chief essentials of a comfortable and happy old age.

The object of this article is not to tell of all the many things that admittedly make life in the country far more attractive than life in town. If necessary, one could enlarge upon the wholesome recreations that are always possible to the man or woman who dwells amidst green fields and whispering woods and babbling brooks. Stress might also be laid upon the fact that the social life of those who elect to make their homes "far from the madding crowd," is not only much more attractive, but more readily obtainable than it is amidst the generally suspicious and invariably reserved denizens of the metropolis or its giant rivals. And, furthermore, much might be said of the many excellent things that accrue from going back to Nature, in a moral, intellectual and physical sense. But all these may be possibly touched upon in a future article. At present we will simply say something about the material advantages of a little home in the country, which, in this connection, is presumed to include a plot of cultivable land ranging from a few feet to a half-acre or so. Let it be further said that the author of this article is no mere theorist, but is voicing many of his own experiences, and hence knows whereof he speaks.

The reader will probably ask right here: "But where can a would-be home-maker find a location that shall include all, or most, of the advantages spoken of?"

Numerous small towns near the large cities can be recommended, though we intend to make the Physical Culture City fill the wants of such persons in every respect. The central idea of the city is, that it shall insure to its citizens, those social, healthful and financially advantageous essentials that cannot be secured or are hard to obtain in a big and crowded community.

Physical Culture City will be a city in the country and of the country; and as such will be possessed of pure air, scenes to delight the eye, the smell of flowers and wholesome earth, the sound of bird

notes to please the ear; stretches of greenery whereon the children may gambol without danger of speeding cars and corrupting influences, and uncramped spaces wherein no house jostles its neighbor, and every house has its individual owner—a city of true homes, in which the health-making and brain-strengthening and bank-account prospering principles of physical culture shall take practical form and expression.

But, to return to our subject. The dweller in the country has a number of pleasurable and profitable occupations ready to hand, which are unknown to him who is of the city. Furthermore, these occupations can be followed in one's leisure hours, and in each and every instance, they are additionally valuable because the element of healthful recreation enters into them very largely. Also, if the man of the home is unable to do his share of work in connection with them they can in most cases be readily undertaken by the wife or the little ones.

In the first place, then, a modest patch of land, if properly cultivated, which is easy enough, ought to produce sufficient "truck" to supply a fair-sized family all the year round. It is hardly necessary to define "truck" for you, which, as of course you know, includes lettuce, radishes, peas, beets, onions, leeks, celery, beans, cabbage, corn, potatoes, parsnips, carrots, tomatoes, etc. The man who has lived his life in a city, but is contemplating a removal to the country, may be inclined to doubt the foregoing statement, but the fact remains. With the aid of a few, a very few, tools, some seeds and roots purchased from a reliable dealer, common sense allied to the suggestions that may be gotten from a good-natured neighbor or from books on the subject, the amateur tiller of the soil can rest assured that his family will, within a brief period, be rejoicing in those most delicious of all edibles—vegetables grown by oneself. Of course, in the first stages of the new venture, mistakes may be made and things will happen. But, when the time comes round for the next sowing, the agricultural novice will have profited by his blunders and will know exactly what to do and what not to do and what to expect in consequence. And

let it be said right here, that there is as much difference between the "truck" that is bought in a city grocery and the "truck" that comes fresh, crisp and dew-covered from one's own garden, as there is between the water of a stagnant pool and that of a spring which gushes from the living rock.

It must not be forgotten, either, that this vegetable patch of yours represents a considerable addition to your income. If you are lucky enough to be the parent of a half-dozen healthy youngsters, each of whom is the possessor of a healthy appetite, you will rapidly realize the benefits of a home in the country in as far as the family purse is concerned, when you find that the appetites in question are to a very great extent satisfied with the assistance of your home-grown "truck."

A "truck" patch calls for very little really hard work. After the preliminary turning up of the soil has been accomplished—which can be done by the man of the house or a hired laborer—the future of the patch can be pretty nearly entrusted to the wife and the children. And, from the very first, enjoyment and health are bred from the occupation. Lastly, let stress be once more laid upon the economy of the vegetable patch. Seeds and roots return anywhere from twenty-five to forty-fold of their original cost in the way of crops—a handsome return indeed on the investment.

Then, again, the flower garden is not

(To be continued.)

EGG-BOX TENEMENTS AND CLOSED WINDOWS CAUSE OF DISEASE

"As long as people live and sleep in egg-box tenements, with all the windows shut tightly against the air that feeds them, there are no doctors, and no writers, and no medicines that can cure

only a perpetual cause of delight, but may be made the source of a good deal of pin money for the wife, also. Let it always be remembered that these existences of ours were not intended to be a constant round of labor to the end of keeping body and soul together, but that beauty and recreation are as necessary to us as are air and water and food. A famous French writer once said that when in the presence of newly gathered flowers he always felt that he must take his hat off. Another author wrote that he never could think impurely if he had a rose near him. Such is the influence of flowers.

A home that contains flowers is usually a home in the true acceptance of the term, for the reason, that the man or woman who is fond of beautiful blossoms and loves to have them around him or her, is possessed of those qualities that make for ideal home life.

As in the case of the vegetable patch, the successful cultivation of flowers is by no means difficult, provided always that good seeds are obtained, in the first instance, and that proper care be given to the plants in all stages of their growth. Here, again, if the newcomer in the country has had no previous horticultural experiences, a good book on flower-raising will usually give such detailed instructions that the veriest tyro cannot make mistakes.

them." And if they live in the open air and get cured, it will not be the doctors, or the writers, or the medicines that cure them.—*Life and Health.*

AN HONEST DRUGGIST

The following sign appears in a Chicago drug store, which is said to be one of the largest of its kind in the United States; by which it will be seen that the selling of drugs does not always extinguish the promptings of conscience:

PLEASE DON'T ASK US
"What Is { ANY OLD } Worth?"
PATENT
MEDICINE
 You embarrass us, for our truthful answer must be
"IT IS WORTHLESS!"
 If you intend asking,
"What Do You Sell It At?"
 That is another proposition entirely.



HOW RELIGIOUS JOURNALS ARE MADE THE VEHICLE FOR DISSEMINATING MISERY AND DISEASE

THAT the road to hell is frequently paved with good intentions is nowhere more strikingly evident than in many of the religious journals of the present day which, with the let us suppose, honest intention of furthering the cause of the Christian religion, afford a means, incidentally, for the devil to disseminate some of his own particular literature. Furthermore, we make bold to make the assertion that the literature thus disseminated among good people by means of the advertising columns of the magazines in question, is more effective, and read with greater attention than are the extracts of sermons and the missionary topics in the body of the magazine.

Strange as it may seem, the religious journals of to-day carry more patent medicine advertisements in their pages than do any other publications in the country. It is almost incredible to believe that the good men who edit, control and dictate the policy of these religious journals have been, and are still, asleep, in the midst of the powerful agitation that, starting in the pages of this magazine, is now sweeping over the country like the hand of an angry God felling the vampires that have been filling up with the blood-money of a hundred thousand sick.

We have no particular motive in writing this article. We have been plodding along, attending strictly to our part of the serious business of keeping the manhood and womanhood of this country from a process of decay, physically, that seemed, up to within a recent period, to be dangerously threatening them. The signs of spiritual decay have been left to be dealt with by those journals especially

fitted to grapple with that phase of the human problem. Incidentally, of course, we have felt a certain amount of satisfaction in the fact that we have been cleansing, broadening, and building up bodies to be fit temples of the Holy Ghost. We do not believe that spiritual qualities can at all thrive in a shambling, tumbled-down body. We believe they have their finest, highest and noblest expressions only through the medium of clean, strong and powerfully developed bodies. We hope the time will come when every religious journal will believe the same thing—and preach it! Meantime, this article is intended to point out serious inconsistencies and, more than that, evils, which

exist in connection with the publications of religious magazines throughout the country. We want to wake them up, for they have fallen asleep at their onerous tasks.

Every intelligent reading person knows what patent medicines are made of. From the farmer who has dropped his whiskey to take up the sweeter tasting Peruna, to the vigilant worker in the ranks of the W. C. T. U., it is common knowledge that almost all, if not all, of the patent medicines offered for sale to the public are nothing more than mixtures of alcohol, containing a higher percentage of the spirit than is found in rum. Enough has been published both in newspapers and in magazines to make this known to every intelligent man and woman! Therefore, we believe that these Christian editors have been napping. We hope they have. We do not want to believe that they have consciously taken these advertisements to realize a revenue that would keep their jour-



This Electric Belt Advertisement Appeared In the "Central Baptist" of February 4, 1904

**KIDNEY AND BLADDER
TROUBLES PROMPTLY CURED**

A Sample Bottle Sent FREE by Mail.

Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills every wish in promptly curing kidney, bladder and uric acid troubles, rheumatism and pain in the back. It corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day and to get up many times during the night. The mild and extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases.

Swamp-Root is not recommended for everything, but if you have kidney, liver, bladder or uric acid trouble you will find it just the remedy you need.

If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes. You may have a sample bottle of this great kidney remedy, Swamp-Root, and a book that tells all about it and its great cures, both sent absolutely free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing, be sure to mention that you read this generous offer in the PHILADELPHIA BAPTIST COMMONWEALTH. Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

NEW JERSEY

Swamp Root Advertisement
Which Appeared In "Baptist Commonwealth"
September, 1904

convey. We have warred against the saloonkeeper. But this hoodlum of society was satisfied to confine his traffic within four walls. Those only were enslaved who stepped willingly into the place where beastliness and depravity have their breeding places. But to-day a gentleman saloonist has appeared in the ranks of society. As crafty as the other was dull. By taking the cheap rum and whiskey, flavoring, sweetening and coloring it, putting it into imposing looking bottles, labeling it "patent medicine," and raising the price to a dollar a bottle, he has succeeded in establishing as profitable a trade as have the sharpers in Illinois who sell oleomargarine instead of butter. Selling rum by mail realizes sheckels quicker than does the running of a high-toned saloon. Moreover, the modern method does away with the bartender, the expense of spittoons, marble railings, and a large annual liquor tax.

We earnestly believe that, if the attention of the editors of the religious magazines could be called to the monstrous evil which they help to abet through their advertising columns; if they were

nals afloat. But, consciously or unconsciously, it is a bitter shame to think that these Christian magazines are made the vehicle for carrying the lies and false promises of a gang of the most sordid, dirtiest, and craftiest set of swindlers that ever attempted to play the game of fake upon the great, gullible American public. These strong words are used with a just sense of the weight they

aware that while they are running off some red-hot copy on the temperance question at their desk, the devil is in the next room, in the advertising department, reading proof for a half column of "I Will Cure You" lies and promises; if the Christian editors and owners of religious papers knew this, they would, we are sure, haul out the vampiric advertisements that are carrying the deadly curse of alcohol and its blight into our best homes, sanctified by the presence of religion.

The M. D. who becomes a mail-order saloonist is as crafty as a morphine eater. The man who accumulates his gold by wrecking human lives and souls is an adept at advertising. We believe that the devil, if he undertook the job, could not get up as ingenious and fetching an "ad." as some of those entitled, "Sister, Why Suffer!" and "Brother! Say the Word and I Will Help You." In some of the advertisements that we have come across and which, regretfully, we cannot reproduce for lack of space, nuns have been used, also choir boys and little, innocent looking children to illustrate the advertisement. Even Biblical quotations from the mouth of the Saviour have been sacrilegiously whipped out of the Bible to serve the sewer minds that intend to use them to entrap a religious people. The American people are as easy to catch with a clever advertisement as a fly crawling through molasses, but, with less expense, and greater ease, you can catch a great deal more of them by putting your ad. in a religious journal. You can smear lies thick in an ad. destined for a trade journal; you can smear them thicker in an ad. intended for the average daily newspaper. But if you have hit upon an extraordinary big and clever lie that will sell your remedy, take

DRAKE'S PALMETTO WINE

Every sufferer gets a trial bottle free. Only one small dose a day of this wonderful tonic, medicinal wine promotes Perfect Digestion, Active Liver, Prompt Bowels, Sound Kidneys, Pure, Rich Blood, Healthy Tissues, Velvety Skin, Robust Health. Drake's Palmetto Wine is a true, unfailing specific for Catarrh of the Mucous Membranes of the Head, Throat, Respiratory Organs, Stomach and Pelvic Organs. Drake's Palmetto Wine cures Catarrh wherever located, relieves quickly, has cured the most distressing forms of Stomach Trouble and most stubborn cases of Flatulency and Constipation; never fails, cures to stay cured. Seventy-five cents. It Drug Stores for a large bottle, usual dosage, but a trial bottle will be sent free and prepaid to every reader of the CHRISTIAN STANDARD who writes for it.

A letter or postal card addressed to Drake's Formula Company, Lake and Dearborn Streets, Chicago, Ill., is the only expense to secure a satisfactory trial of this wonderful medicinal wine.

This Wine Advertisement Appeared In the "Christian Standard" of Jan. 30, 1904. The Advertisement Appears In Numerous Other Religious Journals

it to the journal whose subscribers live and die by faith. This is the sum and substance of the crafty philosophy that leads the patent medicine man to advertise so extensively in the religious magazines of our country.

In the *Christian Standard* for January 30 of last year we have counted up as many as twenty-four patent medicines and remedies, from "Piles Cured on Approval" to a remedy with a strange name—Vitae-Ore—that is sent on "thirty days' trial." In this same influential religious paper is a column devoted to obituary notices headed: "FALLEN ASLEEP." This, we presume, is not meant for the editor or owner of the paper who consents to take patent medicine advertisements, but for those among the flock who have died within a month. It is hardly possible to believe that a person reading a paper containing twenty-four different remedies could be unfortunate enough not to find one that would prevent his name getting in the "fallen asleep" column. According to the Massachusetts Board of Health, however, the very taking of the medicines so largely advertised as remedies has been the cause of making many a defrauded sufferer stretch out his limbs in the sleep that knows no more awakening. Isaac Erett is the founder and, we believe, the publisher of the *Christian Standard*, of Cincinnati, O.

The *Christian Work and Evangelist* is another influential religious magazine published in New York City. We do not know who the publisher is. We would like to give the name of the publisher in every instance that we cite here. We do this with the expectation that you will help us in our work of fighting the alcohol curse in this new form. This may not reach the publisher whom it wishes to awaken. A letter of protest from you,

personally, will make these publishers and editors, if they are Christian gentlemen, examine some of the advertisements that have crept into what we hope they did intend to be God's own mouthpiece for the spread of good and pure things.

In one copy of the *Christian Work and Evangelist*, Feb. 6, 1904, we find more than a half-dozen patented remedies. "Jayne's Expectorant Cures the Worst Colds" has quite a prominent place. So also, "Ayer's Cherry Pectoral." A careful analysis of three hundred and ninety remedies recommended for colds and coughs has shown that nearly all contain opium in some form. There are four remedies advertised in the one issue that claim to be cures for coughs, colds or hoarseness. The *Christian Work and Evangelist*, like the *Christian Standard*, has an obituary column at the next to the last page.

The *Central Baptist*, 911 Locust street, St. Louis, A. W. Payne, business manager, is an influential Baptist organ. We looked through two of the issues, February 11 and February 4, '04. We stopped in disgust when we reached the forty-first advertisement relating to cures and medicines. The now dead and buried electric belt fraud is represented among the remedies advertised. This paper also has an obituary column!

In the *Baptist Commonwealth* for September, 1904, our old friend, "Jayne's Expectorant," reappeared. This expectorant is largely advertised in the religious magazines. In the same issue is also advertised Dr. Kilmer's "Swamp Root," the great kidney remedy. According to the Massachusetts Board of Health, Kilmer's Swamp Root contains about 7.32 per cent. of alcohol.

The *Religious Telescope* presents to our view "The Great Specialist" who will send \$3.75 worth of his new treatment



Miss Nettie Blackmore, Minneapolis, tells how any young woman may be permanently cured of monthly pains by taking Lydia E. Pinkham's Vegetable Compound.

Three Weeks.—I had frequent headache of a severe nature, dark spots before my eyes, and all an attending host of ailments, would not stop. A friend of mine advised me to try Lydia E. Pinkham's Vegetable Compound, and I did so, and in a few days I was cured of my headache and all my ailments. I have not had a headache since, and my eyes are clear. I can now do my usual work, and I am very grateful to you for the kind and reliable medicine which you have sent me. Lydia E. Pinkham's Vegetable Compound, 233 Centre Street, Lowell, Mass.

Painful Periods
The ability and permanency of Lydia E. Pinkham's Vegetable Compound, which gives relief to all ailments of the female system, is proved by the following testimonial. The woman who writes this letter is cured of her monthly pains, and she writes to you to thank you for the kind and reliable medicine which you have sent me. Lydia E. Pinkham's Vegetable Compound, 233 Centre Street, Lowell, Mass.

Details of Another Case.
"I had my first menstruation in the fall of 1870, and since that time I have had monthly pains, and I have been unable to do my usual work. I have tried many remedies, but I have not found any that would cure me. I have heard of Lydia E. Pinkham's Vegetable Compound, and I have decided to try it. I have taken it for three weeks, and I am now cured of my monthly pains. I can now do my usual work, and I am very grateful to you for the kind and reliable medicine which you have sent me. Lydia E. Pinkham's Vegetable Compound, 233 Centre Street, Lowell, Mass.

I am now cured of the best of health, and my eyes are clear. I can now do my usual work, and I am very grateful to you for the kind and reliable medicine which you have sent me. Lydia E. Pinkham's Vegetable Compound, 233 Centre Street, Lowell, Mass.

Half-Page Advertisement of Lydia E. Pinkham's Vegetable Compound Which Appeared in the "Republic" of January 25, 1905

"I have been suffering from monthly pains for many years, and I have been unable to do my usual work. I have heard of Lydia E. Pinkham's Vegetable Compound, and I have decided to try it. I have taken it for three weeks, and I am now cured of my monthly pains. I can now do my usual work, and I am very grateful to you for the kind and reliable medicine which you have sent me. Lydia E. Pinkham's Vegetable Compound, 233 Centre Street, Lowell, Mass.

free. Like the master specialist who was given the honor of a free advertisement in this magazine sometime ago, he has an "elixir." According to recent analysis, the greater part of all so-called "biters," "stomachics," "cordials" and "elixirs" contain alcohol in quantities varying from fifteen to fifty per cent. which, let it be emphasized again and again, is a great deal higher percentage than the amount of alcohol contained in the beer, wine and whiskey against which these religious journals for the most part rail. The familiar "Drunkenness Cured" ad. also appears in this journal. It is a well-known fact now that almost every remedy, so-called, for drunkenness, or for the opium and morphine habits, is nothing more than a powerful poison very often containing opium or morphine in large quantities. From the bottom of our souls, we feel pity for the poor slave who takes to one of these remedies. In almost every instance he becomes as helpless a slave, body and soul, to the remedy as to the habit he is trying to break away from. It is only a question of buying the drug under a different name and from a different concern. The pitiable end of those who resort to these so-called remedies is heart failure.

The *Church Intelligencer*, 4 Warren St., N. Y., Rev. J. B. Drury, D. D., editor, for February, 1905, has advertised in its columns, among other medicines and remedies, "Mrs. Winslow's Soothing Syrup" and "Palmetto Berry Wine." Of so-called soothing syrups, Mrs. Martha Allen, of the National W. C. T. U., writes: "A careful compilation of manufacturer's announcements shows a list of 1,806 so-called patent medicines sold to the public in which alcohol, opium or other toxic drugs form constituent parts. Thirty-six soothing or teething syrups are provided for infants, some of which contain opium or its derivatives. In England every label of Mrs. Winslow's Soothing Syrup must bear the word 'Poison.'"

The *Examiner*, 38 Park Row, N. Y., edited by Thomas O. Conant, LL. D., and J. B. Calvert, D. D., also The *Congregationalist* and *Christian World*, of 14 Beacon St., Boston, and The *Christian Endeavor World*, carry advertisements of Hood's Sarsaparilla. According to the Massachusetts Board of Health this pat-

ent medicine contains about 18.1 per cent. alcohol, which is higher than that contained in cheap whiskey or beer.

The *Republic* is an influential Catholic journal published in Boston by a man with the euphonious name of J. F. Fitzgerald. Here an advertiser doesn't have to label his whiskey or rum "patent medicine" or "elixir" to get an egress into the advertising columns. The publisher of the *Republic* is not at all scrupulous what kind of money goes into the advertising coffers. We have counted perhaps as much as a half-dozen different whiskey and ale advertisements in the advertising columns. In this same religious journal, under date of January 28, 1905, there is a large, half-page advertisement of "Lydia Pinkham's Vegetable Compound," which winds up with the usual charitable statement that "Mrs. Pinkham, whose address is Lynn, Mass., will answer cheerfully and without cost, all letters addressed to her by sick women." Now, Mrs. Pinkham does not answer letters. She could not answer letters if she would. Mrs. Pinkham is resting quietly beneath the green grass of Pine Grove Cemetery—unless she is haunting the medical pirates who are making use of a dead woman's name fraudulently! A publisher who admits an advertisement into his columns containing a misstatement is guilty in conniving with the miasmatic advertiser in deceiving the readers of the publication. It is a breach of faith between reader and publisher, with the confiding reader the sufferer. The time will come, and soon, when every publisher who expects to win favor of the reading public will be compelled to put in big black print at the front of the magazine, the statement which a number of high-minded publishers have already seen fit to do.

To return to Lydia and her compound. In the analysis of this patent medicine, made by the Massachusetts Board of Health, it was found to contain about 20.61 per cent. alcohol. We presume this information will not disturb the gentleman who publishes the *Republic*. If he is not scrupulous regarding the sale of whiskey and ale in his columns, he will not mind also having a delectable drink in the same column that has been prepared especially for women.

THE MAN WHO SHAVES HIMSELF

THANKS TO MODERN INVENTIONS, A SMOOTH FACE CAN BE ACQUIRED AT HOME WITH EASE AND COMFORT—THE TOOLS TO USE AND HOW TO USE THEM—ART OF STROPPING A RAZOR—A GOOD STROP AN ESSENTIAL—SOMETHING ABOUT SOAPS—HYGIENIC ADVANTAGES OF SHAVING ONE'S SELF

By J. Smithson

FROM time immemorial, mankind has been divided into two classes, those who shave and those who do not. And it may be added that those who favor bare faces, alike to those who believe in hirsute adornment, find plenty of arguments for or against the use of the razor. In some ages the shaving controversy has waxed warm. It has been asserted that man is never so impressive or dignified as when he is the owner of a patriarchal growth upon his chin. Contrawise it has been alleged that the beauty and nobility of the human countenance can never be realized if it is masked by a mass of hair. It has been avowed that when a man is "bearded like a Pard" he feels himself to be a MAN. As a set-off to this, there are those who hold that the clearness of one's mental faculties is coincident with that clearness and cleanliness of the face which is induced by the use of a good razor. It will be remembered that during the late Civil War men folk cultivated luxuriant whiskers, long beards and flowing locks. To-day, the cleanly-shaven man is the rule rather than the exception. We have gone back to the times of Calhoun, Webster, Clay and Burr. The next few years may again see us with hidden lips, chins and cheeks, but, as intimated, the man who would be in fashion's swim at this writing must, as a preliminary, strip his face of even a suggestion of hair.

Without alleging in favor of beards or no beards, it is certain that, in those relations of life in which it is of advantage to us to judge of a man's characteristics by his facial peculiarities, the advantage of the free use of the razor will be obvious. A well-known French author has declared that women have no mustaches because they are gifted by Nature with the power of never hinting at their emotions through the medium of their features. Man, not having the same gift, has been favored with a veil of masking

hair. Be this as it may, it is certain that the expression of a man's face is, as a rule, of a tell-tale nature. Hence a clean shave may be for or against him, as the case may be.

There is this much to be said in the matter, however, that the man who has once taken to the use of the razor is rarely willing to abandon it. He will tell you that a clean shave is as refreshing as a bath, and that the physical stimulation that comes from smooth cheeks and lips and chin is only matched by the mental stimulation which goes with it. To such a person there is no greater punishment than a stubbly face. It is admitted that good clothes have a wonderful effect upon the moral and mental attitudes of their wearer. And it is equally certain that a clean shave has an almost similar effect upon the man who is accustomed to it, while the want of a shave will pretty nearly demoralize him in the selfsame respect.

It has been asserted, and with truth, that many men would dispense with their whiskers and mustaches if it were not for the fact that, in order to do so, they must either be shaved or shave themselves. Now, there are lots of people who object to the ministrations of a barber, for what they consider to be sufficient reasons, while there are others who continue to wear mustaches or what not, because they imagine they cannot handle a razor, or if they attempted to do so, the process would be a painful one. But the fact is, that the art of shaving, as far as its appliances are concerned, has kept pace with the advancement of everything else in these days of ours. By which is meant that, thanks to the shaving sticks and soaps, the exquisitely tempered razors, the apparatus for sharpening the same, "safety" razors, improved strops, mirrors that magnify and mirrors that give one a view of every side and aspect of one's face, ideal brushes, and so on, shaving at home

has been made a positive delight instead of an unpleasant undertaking.

Apart from the fact that the man who shaves himself avoids those hygienic dangers which he is called upon to face in the careless barber's shop, it must not be forgotten that the incidental nickels and dimes which he saves will amount, during the year, to a tidy sum. The barber-shaved man spends, on the average, 45 cents per week for three shaves and a five-cent tip in each instance to the "artist." This is a modest estimate, it must be remembered, yet in the course of a year it will amount to something over \$25.00, which is sufficient to buy the wife a very respectable Christmas gift. But if you consider the proposition from a purely business standpoint, it will at once strike you that \$25.00 is a pretty good return per annum upon an investment of, say, \$5.00 or \$10.00, to say nothing of the sense of entire cleanliness which comes from a shave at home.

