

# PHYSICAL CULTURE

Vol. XI.

MAY, 1904.

No. 5

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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.,

TOWNSEND BUILDING, 25TH STREET AND BROADWAY,

NEW YORK, U. S. A.

BERNARR MACFADDEN, EDITOR-IN-CHIEF.

Send money by check, P. O. or express order, or registered letter. When sending check always add 10 cents for collection charges.

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T48. Japanese Wrestler.

### JAPANESE WRESTLERS AS PHYSICAL MONSTROSITIES

**T**HIS picture, which shows a typical pair of Japanese wrestlers, depicts also the degree of monstrosity to which the body can be carried by excessive training. These wrestlers are purchased from their parents at about the age of two years. Their future training is devoted to the creation of a tremendously big body. Note the gross-looking arms and legs, but especially the hideously repulsive stomachs.

The average Japanese wrestler stands from six-foot-one to six-foot-four, and

weighs anywhere from two hundred and forty to two hundred and eighty pounds. There is little science in their wrestling. They use sheer brute force. A little five-foot Japanese weighing one hundred and twenty pounds, and having a knowledge of "jiu-jitsu," could lay the best of these giant wrestlers on his back.

We have heard much of Japanese wrestlers, but where the Japanese was a small man he was not a wrestler, but an exponent of jiu-jitsu.

## HOW TO SLEEP OUT-OF-DOORS' WITHOUT LEAVING YOUR ROOM

PURE AIR THE MOST REMARKABLE TONIC—HOW A PLENTIFUL SUPPLY CAN EASILY BE SECURED

By *Bernarr Macfadden*

**A**IR is essential to all life. Not only is it needed to build vigor in animal life, but it is equally essential to plant life. Indeed, it is even necessary to the creation of all forces used by human beings. All mechanical power comes from steam; steam is created by fire; and fire cannot burn without oxygen. Therefore, air is especially important. Wherever there is life, or even the manifestations of life, air is necessary. Shut the ordinary air up in a room, and slowly but surely it is filled with poisonous emanations from the lungs. Carbonic acid gas rapidly accumulates. Micro-organisms and organic matter exhaled from the lungs add to this poison.

Air of average purity only contains about four parts of carbonic acid gas, besides ten thousand parts of air. After it has been breathed and re-breathed in an enclosed room, it contains from three to ten times as much of this poison. While sleeping in this vitiated air one usually awakes without feeling rested; one often feels dopy and dull and lazy, instead of being able to jump out of bed with a bound and be ready for the day's duties and pleasures.

In several previous articles I have tried strongly to emphasize the importance of pure air. I have again and again advised my readers thoroughly to ventilate their

living rooms; but it is to be regretted that the average individual has a very meager notion as to the meaning of thorough ventilation. Raising the window an inch or two at the bottom, or lower-

ing it an inch or two at the top, is not ventilation in any sense. To ventilate a room thoroughly we must have moving air. Stagnant air, like stagnant water, becomes filled with poison and diseased breeding elements.

Realizing the value to human life of air of unquestionable purity, I am attempting in this article to illustrate to my various readers how they can be guaranteed a plentiful supply of air at all times, regardless of the weather. I know the methods herein advised will seem revolutionary to many not familiar with physical culture habits of living. But a brief trial of this method of ventilation will convince even the most conservative as to its benefits. You need not adopt the extreme advice herein at once, but may gradually accustom yourself to the change. Raise your window higher and higher each night. Harden your body by

gradually exposing it more and more to this Spartan method of acquiring and maintaining health. Its benefits cannot be questioned after a thorough trial.

I know there are many arguments afloat as to the maintenance of a certain



**Figure 1.** Showing how a small iron single bed or divan can be placed out of the window in order to secure the advantage of sleeping out-of-doors without leaving your room.

The bed should extend about a foot and a half out of the window. If it extends much farther than this, there is, of course, a liability of the foot raising and landing one on the ground. If living in a thickly populated district, an awning can be placed over the window, or a large umbrella can be placed over the bed to obscure the view of the curious.

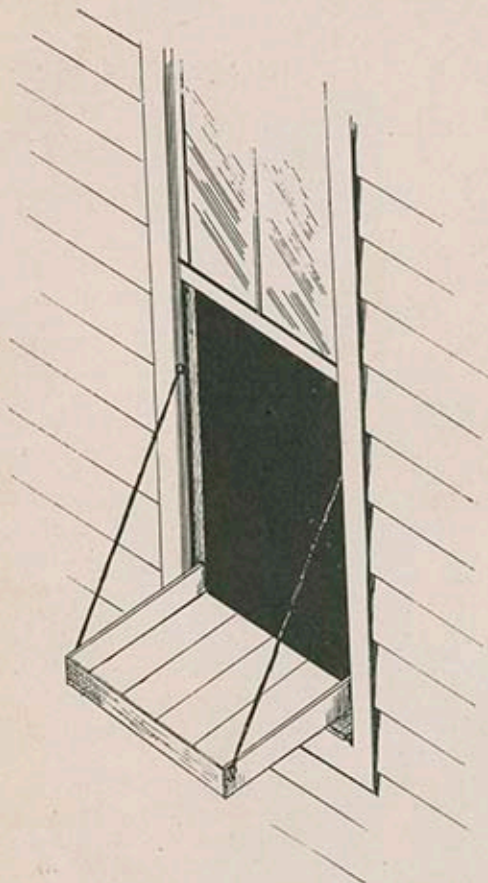


Figure 2. Showing platform built out from a window on which a mattress can be placed for making a bed. A bed or divan can be raised to a similar height on the inside.

A similar method to that described in the previous illustration can be used to obscure the view of the curious.

temperature in order to secure and maintain health and strength. But it should be remembered that the body is capable of adapting itself to the temperature in which it is accustomed to live. If your rooms are kept at a temperature of seventy degrees, sufficient heat will be supplied to keep you comfortable at that degree of heat. If the temperature is less, exactly the same condition prevails. If you use sufficient covering, you can sleep in a temperature of several degrees below zero and be just as comfortable as if the temperature was sixty or seventy above. This adaptability of the body should be distinctly remembered. The more you coddle yourself, the more you accustom yourself to a warm confining atmosphere, the more cold-blooded you become, and

naturally the more heat you require. If you live in a temperature