The main bugaboo in the case of would-be shavers-at-home is their inability to properly strop a razor. Now, this inability is more a superstition than a reality. With very little care and very little practice, one may easily master the art of putting a fine edge upon a razor. Please to believe this in the first place, and further on we will tell you exactly how the trick is done. But reference is made to this point right here, inasmuch as it is the chief deterrent in regard to shaving one's self.

You can never hope for a good shave unless you have good tools. Very cheap razors are not only delusions and snares, but abominations also. The same remark applies to soaps and brushes. As a preliminary, then, acquire a first-class razor or razors. These are easily obtainable if you are willing to pay the price and patronize those manufacturers whose trade rests on their reputation.

While one or two razors will be found sufficient, yet it is an excellent idea to have one for every day in the week, for the reason that, singular as it may seem, a razor is improved by being given a rest at intervals. It is also well to have a razor or two in reserve, in case the unexpected happens, or you should be called upon to loan one to a friend.

While the "safety" razor was some-

what criticised when it first made its appearance by those who were accustomed to use the ordinary or long-bladed tool, yet its merits have been made so manifest in the interval, that it is here to stay. For travelers, or for those who can never overcome that nervousness that seems inseparable in the case of some persons when they attempt to use the ordinary razor, they are invaluable.

There are two or three kinds of strops, ranging from the single piece of leather commonly used in a barber shop, to the one formed of two or more pieces, which may be adjusted at the pleasure of its owner, by means of screws. Here, again, the best will be found to be the cheapest. A bad strop means a badly cutting razor, which in turn, insures a badly scraped or badly chipped face. There has recently been put upon the market a very ingenious little apparatus which will sharpen the ordinary razor perfectly by the mere turning of a handle. It is asserted that the claims made for it are amply justified.

Not infrequently the razor is blamed for a good deal for which the soap is responsible. The fact that shaving calls for soap that must be composed of certain materials, while other materials found in ordinary soap are left out, is now fully recognized by manufacturers. The consequence is that there are now in the market shaving "sticks" and shaving soaps which make a big and lasting lather, but do not irritate or hurt the skin in any way. This is achieved by the elimination of the "free" lye that is found in the average soap, which attacks the skin by absorbing its moisture, and, in some cases, badly burning it. The shaving "stick" is intended to do away with some of the inconveniences inseparable from the shaving cup. This is accomplished by moistening the skin of the face, then rubbing it with the "stick," and next with a wet shaving brush, whereupon a mass of creamy lather results that does not "run" or easily disappear.

The next most essential shaving tool is the brush, and here again the would-be shaver is emphatically advised to buy one of the best quality. Nothing is more disagreeable than to be the possessor of a brush which apparently has an attack of the mange every time that it is used, and

that leaves a deposit of bristles as well as of lather upon its unlucky owner's face.

A good shaving-glass is also a requisite. If you like "close" shaves, it is well to purchase a magnifying mirror, which will enable you to remove little clumps or little tufts of hair that would probably have been overlooked in the case of an ordinary looking-glass.

We will suppose that you have secured all these things, and intend to make use of them as soon as possible. But it must be remembered that razors, as they come from the shop, are not fit for immediate service. They must therefore be properly honed. Let a capable man do this. Avoid a barber. Honing consists of putting a cutting edge on the razor by passing it backward and forward on an oil stone of fine grain, after which it is ready to be stropped, and this stropping is the chief stumbling block of the amateur barber. Yet stropping is easy of accomplishment, after all, as we will show. All strops have one side that is rougher than the other. Presuming that you have made ready for your shave, and are about to try to strop your razor, a touch or two of lather is placed upon the smooth side of the strop, and well rubbed in with the fingers. One end of the strop is then hitched on to a hook that must be screwed very firmly into the wall; the left hand takes hold of the lower end of the strop and pulls it out until it is very taut. Beginning on the coarse-grain side of the strop, the razor, held by the right hand, is laid flat on the leather in such a way that its back and edge touch the strop simultaneously without undue pressure being exercised on either one or the other. This is the most important feature in the art of stropping, this keeping of the cutting edge of the tool perfectly level and flat on the strop.

The edge of the razor now being toward you, you push the razor away from you, but as you do so you gradually slide the razor down from "heel" to "toe," so that when you begin the stroke, the bottom part of the blade rests on the right-hand edge of the strop, but as you finish, the top of the blade is nearly touching that same edge. Now turn the blade over so that its edge is away from you, and repeat the stroke, drawing the razor toward you, remembering, as you do so, to let

the blade slide from heel to toe as before. Repeat this five or six times, then turn the strop over and do likewise on the smooth side of the latter. If you are careful to always keep the cutting edge of the blade on the strop, as directed, you need never complain of a razor that "pulls," or scrapes, or cuts.

With a towel around your neck, your face thoroughly lathered, and your shaving glass so placed that there is a good light on your features, you next proceed to shave. The golden rule in shaving is this: In almost every case, the hair on the face grows downward toward the chin. It follows, then, that the razor should follow the direction of this growth, for if the reverse direction is taken, you are cutting against the grain, and the razor will "pull" in consequence, while an irritated skin is pretty sure to result. There are one or two places around the neck where it is almost impossible to shave clean without going against the grain, but for the greater part, there is no reason why one should "shave up," as this against-the-grain movement is generally called.

It must not be forgotten that to shave properly, there must be a "side-slide" with the razor, which in a general way much resembles the heel-to-toe movement made on the strop. Furthermore, it is essential to hold the razor at a very acute angle to the face, or else the skin will surely be scraped and chafed, if not cut. If you are unlucky enough to draw blood, a touch with a morsel of crystal alum will stop the bleeding forthwith.

Of course, you must not expect to become an expert stropper or shaver in one lesson. But on the second or third trial you will have discovered that you were very much mistaken in regard to the alleged difficulties of shaving, and the act will, in due time, become more a pleasure than an infliction.

By all means shave yourself, if you must shave, and, on the whole, we would recommend you to do so.

The only excuse for using an application of any kind after shaving is an uncomfortable dryness of the skin, though if a high-grade vegetable oil soap is used this is unusual. But in case the skin is dry and harsh after shaving, olive oil, or a high-grade cold cream can be used.

WHY A SOUND BODY IS ESSENTIAL TO A SOUND MIND

MORALITY, HIGH IDEALS, COURAGE AND ABILITY DIRECTLY DEPENDENT UPON SOUNDNESS OF BODY

By *Harry R. Gers*

Science Tr. (Chemistry) H. S.

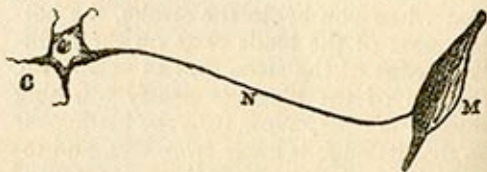
WE were once savages. We reacted to stimuli of pleasures and pains, we felt hungry, cold, tired or sleepy, and when we had satisfied the needs of our bodies, we sank into lassitude. Our mental activities might be summed up in a word—we felt. After many years had passed, experience in pain made us conscious of a feeling of discomfort at the sight of pain inflicted in others. We unknowingly had learned to be sympathetic. Next, the inhabiting of caves or permanent dwelling places, the storing of food for future use, the idea of comparative possession, bred in us the pangs of envy and jealousy. At the same time we learned to be pleased with the musical sound of the stretched bowstring and the note of clashing metals; we began to carve ornaments on our implements and to draw pictures of animals in sand or on bleached hides. Our mental activities had reached a height where they were capable of experiencing an emotion.

Much later, very much later, we conceived ideas of pleasure in the regularity and certainly with which effects follow causes. The feeling of security that is born of an understanding of the surroundings, of knowing what will happen next, accomplished the complete elimination of fear in our ordinary experiences, and, inasmuch as the elimination of fear is in itself a pleasure, it became delightful to speculate, to reason, to exchange thoughts with others, to appreciate truth. We had, in short, developed intellect.

Now, this evolution of emotions from feelings, and of intelligence from emotions, is the natural order followed by every individual of each race in his specific development from personal unconsciousness to a state of conscious mental activity. It is a law of biology, that an individual repeats in brief the history of

its race, and this truth applies to the mind as well as to the body. The infant at birth is a creature of primeval desires; food and sleep are its simple wants. While, at this time, the emotions are not altogether absent, their development occurs later, and it is not until after the individual is well on his way of advancement, that the intellect appears. The intimate connection between, and the mutual dependence of the feelings, the emotions and the intellect, and the bearing of these conditions upon right living, are not ordinarily observed or closely studied enough.

"*Mens sana in corpore sano*," is a maxim handed down to us from the ages, but we accept it as truth without demonstration, and precisely for this reason, we are not especially concerned with its significance. What has the sound mind to do with the sound body? Why are they essential to each other? Until James, Lange and Ribot gave mankind their excellent work, we did not know what these relations were, but with the light that these men have cast upon the study of the human emotions, the close connections between mind and body have become apparent. The modern view is that the emotions are brought about by, or rather are, the conscious interpretations of disturbances in the muscles and the viscera. It is a fact well known that the stimulation applied to brain or nerve cells causes a contraction in the muscles associated with them.



In the diagram, to stimulate the cell C,

is to originate three processes. (1) Consciousness in C, (2) a message along N to M, and (3) a contraction or disturbance in M. Such disturbances in the body caused by high mental states, or conditions, are readily noticeable; indeed, there is no great excitement, pleasant or painful, that does not produce its disturbing effect. Mirth finds its expression in laughter, rapid breathing, secretions, etc.; pain produces contractions, cries and tears. Many musical artists are known to have been thrown into the most violent convulsions at the sound of a discord. Interest in work lightens the labor by aiding the muscles; we are advised always to have the mind agreeably occupied when taking exercise; even the ancients knew of the therapeutic value of music. Suppose the exciting stimulus applied to C be a painful experience (say, the news of the death of a friend) received through the senses. C is aroused into consciousness, the fact is perceived, N carries the message and M is disturbed. Now, it is the disturbance of M that constitutes the painful character of the mental state. If M were not present, C would become conscious of the external conditions just as clearly as before, but it would be a dull, empty fact, like the idea of six times six, without the slightest trace of pain. It is not difficult to furnish an illustration of this truth. When the emotion of, say, fear is being experienced, turn the attention away from the exciting idea as much as possible, and still an unpleasant disturbance will be felt in the diaphragm and chest muscles. In a similar manner the seats of many of the emotions may be roughly located. On the other hand, if the muscles, the glands, or the visceral organs can be disturbed in a manner exactly similar to the one in which an emotion disturbs them, the appropriate emotion will be experienced, and some old idea in memory will be revived and associated with it.

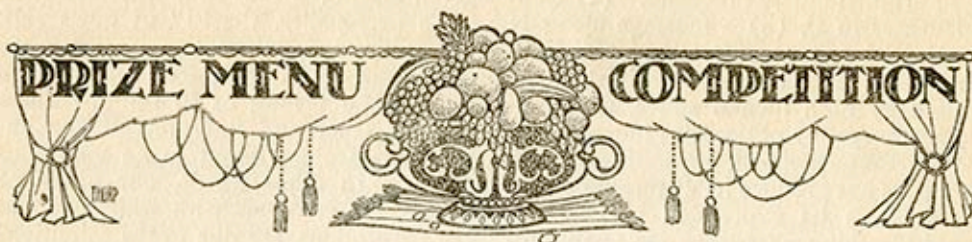
The muscles and organs of the body, when in an almost uninterrupted state of exercise, are continually discharging their stimuli upon the brain cells, and the resulting state of consciousness at any

given instant, is the "ego," the feeling of one's personality, the "I" of one's self. When these activities are excellent, we experience a feeling of well being; when impaired, a feeling of ill being. These feelings color and interpret all our impressions from without to an enormous extent. In other words, our views of things, the emotions with which we tint our perceptions, are due to the conditions of our bodies. The ill temper of dyspeptics is proverbial; the magnification of our woes, during the late hours of the night when the activities are low, is a common experience; our "changing of the mind" is really a change of the bodily conditions. We are guided through life by the motive force of the intellect, the emotions and the feelings; most powerfully of all by the feelings, less powerfully by the emotions, and least powerfully by the intellect. The hand is withdrawn from the fire with more vigor than it is extended to give alms or used to solve an uninteresting algebraic problem. Our standards, our high or low ideas, desires and habits, change directly and proportionally with the emotional make-up. This "self" of which we feel so sure, is often the toy of emotions of overwhelming power, the caprices of which many intellects cannot control.

For proper standards of manhood we must possess normal intellects, wholesome emotions and healthy feelings, and in order that these may be such, we must possess healthy, active muscles, glands and organs. If, in our ideas, words and deeds, we are continually reflecting the conditions within the body, it is plain that soundness of mind (good citizenship, high ideals, courage, ability) is directly dependent upon soundness of body. And if it be a crime to depart from the above standard, then it is a crime to possess a body that is in the least degree incapacitated to produce wholesome emotions, if it be within one's power to elevate the physical self to the proper healthy plane.

"Mens sana in corpore sano!" Let this truth go thundering down to posterity; it is the sum total of the possibilities of human achievement.





PRIZE MENU COMPETITION

Three prizes of \$25.00 each are offered for suitable menus. First prize is for best weekly menu including cooked and uncooked food. Second prize is for least expensive menu for one week. Third prize is for simplest and best weekly menu that can be followed with advantage by a person living alone. Competition will close April 1st, 1905. Menus which do not win prize, but which are published, will be paid for at space rates.

We are desirous of securing menus that are novel and original. We recognize the fact that a great many readers are not yet sufficiently well versed in physical culture to accept the broader theories on the food question that we advocate, or else are bound down to conditions that will not permit the adoption of the physical culture diet. In order that the menus may be of use to such it may be stated that menus will be available that include meat, oysters, fish, white flour, coffee, tea and other articles of food not advised by us. Readers familiar with our theories will be able to judge what is worth accepting and what is worth rejecting in the menus that are printed.—BERNARR MACFADDEN.

WEEKLY MENU OF COOKED AND UNCOOKED FOOD

By M. A. Fuller

SUNDAY.

Oranges.
Stewed Apricots.
Gum Gluten Muffins.
Chipped Beef and Eggs.
Uncooked Bread and Peanut Butter.
Fig-Prune Coffee.

Dinner.

Pea Soup.
Nut Croquettes and Tomato Sauce.
Scalloped Cheese.
Baked Potatoes.
Cabbage and Celery Salad.
Corn Meal Bread.
Grape Juice. Stuffed Dates.
Sponge Cake. Coffee.
Nuts. Grapes.
Crackers and Cheese.

MONDAY.

Apples. Bananas.
Graham Gems, with Milk Dressing and Eggs.
Baked Apple and Cream.
Corn Meal Mush.
Chocolate and Whipped Cream.
Physical Culture Bread and Raspberry Jam.

Dinner.

Celery Soup.
Cranberry Jelly.
Oyster Patties in Shredded Wheat Biscuit.
Cheese Fondue.
Sweet Potatoes, Baked.
Creamed Walnuts.
Bird's Nest Salad.

Dessert.

Coffee. Cherry Pudding.
Nuts. Raisins.
Nabisco.

TUESDAY.

For a Summer Breakfast.

Berries. Hot Lemonade.
Oat Flakes and Cream.
Popovers.
Eggs and Tomatoes.
Nasturtium Sandwiches.
Baked Cheese.
Corn Meal Muffins.

Dinner.

Celery with Cream Dressing.
Asparagus Tips on Toast.
Protose Roast with Tomato Sauce.
Baked Rice.
Cabbage Salad with Cream Dressing.
Peach Dumplings.
Banana Coffee.
Nuts. Raisins.

WEDNESDAY.

Baked Bananas.
Scalloped Eggs.
Creamed Potatoes.
Uncooked Bread with Ground Nuts and Cream.
Stewed Tomatoes with Triscuit.
Stewed Prunes and Flakes.

Dinner.

Baked Sweet Potatoes.
Scalloped Onions.
Sweet Potato Pudding.
Walnuts with Mushroom Dressing.
Asparagus Salad.
Orange Surprise.
Uncooked Custard.
Uncooked Pound Cake.
Coffee and Crackers.

THURSDAY.

Batter Cakes of Self-raising Gum Gluten.
 Grape Nuts, Prunes and Cream.
 Poached Eggs on Toast.
 Wheat Flakes.
 Baked Peaches.

Zwieback (gluten), Rye Flakes and Cream.
Dinner.

Cream of Corn and Tomato Soup.
 Wheat Flake Loaf with Spinach Dressing.
 Baked Bananas.
 Boston Brown Bread.
 Olive Salad.
 Apple Snow-Cheese.
 Grape Juice.

Uncooked Fruit Cakes.
 Stuffed Prunes. Nuts. Raisins.
 Red Apples. Green Grapes.

FRIDAY.

Poached, Scrambled, or Eggs on Shredded
 Wheat.

Uncooked Eggs with Lemon Juice.
 Grape Fruit. Stewed Apricots.
 Nuts. Graham Gems.

Unsalted Butter.
 Sliced Tomatoes.

Dinner.

Chestnut Soup.
 Scalloped Cheese.
 Nut Balls with Cream Dressing.
 Baked Sweet Potatoes.
 Cranberry Sauce.
 Shredded Corn in Cream.
 Dates. Nuts. Walnut Creams.
 Coffee. Uncooked Bread.
 Fruit.

SATURDAY.

Apples. Oranges. Bananas.
 Banana Coffee.
 Ground Wheat.

Chopped Figs. Chopped Pecans.
 Cream.

Shredded Codfish and Poached Eggs on
 Toasted Gluten Bread.
 Stewed Prunes and Toasted Triscuit.

Dinner.

Brazilian Nut Soup.
 Unfried Bread and Peanut Butter.
 Celery Patties.

Scalloped Potatoes.
 Fruit Salad. Baked Rice.
 Olive Relish. Coffee Custard.
 Crackers. Cheese. Cocoa. Nabisco.
 Nuts. Raisins.

SUNDAY.

Oranges and apples perform wonders in the way of digesting other foods. Too much cannot be said in favor of their constant use whenever obtainable. If apricots are soaked in clear water after being thoroughly washed, a very low degree of heat will be all that is necessary to soften them sufficiently. Less sugar is needed if added after they are removed from the fire.

To two cups gum gluten add a small pinch of salt and enough sweet milk for a batter.

Let it stand five minutes and put in muffin pans. It is composed of the hearts of the wheat, and is rich in muscle-building properties.

Uncooked bread can be ordered from Physical Culture restaurants. Peanut butter, also fig-prune and banana coffee are both most delicious substitutes for the Mocha and Java that often are found injurious. Nut croquettes are easily made if one is the possessor of a vegetable grinder, which is of great value in "New Thought" menus, as so many articles which have previously been *cooked to death* are now simply ground, or soaked from two to twenty-four hours and then made hot. So prepared they are found to be much more palatable and of far greater nutritive value. To one cupful ground pecans or English walnuts may be added either gluten cracker crumbs or wheat soaked in milk for six hours, double the quantity of nuts used; one egg to a cupful of nuts, salt, and cream enough to make the mixture capable of being formed into croquettes. Drop into very hot fat (olive oil is best), brown, and serve with tomato sauce. For scalloped cheese, chop one cupful of English walnuts, one-half cupful of the white part of celery; add one jar of imperial cheese and one small cupful of gluten cracker crumbs; salt, butter, and one cupful of rich milk or cream. Let brown, and serve hot.

MONDAY.

For *real* graham gems use equal parts of milk and flour. Hold the flour high above pan containing milk, that it may become aerated by passing through the air. Beat vigorously for five minutes and pour into *hissing-hot iron* gem pans. Bake twenty minutes. A part of them may be broken open and served with cream or milk dressing, the remainder eaten with syrup. Cranberries may be ground in vegetable mill, mixed with sugar, and made hot, but not cooked. Very nice for dessert, served in cup, or egg crackers, or split shredded wheat.

FOR CHEESE FONDU.—Melt one spoonful butter in a pint of boiled milk. Dissolve two tablespoonfuls of flour in a little cold milk; add to boiling milk and let it cool. Beat the yolks of four eggs and a small jar of cheese, or a small teacupful of grated cheese, salt and pepper. Last, whip the whites to a froth and add. Line deep tin with buttered paper; allow four inches for rising. Bake twenty minutes and serve immediately.

It cannot be said that nuts are improved by cooking, but they certainly improve the quality and flavor of any dish to which they are added, and no doubt seem more a substitute for the meat many desire to relinquish, when they are cooked. Walnuts may be chopped with equal parts of celery, cabbage or spinach, bread or cracker crumbs, or flakes, and served with cream dressing, for which whip one-half cupful thick cream, a little salt and paprika, with well-beaten white of egg and spoonful of olive oil.

A bird's-nest salad is both good and beautiful. Mix with seasoned cream cheese a quan-

tity of chopped walnut meats. With the smooth side of the butter paddles make into little balls, serve four to a portion in a nest of shredded lettuce with mayonnaise dressing. With vegetable coloring they can be colored pale green.

Cherry pudding can be made, using the canned or fresh fruit. Pit the fruit an hour or two before it is needed and sugar it well. Separate the whites and yolks of eggs (allowing four to a pound of cherries), crump six or eight macaroons or same amount of uncooked pound cake and put half of them over bottom of baking dish; add cherries and remainder of crumbs and well-beaten yolks of eggs. Put spoonful of sugar with whites, which, when thoroughly beaten, must be placed on top and ground a few minutes in oven.

TUESDAY.

In making nasturtium sandwiches, it seems like "murder of the innocents" to use the blossoms, which must be carefully examined and washed and placed between thin slices of bread.

To bake cheese, butter eight slices of brown bread and spread with cheese, seasoned with red pepper. Mix four well-beaten eggs with three cups of milk and pour over bread and cheese. Bake until it sets, and serve immediately.

WEDNESDAY.

FOR SCALLOPED EGGS.—Put oat, wheat or barley flakes on bottom of baking dish, with a spoonful of ground pecans. Put in eggs, taking care not to break them, seasoning with salt, pepper and butter; then more flakes and nuts, and one-half cup cream. Bake.

FOR SCALLOPED ONIONS.—Slice boiled onions and put together with bread crumbs in same manner as given above for eggs.

FOR A SWEET POTATO PUDDING.—The potatoes must be grated, adding cream, eggs, salt and butter. Brown in oven.

FOR MUSHROOM DRESSING.—One can mushrooms, one tablespoon of butter, one heaped spoonful ground and soaked wheat, one teaspoonful fine onion, one-half cup cream. Make mixture hot, add salt and paprika, and pour over ground walnuts; spread on Educator or milk crackers.

ASPARAGUS TIPS.—Mixed with apple and a small onion chopped fine, served with a mayonnaise dressing, using rings of two hard boiled eggs for garnishing, and chopping yolks to sprinkle over the top of salad.

FOR ORANGE SURPRISE.—Use very firm, fine oranges. Cut off a top or lid one-half inch deep. Remove pulp, tearing out and throwing away the tough inner skin; mix pulp with chopped dates and nuts and return to shell, covering with top, which was cut off.

THURSDAY.

WHEAT FLAKE LOAF.—Is molded by adding cream and well-beaten yolks of eggs to any amount desired. Chop the spinach, or grind; add cream, butter and salt; thicken with gluten

flour, add whites of eggs, whipped with cream. Bake. Serve hot or cold.

OLIVE SALAD.—Chop eight or ten pitted, or queen olives with one-half a cup blanched almonds and same amount of white, tender celery. A cream dressing, made by using one-half cup whipped cream, one spoonful lemon juice, or juice of sour orange, three spoonfuls olive oil, one-half teaspoonful of salt, one of sugar, little paprika. Place salad on lettuce leaves and serve on lettuce leaves.

APPLE SNOW.—Requires six juicy, firm, grated apples, one-fourth box gelatine, one-fourth cup cold water, one-half cup boiling water, one cup sugar, whites of three eggs. Soak gelatine till soft, dissolve in boiling water and strain; add sugar, apples and eggs, and put on ice to set. Serve with cream and sugar. Garnish with cherries.

FRIDAY.

FOR CHESTNUT SOUP.—Blanch and chop, or grind, a dozen chestnuts, add one-half cup white chopped celery, one quart of milk, two spoonfuls wheat flakes, butter and salt. Make hot and serve.

Boil sweet potatoes until tender. If small, cut in halves; if larger, in quarters. Roll in beaten egg; then in bread crumbs. Put in serving dish with bits of butter and sugar and bake till brown.

SATURDAY.

Ground wheat is delicious if the grains are browned slightly in a spider over the fire, after first washing it carefully. It must not be heated sufficiently to kill the life, but has a fine, nutty flavor when browned. Fresh or dried fruit may be combined with it as well as cream.

For nut soup add to a quart of milk a half cup ground Brazilian nuts, one small pink onion, one-half cup minced crisp celery, two spoonfuls browned and ground wheat butter and salt. Serve hot. For coffee custard, fig prune or banana coffee can be substituted, or grind two ounces freshly roasted Moca or Java coffee; add one cup boiling milk and set in a very warm place for forty minutes. Strain and mix with sufficient milk and eggs to make a quart of custard. Pour into a baking dish or individual cups. Place in a pan of water and bake very carefully and serve with whipped cream flavored with vanilla.

INEXPENSIVE DIET FOR ONE PERSON

By Jennie C. Stockwell.

My dietary will perhaps prove interesting from the fact that it is the outgrowth of my own personal experience. I am a teacher and stenographer, but first of all a student, and I was led to a close attention to my diet in order that I might study better.

For several years I have eaten only two

meals a day, both light ones; and I have found that I could accomplish a much greater amount of work under this régime than I could formerly when eating three heavy meals. During the past summer I did a large amount of study, often sixteen hours a day, and I never ate more than two meals a day, and very little meat.

I have been teaching for the past three months in a small railroad town, and though groceries are very high, I have managed to board myself on about one dollar a week. I use an aluminum chafing dish, burning alcohol.

Breakfast is at 7.30 and the evening meal about 6 o'clock.

MENU.

Breakfast (every day in the week).

Any of the various cereal breakfast foods (I use Force), toasted in butter.

EVENING MEAL.

Monday.

Potato, fried in Butter.
Bread and Butter.

Tuesday.

One-half Can of Peas, stewed with Butter.
Cereal (eaten dry).
Apple.

Wednesday.

One-half Can of Peas, stewed in Butter.
Egg, scrambled, with Force.

Thursday.

Boiled Potato.
Bread and Butter.
Apple.

Friday.

Potato Omelet.
Cereal (eaten dry).

Saturday.

Two Poached Eggs.
Bread and Butter.
Apple.

Sunday.

Potato, fried in Butter.
Poached Egg.
Cereal and Butter.

EXPENSES FOR ONE WEEK.

One package cereal.....	\$.12½
Four eggs10
Potatoes10
One can of peas.....	.12½
One pound of butter.....	.30
Three apples10
Bread05
Alcohol (for cooking purposes).....	.10
Total	\$1.00

WEEKLY MENU, INCLUDING COOKED AND UNCOOKED FOODS

By *Martha V. Galley, Hiram College, Hiram, O.*

I think no one understands the difficulty of trying to live hygienically while having to live and eat at the same table with those who haven't the least sympathy with one who is

seeking health for the body, and development of the mental faculties by right living, as myself; but after three years' experience in living under these circumstances, I think I am now able to "live peaceably with all men," and yet follow the dictates of my own conscience.

The matter of vegetable diet in itself is right, but the manner in which it is prepared is all wrong, and tends rather to excesses than to beneficial results.

It is the matter of high seasoning and the use of all sorts of "Hot Stuffs" in the preparation of many of the dishes.

These stimulants produce rheumatism and many diseases of a most serious character.

The following formulas are simple, nutritious, easily prepared, and inexpensive, and are given for each of the seven days in the week. Meat has been added occasionally for the benefit of those who feel they cannot do without it altogether.

SUNDAY.

Breakfast.

Oranges.
Soft Boiled Eggs.
Toast. Grape Juice.

Dinner.

Stewed Mutton with Rice.
Lettuce Salad.
Brown Bread, Peanut Butter.
Baked Apples. Cream.
Malted Nuts.

Supper.

Oyster Soup, Whole Wheat Crackers.
Celery. Cottage Cheese.

MONDAY.

Breakfast.

Poached Egg on Shredded Whole Wheat Biscuit.
Whole Wheat Bread, Peanut Butter.
Warmed Milk.

Dinner.

Baked Potatoes.
Graham Gems. Fruit.
Jelly. Stewed Celery. Cocoa.
Nuts.

Supper.

Cracked Wheat soaked in Milk, with plenty of Dates and Figs.

TUESDAY.

Breakfast.

Macerated Wheat, with Nuts and Dates.
Baked Potatoes, Creamed.
Malted Nuts.

Dinner.

Nut Loaf. Celery.
Cranberries. Peas.
Brown Bread.
Carmel Cereal Coffee.

Supper.

Thin Nut Sandwiches.
Stewed Figs.
Grape Juice.

WEDNESDAY.

Breakfast.

Bananas on Apitezo.
 Cream. Cream Crackers.
 Dates. English Walnuts.

Dinner.

Corn Puree. Cream Crackers.
 Broiled Steak. Waldorf Salad.
 Brown Bread.
 Baked Apples with Cream.

Supper.

Pineapple on Shredded Wheat Biscuit, with
 Cream.
 Macerated Wheat. Nuts.

THURSDAY.

Breakfast.

Fruit.
 Scrambled Eggs. Brown Bread.
 Prunes.

Dinner.

Mashed Peas with Drawn Butter Sauce.
 Egg and Lettuce or Endive Salad.
 Nuts. Bread Pudding.
 Grape Juice.

Supper.

Custard.
 Cream Crackers.
 Dates. Nuts.

FRIDAY.

Breakfast.

Fruit.
 Macerated Wheat, with Nuts and Raisins.
 Stewed Figs. Cocoa.

Dinner.

Baked Squash. Celery.
 Egg Salad.
 Brown Bread. Nut Butter.
 Fruit. Nuts.
 Sweet Cider.

Supper.

Apple Sauce on Apitezo. Cream.
 Ginger Bread.
 Malted Nuts.

SATURDAY.

Breakfast.

Macerated Wheat, with Nuts, Moistened with
 Raw Egg.
 Berries. Cream Crackers.
 Cocoa.

Dinner.

Baked Fish.
 Escalloped Potatoes.
 Celery. Brown Bread.
 Jelly. Boiled Rice. Cream.
 Malted Milk.

Supper.

Rice Custard.
 Peanut Butter Sandwiches.
 Fruit. Grape Juice.

NOTES.

Macerated wheat, mixed with ground nuts, may be used in place of bread, but must be thoroughly masticated.

Very nice salad can be made from fruit and nuts chopped fine; in fact, most people prefer them to vegetables.

A salad dressing made of whipped cream,

seasoned with lemon juice, celery salt, and a little speck of red pepper, can be made at all times for salads, if preferred.

Fruit heaped up on the center of the table, surrounded with a few green leaves or vines, makes the table look very inviting, and even the whole dining room will take on a brighter appearance.

Special attention should be given to this when living alone.

In the winter, if you are where you cannot obtain fresh, ripe fruit, a great many things can be made from raisins, dates, figs, cocoanuts, canned pineapple, apples, bananas, nuts, etc.

Lettuce, onions, garlic, leeks, and such vegetables as these, are excellent for quieting the nerves, but these should not be eaten to excess, as it will dull the physical senses of the brain.

In using raw foods, there is practically no seasoning required. Nature has left nothing undone.

MASHED PEAS.—Cook the peas until tender, put through vegetable press to remove hulls, return to the fire, and season as mashed potatoes, and serve with a little drawn-butter sauce.

WHOLE WHEAT CREAM CRACKERS.—One cupful of rich cream, two eggs, two teaspoonfuls baking powder, enough flour to make dough very stiff, then pound with hammer for ten minutes, adding more flour. Roll thin, and after baking they should be kept in a warming oven several hours.

NUT LOAF.—Take one-half cupful ground almonds, one tablespoonful English walnuts, pounded coarse, one tablespoonful of rolled oats, mix the whole together, and moisten with sweet milk or water; season with celery salt and just a little pepper; let stand one-half hour in the sun; garnish with fresh green parsley and serve with thin slices of lemon.

BANANA PUREE.—Take four large bananas, mash fine, put through fine wire sieve; mix with one pint of sweet milk and one cupful of whipped cream.

SALAD DRESSING.—Mix one-half teaspoonful ground mustard, just a speck of red pepper, with one-half teaspoonful lemon juice. Then mix all with one-fourth cupful Italian or California olive oil and beat two minutes.

CORN PUREE.—Remove hulls from canned corn as with mashed peas, add milk, and season to suit taste, and thicken with cracker crumbs.

BREAD PUDDING.—Take very thin slices of bread, spread with butter and any kind of jelly. Place layer of bread in bottom of pudding dish, sprinkle with dried currants and raisins; then add another layer of bread, and so on. Pour over these two layers a little milk to soak bread, then fill pudding dish with egg custard. Bake until custard is set and browned on top.

WALDORF SALAD.—Mix together in chunks, equal parts of English walnuts, celery, and firm, sour apples. Cover with salad dressing, as given, or whipped cream.

PARLIAMENT OF THOUGHT

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 or BEAUTY AND HEALTH, to be sent to the writer or to any friend the writer may designate.—BERNARR MACFADDEN.

IS LABOR ON FARM BETTER THAN LABOR IN CITY?

To the Editor:—I have seen and read both letters of correspondents on farm life. I think it is a good subject for debate. It will be of invaluable good if the treatment that some farm hands get would come to light. I know that it is hard to get more than ten and twelve dollars a month on farms in Pennsylvania. Jersey does not pay as much according to the labor that is required of the hired help there. Not only are the wages small in these two States, but in all Eastern States it is the same.

I wish to help the young man who has been put in a false light by a Western young lady among your readers by telling of a like experience which I know is true. A young man was hired by a farmer a mile out of Trenton, N. J., on a large dairy farm of 300 acres, 70 or 75 head of cattle, and 11 head of horses. He was promised a good home and good treatment. Instead, he was compelled to rise at 2.30 o'clock in the morning to do his share of the milking. In every other instance, he was treated more as a slave than as a man. All that he received for his labor was \$12 a month. I am sure that is not much of an encouragement to have people live on farms or hire out to such a class of farmers. Although there are plenty of farms in Pennsylvania where the labor is not so hard, the pay is small enough also. The places are few and far between where one can get \$20 a month, and not one out of a hundred will pay \$25 here in the Eastern States.

And another fact is that most farmers will only pay you for the summer months and in winter want you to work for board alone or go to the city and work. Why not then stay in the city at all times rather than to be twisted around the farmer's fingers that he may do with you as he pleases?

As far as health is concerned, I am sure one can keep well and in good health in the city. If physical culture methods were adopted instead of putting too much faith in doctors, I believe that city life would be far superior to the country as it now is.

Farming is all right, but most of the farmers are not. I have worked on the farm for a number of years at \$15 per month. Now I am in the city, and have \$25 after all expenses are paid, and am only an ordinary laborer. I think Miss or Mrs. Swett has not seen much of how farm hands are treated,

or else the farm hands in her neighborhood receive better treatment than the farm help of the East. I hope they do.

D. D. CONARD.

A BROAD-MINDED PHYSICIAN'S VIEWS

To the Editor:—I have just read your article on "Prejudice" in the January number of *Physical Culture*, and what you have to say about physicians and medical societies in general appeals to me so strongly that I desire to thank the writer for it. It is true that we must follow our leaders if we want the protection of the law, or to be recognized inside the halo around the medical authorities, and let them do all our thinking for us, or become medical outcasts.

Medical societies are now little better than some of the aggressive sort of labor unions or the trusts; and, in order to belong to the American Medical Association, where a physician is likely to derive benefit by meeting the recognized leaders of the profession, he must first belong to two subordinate societies. This is so antagonistic to my ideas of Americanism that I don't belong to any of them, in spite of their threats or allurements. I am willing to listen to all reason, but insist upon doing my own thinking and drawing my own conclusions.

I cannot indorse all of your theories, but do approve of their fundamental principles, and I feel sure you will accomplish much good by knocking out popular nonsense and improving the general physical condition and prevention of disease of the human family. Since graduation I have prescribed natural means of prevention and cure of disease as far as possible, and have never been guilty of prescribing drugs when they could be avoided (except in cases where ignorance had to be treated), but there are, and always will be, times when they must be used; for example, a case of hemorrhage from the lungs in an advanced stage of tuberculosis. Nothing but medicine used heroically and quickly will save the patient's life.

Again, in case of malaria, or cases in extremis, or during intense pain from any cause, medicine must be used. There is no greater crime than to refuse relief of great suffering when it can so easily and safely be done. The nerve shock of pain is every particle as devitalizing as that of disease, and must be suppressed if it can be done with safety. When you have succeeded in preventing all disease the above will be superfluous; until

then, we must have both physicians and drug stores. Your teachings are harmful in one way: You don't mention instances when the services of a physician are useful, and persons too far advanced in disease to help themselves any farther than by using Nature's sunlight, air and food, are liable to not seek cure that can only be brought about by the temporary intelligent use of drugs. Consequently, unless they reason for themselves (something that a very sick person can seldom do), they are liable to be prejudiced against any use of drugs, even as a last resort, and will die when they might have lived. I need only refer you to the many deaths from Christian Science (or, rather, a lack of science) victims to illustrate my point. Why is there not liable to be this same prejudice against any medical aid among your followers unless you point out to them the exceptions? Would it not be criminal to make extremists of them to that extent?

The world will always have physicians, but they will be consulted in regard to health instead of disease, eventually, and I, for my part, am anxious to get on the band wagon. It is far more pleasant to give directions for health than cure of disease. I hope you and the medical profession will soon be working together for the upbuilding of the human body and mind, instead of fighting each other. Yours, hoping for success.

Chicago, Ill. H. J. MORRILL, M. D.

EFFECT OF THE MIND ON DIGESTION

To the Editor:—In the Literary Digest there is a translation from the Revue Scientifique on the great effect which the mind has upon the digestion. It has been generally known that digestion is directly aided by pleasant surroundings, pleasant company, laughter and agreeable food. Below follow statements that are practical demonstrations of this fact.

"It is a matter of common observation not only that tears may be provoked by memory or even by fiction, but also that the sight or idea of food may 'make the mouth water,' which means that it produces an increase of the salivary secretion by reflex action.

"The influence of the perceptions on the saliva has been clearly shown by the experiments of Mallozel and Victor Henri, who have studied directly in the dog the secretion of the submaxillary gland. The sight of food was found to provoke even a more abundant secretion than its ingestion; and, curiously enough, the nature of the saliva is adapted not only to the kind of food taken into the mouth, but even to the element perceived, when its nature is not unknown to the animal. The sight of salt provokes a clear liquid secretion, while with meat there is obtained a very viscous, thick liquid. And not even perception is necessary. A pure mental image provoked by association will suffice; if one is in the habit of carrying food or sugar in the pocket, the act of putting the hand in the pocket will provoke a secretion of saliva. And if two dogs are looking at each other, it is only necessary that one should be eating meat to cause the same flow of viscous saliva in both.

"Pavlov has made special experiments on the stomach. The odor of food also provokes a secretion there. He has also studied the influence of taste by an ingenious artifice . . . and has proved that when a dog swallows small pebbles, salt, balls of starch

or an acid liquid, the glands of the stomach remain at rest, while when meat or sugar is given to it an immediate flow of secretion is evident.

"The character of the animal also plays its part in the intensity of the phenomena, and Pavlov notes that certain dogs are not excited by the sight of food because they are of a positive and cold temperament. . . .

"The importance of these results must be acknowledged by every one. They show how important it is to eat food that is agreeable, and to avoid what is unpleasant, in order that proper digestion may take place."

R. S. COSTER.

IGNORANCE AND THE UNIVERSAL COMMAND, "DON'T INVESTIGATE," WELL-SPRINGS OF ALL TROUBLE AND SUFFERING

To the Editor:—The above statement is based upon my own experience. As a boy, I was permitted by my parents to grow up to manhood without the slightest hint of the dreadful effects that attend promiscuous attention to women. When about nineteen years of age, I went to a physician, who told me that for the sake of good health I must have intercourse regularly and often, and that doctor was a strong Socialist and teaching "Peace on earth, good will to men."

For years I struggled on, dissatisfied and groping here and there for light, and, in the meantime, almost losing my eyesight. My once strong body grew weak, and a girl of sixteen years had more strength and muscle than I at twenty-six. Many times I drowned in alcohol the thoughts of utter worthlessness and inability to control myself.

Once I left a city where I had resided for years, with the determination to put out of my life acquaintances who were in as bad straits as I, but the old life would not go down, and I was soon in worse condition than ever before. I was in despair, and am certain now that my early death would have been the result if I had not learned.

Had I not learned that life is glorious, when the mind and body are harmoniously working together for health and happiness, this earth would never have been the beautiful place it is to me now.

The struggle was the most difficult I have ever experienced. Many times I walked the streets for hours trying to kill the cravings. Days and weeks and months, on the street cars, at my work—everywhere—I cried out in the stillness of self for knowledge and strength. Time and again for months I was compelled to rush into a cigar store and purchase the strongest cigar I could get and smoke it ravenously to save myself.

In four years' time I have succeeded in building my body up so that I feel strong. The fresh air, which I had always avoided, now tastes like the sweetest food imaginable. When in it I cannot refrain from whistling and singing the happiest airs and songs I know. The happiest moments of my life are experienced now in the early morning, walking, running, jumping and all the time breathing deeply, and enjoying with the "early birds" the pure air, the most exhilarating and invigorating time of the day.

Had I been properly taught when a lad growing into manhood, had I been encouraged to investigate instead of held back from the precious knowledge, I would not now have to continually endeavor to wipe from my memory the recollection of bitter years and a stunted life.

A DISCIPLE.



Dinner Time In the Family Camp

CAMPING OUT IN SUMMER

SOMETHING ABOUT A MOST DELIGHTFUL AND HEALTHFUL WAY OF SPENDING A VACATION—WHY CAMPING OUT IS SO BENEFICIAL—THE PROPER KIND OF CLOTHING THAT SHOULD BE TAKEN ALONG—FOOTWEAR IS AN IMPORTANT MATTER—UNLESS YOU SLEEP COMFORTABLY IN CAMP YOU WILL NOT BE BENEFITED—BEDS AND BEDDING—THE QUESTION OF THE PILLOW—OTHER USEFUL INFORMATION FOR THE CAMPER

By Harry K. Eversleigh

The following article on camping out is not intended to do more than merely suggest to our readers how to take a summer vacation in the way in question. As the article intimates, the location of the camp, and the outfit, food, etc., of the prospective camper must be more or less left to his or her discretion. But, in a general way, the subject is herewith pretty well covered, and what is said regarding it is the outcome of the experiences of those who have camped out for a number of successive seasons.—BERNARR MACFADDEN.

ARE you going to camp out this summer? If not, why not? If you have never camped out, you have missed one of the most enjoyable experiences of life. Life is far too short to lose anything that can add to its happiness, particularly if that happiness is of the wholesome, natural sort. And, if there is one thing more than another that

will make you feel glad that you are living, it is a season of living under canvas, provided that you know where to go and how to do it. As your friend and a foe to doctors, we advise you to camp out, and the sooner that you take this advice, the better it will be for you.

It has been well said that life is only worth living when we are in a condition

to enjoy it. And such a condition is coincident with nothing else but perfect health—that health when the digestion is good, the blood pure, the sleep sound, and a sense of abounding vitality makes existence a joy of the keenest.

Health of this type is only obtainable under what may be called natural conditions; that is to say, when we are living as closely as possible to those plans and methods of Nature that she intended for our pleasure and benefit. A desire to get back and near to such of Nature's

oases in the arid desert of the city, then he begins to feel a tugging at his heart-strings and he yearns for stretches of greensward and cool, dim woods; the sleepy splash of white surges on yellow sands; the call of birds, and the freedom from restraint and care of crowded communities. Finally, if he be wise, these longings will resolve themselves into a purpose to camp out.

Probably more persons would camp out than do, if they did not have an idea that the operation is both difficult and



A Typical Camp in the Adirondacks

methods is common to all men, either continuously or at intervals. It is an instinct which is never utterly destroyed by disuse or artificial surroundings. In the case of the city dweller, the cares and duties of his busy life may stifle his longings in this respect for many months of the year, but when the hot pavements begin to be a weariness to the flesh, and the heat radiating from the sun-heated bricks, scorches and stifles, and the hurrying crowds tire eye and heart, and even the shady sides of the streets are as ovens, and the squares and parks are

expensive, and, furthermore, identified with menaces to health. As a matter of fact, a summer camp, under proper conditions, contains none of these elements, but, on the contrary, is practically devoid of each and all of them provided that common sense is exercised in connection with the site of the camp and the construction of the tents, together with the bedding, clothing, food, etc. The purposes of this article are to briefly indicate the proper way to get close to Nature through the medium of a camp chosen and occupied as it ought to be.

Of course, within the space available, it is impossible to go into details at length; but we shall endeavor, nevertheless, to give a clear and general idea of what to do and what not to do when one shakes the dust of the city from off his feet, and buries himself amidst the sights, sounds and scents of sea, fields and forests.

Camping out is a pretty comprehensive phrase, but one form of camping out which has become very popular during the past few years is that made possible through the medium of the summer "tent cities" which have come into existence in several parts of the country. These "cities" are what their name implies, a collection of tents arranged in city-like form, with streets, police, sanitary facilities, etc., the tents themselves being just sufficiently furnished to insure comfort without necessitating too many household responsibilities. Anyone who has had any experience of life in such a community will tell you that it was a revelation in the way of healthful enjoyment, and will add that he or she intends to repeat the experiment at the very earliest opportunity. In connection with the Physical Culture City will be such a tented township, which, so it is intended, shall in every respect be a model for similar communities. The designers of Physical Culture "tent-town" have taken advantage of foregoing experiments of a like nature, and will so avoid many mistakes and include many desirable features of construction. Through the medium of this city with canvas roofs, those who are desirous of experimenting with the principles of physical culture, dietetic, hygienic, athletic and so forth, will have an opportunity of so doing at reasonable rates and in a pleasant fashion. And the writer ventures to prophesy that when the time comes for the striking of the tents, many of the experimentalists will stand ready to become permanent residents in Physical Culture City proper.

Among the most important things in camping out is that of clothing. In this connection it may be said that the average camper is apt to overclothe rather than underclothe himself, in the mistaken belief that he will "catch cold," or that the fresh air will in some way or other

do him harm unless he swathes himself in a lot of unnecessary garments. As a general rule, remember that the less clothing you wear, the better it will be for you. The question of underclothing is an important one also. Some unwise friends will be sure to advise you to wear wool next your skin. Do nothing of the kind if you value your health or comfort. Linen or cotton undershirts are not only by far the best, but the only proper wear, for reasons that have been given, time and again, in this magazine.

The outside shirt may be of the modern yachting or tennis variety, and should have wide collars, which, in chilly weather, can be turned up. In regard to trousers, coats, etc., old business suits of heavy material, provided that they have plenty of pockets, are, after all, the most satisfactory. A canvas blouse and overalls are good things to take along, especially if the recreations of the camp take one amid bush and briar. A rubber coat that comes down to the heels, a nightshirt, a light colored felt hat of good quality and with brim not too wide, a pair of leather gloves and several pairs of Lisle thread socks are also necessary. In regard to footwear, which is one of the most important points of a camper's outfit, it has been found that, after all is said and done, an ordinary medium weight, leather walking shoe, with a broad, heavy sole and a low, broad heel, is the ideal wear for the woods. It is true that you will get your feet wet in crossing streams or in damp grass with such a shoe, but that does not matter in the summer time. So-called waterproof leather shoes are in reality not waterproof at all. A pair of wading boots may be taken along if the camper intends to fish much. In such cases they should be of unlined rubber. The footwear, par excellence, however, is a heavy buckskin moccasin, not necessarily the kind made by the Indians. With a very little practice, the average shoemaker, acting under the instructions of a man who has once worn moccasins, will have no difficulty in turning out an excellent article. Before leaving the subject of wearing apparel, let it be said that the camper cannot have too many pockets in his clothing. What has been said about men's gar-

ments applies in a general way to the wear of women and children if they are to form a portion of the camp community. In the cases of these, the exterior dresses should be of some dark, rough material, and fit loosely at the waist. Coquina, the well-known authority on life in the wilds, says in this connection: "No lady should ever wear a corset in the camp. They are bad enough at home; leave them off when you go out in the woods. Women are becoming too practical to much longer tolerate such an impracticable, nonsensical piece of furniture as a corset. A pretty girl clad in a loose fitting, comfortable tennis suit looks sweet enough to hug, but laced up in a corset and a tight-waisted dress, she is only pretty enough to feel sorry for."

If the camp is to be but a short distance from town, the belongings of the party can be conveyed thither in trunks, boxes, and so on. Nevertheless, the better plan is to use bags of some description or other instead, for the reason that they are more handy to carry, much less heavy, and will stand far more wear and tear than wooden or leather affairs of any description. An ordinary seamless grain bag, which can be purchased for twenty-five cents, is very popular among campers that know their business. So are other bags of waterproof material or mackintosh. You find the benefit of these last in the case of an upset canoe or sudden rainburst.

Strips of drilling, on which are sewn roomy pockets of a like material, will be found very handy in camp for holding soap, towel, brushes, combs and other toilet requisites when hung to the side of the canvas walls or tent pole, if you happen to have one of the latter.

The question of proper bedding is one of the most important with which the camper has to wrestle. Let it be impressed upon you that, though the rain may pour and the wind may blow, or there simultaneously happens a half dozen of the little uncomfortable happenings of camp life, yet you may enjoy yourself amazingly in spite of any one or all of them. But, if you can't sleep at night through an uncomfortable bed or bedding, you may as well pull up tent pegs and root for home at once. If you remain, you'll lose flesh, temper and time,

and get nothing in return except remembrances that will keep you from going camping for the rest of your natural life.

But there are many ways of sleeping, and sleeping comfortably, in camp. For instance, a sufficiency of rushes, grass or weeds, covered by a blanket, will be found a capital couch for tired limbs. The same remark applies to a bed of small boughs of pine, hemlock, cedar boughs or firs. The so-called air mattress undoubtedly deserves its reputation as a sleep producer, but it is expensive, and unless of the best make, is apt to get out of order. An empty bed-tick, which weighs but little, and is convenient to carry, will make a first-rate resting place if stuffed with straw, hay, or even green grass. Camp cots, such as are now made for outing purposes, are strong, light and durable. A home-made cot of the same description is easy to manufacture and very inexpensive. Of course, if the camp is to be occupied for two or three months, a light iron bedstead may be taken along with its accompanying mattress. But, somehow or other, the furniture of everyday life seems to detract from the pleasures of camping out, probably because we are creatures of association. But, of all the ways of passing a pleasant night in the wilds, there is none which approaches that which is spent within the snug recesses of a properly constructed sleeping bag. Such bags may be purchased at any large sporting goods store, and, while they are somewhat expensive, yet they unquestionably make a full return in the way of comfort; especially if they are to be used in mountain or seaside camps where, during the early hours of the morning, the air is apt to become chilly. Such bags are made of heavy brown waterproof canvas, and are usually about six feet long, three feet wide in the center, and taper to two feet at the head and sixteen inches at the foot. Above the head of the bag proper there are flaps about a foot in length, with which the head of the occupant may be completely covered if so desired. Inside this canvas bag is another of the same size and shape without the head flaps, made of lambskin, with the wool on, which, in turn, is covered with ordinary sheeting. The camper who crawls into

such a bag at night is safe from draughts, insects of all kinds, and rain; for, if the occasion arises, he can pull the flaps over his head and bid defiance to a deluge. Yet, for all that, it must be remembered that they are not needed in a tent city, but only in the wilds.

As to pillows, many physical culturists

(To be Continued.)

make a practice of sleeping without pillows, and consider this habit conducive to health and sound rest, especially when one is in the habit of sleeping on his back. For those who are stooped shouldered, and who also naturally carry their heads hanging forward, the use of a pillow, unless a very small one, is to be condemned.

Branches of Proposed International Society of Physical Culture

We give herewith names or secretaries of the local societies so far organized as a result of Bernarr Macfadden's lecture tour through the United States and Canada. All readers who are interested in the movement for the confederation of physical culturists and physical culture societies and who desire to join, are requested to send name and address to secretary of society nearest their locality. Readers who wish to organize societies in localities not mentioned below, or who wish to become members of such societies if organized, are kindly requested to communicate with the Editor.

MANHATTAN, N. Y.—Caledonian Hall, 54th St. and 7th Ave.; secretary, Mr. G. E. Harley 984 Putnam Ave., Brooklyn, N. Y.

BROOKLYN, N. Y.—Miss C. E. Markwell, 493 12th St.

TORONTO, CAN.—Mr. Walter R. Hilton, 234 Simcoe St.

PITTSBURG, PA.—Mr. W. E. Sheldrick, 1510 Farmers' Bank Building.

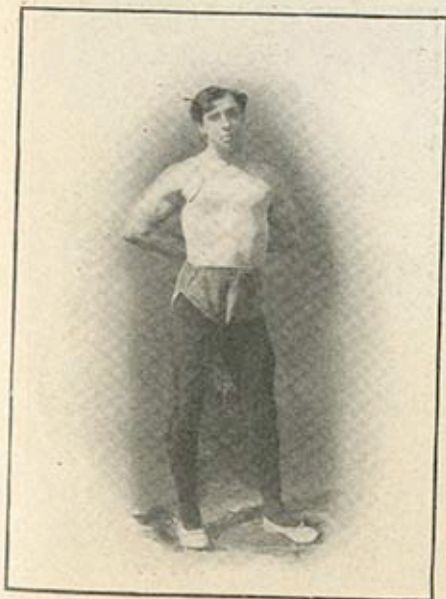
MONTREAL, QUEBEC, CAN.—Mr. Leo. Poupore, 344 Wood Ave., Westmount.

CLEVELAND, O.—Mrs. L. J. Romey, 251 Erie St.

CHICAGO, ILL.—Mr. Jerome Jennings, First National Bank Building.

ST. LOUIS, MO.—Mr. Edgar C. Perkins, 802 So. 4th St.

INCREASE IN ENDURING POWERS THROUGH VEGETARIAN DIET



Development of Leo. G. Hana, Physical Director of Lincoln College, Lincoln, Ill.

To the Editor:—I am indebted to you for advising me, in an article published in an issue of *PHYSICAL CULTURE* of more than a year ago, regarding the all-important health question of diet. I have since been a strict vegetarian, excepting the use of milk and eggs, and I am no longer troubled with that depressed feeling which constantly attended me while I was subsisting on a heavy meat menu.

With the exception of fruit and the two articles which I have above mentioned as not belonging to a strictly vegetarian diet, I live entirely on a 20 per cent. gluten flour, nut seasoned baked beans and granose wheat biscuits, all of which are prepared foods put up by the Battle Creek Sanitarium. On this simple diet I find what every vegetarian athlete has found, viz., that a greater amount of physical endurance is acquired by adopting a vegetarian diet.

LEO G. HANA, Phy. Dir.
Lincoln, Ill.

WHERE DECENCY IS A DRAWBACK

THE TRUE AND STARTLING STORY OF A YOUNG WOMAN WHO TRIED TO
MAKE A LIVELIHOOD AS CHORUS GIRL IN A MUSICAL COMEDY—
HER TREATMENT BY THEATRICAL AGENTS—THE GIRL WITH A
"BACKER"—HOW "EXTRAS" ARE ROBBED AND ABUSED—
AT REHEARSALS—THE PEEPING OF THE CLOVEN
HOOF—DECENCY AT A DISCOUNT

By Mary Maryland

READED in a Western city amid refined surroundings, with the average advantages of a twentieth century girl, including dancing, singing, elocution, calisthenics, etc., a year ago, business reverses at home compelled me to "seek my fortune." So I went to that modern Babylon—the great city of New York, where my first impulse led me to try the stage as a means of livelihood.

The reasons for my so doing were these: I had learned no regular trade and had studied no profession; I had been told that I possessed the personal requisites that make for success either in light opera or the drama; and, lastly, the pay, so I had heard, was good, which was my main reason for making the venture.

This being the case, it will be seen that I was not really, "stage-struck." So, encouraging myself with the thought that others had succeeded, why should not I, I started to visit the theatrical agencies in which the "Tenderloin" of New York abounds, in quest of a position.

I would, of course, have much preferred ever so small a part in drama to a position in the chorus or "extra lady," as "supes" are politely christened. But, alas! the days are past when an inexperienced person, be she never so talented and prepossessing, can walk into a theatrical agency for the first time, as Mrs. Patrick Campbell, for instance, is said to have done, and leave it with a signed contract in her pocket. But it is pretty generally understood that nowadays even the very smallest of "legitimate" positions are open to only two classes of people, i. e., those already in "the profession" and in favorable standing with the managers, and those outsiders who are ready to pay and

pay well, for the privilege of disporting themselves behind the footlights. Among this latter class are multitudes of women who, while not possessing funds themselves, have nevertheless backers or "angels," as they are known in the theatrical world, who are willing to sign checks for the amounts involved. A man, being more or less a creature of vanity, loves to see his woman friend displaying herself amid the glamor and glitter and glow of the stage, because, as he gazes, he feels that he alone of all the crowded, applauding house, has a lien—so to speak—upon at least one of the enchantresses that are on view.

The "angel" factor, by the way, is one that enters very largely into the calculations of the manager of the lighter class of shows, such as comic opera, spectacular pieces, etc. Let me in this connection quote the following statement which fell from the lips of a musical comedy manager whose acquaintance I made at the home of a married woman friend, recently retired from the stage.

We had been speaking of chorus girls, and my new acquaintance seemed to have inferred from my off-hand references to them, that I was so familiar with the moral situation in which they exist as not to be easily shocked.

"Yes," said he, "it's funny, but you never can tell how a girl will 'pan out.' And, of course, it means business with us to get the right sort. Now there was a girl in Pittsburg that hung around and just begged us to give her a job—she was tongue-tied, that's the funniest part of it. Didn't know enough to open her mouth for her own good. But she'd played 'supe' parts in the town and we learned

at the theatre that she had lots of backers—a strong following—fine looking girl, y'know. Well, I hated to take her on, but at last she won me over. Well, say! she didn't need her salary only to pay her tardy fines with! That's a fact. Never saw a more popular girl. Front rows filled with the same old bald heads every night. Of course, that's the kind of luck a manager don't strike every day. She was a dandy!"

"Is it quite customary to look upon girls in that light?" I asked.

"Why—why—I don't just follow you! Oh, as to getting a place on the strength of their following? Why, sure! Any girl can get into any comic opera chorus if she can show the manager that she is popular enough with the men who spend money on shows."

But to get back to my story.

After "getting my bumps" at about half a score of these agencies, I felt that I should be lucky indeed to even secure a place in some light opera chorus. And as every one assured me that any number of nice, clean-living girls—graduates of or students in the musical and dramatic colleges—were to be found using chorus experience as a stepping-stone toward their prima-donna aspirations, I felt sure that I would not regret my course could I gain the coveted employment.

I have been asked what tone was generally adopted toward me by these theatrical agents; whether or not they seemed to take an honest, kindly interest in the green girl who applied to them, advising her against the pitfalls in the road she sought to follow, or whether any were insultingly outspoken, on the assumption that I was of loose morals. A leading daily paper, it will be remembered, has lately started quite a crusade against these agents as being the avowed instruments of rascally managers who make it a business to "bring out" stage-struck girls in productions so vulgar as to destroy the aspirant's moral sensitiveness, without the further aid of insinuating advances or demands—of managers and "Willie-boys," the beings who haunt the stage entrances of theatres, loosely rattling coins in tune to whatever it is that rattles in their heads.

In reply to this question, you must not

forget that the theatrical agent is a very astute person, and does what he does for the sake of business. If he sees that the girl applicant is "fly," and wears expensive clothes, lots of jewelry, and gives other indications of having an "angel" in reserve, he will treat her as such; by which I mean that she will receive from him that queer mixture of attention, deference and familiarity which is never seen outside of the theatrical agent's office. Again, if the applicant, although poor, is very pretty and has "side," which is another word for assurance, and also gives indications of being "lively," the theatrical agent will accord her a reception according to her deserts, and will probably try to get her a position. Girls of this kind are always more or less valuable in a theatrical sense, for the reason that their good looks allied to their readiness to further their interests in the "profession" by means that more modest girls decline to adopt, readily secure them a following in the "front," which is good for the box office. But in the case of the really good girl without money or interest who is looking for a position on the stage, the theatrical agent, after a very little "sizing up," takes her measurement and concludes that "there is nothing in it." Consequently, he treats her as an insignificant item in the day's business, and does not take the trouble to "insult" her. So, after trying me out, so to speak, the agents I spoke with invariably adopted toward me an absolutely callous and indifferent air, as if they were bored with the sight of anxious faces. They said little to me except to inquire whether I was prepared to put up collateral in order to secure a dramatic position, and on being answered in the negative, proceeded to mechanically take my name and address with the cold and comfortless assurance that I should hear from them if an opening came to their knowledge. Of course, the first one I saw told me that I should be expected to give him a percentage of my salary; this percentage, I found, varied, ranging from 5 to 10 per cent., and in some cases it was one's first week's pay.

Finally, my efforts were rewarded. One of the leading manager-agents tried my voice, recommended me to apply at a cer-

tain address where a musical comedy chorus was then rehearsing, gave me a line of introduction to Mr. Thomson, the manager, and sent me on my way rejoicing. He had spoken very highly of Mr. Thomson and the company, assuring me I could ask nothing better as a starter; that the company was reliable, high class, etc., and that I would be sure of my fifteen or twenty dollars a week for the long season about to commence.

As this agency was leasing the opera to Mr. Thomson, the reader will readily see what I failed at that time to suspect, but what I later discovered—that it was to the interest of the agency to help Mr. Thomson fill his chorus.

I found the place of rehearsal to be a somewhat disreputable looking hall, three stories above a dingy German saloon, in a side street on the East Side. Quieting my natural repugnance for such surroundings by recalling the agent's glowing recommendation, I climbed the dark stairs and came upon the scene of the rehearsal. Twenty or thirty ordinary looking young women in street dress were standing about in giggling, chatting groups in the body of the hall, while several men were talking with the accompanist—also a man—at the piano. All seemed strictly proper; indeed, dull and depressing. My doubts were buried. I was ashamed of having entertained them. It was evil on my part to think of evil, I told myself. "To the pure, all things are pure!" I muttered. And bracing myself with this and kindred thoughts, I advanced, inquired for Mr. Thomson, who turned out to be a hard-looking man in the early forties, and gave him my note of introduction.

After reading it and looking me over, he said that he could offer me a guaranteed engagement of twenty weeks at \$15 per week, I to provide slippers, stockings and tights, and pay my fare to Buffalo, where the company was to play that season at an allegedly leading theatre. When I demurred at this, he explained that no stock company ever paid railroad fares when a long season was guaranteed. Regarding the other items, I did not like to display my ignorance by questioning the right of a manager to put the very considerable expense of such purchases on a

girl's shoulders, though I had heard that such articles were always supplied by the company.

"However," I thought, "I can get as inexpensive an outfit as possible, keeping an eye open for 'bargains' in the big store windows."

Another cobweb dream doomed to be rudely brushed aside, as within an hour I learned that, for the several articles in question our measures would be taken by tradesmen, authorized by the management to do so, thus, so I was told, assuring a uniformity of quality and tint of materials as well as a perfect fit.

The price for such first-class furnishings would prove considerable, so we were told—at least another week's salary—but the management was so kind as to guarantee the bills, giving us the immediate use of the clothing, while deducting their price from our pay!

The reader will probably have guessed that the management received a percentage on the sales, hence naturally we were assured that the exorbitant prices charged were "extremely reasonable."

This is the kind of thing that is responsible for much of the loose living that, it must be regretfully admitted, exists in the case of many chorus girls. Poor girls, they are fleeced and buncoed on every side. If business is bad, the first lessening of expenses comes through the medium of a cut in the chorus girls' salaries, or a reduction in their number. I have heard heartrending stories from the lips of scores of these poor creatures of their having rehearsed for weeks without pay on the promise of a long season either in or outside of New York, and at the end of the first week of the production the order has gone forth for a "cut." And so ten, twenty or fifty of them were discharged. Without funds and with their credit at their landlady's, which they had secured on the strength of their engagement, exhausted, starving and homeless, is it any wonder that, urged by necessity, they yield to the temptations amid which they live and move and have their being? And even when they have a position they are proverbially improvident.

In my own case, I had figured on living within the salary promised me. But

it seemed as if the actual handling of the money retreated as I neared it, like a tropical mirage! At every step new expenses were incurred. First, the agent's percentage for getting me the position; then those extravagant charges for the requisites, as told, and again that railroad fare! Three weeks of my prospective salary gone, and one's living expenses to be met meantime. It did not seem so paying a position, after all, now that I knew the conditions of acceptance.

However, I had small time for deliberation. After a moment's hesitancy, I accepted Mr. Thomson's offer. Then the musical conductor tried my voice, and, saying he would be glad of another strong alto, assigned me a place among the girls; and the rehearsal proceeded.

The conductor, Mr. Wade, proved a pattern "coach"—patient, versatile, and possessed of that rarest of traits in a stage-manager, consideration for the sensitiveness of women. The girls, too, seemed to me to be a thoroughly acceptable lot. The afternoon quickly passed without any special developments of a personal nature, and we were told to be on hand next day, Saturday, at 10 o'clock sharp.

I felt encouraged—elated—as I hurried to my new home. Here was my chance at last. "Surely," thought I, "if I do my best to please, avoiding all possible friction with the girls, I shall make a success!" It was evident I had pleased Mr. Wade, for he had selected me for prominent positions or special lines in nearly all three of the acts.

On Saturday, rehearsals lasted nearly all day, with a short rest for lunch, which most of the girls, I learned later, procured—together with beer—in the saloon downstairs. I felt uncomfortable when I learned this. It jarred on my country susceptibilities.

As I nibbled my lunch in a corner of the hall, in company with two pretty

English girls—sisters they were, and as bright, sweet and gifted a pair as I ever hope to meet—they told me many things that surprised me. It seemed that rehearsals had been going on for two weeks, new girls coming in every day, old ones now and then leaving. The opening night was just nine days off, and yet we were, as a whole, in a pretty raw state. I knew enough to realize that choruses must proceed without a hitch—"as smooth as oil." And so I wondered. The sisters agreed that rehearsals next day were a foregone conclusion, Sunday work being no uncommon thing in stage life, it seemed. Yet, to our surprise and intense relief, at the close of the day Mr. Wade called out, "No rehearsal Sunday!" I never learned the reason for this relieve.

By the way, I wonder what you will think of the management when I assure you that we had no score to study from—merely "picking up" our notes by ear, while obtaining the words of the choruses from a scribbled copy borrowed from another girl. I know more of "wild-cat" companies now than I did then—companies that are gotten together without a dollar foundation, in the hope that some "angel" will advent to back the show.

On Monday I noted with amazement that new girls were still being admitted, although but one brief week remained in which to coach them. Some on trial sang falsetto, but it seemed that did not matter. Some were clumsy of foot and far from prepossessing to look upon. But all of them possessed one trait in common—boldness. That evening a number of pretty, modest girls, several of whom had rehearsed the full two weeks, were told they would not be needed. The cloven hoof was beginning to show. The hunt for girls with "backers," prospective or otherwise, was on.

(To be continued next month.)

PHYSICAL CULTURE CAMPS FOR OUR READERS

We have determined to open up a physical culture camp in connection with our proposed physical culture city. We intend also to open a large camp at the sea shore somewhere along the coast of beautiful Long Island. We will be

pleased to have the names of all those who would like to spend their vacation at a physical culture camp, and as soon as definite arrangements are made we will communicate particulars to those interested.



Robert Edeson as He Appears in the Title Rôle of "Strongheart"

THEATRICAL TOPICS AND TIDINGS

By H. Mitchell Watchet

AS the stage avowedly exists for the purpose of mirroring men and affairs, it is quite proper that just at present physical culture and its products should be in evidence behind the footlights. This, for the reason that civilization in general, and America in particular, seems to have awakened to the fact that the condition of "the house we live in" is of the utmost importance to its tenant. Perhaps that neglect of the body, which was characteristic of past recent decades, was more or less inevitable, seeing that the last century was one of tremendous intellectual progress during which, the attention of civilized nations was concentrated upon the mind to the somewhat disregard of the body. Now has arrived the reaction, or to speak more accurately, the realization that one-sidedness is a deformity, no matter whether it be spiritual or otherwise. And so

a great wave of physical sanity is sweeping over the land, not the least notable feature of which is the recognition accorded to the training of the body in those institutions that are theoretically for the training of the mind alone. As a logical sequence, we have plays of

the "Strongheart" type with Mr. Robert Edeson in the title rôle, clad in football armor, and garmented in the glory which doth enwrap the football player.

One or two ladylike critics of the metropolitan press have taken exception to one of the scenes in "Strongheart" on the score of its sound and action being real rude and noisy. The public, however—and after all the public is a healthy-minded aggregation—has taken a contrary view of Mr. Edeson and his play, and incidentally, has expressed its recognition of those wholesome principles that underlie physical culture proper. Please note the



Edward Morgan in "The Gentleman From Indiana"



Catherine Cooper, One of the Pretty Maidens in "Fantana"

use of the word "proper" in this connection, for there is a physical culture which is worthy of the name and a physical culture which is very much otherwise. In a preceding issue of this magazine, attention was called to the fact that physical culture is rich in themes of a sort much suited to the needs of the playwright. In a sense, "Strongheart" vindicates this statement. But the mine is as yet barely open. They who further work its rich veins, will find that they have possibilities before them which are as varied as they are exhaustless. At the Colonial Theatre, which is the latest and one of the most beautiful additions to the metropolitan houses of amusement, "The Athletic Girl" came, was seen, and conquered. The whole piece bubbled with strenuousness, and audiences with strenuous palms gave it the greeting that it deserved. The athletic features—if shapely young women can be called features—in some of

George Ade's comedies, are those that meet with the most approval. And a travesty on one of Mr. Ade's athletic travesties considerably brightened up an otherwise not too bright Broadway show. So mote it be! Also, are not the heroes of those dramas of red-fire and revolver order invariably men of muscle? And do they not win the heroine and the applause of unnumbered galleries by reason of the same? Indeed they do. And it is this savor of wholesomeness that, after all, makes the most lurid thriller that ever came down the dramatic pike, a thing useful morally, if it is not stimulating intellectually.

Mr. Edward Morgan's appearance in "The Gentleman from Indiana," under the management of Liebler & Company, was a noteworthy theatrical event. The dramatization of Booth Tarkington's story was as inevitable as deserved. There is virility about both tale and



Flora Zabelle, With the "Yankee Consul" Company

play which, with the assistance of Mr. Morgan, appeals to the American public. Another of the Liebler contracts which is of much interest, is that of Miss Ellis Jeffreys, who for three years has been leading lady of the Haymarket Theatre, London. The English actress' appearance at the New Amsterdam Theatre in "The Prince Consort," as adapted from the French, vindicated the judgment of Mr. George C. Tyler, of the Liebler forces, as a dramatic chef who knows how to cater to American theatrical tastes.

Allusion has been made to the success accomplished by the Spooner Stock Company of Brooklyn. In many respects this organization is of unique nature, and among other things it will delight the advocates of the equality of the sexes, by reason of the fact that it has been made, managed, and steered into the current of prosperity almost en-



Cora E. Morlan, of the Spooner Stock Company



Eleanor Browning as Mlle. Anita in
"Fantana"

tirely by women-kind. Mrs. Spooner is the inceptor and head of the company. Her two daughters are respectively "leading lady" and "leading comedienne." Her press representative, Miss V. Fitzgerald, can give points in tactful industry to any one of her trousered contemporaries; and last, but not least, Miss Cora E. Morlan is not only the "heavy" woman of the organization, but the personal representative of Mrs. Spooner in addition thereto. It is not often that one finds distinct histrionic ability and keen business instincts allied as in the instance of Miss Morlan, and hence the justification for this direct reference to her. She is a Denver young woman, and has brought with her into her chosen profession much of the breadth

and breeziness of the West. Miss Morlan's personality is as distinctly attractive as her mentality is unique in the matter of executive ability. This statement has a flavor of the press agent about it, but it is uninspired for all that. If for nothing else, Miss Morlan is deserving of more than a passing notice, inasmuch as she is a representative of those American ideals which combine the distinctly practical with those other and higher things that make life worth the having and living.

The Hippodrome is with us, and obviously with us to stay. The luck and pluck of Messrs. Thompson & Dundy have reaped their due reward, and if good wishes were necessary to still further their enterprises, those who appreciate honest and wholesome amusement will surely yield them readily and gladly. It is now in order for the wiseacres to remark: "I told you so," when the packed seats of the Hippodrome are made manifest. As has already been said, the won-



E. S. Williard, in "Lucky Durham"

der is that those who are conversant with New Yorkers and their recreational instincts, did not have the courage to found a permanent circus prior to the step taken by the men of Luna Park fame. Napoleon is credited with the adage that success is but another name for audacity, and Messrs. Thompson & Dundy are nothing if not audacious in a legitimate fashion.

"The Duchess of Dantzig" at Daly's Theatre has again proven that Mr. George Edwardes is one of those rare souls in the dramatic world who can follow up successes of a

pattern set by himself. Is it not somewhat of a reflection on American managerial qualifications that a company of the Edwardes' stability and quality has not been evolved on this side of the water? Without calling upon the eagle to scream in this connection, it seems to us that there is an abundance of material in the United States from which to shape a structure of the Edwardes type.

HUMOR OF THE HOUR

HE RECOMMENDED IT

Mrs. Goodun—You ungrateful creature! After I gave you that nice box of breakfast food the other day you sent all the tramps in town to my door.

Hobo Henry—Why, mum, on de box

it said "recommend dis to yer friends."
—*American Thresherman.*

TOADSTOOLS AND MUSHROOMS

She—Don't you think it is dangerous to eat mushrooms?

He—Not a bit of danger in it. The danger is in eating toadstools.—*Clipped.*



With the Collaboration of BARBARA HOWARD

A startling story of the trials and temptations of a beautiful Western Girl in New York

CHAPTER XIII.

IT was a singular picture that was thus made by the three persons in that room in the solitary house on the outskirts of San Francisco: A young woman, hardly more than a girl, terrorizing and controlling a full-grown man and woman, both of whom were ready to resort to any violence or crime to gain their ends. But she, because she had learned the lesson of self-reliance and the use of her muscular strength just as a boy might have done, was able to employ the means at her command to subdue them as completely as if they had been children and she a strong man.

"Don't make a movement," she said to the woman, who stood in the corner; then she went over to Miguel as he lay prone on his face and took his revolver from his hip pocket, her experience telling her that she would surely find it there.

Then she felt about his waist for the knife, without which the native Californian seldom goes abroad. Having found that also and taken possession of it, she backed to the door, felt behind her for the key, and took it out.

"You," she said to the woman, "come out here and open the door of my room. Come quickly!"

With a sullen scowl of anger, through which her utter amazement betrayed itself, the woman did as she was bidden. Grace stepped back into the hall and let her pass her; then stood watching Miguel and the woman at the same time.

The woman drew the bolts of the door

and threw it open, letting a flood of light enter the hall from the electric lamp in the room.

"Go into the room!" ordered Grace. "Leave the door open! Miguel, get up and come out here! Remember, I'll shoot without remorse if you try to play any tricks. It is my life against yours, and I don't value your life a cent's worth in comparison with the value I put on my own."

Miguel sulkily arose and went out into the hall; and then, in accordance with Grace's orders, went into the room that had been her prison.

"Take up my trunk!" she said to him. "I don't mean to leave that behind me, and you can carry it better than I. Take it up and come out!"

He ground his teeth in his rage, but he had no choice but to obey, so bent and lifted the trunk on to his stalwart shoulder. She then bade him hasten out, and, when he had done so, obliged him to stand with his back to her at the head of the stairs while she bolted the door on the woman, to whose vociferous remonstrances she answered:

"Surely it is not as hard for you as it was for me. When you tire of the room get out of it as I did; you'll find the way out in the corner." Then she turned to Miguel: "Go downstairs, Miguel! We are going to talk a walk together; not the first, is it?"

She was pretending to have a composure she did not feel, for she realized well enough that a walk through the streets of San Francisco, to which she

was an utter stranger, was not quite the same thing as driving the ruffian before her in the open country near her home.

There was no alternative, however, and with beating heart she bade the fellow open the door and go out of the house. It seemed to her as she stepped outside and stood on the upper step of the flight that led to the sidewalk, as if her dangerous adventure had no more than begun, for she knew nothing of the city, and could not even see any distant lights through the dense fog to guide her in the direction of the settled part.

"Go toward the city," she said curtly to Miguel. "I'll shoot you if you try to play me a trick. Go!"

The walk Grace took that night was one she was little likely to ever forget. She knew nothing of the city, and she presently discovered that Miguel knew hardly more. He knew in which direction the city lay, but when the first houses were reached he sulkily declared his ignorance of how to proceed to find the address of the house which Grace gave him.

So there was nothing better to do than to go on until they met some one who could direct them. Then the proper direction being had, Grace was confronted by the problem of how to control her unwilling porter when the busier streets were reached.

She surmounted all obstacles, overcame all difficulties, however, and finally stood on the stoop of the house of which she had the address.

"Well, Miguel," she said with a little laugh that barely escaped being hysterical, "you may go now. Perhaps you haven't enjoyed your walk; I know I have not. Don't you think you ought to be ashamed of what you have done? I never injured you in any way."

"I don't know," he said sullenly, shrugging his shoulders.

"Yes, you do know. But never mind! I know I might as well talk to the hound that runs to his master's whistle. But tell your master that it will be dangerous for him to molest me again; dangerous for him to meet me or any of my friends or family." She was quite herself now as her indignation grew. "I shall know how to protect myself from him, and before the night is over he may find that San

Francisco is not a good place for him to be in."

She rang the bell with a vigorous pull as she concluded, and Miguel gave one leap down the steps and was speeding down the street as rapidly as he could go.

Grace, in her relief at being rid of the wretch, and struck by the absurdity of that strong man running away from her, a girl, burst into a laugh, which she was obliged to check suddenly as the door opened. And it was just as well for her that she was forced to think of something else, for strong and self-reliant as she was, the ordeal had been a severe one, and the reaction from peril might easily have made her a little hysterical. And if that had happened to her, she would have been greatly ashamed of herself.

She explained to Mrs. Sharp, who had come to the door in person, just what had happened to her, and that lady was filled with indignation and almost insisted on setting the police on the trail of the scoundrels at once. But when she questioned Grace more carefully and discovered how little she knew of the location of the house and further realized that a prosecution of the matter would involve Grace in a great deal of publicity, she advised her to let the matter rest where it was for the present.

Whether the advice was good or not, Grace took it, and after a good night's rest went about the business that had brought her to San Francisco. And it was sufficiently important and interesting, too, to take her thoughts from every other topic.

Her heart was in her throat and her courage quite gone when she presented herself at the rooms where the candidates for the competition were to be judged. And when she saw some of the aspirants there, she felt that she had been little better than a vain fool to suppose that there was the least chance that she could win the prize.

She cast a disgusted glance into a mirror on the wall, looked at the beautiful women who sat or stood about the room, and had half a mind to turn about and give up all hope.

She felt that it had been the very madness of vanity that had induced her to think that she might by any possibility

win such a prize in competition with the beautiful women of all Europe and America; and now that she saw some of those who had gathered from the Pacific Slope alone, and realized how very beautiful they were, she felt truly heartsick and ashamed.

She contrived to get nearer to the big mirror so that she might look at herself, and almost groaned aloud at the sight of her tanned face. The other competitors had beautiful pink and white cheeks. What possible chance had she?

It would not be true to say that she felt no concern or was unembarrassed when, her tights being on, she stepped out into the room where the judging was to take place; but it was true that she had so prepared herself in advance for the ordeal, that she was at least unashamed and walked out with the easy, graceful, almost panther-like, movement which was natural to her.

For a little while she was painfully conscious of being stared at by the contestants as well as by the judges, but presently, and while the contestants were being given a few simple instructions by the manager, she recovered her poise and was able to study the forms of the women against whom she had pitted herself.

What was her surprise, then, to discover that some of them had attempted to remedy the defects of their bodies by padding, and even by the use of cleverly-constructed devices made of papier-mâché.

She was not surprised, however, when, after a first cursory inspection, the padded young women were politely dismissed. They went away with scornfully uplifted heads, making audible remarks that reflected on the judgment of the committee.

Grace now found herself one of a body of five, and as she looked the others over with increased care, her hopes began to rise, for, while at least three of them were beautiful in one sense, they were not of the active type, but were soft, prettily rounded, of the sort that gave promise of soon becoming too stout.

It was evident that the members of the committee did not agree, as could be seen by their whispered conferences, until finally it was decided to put the contestants to a number of tests.

One of the members of the committee was an artist of international fame, and he put the young women through a series of poses, which must inevitably bring out points of excellence or betray deficiencies. Grace, although she had never posed before or seen any posing done, soon caught the spirit of the thing and did her best.

The committee then retired and the contestants resumed their conventional garments. The quarter-hour that followed was one of the longest that Grace had ever known; and when the manager finally entered the room, it seemed to her that she had never known a man so long in saying anything.

But the decision came at last in a very business-like way: "Miss Grace Harper wins this preliminary contest and will be sent to New York in accordance with the terms of the agreement. Miss Harper, your expenses will be paid by me from now on until the final decision has been made."

CHAPTER XIV.

From this moment Grace had no more trouble; she was in the hands of kind, courteous friends, who cared for her with the consideration and respect that would have been accorded to a daughter.

She was obliged to remain a few days in San Francisco, and no doubt that afforded her a valuable experience in city life preliminary to visiting New York, for it accustomed her to being in crowds.

Of course, she wrote joyful letters home, but decided not to say anything about her experience with Don Morton, fearing lest they should become alarmed and wish her to return. Perhaps she was afraid that Will might disregard her wishes and follow her, if not openly, at least secretly; and it offended her sense of independence to think that any one should feel that she was not quite able to take entire care of herself.

Then came the journey to New York, which was a delightful experience to a girl who had never been away from home before; and when the metropolis was finally reached and she found herself being whirled in a carriage through the streets all ablaze with light, it seemed to her that this was the nearest approach to

fairyland she could ever expect to achieve.

She was fully able to enjoy everything without hesitation or concern, being as she was taken care of in every way; and the week that elapsed before the competition took place was one of unalloyed delight to her.

Unconsciously to her, a change began to take place in her outward appearance. Little by little she made changes in her manner of dressing; a ribbon here and there, a bow in the conventional place, a new style of dressing her hair, and the effect was nothing short of marvelous.

She was still the simple-hearted, direct, honest country girl, but personal attractions that had not been very obvious before, seemed now impossible to pass over. In short, the week had not gone by before a few trifling changes had removed the most prominent signs of her country breeding.

Not that these signs were in any way objectionable, but they are always noticeable in a great city, which has certain peculiarities of its own. Grace was simply conforming in the non-essentials of appearance in order to escape too much attention. She did not realize that she had put herself in the way of attracting more attention by making it impossible for any one to look at her without being struck by her beauty.

One thing alone that she had done had increased her chances in the competition. She had changed a plain, severe style of dressing her hair to one that softened her face and lent it a classic beauty, while at the same time it accentuated the graceful, queenly poise of her head.

The competition this time was an infinitely more severe ordeal than the first one had been. To begin with, she now found herself pitted against the selected beauties of two continents; and very beautiful they were, as she was quick to acknowledge.

And now the choice was to be left to the public, which was to decide by ballot which it considered the most beautiful of the contestants. Artistically posed and looking like the living embodiments of the old classic statuary, the contestants were presented to the thousands of eager spectators on pedestals in cabinets draped with dead black, against which the pink-

clad forms stood out in exquisite beauty in the glare of powerful lights.

Applause greeted one after another of the contestants as she was revealed by the drawn curtain. It was plain enough that the friends of the contestants were there in force, for as each one of the latter was seen, cries went up, calling her by name and claiming for her the prize.

Grace listened to these cries in dismay. She had no friends to cry out her name; she had no friends to go around among the spectators soliciting votes. Even if she had equal or greater beauty, how could she hope to win?

One after another the contending beauties were exhibited to the delighted on-lookers, until Grace's turn came. The pose she had chosen was a simple, appealing one, and she wondered if she had not made a mistake in not choosing a more ambitious one, as most of the other contestants had done.

It was too late to change, even if she had been so minded, however, and she called up all her self-control and courage as she stepped on the pedestal and fell into the pose she had studied.

The curtain was drawn and thousands of eyes rested on the unknown girl who had come all the way from the Pacific Coast to compete for the prize of the world's beauty.

They looked and were silent. It seemed to Grace for a moment as if she must droop under the mortification of that disapproval of silence. She should have maintained her pose without change, but under the stress of her strong feeling, she slowly turned her head and looked piteously out on the surging sea of up-turned faces. Had she not one friend there?

It was as if her movement had broken a spell that had fallen on the spectators; for as if with one accord such a shout went up and swept like a storm over that crowd as made the applause for the previous posers seem like faint cries.

That roar from those thousands of delighted spectators was the evidence of the effect of Grace's beauty on them. For a moment the whole place seemed to swim before her eyes; and, indeed, not until the curtain had been down for a full minute did she recover herself.

Plainly enough the assembled crowds

had given her the crown of perfect beauty; but there were other days of posing yet to come, and on each day the voting was to take place.

The crowds applauded her and went wild over her beauty, but the voting went against her. Some plainly less beautiful contestants were receiving more votes than she, who was winning the most applause.

She thought a while over this. The prize was slipping away from her. She could not help knowing now that she was at least as beautiful as any of them there. What should she do? She mingled with the crowds one day during the hours when there was no posing, and with a veil over her face so that she might not be recognized, she watched and listened.

She discovered that some of the contestants had friends in the thronging multitude, and that these friends were busily engaged in begging or buying the ballots which were given with the entrance tickets. In this way, and before the visitor had had time to make his own judgment, the wily friend of one or another contestant had secured his ballot. It was these begged or purchased ballots that were swelling the majorities of some of the contestants.

Grace, in her direct way, having fortified herself with these facts, went to the managers of the exhibition and stated the case. It turned out that they had become aware of the conditions prevailing and were considering what to do. They now presented the case to the gentleman whose interest in the cause of physical culture had induced him to offer the prize, and he at once decided that some other plan for determining the winner should be chosen.

After some thought he decided that a jury of artists, both painters and sculptors, of the highest renown should be asked to make the decision. The contestants could not but agree to this plan, and it was at once put into operation.

In a way it was even harder to stand up to be judged by these men, who were experts in beauty of form, than to pose before the immense crowds which had thronged the vast expanse of Madison Square Garden.

It seemed to Grace that when their

critical and cold eyes studied her she at once became aware of a thousand imperfections of which she had not been conscious before. She watched their faces anxiously, but could get no clew from them of their impressions of her.

Carefully each contestant was studied and the result jotted down in the fateful notebooks which the judges held in their hands. The rival beauties then threw their cloaks about them and waited for the decision.

All but four of them were told that they were rejected; and it was notable that some of those who had been rolling up big votes were among those dismissed. Grace was one of the four.

She could not help wondering if the winning of that prize could possibly mean as much to any other of the contestants as it did to her. And she eagerly studied them to try to compare herself with them. One of them she had from the first considered more beautiful than herself, and the other two were surely as beautiful.

Again these four were studied. They were posed in scores of ways. Again the jury retired. Presently the manager came to them and told them that the jury felt that it would be impossible for them to decide on the basis of one prize. If, they said, the contestants were willing that four prizes should be made of the one, the decision could be given instantly.

It seemed as if the ladies were moved by a unanimous feeling, for they all acceded instantly. Grace knew how she felt, and she presumed the others felt the same way. She knew that the strain on her nerves was beginning to tell, and she felt that she would rather be sure of a part than risk the loss of the whole.

"Miss Grace Harper wins the first prize, which is five hundred dollars."

She remembered nothing more of what the manager said than that. They had pronounced her the most beautiful woman in the world; she, Grace Harper, a simple country girl, who had never thought of beauty until a few weeks ago, was so beautiful that she could win a prize.

But that was not the thing she thought of at all. What ran in her thoughts was that she had five hundred instead of a thousand dollars to send home to help pay off the mortgage.

She received the congratulations of the artists and the managers with a simplicity that charmed them. She was not elevated in her own esteem by anything that had happened. Her beauty had won her five hundred dollars, and therefore her beauty was a good thing. If it had brought her one thousand, it would have been twice as good a thing.

She was rejoiced to have won so much, but she knew there must be more money yet before her father's load could be sufficiently lightened. She was thinking this as she walked slowly away, her check for five hundred dollars safely tucked away in her bosom.

"Miss Harper!"

She started and looked around. She was still in the great Garden, but it was silent now and empty. The person who had spoken to her was one of the sculptors who had been on the jury, and he was the only one who had betrayed any admiration for her.

"Yes, sir?" she said inquiringly.

"I hope you will forgive me, Miss Harper," he said respectfully, "but I am a sculptor, and as such I want to ask you a question at which I beg you will not take offense."

"Why should I, sir?" she asked hesitatingly. "What is it you wish to ask me that I might take offense at?"

"I am looking for a model to pose for me, and you are precisely such a model as I wish. Will you? I will pay you well."

"Why," she answered, still hesitatingly, "I don't see why I should not. Why should I take offense?"

"Perhaps you do not understand that I should wish you to pose nude."

"Oh!" she cried and went on hastily, "no, I didn't understand. No, sir, I couldn't do that. Oh, no!"

"There is such a trifling difference between that and posing in tights as you have done. And you would be seen by no one but me."

"But it is that trifling difference that I mind, sir. Don't think I am foolish about it, but indeed I cannot do it. Thank you for asking me, but I cannot do it."

"I would pay you a large sum."

"No, no," she answered, and hurried away.

"If you should change your mind," she heard him call after her, "come to me."

"I shall not change my mind," she said to herself.

CHAPTER XV.

No, Grace would not pose nude, but she needed money now, and when she was back in her room in the hotel, she thought it all out. She must pay all her own expenses now, and that meant that she must either work or go home. And she had decided not to go home until she had earned enough money to pay off the mortgage.

It seemed not a very difficult thing to the girl who had so easily gained the sum of five hundred dollars. Her return ticket to her home was provided for. It would be given to her whenever she asked for it. It only remained for her to find a cheap room and then look for employment.

The room was easily obtained. She had learned that she might apply to the Young Women's Christian Association for their list of rooms, and she did that as soon as she had written a letter home telling of her success and inclosing the check she had won.

It might have been wiser if she had retained some of the money to cover contingencies, but she would no more have touched a penny of that money than she would have desecrated some sacred thing. To her that check was consecrated to the payment of the mortgage.

By the time she had paid her first week's rent for her new room and had settled with the expressman who had taken her trunk to it, there was so little left in her purse that she felt that she must lose no time in finding employment.

The life she had been leading for the past week or ten days had been a very exciting one, and she would have been glad to take a rest of two or three days, but as that was out of the question now, she consumed the remainder of the day in taking a brisk walk up to Central Park and through it.

The next morning she was up early and out after a newspaper. She went over all the advertisements for help of all

sorts, and could find but one thing that it seemed to her she would be at all fitted for, and she was uncertain enough even as to that.

A cloak model. Now she had no more notion of what a cloak model was than if it had been an astronomical instrument, but she saw that it was something needed in one of the big department stores, and she fancied it would be a position requiring a good figure, and she did not hesitate to believe that she had that if she had nothing else.

So a little earlier than the hour named in the advertisement she went to the great store and was directed to an upper floor, where she took her place with a number of other young women, all evidently there on the same errand as herself.

Now, it so happened that Grace had made herself a new gown on a physical culture pattern that she had found, having employed every leisure moment during the past few days in working at it, and not only was she very much delighted with it herself, but one of the artists on the jury, having seen it the day before, when she had first worn it, had expressed himself as charmed to see so artistic a gown.

With such an endorsement of her own views on the subject, she felt particularly at ease. And indeed she had been perfectly well aware that more than one man had stared at her in admiration that morning. Perhaps, too, her mirror had told her that she was not quite hideous.

Nevertheless, when she joined the other young women who were in waiting, they first stared at her beautiful face with envy, and then, after a glance at her clothes, exchanged among themselves scornful smiles and meaning looks of amusement.

"What a dowdy!" said one.

"Did you ever!" said another. "A shape like that, and coming for a position like this;" and she wriggled her body and pushed her corsets down over her hips in the fashion of the day.

"Why, she has no waist at all."

"About three ordinary waists, I should say," was the answer, followed by a burst of superior laughter.

"She never could get a shape now,"

said one pityingly; and they all shook their heads in sad confirmation.

Grace, however, was happily unaware of what was being said of her, and waited her turn with considerable equanimity. She was finally ushered into a room, where sat a very sleek-looking gentleman with a beautiful black mustache, which filled her with a suspicion that it had been dyed.

The man's rather dull and fishy eyes lighted up when she entered the room, and he moistened his lips as if in anticipation of pleasure in store for him. It annoyed Grace to have his eyes rove lingeringly over her as they did, but she endured it with no more than a growing flush to betray what she felt.

"Have you ever filled such a position as this?" he asked purringly.

"No, sir. I have never worked in a store in any capacity, but I need something to do, and I thought this might be something I was suited for."

"Because you have a beautiful form, I suppose?" he said with a leer.

"Yes, sir. I didn't know what would be required of me, but I thought I would apply. What is the work, please?"

"We want a cloak model, my dear. We need a young lady of fine presence and beautiful form to try on our cloaks for our customers to see the effect of them. Are you from the country?"

She wanted to resent his familiarity in calling her dear, but he said it in such a peculiar way that she found it difficult to know just what to say; moreover, she wanted the employment and thought to herself that when she had obtained it she would have little or nothing to do with him.

"I am from California," she answered coldly.

"Living with friends, I suppose," he said, rubbing his hands together as if washing them.

"No, sir, I am alone here." She told him this because she knew there would soon be a question of references, and she wished to explain why she could not give any. "I came on here to compete for the prize at the Madison Square Garden. I expected to go back home again right away, but have decided to remain here."

"Oh!" he cried, his eyes devouring her again in that peculiarly offensive way; "in the beauty show, eh? I was there. Lost the prize, I suppose, and now want to earn some money, eh?"

"No, I won the prize."

"Did you, though! The most beautiful woman in the world, eh? Well, well! I thought I had an eye for beauty. Oh, I remember you now. Yes, yes. Well, it will be funny, my dear, if we can't find a place for the world's beauty, eh?" His tone was more familiar than before, and his leer more offensive. "You don't wear corsets, I see. But we can soon fix that."

"Fix it! How?"

"By putting them on you, of course. I mean by letting you put them on yourself." He laughed at this as if he had perpetrated a most exquisite joke. Grace, however, looked perfectly cold and answered:

"I shall not wear corsets even to obtain a position; my figure is natural now." She rose. "If you insist upon corsets it is useless for me to remain any longer;" and she turned as if to go out, glad, if the truth be told, to get out of the presence of a man of this sort, the first of his kind she had ever encountered. He made her think of the stories she had read in mythology of the satyrs.

"Now, now," he protested, starting eagerly after her, and putting a restraining hand on her arm, "I did not say so. On the contrary, quite on the contrary, my dear. We want you; yes, indeed we want you. Miss Hotchkiss!" he cried, raising his voice.

A tall, slender, prim woman of the most conventional type of figure, and with a face that was cold and grim of aspect, entered the room.

"I have chosen this young lady, Miss Hotchkiss," the man said. "Please instruct her in her duties."

"But," protested Grace, "I don't know yet what my duties are or my pay."

"You have nothing to do but to try on cloaks, look pleasant—which I am sure will be easy for you—and be paid fifteen dollars a week to begin with. Now, go with Miss Hotchkiss, and she will give you such further instructions as you need and will tell you when to come."

"The young lady has no shape, Mr. Hoyt," said Miss Hotchkiss, with a modest droop of her eyelids.

"She will do for cloaks, won't she?" he demanded, his tone bullying now instead of purring, but at once resuming the latter tone again as he addressed Grace. "You will suit me exactly, my dear." "My dear" was said softly so as to escape the ears of Miss Hotchkiss.

"Follow me, please!" said Miss Hotchkiss to Grace, pursing her lips; and then turned on Grace and snapped, when they were out of the hearing of Mr. Hoyt: "I don't think it's decent to go without corsets."

"I don't think it's decent to wear them," answered Grace, quite calmly. "If you think I won't suit I will not remain."

"I have nothing to say about it," snapped the other; "you're engaged, and I must make the best I can of you. Besides, we're so busy I'd take most any kind of a figure. Can you go right to work?"

"Yes, ma'am."

"Then go in there and take off your hat and jacket. I hope to goodness you have some kind of a waist on that won't show you don't wear corsets. It wouldn't surprise me if we lost customers."

When Grace returned a few moments later, she saw that the news of the uncorseted model must have spread, for such saleswomen and models as could see her stared with all their eyes.

Miss Hitchkiss approached her at once, however, nothing more than a lift of her eyebrows betraying her disdain of the artistic gown of the new model.

"Here! Turn around and let me put this cloak on you. Now, madam," she said, in a louder tone, after she had adjusted the cloak on Grace, and addressing a lady who stood talking to a gentleman near by, "if you will be so good as to look at this. It is a beautiful garment and hangs elegantly. Turn around," she said in a low tone to Grace, and Grace turned.

She looked up as she did so, and found herself face to face with Don Morton, whose startled eyes were staring full into hers.

(To be continued.)

"PUNCH" AND HIS GANG IN SCHOOL

A "REAL" BOY TELLS OF HIS PRANKS AND GAMES FOR THE ENTERTAINMENT OF "GROWN-UPS"

By B. R. Childs

FICTION (CONTINUED)

I do not, on the whole, commend some of the pranks and misdeeds of the boys that are portrayed in this story. The author, however, in truthfully portraying this type of cosmopolitan boy to be found in all the larger cities of this country, has a special aim in view. It must be remembered, that really healthy boys are possessed of a great fund of physical energy that must find an outlet in some form or other, and it is far more preferable that it take the form of mischief than that it expend itself in habits which destroy the body, which is usually the result when boys are pampered and caused to be physically inactive. If we can solve the means of diverting youthful energy into other channels of youthful sport, such as athletic contests and wholesome games, we have solved the problem of making strong, self-reliant men who are yet free from the ruffianism and coarseness that are frequently developed on the streets. In the course of this story the author will show how physical culture became the means of regenerating "Punch and His Gang" and how, from a terror and annoyance, the members became a positive factor for good in the neighborhood.

—BERNARR MACFADDEN.

AFTER being chased out of Smalley's the gang disbanded. We had had enough fun for one day.

Then Sunday came, usually a quiet day, and a relief, too, from the one before it, which was always more or less strenuous. In the forenoon Lonson and I would read and attend Sunday school—the only time we did not go was during the spring, summer and fall, and up to within a few weeks before the holidays, when the church had the annual Christmas tree entertainment and free candy. Then we went, and the rest of the gang likewise. The minister's son went every Sunday—he had to. Along in the afternoon Lonson would come over and then he and I would make for the barn, where we would pull off our coats and stiff collars and have a friendly go with the gloves to work off our Sunday dinners—those big Sunday dinners, you know, which many people eat and then lie around like logs the rest of the day, and wonder what is the matter with them.

Then school again. Happy school days—but not for the teacher! I suppose I ought to give you a sample of one of them, and so I will take the following Friday. Friday is always the worst day in school, because the scholars are restless, thinking of the holiday they are to have on the morrow. The teacher is tired, too, by that time. Ours was, anyway.

It was on that day, also, that I put down the last spirit of rebellion to my rule, so far as our school was concerned. You see, Lonson and I were in the sixth

grade, and as there were two more higher grades, naturally there was quite a number of boys two years or more older than we. It was a bitter pill for some of these to stand the constant gibes and superior airs of the swaggering members of our gang. They did not always stand it, either.

As Lonson and I turned the corner of Harrison street on the morning of the day in question we saw by the suspicious clearness of the walk in front of the boys' side of the school that there was trouble in the yard. Giving each other a gleeful glance, Lonson and I broke into a run. We first saw Mike, who was watching for us at the gate.

"Hurrah!" he yelled, when he spied us. "Here they are!"

The cheering spread over the yard.

"What is the matter?" we inquired.

"There is a new fellow in the eighth grade says he won't take any lip from any kid in school," Mike informed us, excitedly. "He says he won't take any lip even from you, Punch—he said you, Punch, right out; I heard him say it. We all heard him say it! You aren't going to stand that, are you, Punch?"

"Stand it! I should say not." Heralded by Mike, we entered the yard.

"You don't dare say that to him!" he shouted.

"Yes, I dare!" replied a tall youth, pushing his way through the crowd surrounding him. He was all of seventeen, and no runt, either; while I, though by nature and training unusually powerful for

my age, was barely fourteen. Here was a fine chance to show what science could do. But I did not know how to begin. To tell the truth, I was never ready with words. The boy began to smile; he thought I was weakening. I caught sight of the minister's son. His face was tear-streaked and he was nursing a black eye. It seems that he was the cause of the whole fuss. He had called the new boy a caitiff—whatever that was—and had been soundly slapped in return.

"What did you hit that kid for?" I blurted out.

"Because he was too darned fresh. That's why!" answered the other.

"Why don't you take someone your size?" I asked.

"Why don't you?" he rejoined, grinning, as he towered above me.

This raised a laugh, and my temper with it. I yanked the hat from my head and flung it in his face—the battle gage of the gang.

He sprang at me—he sprang at me so suddenly as to take me off my guard, and I was sent reeling backward by a stunning blow in the face. It was a wild beast that now fronted him. There was a seamy, savage side to my nature that would flare up on rare occasions, and this was one of them. Things swam red before me. Ah, the fierce joy of it all! Slowly I advanced toward my opponent, with head bent forward and with a wicked, snaky squint in my eyes, which, emphasized by my very prominent nose, now bleeding and becoming a swell affair, must have made me anything but a sweet appearing object.

"Gee! Look at Beak's face," said one.

"Beak" was another pet name of mine, which I did not resent, for it carried terror.

My foe seemed in a hurry to end matters. He made a terrific lunge with his left, which I neatly side-stepped, and his arm shot its whole length over my left shoulder, and our bodies banged together. I flipped his hat off and grinned. He tried to pick it up, and I kicked it to one side, still grinning. He turned furiously on me, but his blows spent themselves on the empty air. It was bend, duck and side-step on my part—head work mostly, for my antagonist had entirely lost his head. Actually I had my hands in my

pockets! I was determined to teach him a lesson, and let him see what he was up against; that this was mere kindergarten work for a fellow who had had four years daily practice with Lonson as sparring partner. He soon paused, out of breath; and now I went for him. He appeared panic-stricken. "Keep back!" he quavered. "Keep back! Do you hear?"

No, I did not hear. Thump! My right jabbed him in the body, and he staggered backward. Click! My left shot out like a catapult, cutting clean through his guard, and landing on his jaw; and the sidewalk rose quickly to receive him. I stood over him with my arm drawn back. I would have hit him another clip but for Lonson.

"Don't hit him when he is down, Punch," said he, rushing forward. "Ask him if he has had enough."

"Had enough?" I asked.

"Y—yes," panted the fallen gladiator; "I'm no prize fighter!"

I turned to his comrades. "Any of you guys want to butt in?" I questioned.

They all hastily replied that they had no desire whatever to thrust themselves upon me in a disagreeable manner. I was going from one to the other, putting my fist under their noses, when all of a sudden I was jerked violently backward. A great, rough hand clutched me by the collar. It was old Meyer, the German janitor. He was big and raw-boned, and had had twenty years of police duty around the school—twenty years continually in hot water with the miniature mob. His gray mustache constantly bristled with indignation.

"Vot is dis I hear? Vot is dis I see?" he questioned, while I wriggled ineffectually in his iron grip. "You told me de odder day you would help me stop the boys fighting, if I don't tell the principal on you; and now you fight yourself—yes? Vot for you not keep your word?"

"You don't suppose I am going to let that big guy jump all over me, and not do a thing, do you?" I replied, sullenly.

"Which vun?" he asked.

"That one," I answered.

"Vot, dat big feller? You licked him?" he queried, in astonishment. "He's the biggest boy in the school!"

"Ask the gang," said I.

"You bet he did. Hurrah for Punch!" cried the crowd.

Meyer's hand relaxed and I slipped free.

"Don't you let me catch any of you fighting again," said he, for about the five-hundredth time that year.

"You didn't this time," shouted somebody—I think it was Mike.

"Who's dot?" exclaimed Meyer. "If I find out who dot vas, I report him to the principal!"

"Sauerkraut!" shouted someone behind him.

He whirled around. "Who's dot said sauerkraut?"

"Wienerwurst!" cried another.

"Limburger cheese!" yelled a third.

He was wild. "If I catch hold of the ones dot make me those insults," he cried, "I give them some punishment myself! Get into the school, every vun of you!" (The bell was now ringing.) "Awful smart when you are out here, but when you are in your rooms you don't know nodding!"

With two exceptions, every boy in our room belonged to the gang. One of these was Charley Waring—and he was a sort of an honorary member, too. He was a cripple; something was the matter with his legs, and he went on crutches. He was bright and cheerful, though, and we all liked him except the minister's son. "He looks so darned meek and patient I would like to punch his face," said the latter. But you bet we saw that he did not. The other one was a boy by the name of Willie Winchell. He certainly lived up to his name; there was no Bill about him. We never could make out what ailed him; he was no cripple, but he was thin and sickly in appearance, and never seemed to have any life in him. He would not join our gang, and always got a hundred mark in deportment. This last item was his greatest offense in the eyes of the gang.

We had a reputation to keep up, for every room we were in was the worst room in the school, and we were proud of it. In fact, every teacher dreaded us as we entered each successive grade. Miss Nott had us this year. When off duty she was prominent in the Woman's Rights Society. She wanted to be free

from man. She was. Say, she was homely. She was as thin as a rail, her cheeks caved in, and she had the complexion of an underdone gingersnap. I guess we had more fun in her room than in any other. I suppose we were just at the right age for it, too. We had been unusually good for over a week, because several of us boys had been sent to the office the week before and had received warnings from the principal. The effects of the warnings, however, gradually wore away, until on this particular day they had become null and void, and as we all stormed, scraped and stumbled into the room when the bell rang, there was a silent agreement among the gang to make this a banner day for deviltry.

"They can't make saints out of this gang," said the minister's son, as he took his seat and shied a girl's overshoe clear across the room. "We have got to be bad once in a while or there wouldn't be any fun in being good."

More boys stamped to their seats. The teacher was out in the hall. Slates crashed to the floor; there was a rattle of flying missiles—broken slate pencils and pieces of chalk; spitballs spattered against the wall; the air was full of groans, squeals and grunts; while ever and anon from a rear seat would sound out the weak wail of Willie Winchell, who was getting his hair pulled by some new arrival.

The gong clanged at nine, and in waltzed Miss Nott. She had a kind of hippety-hop walk, as though she was shod with bed springs. Reaching her desk, she snatched up a rubber ruler, reared it aloft, glanced about the room for an instant, and then brought it down on a book with a bang.

"I — want — less — noise — in — this—room!" she exclaimed, punctuating each word with a whack of the ruler. She made more noise than all the rest of us. "Sam Turner, turn around!"

Some of the girls started to giggle, and she glared at them.

The day opened with song. The piece was "O Come, Come Away!" and it lasted about half a minute, for we boys all yelled so loud that the teacher ordered the girls to sing it alone. We did not stop, though, but growled discords through the re-

maining verses, Turner tooting through a funnel made out of a leaf torn from his speller. She wanted us to sing "Hail, Columbia!" next, but as we were raising the same then and there, she gave over the attempt and started us on our lessons.

In our room you could tell the standing in behavior of every boy by the seat he occupied, his goodness being in direct proportion to his distance to the rear. Turner, Lonson and I had front seats, Turner being in the center, right under the teacher's eye. He was the class fool—slovenly, restless and inattentive—but one of the greatest geniuses with a jack-knife I ever saw. He kept all the gang supplied with little wooden pistols for shooting elastics, spitball cannons, potato popguns made of quills, etc., all so cunningly constructed that it was an irresistible temptation to use them. In short, he was a pastmaster in all the petty arts that go to make a teacher's life a burden.

The whole gang was shuffled among the girls to keep them apart—girls to the right of us, girls to the left of us, giggled and whispered. But the girls were pretty nearly as bad, and so we did not lack amusement. The only one who did not like to be surrounded by girls was the minister's son. He hated them.

The room soon settled down to as near a state of quiet as it ever would get. It was a poor day for study, anyway. The warm sunshine streamed through the open windows. We could hear the twitter of the sparrows in the green depths of the great willow tree in the yard, suggesting freedom; and farther off the faint tinkle of the horse cars headed for the heart of the city, suggesting activity and excitement. We were full of red blood, and no wonder we chafed over the prosy books. The recitations were a positive relief through the entertainment they afforded in listening to the inspired and original remarks of most of the gang, who had totally neglected to prepare their lessons. The minister's son made a good showing, as usual. He seemed to learn his lessons without studying, for during every study hour he would sit slid away down on his spine, reading novels. We droned through the recitations until we came to grammar. Grammar! How we

boys hated it! Boy after boy arose, failed dismally, and then sat down again, glad it was over. At last the teacher came to Turner. Now, if there is such a thing as knowing less than nothing about a subject, that is what Turner knew about grammar.

"Sam!" she called.

Turner disgorged an enormous wad of gum from his mouth, slapped it against the under side of his desk, and answered "Huh?"

"Sam, stand up!" she ordered.

"Aw, I don't know my lesson," drawled Turner.

"Why don't you know your lesson?" she inquired.

"Aw, I had a headache, and couldn't study," he answered.

If one could believe all Turner's statements to the teacher, he was suffering from chronic headache all the time he was out of school.

Miss Nott began to lose patience. "Your excuse is a palpable fiction," she snapped. "In order to have a headache a person must have something inside his head to ache, of which fact you give no evidence."

"Huh?" said Turner, dazed.

"Sam!" she commanded, "either you get up or go to the office."

Turner slouched to his feet with a snort of protest. "Aw, I tell you I don't know my lesson," he expostulated—"naw—aw!"

"Silence!" fairly shouted the exasperated teacher.

Maybe this was not a picnic for the rest of the room. We were all full of suppressed ecstasy. "Isn't he aw-ful?" whispered the minister's son behind his hand.

"Now, Sam," continued Miss Nott, "I will give you an easy sentence. 'Man and woman should be equal.' What is 'man?'"

"A noun," answered Turner, at a venture.

"Correct," said the teacher. "Define a noun."

"Aw—aw—a noun's anything that's common," answered Turner, hopefully.

"Well, I will overlook your definition," replied Miss Nott, drawing down the corners of her mouth. "What is 'woman?'"

"'Woman' is a noun," answered Turner, brightening up at the prospect of getting a decent mark.

"Correct. And now what is 'and'?"

"A—a preposition."

"It is, is it?" said the teacher, sarcastically. "Why do you call it a preposition?"

Turner's face took on a look of almost human intelligence as he explained: "Because it shows the relationship between man and woman!"

"And so 'man' and 'woman' are related, are they?"

"Yes'm," said Turner.

"What case is 'woman' in?" questioned Miss Nott, wearily, giving him a last chance.

"'Woman's' in the objective case," answered Turner, whose brains were now thoroughly addled. "'Woman' is the object of 'man,' because 'woman' comes after 'man,' and 'man' governs 'woman,' and—aw, I don't know!"

"Sit down!" ordered Miss Nott. "A brilliant recitation!" she added. "A brilliant recitation!"

Turner slumped to his seat. He got a round zero, but he did not care; he was used to it.

But he had set the room aroar. Lonson, the minister's son and I lay back and haw-hawed. Miss Nott was frantic, and dashed to the hall door and closed it, for fear the principal would hear the din. Having reached her desk again, she called on Mike.

"Have you studied your lesson?" she asked.

"I have—Nott!" answered Mike, raising another laugh.

She slammed her book shut, gave the whole class a zero, and ordered us to put in the rest of the hour studying.

After dinner was like the forenoon, only worse. It was a typical Friday afternoon. The first number on the program was an involuntary solo on a toy balloon by Bub Powell. He had blown it up until it was ready to burst, expecting to let the air out gradually through the little pipe without its making a noise, but he was not careful enough. The thing gave an awful squawk, and the teacher commanded him to throw it in the waste basket.

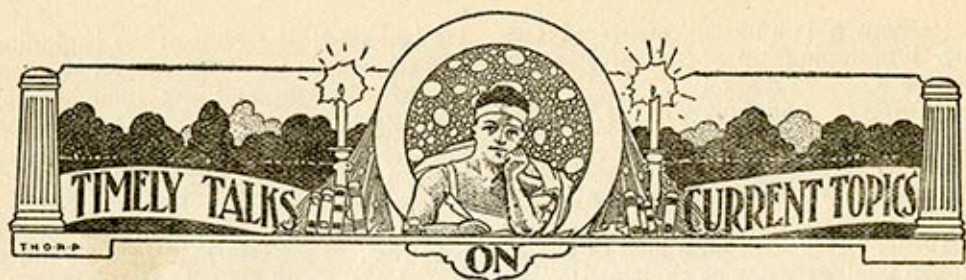
Next the minister's son had one of his fits. He would have them on purpose.

He had told Miss Nott at the beginning of the year that he was subject to them at any moment, and she thought they were genuine. He could act them out fine. He would slide suddenly off his seat on to the floor, straighten out rigid, and roll his baggy eyes around. Say, he used to scare some of the girls sitting near him. That was half what he did it for. Lonson and I would always rush to his assistance and hold him until he "came to." Then he would have to go to the basement to bathe his fevered brow, and we would help him down there. Here we would play marbles or tag in the toilet room until the teacher would send after us with threats.

The afternoon was passing away, and Miss Nott looked as though she wished she could do the same. "Order!" she shouted, beating a tattoo on her desk with a pencil.

The room was now so restless as to be almost beyond control, and there was no attempt at study from then on. Miss Nott's temper was becoming more acid all the time, and her voice was hoarse from incessantly shouting "Order!" Turner and half a dozen boys were having a furtive duel with paperballs behind their geographies; Dutch was tying the pigtail of the girl in front of him to his inkwell so that when she moved forward she would nearly pull the top of her head off; and Lonson and I were writing notes. Suddenly there was a yell from the rear of the room. It was Fatty Pritchard. It seems that he had fallen asleep, and was dozing peacefully, when Joe Smalley had stuck a pin into him and woke him up. Joe was sent to the office on a run. We all knew that that meant another thrashing at home for Joe. We used to wonder how he stood it—and how he could sit down to it.

At last the gong clanged in the gloomy hall, and, oh! the look of blessed relief that came over the teacher's countenance. We thought that she would keep half of us after school, but she wanted to get home as much as we did. We knew we would catch it Monday; but Monday was a long time ahead. As we shot down the steps out into the sunshine and liberty the whole gang broke into cheers at the top of their lungs.



FRENZIED FINANCE AND PHYSICAL CULTURE

Lawson of
Boston

Thomas Lawson, of Boston, author of *Frenzied Finance*, is charged with "squealing" and "peaching" on his comrades in trade; accused of sensationalism and the spectacular in his articles; called erratic, irresponsible and a bold mountebank in Wall Street; snubbed and satirized by almost every financial paper in the country; and threatened with jail and harm by those whom he has dragged into the light of notoriety. All because he, Lawson, has written certain things and offended certain powers that be.

Thomas Lawson has dared to lift the lid from the worst pest-hole that was ever exposed to the smell and sight of the American people. He has uncovered the sewers of Wall Street. He has been reckless enough to disturb the financial leeches in their blood-sucking vocation. He has stripped the tinsel and ornaments from off the backs of our financial heroes and representative (?) citizens. And he has imperilled the position of every little yellow dog of a financial editor that barks when the master speaks. For this, Lawson is being spattered with mud.

Pen Picture
of Thomas
Lawson

Lawson is a magnificent type of the manhood that this magazine is trying to make a common aspiration among all men. He is handsomely built physically. He is tall, strong, well proportioned and firmly knit in figure, and possesses broad, solid shoulders. His head is large, square and finely moulded, his forehead high and broad. His hair is dark and wavy, and slightly tinged with the gray of advancing years. His eyes are gray-blue and deep-set and rest under full, thick brows. Strong nose and strong chin. A large, firm mouth, powerful neck, and a deep, strongly built

chest. He is typically a Yankee, and, like Roosevelt, his physical make-up and character reveal predestinate American strength, courage, determination and aggressiveness.

His physical strength and physiognomy are the tell-tale of his moral and mental calibre. Lawson is every inch a fighter. He enjoys "punching heads," as he describes his fight with the System. The spirit of battle is bred in his bones. Fortunate it is for Lawson and for the people that he has turned from the turmoil of the stock exchange to fight for the cause of manhood and for the preservation of the institutions for which blood was willingly shed over a hundred years ago. Lawson is as fearless as he is husky and strong. He has no trace of nervousness in his make-up. He is said to be self-possessed and cool, no matter in what danger he may find himself.

Lawson has the magnetic qualities of the big man. He is sunny, big-hearted, and sanguine in everything that he undertakes. He possesses a remarkable fund of physical and mental endurance. According to his own statement, he has been working from sixteen to seventeen hours almost every day for a period of thirty-four years. Under the immense burden and responsibility which Lawson has assumed, one would expect to see him on the very verge of a nervous collapse, or, at least, worn out and pale. But he is as fresh, as full of native health and vigor and, seemingly, as free from care as when he was a country lad in Cambridge, thirty-six years ago. To sum Lawson up: Lawson, to a great extent, embodies the well-rounded manhood—mentally, physically and morally—which we hope will become a common type among all of his countrymen. We hope it will become a mental picture in the minds of our readers, and until every cell and

tissue and fiber of their bodies assume the characteristics that the mind-picture possesses.

Lawson is doing a work of tremendous import to the American people, and under obstacles that few men would have the heart to face. Craft and cunning, in quarters which need not be mentioned here, for the sake of letting dying embers die, harassed and threatened the existence of PHYSICAL CULTURE for a long time because of certain exposés it saw fit to make. In the articles on the commercial agencies more harassments may have to be shouldered. But Lawson is facing a craft and cunning that resolve themselves into the form of a gigantic constrictor, unfettered by any chain of law, and whose toils crush to kill. The danger confronting the people that Lawson points out, is not overdrawn or a mere myth. The American people have been lulled to sleep as completely as the huge vampire bat of India, fans and lulls its intended victims into a profound slumber. They have been in a coma while a handful of shrewd, unscrupulous, greed-possessed men of Wall Street have been going through their pockets. Lawson is waking them up. Other patriotic thinkers are waking them up. And this peaceful means of awakening is better for the rich, better for law and order, than the blind rage of a long-suffering people striking out blindly at they know not what, but marking out the rich for destruction, and leaving a long line of debris of marble and mortar where stately palaces stood. Better now that the plunderers of the people be put behind bars or retire from the mind of the public than, five years hence, to find their mutilated bodies swinging from lamp-posts because of the rage of an orderless, uncontrollable mob. Lawson's warning was sounded almost two years ago by Dr. Gorton, by no means a radical writer, in his "Ethics, Civic and Political."

Poor
Becoming
Poorer
Rich,
Richer

Gorton writes: "Three-fourths of the wealth of the United States has drifted into the hands of one-tenth of its people.

"Should the power of greed continue unchecked to control the laws of trade,

the earth and everything of value therein will ultimately be in the hands of a small minority of individuals, now known as capitalists, a class by no means distinguished by meekness; while the large majority of mankind will be reduced to dependence and beggary. The result is as inevitable under the present régime as the ebb and flow of the tides, the procession of the season, or the law of gravity—as the history of all nations and peoples proves.

"It is amazing to us that the thinkers and statesmen of the period do not see the perils which menace Christendom from this mal-condition of things and exercise wisdom and courage sufficient to devise and apply the remedy."

We are vitally interested in this momentous social question. We are as much interested as we were in destroying the patent medicine curse under which the country was at one time suffering. Not because of a desire to enter into socialism. There are a number of magazines that are handling this subject better than we could if we would. We are interested in this question because physical culture is vitally bound up with it. It is of little use to preach physical culture to a man with an empty stomach and unable to buy the wholesome food through which only he is able to build up his body. It is said that the common people of England are deteriorating in physique and in health, because of the half-starved conditions under which they are forced to live. In New York to-day there are 70,000 hungry school children. The food they do get does not go to nourish their strong bodies, but is rendered non-nutritive by the cramming method of study pursued in the schools. Hungry children cannot develop into the superbly-built men and women that we are hoping to develop by means of physical culture. Thousands of other children are employed in the candy factories, sweat shops and mills of the country by the unfeeling employer—Greed. And these children, instead of becoming magnificent specimens of manhood and womanhood, will never be

Physical
Culture
Bound Up
In This
Question

more than undeveloped, stunted pigmies in stature—dwarfs, mentally, morally and physically. For these reasons, and these are strong reasons, we are vitally interested in bringing about better conditions among the people.

THE DOUBLE LIFE

Recently a millionaire clothing manufacturer of Syracuse, N. Y., died of heart failure while in a questionable house in New York City. That a millionaire, a man of good social standing, and a husband, should wander into a haunt of this character is nothing new. There are a great many moral hypocrites who have pure and good wives at home, who do this sort of thing, men in good standing who lead dishonorable double lives. The incidents connected with this case are exceedingly interesting. Away from home and with the fear gone that he might be espied, the respectable man above referred to, thought he could safely take the risk of visiting a questionable house with some friends. Very like the old story of the spider and its parlor and the fly; only in a parlor of this kind the fly is indulged for a time. But in the midst of the "good time" which the wealthy man thought he was having, his heart suddenly stopped beating and in another moment he rolled over—a corpse.

Now, a spider will keep sucking at a half-dead fly or until the last drop of blood has been sucked from the body, but it will not have anything to do with a *dead* fly. And so when the foolish man cited above dropped over and every evidence revealed that he was dead, the disgusted proprietress ordered his friends to get him out of the house. She did not want to be bothered with a dead fly in her parlor. Furthermore, publicity would injure her establishment. So the man who, a moment before, was a "darling," and who felt the endearing hand of the siren smoothing his cheek, was hustled from the house by order of the woman who had feasted his animal senses. The dead body was made to walk between two of its friends for a distance of a few blocks, until a cab was found wherein it could be put and taken to an undertaker. This

was the strange ending of one man of the many who lead double lives in secret.

The man who leads a double life merits more disgust than the admitted moral debauchee. God and man alike despise a hypocrite of this hue. The man who dishonors a woman's trust, who leaves her side to go on "business" expeditions, is made up of about as low an organization as the rotten fungus growth that has attached itself to a clean and healthy plant. His existence in the body politic is also just about as injurious. There are too many of these morally diseased husbands and fathers. If God's hand was evidenced in this particular case, more frequent instances of heart failures, while visiting the couch of sensuous immorality, while a severe infliction of punishment, would, we presume, cure other respectable sensualists of their lusts.

But what we want to bring to the attention of our readers, mainly, is, that the case we have described serves admirably to emphasize our position on the sex question. Men lead double lives because they have been educated to believe in a double standard of morality. The form of immorality that we have illustrated is winked at to-day by the majority of men and tolerated and excused by women. The code of morals for men has indeed grown so lax that a pure girl at the present day does not dare hope to marry a man who is as pure, or who will remain as pure, as she. We have contended in this magazine for what parents and educators are only now beginning to realize as sane and safe; namely, that the highest degree of purity among men can result only from a proper and truthful understanding of sex. In this manner we hope to be able to enact a new code of manners between the sexes; to teach young men to respect womanhood; that the purity of woman, whoever she may be, is a thing as sacred as religion itself, and that, without regard for this purity and without respect for her, morality will dwindle and human life return to its baser and lower forms.

A Check
To
Immorality

False
Education
Cause of
Immorality

Vampire's
Regard for
a Dead
Body!

THE ATHLETIC WORLD

Conducted by Edward R. Bushnell

THE gradual exit of winter has been signaled throughout the land by a great revival of activity in every branch of athletics. Out-of-doors is the natural field of the athlete, for indoor competition is unnatural and a severe handicap. The college and amateur athletes will soon transfer their campaigns to the outdoor world, while the major league baseball clubs have been in the South for nearly a month, unable to wait for the arrival of warm weather in the North to begin training. If the performances of the winter are a just criterion of the capabilities of the crop of outdoor athletes, the season of 1905 will be strewn right and left with broken records.

College Athletics

It can be truthfully said that the history of intercollegiate athletics never knew a time when such a diversity of outdoor and indoor sports was offered to university undergraduates. There is now hardly any form of athletics which has not been transferred to the college campus, with its own intercollegiate tournament and association. One who has not followed closely the growth, and especially the diversity, of university athletics, within even the last decade, might well be appalled at its present magnitude. President Eliot, of Harvard, has watched college sports, especially football, eat into the time of his students, until he has difficulty in seeing any good in it.

Unless he saw them actually enumerated, the average person would not believe that in every one of our large universities twenty-four different sports flourish for the amusement and benefit of the undergraduates. But there are:

Association football	Boxing
Automobiling	Chess
Baseball	Cricket
Basketball	Fencing
Bowling	Football

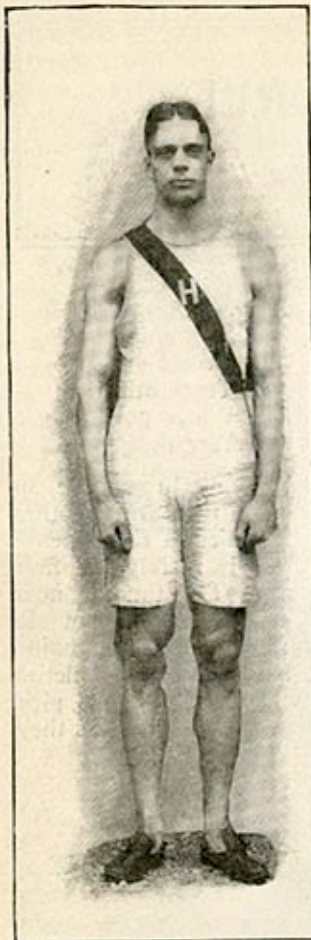
Golf
Gymnastics
Hockey
Jiu Jitsu
Lacrosse
Polo
Racquets

Rowing
Shooting
Swimming
Tennis
Track athletics
Water polo
Wrestling

This is not, as some might suppose, an indication that college men are devoting all their time to athletics at the expense of their studies. It is merely the first fruits of a reform. The time is now past when a university student is obliged to take up one of the four major sports—football, baseball, track athletics or rowing. Now he can take his pick from twenty additional exercises, as they



Harry E. Pulliam, President of the National Baseball League



William Schick, International
100 Yards College Cham-
pion and Captain of the
Harvard University
Track Team

may be best suited to his tastes or needs. The aims of physical culture are admirably served by the growth of this policy of expansion. Any youth who neglects to take some form of exercise is omitting a vital part of his education, and, in later years, will pay the penalty of it at the expense of his health. College athletics should be conducted for the good of the entire student body, with some form of sport suited to the needs of each particular individual.

A better illustration of the importance of athletics has assumed, could not be afforded than that to be found in the efforts of Princeton and Cornell to equip themselves with magnificent athletic fields similar to those now possessed by Harvard and the University of Pennsylvania. The expenditure of half a million dollars on an athletic field may seem to some to be a sheer waste of money. But the brief experience which Harvard and Pennsylvania have had in their new quarters is proof that no university improvement pays such large dividends, as shown by financial returns and the physical excellence of their students, as this. The time is not far distant when the successful university will be obliged to spend as

much money and time on its athletic equipment as upon its faculty, laboratories, and other educational facilities. Princeton and Cornell, and other leading universities as well, will find that the construction of permanent athletic fields and stands will enable them to make steady progress and remove the handicaps to which they are now forced to submit in their temporary quarters.

One of the beneficial sequels to the disqualification of Ralph Rose, the world's champion shot putter, by the University of Michigan, of which he was a student, is the expressed determination of several other Western institutions to prohibit their students from representing athletic clubs in any meets during the college year. Such representation is only a minor form of professionalism, and ought never to be tolerated. The student who agrees to represent an outside organization is virtually accepting payment for his services. At present, every college furnishes plenty of opportunity for its athletes to exploit themselves; they have no need to search further for prizes or glory. College men should bear in mind that they are in the university to study, and not to make a business of athletics. No student athlete should be allowed to represent any organization other than his own college, especially during the college year. The universities of the East were once troubled with the same practice. They abolished it, and made the athletic clubs hunt for their own athletic material. Western universities will find it to their advantage to do likewise.

The colossal proportions of the coming intercollegiate and interscholastic relay carnival of the University of Pennsylvania is one of the most remarkable incidents in the development of college athletics. Ten years ago, relay racing was virtually unknown, and little or no effort was put forth to make it a college sport. Its growth since then has been extraordinary, and its popularity is attested by the fact that, in 1904, more than 1,000 athletes, representing every college and school of importance east of the Mississippi River, as well as several institutions farther west, and in Canada, met on Franklin Field. This year, entries are

pouring in without solicitation, with every possibility that fully 1,200 athletes will be seen at the carnival.

Much of the great popularity of this event is due to the fact that it is the only meeting ground of the year for the athletes of the East and West to settle the question of sectional supremacy. The popularity of relay racing raises the question as to why this event should not be added to the Eastern Intercollegiate athletic program, just as it has been in the West. The Westerners score it the same as they do every other event. It is within the facts to say that, of all the meetings on the Western program, none attracts more interest and excitement. Although the growth of relay racing has been phenomenal, the end is not yet. It is being taken up with enthusiasm by schoolboys everywhere, for it gives the greatest opportunity for the largest number of competitors.

World's Champion Arthur Duffey will have to look well to his laurels if he does not wish them snatched away by two new sprinting marvels, Charles Seitz, of Georgetown, and W. D. Eaton, formerly of Amherst. During the winter, Seitz has once equaled the 60-yard record of 6 2-5 seconds, held jointly by Lon Myers and Duffey; and once, in an exhibition dash at Washington, he cut this figure to 6 1-5 seconds, either of which is a marvelous performance. Even more may be expected of Seitz, for he is trained by William Foley, the man who brought out Wefers and Duffey, both of whom are still world champions.

College Basketball Rules

No intercollegiate basketball season ever made so conspicuous the evils of the rules under which the college game is now played than that just ended. At present, the collegians play under the antiquated A. A. U. rules. If they are wise, the members of the Intercollegiate Association will draw up a reformed code of their own and will incorporate some of the very excellent features of the professional basketball rules. The reform which the college game needs most of all is the abolition of the system of having two officials and the substitution of one individual, to combine the duties of the referee and umpire, who shall have no allegiance to any of the colleges con-

cerned. The playing of the 1905 schedule has resulted in many unseemly squabbles and disputes, due solely to the dual system of officials. When one of the competing teams is permitted to select the referee and the other the umpire, with the added evil of both being partisans, the natural consequence is that one official frequently undoes the work of the other by indiscriminate use of his power to impose penalties. Basketball is supposed to be a game between competing teams, and not an unseemly struggle between partisan officials. In spite of the handicap of poor rules, basketball drew well at most of the universities the past winter; if wisdom is used in amending the present A. A. U. rules for the use of the colleges, the game will hereafter rank as one of the foremost intercollegiate sports of the winter season.

Football Won't Perish

The readiness with which opponents of football return to the attack upon it, will have little or no effect in eliminating the great college game from the roll of student sports. They will, however, serve a useful purpose if they compel its advocates to abolish its objectionable features. There is no question that



Charles Seitz
The Georgetown University Sprinter
Who Lowered the World's Indoor
Sixty-Yard Record from 6 1/2
to 6 1/5 Seconds.

football needs certain reforms, and needs them badly. But to attempt to legislate a game of such universal popularity and real worth out of existence, is absurd. Not many persons will sympathize to any extent with that part of President Eliot's criticism condemning the game for the stragetic and war-like qualities it contains. Human nature, not football, is responsible for them. They always have existed, and always will exist. The intercollegiate football rules committee has legislated wisely for the game in the past, and may be depended upon to continue its foresight. In a game so popular as football, a variety of evils is bound to crop out continually, and the rules committee needs to be on its guard at all times. Like all other sports, football will continue to thrive, and its evils will adjust themselves in due time. Hysterical attacks on a game stamped indelibly with public approval will serve no good end.

Rowing's New Developments

Intercollegiate oarsmen will receive a new and worthy rival when Princeton's artificial lake is completed and her crews are put on the water. The distance of the university from a natural body of water has heretofore kept Princeton out of this form of aquatics, to the detriment of the university's athletic prestige. Although the Tigers are the newest entry in intercollegiate rowing circles, they will have an opportunity to become influential from the very start, by the selection of the regatta to which they will send their crews. Unless the New London and Poughkeepsie regattas are merged before that time, the Tigers should, and doubtless will, cast in their lot with the Poughkeepsie oarsmen.

If any doubt existed in the minds of the Yale and Harvard men who manage and maintain the New London regatta as to the feeling of the general public regarding their action in separating themselves from the leading university crews of the country, it should have been effectually dispelled by the expressions of approval heard in all quarters for the plans of the American Rowing Association to bring together the junior eights of Cornell, Harvard, Yale, Pennsylvania, Syracuse, Georgetown and Columbia in the American Henley regatta on the Schuylkill River, in May. The success

of the junior regatta between all the colleges named would be a long step in deciding this vexed question. Intercollegiate diplomacy moves as slowly and ponderously as international diplomacy, and its meetings are surrounded with as much mystery as that of a supreme court. So the friends of a single intercollegiate regatta whose result shall settle the championship beyond cavil, must wait patiently. But it is sure to come, for public sentiment demands it, and public opinion always wins out in the end.

Amateur Athletic Reforms

If the aggressive campaign begun by Joseph Maccabe, the new president of the A. A. U., be continued wisely, the coming year will see several badly needed reforms instituted in amateur athletics. President Maccabe has announced that he is unalterably opposed to the "pot hunting" expeditions which many American athletes make every year to Europe and other parts of the globe. He should have the assistance of the big universities of the East, whose undergraduates are the worst offenders. So pronounced has this evil become, that there are some famous American athletes who are better known by their competitions on foreign tracks than in their own home. There is one way to eliminate the evil. That is for the A. A. U. to prohibit any of its registered athletes from competing abroad without the sanction of the American authorities, and to apply the same rule to English invaders of America.

President Maccabe will strike another vigorous blow at a deep-rooted evil if he will prevent a club that is a member of the A. A. U. from maintaining either a team or an athlete suspended by the national organization. That body has been repeatedly and successfully defied by certain clubs throughout the country within the last few years, so that the offending clubs now show little fear of the parent body. This deplorable state of affairs will continue just as long as the A. A. U. is willing to submit. The determined manner in which the new president has taken hold of the many problems needing solution is a hopeful sign of reform, and, if vigorously pressed, the A. A. U. will regain the power and prestige which it once enjoyed and lost through lack of a firm hand and wise legislation.

Automobiling and Public Safety

Public hostility to automobiling would soon be extinct if race meets were as far removed from the possibility of injuring the general spectators as those recently held in Florida and Cuba. The interest in the two Southern tournaments should influence the property owners of Long Island to redouble their efforts to prevent a repetition of the Vanderbilt Cup run through such a populated district. It is true that automobile racing has gained much in safety within the last few years, because of the better construction of the machines and a more perfect understanding of them by chauffeurs. But these machines, especially during race meets, travel at such a fearful rate of speed that they are always attended with great danger and annoyance, especially where they are conducted in a country so thickly settled as Long Island. If automobilists wish to run a race with death, let them return to the Florida beach, where they will endanger no one but themselves.

Boxing in Decadence

There is no mistaking the indignation spreading throughout the country over the management of pugilistic contests East and West, and no persons are more disappointed than the real friends of boxing themselves. If legislatures in States where fights have been permitted in the past prevent them in the future, there will be no one to blame but the unscrupulous managers, and greedy fighters in league with them. The readiness with which these individuals take advantage of those who have befriended them, constitutes one of the worst features of the sport. No sooner do many of the managers obtain sanction to hold boxing contests and revive the sport, than they try to deceive their official friends and the general public. It is no surprise, then, that they have to go the way of all other transgressors of the law. The numerous fake fights which have been held in Philadelphia and San Francisco—the only two important cities East or West where the boxers were not molested—have become so frequent and nauseating that fight promoters will richly deserve any adverse legislation that is meted out to them. It is becoming increasingly evi-

dent, every year, that the sport of boxing cannot secure and maintain a permanent place in the devotion of the sporting world until its regulation is placed in the hands of a State commission of some kind, with power to revoke the licenses of clubs which permit contests of the sort which have been bringing the sport into its present disrepute. At all events, boxers and the boxing promoters will do well to heed the warnings that are being thundered at them.

Some Honesty in Wrestling

The meeting of two first-class wrestlers in a bout untainted with even the suggestion of crookedness is such an unusual event in the athletic world that it deserves special mention. Such was the recent meeting between Frank Gotch and Tom Jenkins, in Cleveland, where Gotch decisively demonstrated his right to be known as the American wrestling champion. The contest contained none of the objectionable features which have disgraced most of the wrestling bouts in New York and other Eastern cities during the last winter. Both men were desperate to win on merit, and, apparently, had neither the object nor inclination to "fix" the outcome. Gotch is a wrestler of the highest type, and by his straightforward methods he has chosen the only safe course to hold his present well-deserved popularity. Wrestling is making a brave fight to regain its place in the world of sports, and honest bouts such as this are the only means by which it can win back the respect and admiration in which it was formerly held, as one of the manliest of sports. Other aspirants for wrestling honors, both here and abroad, will do well to take lessons from it.

Tennis Needs a Broad Policy

The decision of the United States Lawn Tennis Association to challenge the English Association to a meeting for the recovery of the Davis International Challenge Cup will do much to encourage tennis as an international sport. There never was a time when tennis had such a bright international future before it as now, and the American Association should heed the request of the British and French organizations for several desirable changes in the rules governing the

award of the Davis Trophy. Although the Americans may see little reason to make the changes asked for, especially by the French, they should comply as far as possible, in order that the competitions for this splendid trophy may be participated in by more than two countries, England and the United States. There should be half a dozen competing nationalities. The more there are, the more bitter will be the struggle and the more valuable the trophy.

Although tennis does not lend itself to the fierce competitive rivalry of baseball and some of the intercollegiate sports, there are few sports of more universal worth than it. Essentially a game of the common people, there are few who do not play it, and fewer yet who do not understand it. It fully deserves its present popularity, and the wisest legislation it can get to increase its favor.

Hockey's Best Protection

Another hockey season should not be permitted to begin in this country until the A. A. U. authorities take some radical action to prevent the wholesale importation of star players from Canada, to recruit the various club teams in the United States. In spite of the agitation made by the Canadian authorities at the beginning of the season just closed, scores of the best players in Canada migrated across the line to accept lucrative positions on American teams, some to play purely professional hockey, others to play the professional game, but under the guise of amateurs. Hockey was originally a Canadian sport, and the Canadians are taking the lead to keep the game from falling into the disrepute which follows it when it is professionalized. The exodus of the Canadian players is so great, and the efforts to professionalize the sport so insistent, that drastic measures are needed to preserve it.

The experience of several New York clubs during the past season is an emphatic reminder of the need of better official handling. What the game demands is two officials instead of one. It is of such a whirlwind character that it is virtually impossible for one official to watch all infractions of the rules. The tendency to rough work is so great that one man cannot look after offside plays

and at the same time note other offenses. The double official system, tried in several of the big games in Canada this winter, has worked very satisfactorily.

Western Claims in Golf

The action of the United States Golf Association, at its recent annual meeting, in once more refusing to give the Western clubs a fair representation on the executive committee and a fair voice in legislative matters, is a proceeding of very doubtful wisdom. When the game was in its infancy, it was natural that the controlling power should be vested in the Eastern clubs, for they were responsible for the organization of the association. But there is no good reason why the Eastern clubs, especially those of the Metropolitan District, should attempt to keep up the bars against the West. The Western contingent has been making a determined and sensible fight against what they term "taxation without representation," and in the conduct of their own championship tournaments have shown quite as much ability as the Easterners.

The plea of the executive committee, in voting down the recommendations of the special committee for increasing the power of the associate and allied clubs, that it aimed to avoid an unwieldy legislative body, is beside the mark. Even the autocratic members of this committee must recognize that the West is not fairly represented. If they are afraid of the appearance of turning the executive committee into a mass meeting, let them amend the constitution so that some of the Easterners can step out and the powers thus vacated can be distributed to deserving Western clubs. A continuation of the policy now being pursued will force upon the game the very evils the Easterners profess to be attempting to avoid.

Gymnastics and the Turnfest

A gymnastic carnival of national and international significance will be the Turnfest, to be held at Indianapolis in June. The presence of approximately 2,000 German athletes from this and foreign countries, will be an emphatic illustration of the great good accomplished by the German gymnastic societies which have sprung up in all of the principal

cities of the United States. The physical excellence of the German-American youths, both boys and girls, is largely due to their devotion to gymnastic exercises. If the practice of the Germans who have organized the societies could be taken up by Americans as well, it would be a great factor in building up the physical and moral character of those young men who cannot enjoy these privileges in colleges, clubs or schools.

Notable Performances

* The winter's college and amateur indoor athletic season has been productive of more than the usual number of sterling performances, some of which resulted in broken records. At the Irish-American A. A. games, in New York, on February 4, John Flanagan made a new world's record for the 28-pound weight, throwing it 39 feet $\frac{1}{2}$ inch. At the same meeting, the University of Pennsylvania defeated Yale and Cornell in a one-mile relay race. D. C. Munson, of Cornell, running from scratch, made a new American indoor record of 6.57 3-5 in the $1\frac{1}{2}$ -mile run. John Joyce won the 10-mile A. A. U. championship in 54 minutes 54 1-5 seconds.

At Washington, D. C., on January 28, Charles Seitz, of Georgetown University, ran 60 yards indoors in 6 1-5 seconds, lowering the former mark of 6 2-5 seconds held by Duffey and Lon Myers. At the same games Sydney Kent, a local high school boy, was credited with equaling Duffey's figures of 5 2-5 seconds for the 50-yard dash.

At Boston, on February 11, the University of Pennsylvania won the mile relay race from Harvard, while Yale won from Harvard in a two-mile race. G. V. Bonhag won the two-mile race in 9.51 3-5. Ralph Rose put the shot 47 feet 9 inches, winning the event. In the 40-yard dash, W. D. Eaton, of Cambridgeport, lowered the world's record from 4 3-5 seconds to 4 2-5 seconds. Another notable performance of the same night was the feat of Melvin Sheppard, of the Brown Preparatory School, Philadelphia, in running a mile at New York in 4.35 3-5, breaking the world's interscholastic record. In the dual meet between the universities of Chicago and Illinois, at Urbana, Ill., on

February 11, Lightbody, of Chicago, ran a sensational mile in 4.32 1-5.

The most notable event in the wrestling world was the defeat of Tom Jenkins, at Cleveland, on February 2. His victory made Gotch the undisputed wrestling champion of America.

In a branch of sport pursued only by the rich—that of automobiling—sensational records have been made. At the Ormond Beach races, from January 24 to January 31, eight new world's records were made. The most important was that of Henry L. Bowden, who drove a 120-hp. Mercedes a mile in 32 4-5 seconds.

Era of Baseball Peace

Baseball magnates are evidently learning that peace is more profitable than war. They gave proof of this when they concluded their annual sessions in February without flying at each other's throats and by unanimously adopting the schedule framed by the inter-league committee. The amicable manner in which they worked this time is shown by the fact that they reduced the number of conflicting dates for the season from 54, the number in 1904, to 20 for 1905.

Although the two leagues did not placate the minor organizations in the matter of drafting prices, they did baseball in general a splendid service by agreeing upon rules for conducting the world's championship series at the end of the season. It was well for the National League that it agreed, even at this late date, to an inter-league series for the championship of the world. The petty action of John T. Brush, of the New York Nationals, in refusing to let his team play the Boston Americans, and even ignoring the existence of the American League last Fall, angered and disgusted many patrons of the Giants and the National League.

RECORDS

It is the aim of this department to compile every month the records in various branches of sports as fast as they are made. The records given in this issue comprise those made from February 3d to the 23d.

TRACK ATHLETICS.

February 3, at New York. Throwing 28-pound weight, won by John Flanagan, New York Irish-American A. A., 39 feet $\frac{1}{2}$ inch (American record). One-and-one-half-mile run, won by D. C. Munson, Cornell; time, 6.57 3-5. Intercollegiate relay race, won by University of Pennsylvania; second, Cornell; third, Yale; time, 3.33 1-5. Inter-city relay race, won by New York; sec-

ond, Philadelphia; third, Buffalo; time, 3.39 4-5. Ten-mile run, A. A. U. championship, won by J. J. Joyce; time, 54 minutes 54 1-5 seconds.

February 11, at Boston. Forty-yard dash, won by W. D. Eaton, Cambridgeport A. A.; time, 4 2-5 seconds (world record). Two-mile run, won by G. V. Bonhag, I. A. A. A.; time, 9.51 3-5. Sixteen-pound shot put, won by Ralph Rose, 47 feet 9 inches. Intercollegiate relay race (1,560 yards), won by University of Pennsylvania; second, Harvard University; time, 3.14. Intercollegiate relay race (3,120 yards), won by Yale; Harvard, second; time, 7.13 3-5.

February 11, at New York. One-mile race, won by Melville Sheppard, Brown P. S., Philadelphia; time, 4.35 3-5 (indoor record).

February 11, at Urbana, Ill. One-mile run, won by Jas. Lightbody, University of Chicago; time, 4.32 3-5.

January 28, at Washington, D. C. Sixty-yard exhibition sprint, Charles Seitz, Georgetown University; time, 6 1-5 seconds (world record).

FENCING.

(Intercollegiate championship.)

February 3, at West Point. West Point Military Academy defeated University of Pennsylvania by score of 7 to 2. On February 11 West Point defeated Columbia University by score of 5 to 4.

WRESTLING.

February 2, at Cleveland, O. Frank Gotch defeated Tom Jenkins in two out of three falls.

AUTOMOBILING.

The following is a summary of the new world records established in the races at Ormond Beach, Fla.:

January 31. One kilometer, Henry L. Bowden, 120-horse-power Mercedes, .20 2-5; former record, .21 2-5.

January 31. One mile, Henry L. Bowden, 120-horse-power Mercedes, 32 4-5; former record, .39.

January 24. Five miles, Arthur C. Macdonald, 90-horse-power Napier, 3.17; former record, 3.31 3-5.

January 31. Ten miles, Arthur C. Macdonald, 90-horse-power Napier, 6.15; former record, 6.59.

January 31. Twenty miles, Edward Russell Thomas, 95-105-horse-power Mercedes, 13.24; former record, 17.02.

January 31. Thirty miles, Edward Russell Thomas, 95-105-horse-power Mercedes, 20.37; former record, 24.11.

January 31. Forty miles, Paul Sartori, 90-horse-power Fiat, 31.54 2-5; former record, 33.52 2-5.

January 31. Fifty miles, H. W. Fletcher, 80-horse-power De Dietrich, 38.51; former record, 40.49 4-5.

January 30. One hundred miles, H. W. Fletcher, 80-horse-power De Dietrich, 1 18.24.

BASKETBALL.

(Intercollegiate championship.)

January 27, at New Haven. Yale beat Pennsylvania 31 to 14.

February 3, at Philadelphia. Yale beat Pennsylvania 26 to 21.

February 19, at New York. Columbia beat Yale 14 to 12.

February 11, at Ithaca. Princeton beat Cornell 37 to 18.

February 15, at Princeton. Columbia beat Princeton 32 to 28.

February 17, at New Haven. Yale beat Cornell 35 to 6.

February 18, at Philadelphia. Princeton beat Pennsylvania 28 to 20.

HOCKEY.

(Intercollegiate championship.)

The intercollegiate hockey season closed on February 18, when Harvard defeated Yale, thereby winning the championship. Following is the final standing of the teams:

Team	Won	Lost	P. C.
Harvard	4	0	1.000
Yale	3	1	.750
Columbia	2	2	.500
Princeton	1	3	.250
Brown	0	4	.000

RACQUETS.

(National championship.)

February 18. Lawrence Waterbury, of New York, beat George C. Clark, of Boston, in three out of five games.

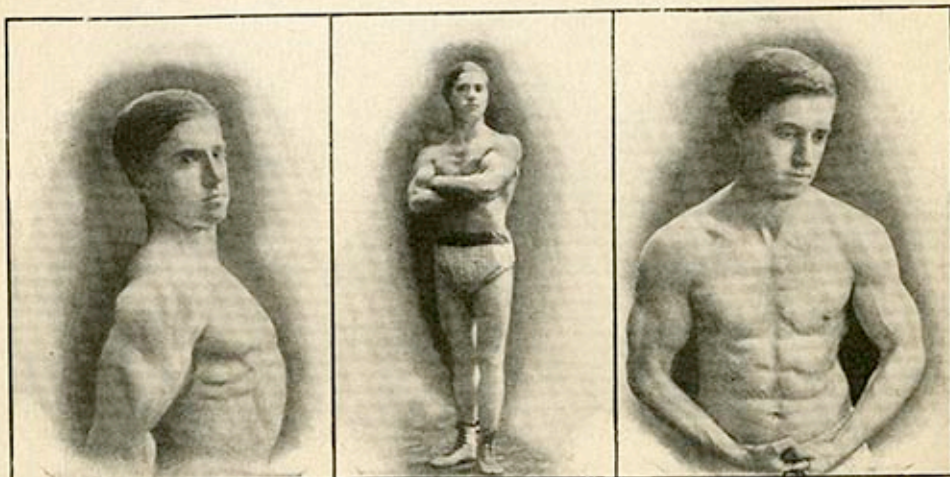
BOXING.

January 30, at San Francisco. Frankie Nell defeated Dick Hyland in fifteen rounds.

INDOOR TENNIS.

(National championship.)

February 22, at New York. E. B. Dewhurst, University of Pennsylvania, defeated W. C. Grant in three sets straight.



Excellent Development of Hugh T. Kidd, Richmond, Va., Acquired by Persistent Exercise and the Adoption of a Rational Diet

QUESTION DEPARTMENT

By Bernarr Macfadden

Those interested in the articles which have appeared in the magazine during the past year, giving instructions for the treatment of various diseases, will be pleased to hear that we have adopted a new method of helping those in need of advice of this character.

We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily régime. 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.

Curvature of the Spine

Q. My youngest child has curvature of the spine. What treatment would you recommend as best?

A. Adopt a system of exercise that will develop all the muscles of the upper part of the body. Bend forward and backward in all directions. The development of those muscles that are inclined to pull the body into its normal condition should be given especial attention. Of course, the various exercises that tend to use the body in various ways are inclined to assist in remedying the trouble without any special treatment. When the muscles are of equal strength on each side and are used regularly, the bony framework is inclined to gradually assume a perfectly normal position.

Cure for Rupture

Q. I am suffering from rupture which is growing worse every day. My doctor says that he will have to operate on me. Do you know any treatment by which the knife can be avoided?

A. Your trouble, if not of too long standing and the opening is not too large, can be cured by natural means. However, in treating trouble of this kind an elaborate system of detail instructions is necessary, and I would advise you to consult a physical culture specialist, familiar with the treatment of the disease. The general outline of the treatment would be frequent fasts, a diet which does not in any way load the abdominal region, and a series of exercises especially devised for the purpose of greatly strengthening the muscles and cords in the affected region to such an extent that the opening will close.

Treatment for Sprained Back

Q. Kindly advise treatment for sprained back.

A. In the case of sprains or strains of all kinds, complete rest is necessary until the parts are healed. The application of cold wet cloths to the affected part is very beneficial, and when applied on retiring at night, should be left on until morning. In case of inflammation or severe pain, make hot applications. Massage, if not attended by pain, is also of value. Until the sprain is healed, exercise would only aggravate it.

How to Live in the Torrid Zone

Q. I expect to take up a permanent residence in Panama, with my wife and two children. What preparation would you advise, what food to eat, and under what conditions to live, to maintain health in such a climate?

A. In general, I would advise the same simple natural ways of living which are necessary to maintain perfect health in other climates, particularly in the matter of diet and clothing. As a matter of fact, those who violate the laws of health by wearing unnecessary clothing, and over-eating, even in a temperate climate, suffer the consequences just the same as do those in hot climates.

Cure of a Foul Breath

Q. What is the cause of a foul breath, and how would you cure it?

A. A foul breath is almost invariably due to an unhealthy condition of the digestive system, usually caused by over-eating or the too free use of meats. You should drink very freely of water and use more fruit in your diet, but the most effective and speedy way of overcoming the trouble would be to fast completely until the disagreeable symptom disappears. With a proper diet and a good digestion you should never experience any such trouble.

Underwear in an Office

Q. Would you consider it advisable for one who works in an office and does not sweat much to go without underwear?

A. The plan of going without underwear is an exceedingly good one, especially in summer, and, in fact, at all times of the year if you can maintain warmth without it. A healthy body has the capacity to adjust itself to varying temperatures, though this power is sometimes lost through wearing an excessive amount of clothing. If you make a frequent change of your outer clothing, and it is exposed to the air when not in use, I can strongly recommend the practice of doing without underwear. But if you wear the same suit of clothes practically all the time, it might be better for the sake of cleanliness to

wear a very light suit of underwear, either of linen or cotton, preferably the former.

Stuffing to Gain Weight

Q. I am below my normal weight, anxious to gain weight, forty years old. Do you think I could safely take three quarts of milk, three or four cakes of uncooked bread, three to four raw eggs, two or three ounces of nuts, and a few dates, etc., daily, without doing harm to the kidneys by overworking them, that is, putting too much nitrogenous material in the system?

A. One should be careful in attempting to take up a heavy diet such as you describe, for over-eating is one of the greatest causes of general debility and disease so commonly met with on all sides. And remember at all times, that it is not so much what you eat, as what you digest and assimilate, that will enable you to build up and put on weight. In recovering from illness one can sometimes assimilate more than the average amount of food, but this is not the case otherwise. If you can perfectly digest all that you mention, there is no reason why you should not follow such a diet for a time, until you have regained your natural weight. The régime suggested has a great advantage in being uncooked, and is therefore more readily assimilated, and though under ordinary conditions such an extensive diet would be dangerous to health, yet in one who really needs to gain weight, and whose digestive organs can stand the strain, it may be followed with good results. Be very careful, however to stop this forcing or crowding régime the moment that you have regained your natural weight, or you will be likely to overload your system and bring on a severe indisposition. Perhaps the better plan would be to cultivate in-

creased functional strength by the usual physical culture methods, when the desired increase in weight would come as a matter of course.

Raw Food in Cold Climates

Q. As an office man I have lived on raw food for three years with entire satisfaction and benefit. In going to the Alaska gold fields this spring, I would like to ask if this diet would be suitable for that cold climate!

A. If you have thrived on the natural diet for the past three years there can be little question but that you will also find it far superior to all others in the cold climate to which you are bound. In fact, cooking could accomplish nothing except burn up and destroy some part of the food material which you desire to consume in keeping yourself warm. Moreover, real bodily warmth can only be had from the inside of the body, by a vigorous circulation of the blood and perfect health, and not from simply eating foods which are warm or hot.

Cure for Boils

Q. Kindly advise treatment for boils and carbuncles, with which I have been troubled for months.

A. The troubles which you mention are merely a means of relieving your system of impurities. Arouse activity in all the usual depurating organs and make every effort to purify the entire system and cleanse the blood. Drink freely of pure water and awaken activity in the lungs, bowels and skin. Hot applications are advised to relieve the inflammation and pain that might be present, though sometimes alternate applications of heat and cold would be more effective.

PROPOSED ABSTAINERS' CO-OPERATIVE INSURANCE CO.

The proposition made in last month's issue of this magazine, that physical culturists should form an Abstainers' Co-operative Insurance Company, and thereby reap the many advantages that would result from such an organization, has met with such a general and enthusiastic endorsement, that it has progressed beyond mere theory and has entered upon the stage of fact.

The services of an insurance expert have been secured and he is now engaged on the preliminary work of the formation of the company, which, among other things, includes the drafting of a charter, preparation of a schedule of risks, table of rates and so forth.

Among the results of the expert's labors to date, is conclusive proof that those who wish to insure themselves in the proposed company will be able to do so at rates that will be from thirty to fifty per cent. less than those asked by the ordinary company in which no distinction is made between abstainers and non-abstainers.

The proposed company will have several commendable features not to be found in the case of other like corporations. For instance, it will on demand issue special policies, under the terms of which the beneficiaries will be paid the amount

due them in weekly or monthly amounts, instead of in a lump sum. Such policies are intended for the protection of widows and orphans, who, under the usual system of payment, too often become the victims of unscrupulous and designing scoundrels who do not hesitate to rob the bereaved ones.

The financial principles upon which the proposed company will be based are of the soundest possible — so sound, indeed, that one of its policies will be as good as gold itself. The co-operative system of insurance is the most equitable, as it is the safest, and the element of risks which is inseparable from the average insurance company, is eliminated in the case of one of the type that is now being formed by us and our readers.

We earnestly and sincerely commend this matter to your attention.

Write us regarding the matter, enclosing a self-addressed stamped envelope.

It may be added that, as already stated, the editor of this magazine has offered to give his services and influence free of charge for a stated period, to further the interests and welfare of the company.

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.

This magazine is not published for financial gain. The editor believes that there are objects in life that give far more satisfying rewards than money. He is leading a reform that is of more value to humanity, that gives him more calm content than any financial return could yield him, no matter how great it might be. To prove that he is in earnest, that this magazine is not published for financial profit, he makes the standing offer, that he will place the property necessary to the continued existence of this publication where he can never gain financial profit by it and will still continue his work as editor, provided one or several persons will guarantee him a permanent income that will suffice for the living expenses of him and those who depend on him, during life.

WE announced editorially in our last issue of this magazine that the next Physical Culture Exhibition will take place during the week beginning October 9. This Exhibition, we believe, will in every way greatly surpass the one of last year.

Preliminary contests will be held in all the various large cities to select the candidates who will represent the different localities at the Exhibition. Though we are offering two prizes of One Thousand Dollars (\$1,000) each, as we did last year, they will be divided among the various winners, as was

The Physical Culture Exhibition for 1905

explained in the last issue. We hope to be able to increase the amount of these prizes very greatly by the aid of donations from outsiders who are desirous of encouraging the work that we are doing in advancing the physical culture cause. We would like very much to be able to divide Ten Thousand Dollars (\$10,000) among the winners of each of the two contests. We hope to hear from all those who may be willing to add to the prizes that we shall offer.

All prospective competitors will please take notice that the prizes this year will be given under the following conditions:

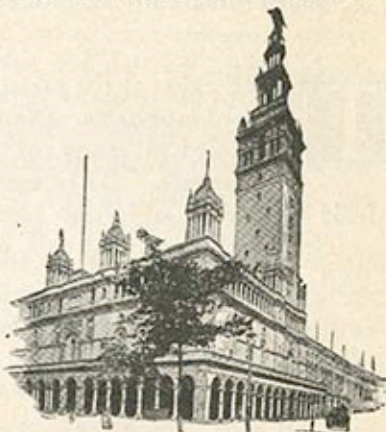
In the contests for determining the most perfectly developed men and the most perfectly developed women, the \$1,000 prize will be divided so that seventeen competitors in each contest will receive, at least, a portion of the prize money, the division being made as follows:

First Prize, \$500.00	Fifth Prize, \$25.00
Second " 200.00	Sixth " 20.00
Third " 100.00	Seventh " 15.00
Fourth " 50.00	

Ten prizes of \$10.00 each for the next ten best competitors.

Any additional donations to the amount of the prize money from outsiders will be divided and apportioned among the seventeen winners in each contest pro rata.

In the contest to determine the most perfectly developed men, symmetry and



Madison Square Garden, the beautiful and immense Exhibition Building, the whole of which is to be used for the entire week beginning October 9th by the Physical Culture Exhibition.

general beauty of form will constitute thirty per cent, or thirty points, in deciding the winners.

All male contestants will be compelled to compete in the following athletic events, and the winning of each event will count as a certain number of points, to be announced later :

Five-mile run.	50-yard dash.	Back lift, in harness.
15-mile walk.	Standing high jump.	Straight two-hand lift.
Two-mile run.	Running high jump.	50-yard run, carrying
One-mile run.	Standing broad jump.	100 lbs.
Half-mile run.	Putting 16-pound shot.	Climbing the rope hand-
Quarter-mile run.	Throwing 56-lb. weight	over-hand.
220-yard dash.	for height.	

In the contest to determine the most perfectly developed women, beauty and symmetry of form will count from forty to fifty points, the exact number of points to be announced later.

All female contestants will be compelled to compete in the following athletic events, and the winning of each event will count for a certain number of points, to be announced later:

One-mile run.	220-yard dash.	Five-mile go-as-you-
Half-mile run.	50-yard dash.	please.
Quarter-mile run	High jump.	Two-hand lift.

W W W

THERE exists at the present time in the newspaper world a condition which is indeed laughable. Divorce is now attracting a vast deal of attention. It is discussed in many of its superficial phases by nearly every important newspaper. They merely skim over the surface of the subject. They are afraid to state actual forcible facts which would assist in eliminating this evil.

Now, why don't they talk plainer? Why don't they follow the lead of this magazine and tell the public some plain truths regarding misfit marriages and the causes thereof?

Newspapers Afraid to Discuss the Real Cause of Divorce

The answer to this query is very simple. The editors of the great newspapers of to-day are afraid to talk plainly. They are afraid to tell the truth on this important subject. They know very well, many of them, that the causes of divorce as stated by us, are correct in every instance, but they are, nevertheless, silent on this particular phase of the subject.

And when I state the reason of their silence, you will indeed be amused. They consider this phase of the subject immoral. They are afraid they will shock their readers by such plain talk. Yes, our newspaper editors are so high-minded, gifted with such exquisite delicacy, so shrouded in sensitive and shrinking morality, that they refuse to discuss, refuse to even hint at the real cause of marital misery. But these same editors, when it comes to handling an intrigue which bristles with the grossest immoralities, will set forth the same in nauseating detail and will publish illustrated columns and in some cases pages about the scandal for the benefit (?) of their readers.

When there is an opportunity for recording a stenchful scandal in high life, you can read in their papers every indecent incident connected with it. In other words, they think nothing of publishing in disgusting detail the grossest immoralities that come before the public in the form of scandal and divorce. But when it comes to the real cause of this immorality, this indecency, they will not tell the plain truths about it.



IN many States of the Union at the present time, there are medical laws which make it a crime for any one to prescribe who is not a recognized member of a certain medical school or schools.

As we have stated before in this magazine, this is the worst kind of a monopoly. It compels a patient seeking relief to patronize these men whether he believes in their theories or not. The aim and object of such laws are entirely of

Why Don't Medical Men Throw Out the Fakirs?

a financial nature. Each particular school of medicine naturally desires to monopolize as much business as possible. The members of the schools form a trust by influencing laws whenever they possibly can. But the most ridicu-

lous phase of the whole situation is the fact that so many so-called medical men will advocate any theory of any shade, color or form if they are paid enough for it.

Take the situation here in New York State, for instance. When we conducted our experimental health home a few years ago, we had to have a medical man in attendance, not on account of his knowledge of medicine, and not that his knowledge was of any special value to us, but simply to protect us from the infamous law which provides that recognized members of the medical profession can sign death certificates. This law is not of special importance, except in cases of death, for it is a dead letter. But if a death results and there is not a recognized member of the medical profession on hand to sign a certificate, then your trouble begins.

Now, the only excuse for making such a law is, that the State has been convinced that it can recommend only the methods of the particular schools of medicine that it has authorized to practice. However, the methods of this profession are as elastic as rubber. I can hire members of this so-called "medical" profession at a moderate salary, and they will recommend sawdust for the cure of wooden legs if I tell them to. This fact does indeed make the so-called laws farcical. Fakirs of all kinds can hire regular graduate physicians and carry out their nefarious schemes without danger to themselves. If the State is convinced that a certain method of procedure in the treatment of a disease is right, that all others are injurious, let laws be made which compel a prescribed treatment in the care of the sick. But to make it lawful for only a certain body of men, members of a particular school of medicine, to practice, is as unjust as it is ridiculous and opposed to the spirit of American institutions.



THE whole civilized world has been amazed at the reports that have come to us relative to the medical service of the Japanese army. The mortality among the wounded is ridiculously small compared with that of armies in the past and deaths from disease among the soldiers in active service seem to be hardly worth mentioning.

***The Japanese Lesson
for Medical Men***

Take the experience of our army, for instance, in the war with Spain. The death in actual battle or from wounds were insignificant, compared with the deaths from disease. Thousands of soldiers lost their lives by sickness. At the time, the public took this loss as a matter of course. Many blamed the embalmed beef for these deaths, but even if this did contribute to them, there were many other causes that brought about these lamentable results.

The question naturally arises, wherein lies the superiority of the Japanese? Have they advanced further in medical science, so-called, than the English-speaking races? Such a conclusion as this would be laughed at by the unthinking. But to an intelligent reasoner, the causes that influence the low mortality of the Japanese army are very easily explained.

First of all, they are not handicapped by so-called modern medical science. They are not bound down by the rules and the erroneous conclusions that are now taught in the medical worlds of Europe and America. They know something of hygiene. They understand the value of diet, and, better than all, they seem to be gifted with good, sound common sense.

If we had just a little less so-called science in medicine and more common sense, thousands of lives would be saved annually in this country alone. Let us hope that the lesson taught by the Japanese in this regard will be of lasting benefit to the English-speaking races.



PERHAPS there are no lessons that are so strikingly apparent in regard to the value of temperate eating and drinking as those furnished by the lives of many of our prominent pugilists. Take, for instance, the contest in which James J. Jeffries and Jack Munroe figured.

When Jeffries was on the road and meeting all comers, he was living on the fat of the land. He was soft and his endurance was poor. Jack Munroe, engaged in the rough work of a miner, living on plain, wholesome food, was pitted against him and made such a satisfactory showing that he was heralded as the coming conqueror of the world's champion.

***The Physical Culture Lessons Taught
By the Lives of Great Fighters***

Now, note the difference: He finally succeeded in securing a fight with champion Jeffries. Mr. Jeffries had changed his habits and put himself in fine condition. But the miner's sudden rise to fame had brought with it many temptations to wine and dine and indulge in dissipation. The inevitable followed. He entered the ring with none of the stamina, strength and courage that he possessed in the previous contest, and he was pitifully beaten in a very short time.

This is one of a long series of lessons along the same line, taught in the lives of great fighters. Living on a plain and moderate diet, engaged in some active occupation that develops and strengthens and makes rugged the body, men have frequently sprung into pugilistic prominence. They are lauded everywhere as unconquerable. But with all these advantages there usually comes the change to intemperate living and eating and drinking. This quickly lessens the physical hardness of the body, and one after another of these champions have gone down before those who had

acquired the strength of the championship class through similar methods by which the ex-champion had been raised to power.

Plain food, simple habits, plenty of fresh air and vigorous exercise are essential in the building of strength and are just as essential in its maintenance. Dissipation, not only in the form of alcoholic liquors, but in eating as well, will bring down the greatest of champions. A long list of names could be easily obtained that would prove this statement, but the names of the following ex-champions or one time crack boxers, who stand out as conspicuous examples of the result of drink, improper diet and dissipation, will serve to convince our readers of the truth of this contention: John L. Sullivan, Young Griffo, "Young Corbett," Terry McGovern, Kid McCoy, George Dixon, Jack McAuliffe, Jim Hall, Kid Lavigne and others.

AN interested reader writes us, after having perused an article on diet in a well-known publication, and states that authorities on the question of diet seem to differ very greatly, and asks "if experts disagree, what can be expected of the layman?"

I want my readers to try and avoid being confused with varying theories in reference to diet which they frequently find in prominent publications. Try and stand on a good, solid dietetic foundation. Eat those articles of food that seem to agree with you and which you know to be wholesome. Don't pay the slightest attention to the elaborate theories of so-called dietetic experts.

Common Sense About Diet

There are no dietetic experts. There is but a limited knowledge of diet possessed by any one person. The diet question is only beginning to assume importance among the civilized races. Heretofore, knowledge of diet has been confined mostly to appearance and taste. But little if any attention has been given to the nutritive and health-building qualities of food. Only recently has this subject attracted universal attention. We all have a vast deal to learn about it, and day by day each one of us will add to the storehouse of knowledge on this subject.

Eat good, wholesome food. If you must eat meat, don't eat too much of it. Try and avoid over-eating. Eat what you can digest satisfactorily. Don't stuff. If you find you are not hungry at one meal-time, wait until the next meal. Fast occasionally for two or three meals, or, for that matter, for three or four days, as you will gain greatly by this abstinence. The writer makes a practice of fasting a few days at frequent intervals, and he enjoys far better health because of this practice.

LAST December, I made a suggestion to the readers of this publication which has borne fruit. I advised my readers to send a complaint to the publishers of newspapers which flaunted quack medical advertisements before their readers, and if the advertisements still continued to appear, they were then to write the Attorney General and ask him why a newspaper printing fraudulent and misleading advertisements should be allowed to use the mails.

Uncle Sam is Taking Our Advice

Evidently, quite a large number of my readers must have followed this advice, for the activity of the Post Office Department in this particular line at present is to be commended most heartily. It has been announced recently that the Post Office De-

partment will conduct a crusade against patent medicines and other nostrums where chemical analysis reveals premeditated fraud on the part of the manufacturers, and that they intend to prosecute vigorously quack advertising doctors of all kinds. By using the daily papers throughout the country these infamous scoundrels secure victims, and the Post Office Department intends, after obtaining satisfactory proof, to issue fraud orders against all who are found to be violating the law. The Post Office authorities found, after investigation of a great number of patent medicine concerns, that the frauds perpetrated were far worse than they had supposed, and it has been reported that not only is it their intention to issue fraud orders against the companies that are victimizing the public, but they will go still further and insist that the advertisements of such companies be eliminated from all newspapers.

The Post Office Department has absolute control of the mails, and, should the proprietor of any newspaper refuse to exclude such objectionable advertisements from his paper, he will be refused the mailing privileges.

If the Post Office Department is in earnest in its efforts in this direction, we shall soon see some very remarkable changes in the character of the advertisements used in many newspapers, and the unprincipled scoundrels who for years have been defrauding poor, helpless invalids of money and vitality, will be at least shut off from their usual method of obtaining victims.

I OFTEN appeal to my readers for their assistance.

If every one of our readers would help to make this magazine a powerful advertising medium, it would be of great advantage to us from every standpoint. Even with the circulation we have at present, it is not an uncommon occurrence for advertisements in our columns to draw many more replies than in some of the magazines claiming from five hundred thousand (500,000) to a

million (1,000,000) circulation. This result has been achieved because our readers believe in us, because they know that we do the best we can in eliminating fraudulent claims from our advertising

Help Make Physical Culture a Powerful Advertising Medium

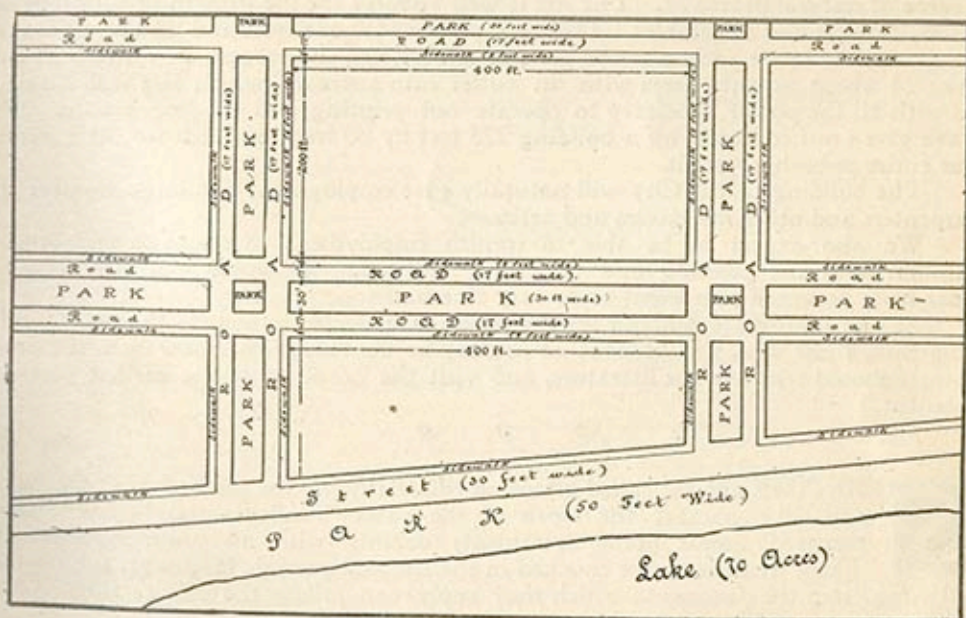
columns. We do not believe in giving business concerns the opportunity to make victims of our readers. Every proposition made by our advertisers is honest, and all advertisements before insertion are given the most careful scrutiny.

Now, as every reader realizes, because of our care in this way, our advertising space has a greatly increased value. I want my readers to make it still more valuable. I want you to buy everything you can through the columns of PHYSICAL CULTURE. Patronize our advertisers. If you find anything wrong in any one of them, remember that we are guaranteeing their proposition and will return you any money if you find that you are defrauded by any advertisement appearing in this magazine. If you receive any communication that indicates to you that we are being deceived by advertisers, do not fail to write us at once, because we want to keep our reputation for honesty of purpose not only in our reading columns, but also in our advertising department.

Gerrard Macfadden

Physical Culture City Ready for Home Builders

WE have just signed contracts which put us in possession of 1900 acres of land about forty miles from New York City, on the Amboy Division of the Pennsylvania Railroad, in New Jersey, as a site for Physical Culture City. After considering many propositions, this property seemed to us to be the most attractive and desirable in every way for the purpose in question. As our readers can readily realize, it was an exceedingly difficult matter to secure a large plot of suitable land near New York City at a reasonable price. However, the land was obtained at a figure that will enable us to sell or lease it out at what we consider very reasonable rates.



After careful investigation, we have found that it is difficult to deed land with the restrictions that we desire made on all plots sold in the City. On this account, therefore, lots and plots will be leased for nine hundred and ninety-nine (999) years, at a stipulated rent for the entire period, payable the same as if sold outright. This will more effectively enable us to keep out all sorts of objectionable business enterprises, such as saloons, tobacco shops, drug stores, etc., that might otherwise obtain a footing in the City. Various other articles that we consider injurious—corsets and high-heeled shoes, for instance—will not be allowed to be put on sale. The land being thus leased, it will be comparatively easy to enforce our restrictions on the lines indicated.

By the time that this editorial is before our readers, we expect to have detailed information in reference to the City in printed form. If you have not already sent in your name as desiring this information as soon as it comes from the printer, write us at once, and we will forward you full particulars, including a map showing the various plots of land. We regret to state that some of the letters written us by those interested in the City have disappeared. If, therefore, you have written us and have

not received a reply, write us again. And, as there is a possibility of the missing letters having fallen into the hands of irresponsible real estate agents, be careful to guard against being defrauded by such concerns in case you should receive a proposition from them.

The property is on the line of the railroad named, a fact that adds greatly to the present and prospective value of the land of the City. Negotiations are now in progress between us and the railroad officials by which a station will be installed directly at the City. Furthermore, although the train service from New York to the City site is not at present what we would like it to be, the railroad company has promised to give us a service that will put us within an hour of New York City. This will enable those employed in New York to live in our City and reach their places of employment in a comparatively short time.

The land itself is healthful, picturesque and slightly undulating, though not enough to call for grading by home-makers, but just sufficient to insure a proper degree of natural drainage. The soil is well adapted for the growth of all kinds of fruits, flowers and vegetables. There are plenty of shade trees and an abundance of pine trees, the latter adding to the general salubrity of the property. There is also a lake of about seventy acres with an outlet into a stream, which last will furnish us with all the power necessary to operate our printing and binding plants. We have given out contracts for a building 225 feet by 50 feet, in which we shall locate our entire publishing plant.

The building of the City will naturally give employment to a large number of carpenters and other mechanics and artisans.

We also expect to be able to furnish employment to pressmen and others familiar with the printing and publishing business. We would especially like to hear from pressmen competent to do very fine half-tone printing.

As the immediate demand for locations is expected to include the most available plots, those who are desirous of settling in the City, either now or in the near future, should send for our literature, and visit the property at the earliest possible moment.



SOMETIME ago we called attention editorially to the method that we have adopted to combat the work of the patent medicine frauds. We have prepared simple home treatments dealing with all common ailments. These treatments are couched in the simplest possible language, and no one suffering from the diseases to which they apply can follow the advice thus given without very great benefit.

We want our subscribers to keep this offer in mind. Help us to annihilate the

Our Free Treatments

patent medicine fakirs. They deceive the public, victimize the unwary, benefit no one, and work serious injury in many cases. One of the treatments in question is given free with every subscription to this magazine. If you do not want the treatment yourself, subscribe and send the needed treatment to a friend whom you know to be ailing. If you do not need the treatment now, and think you may want it later, we will send you a coupon, which, upon receipt of a few cents for mailing, will enable you to secure any one of our treatments whenever you wish, during the life of your subscription. These coupons are also inserted in all our books, enabling every purchaser to secure a treatment when desired.

This is the most effective method that we have so far adopted to reach the people who are being defrauded of money and health by medical quacks. Help us spread this good work by interesting those who might be vastly benefited by these treatments.

Bernarr Macfadden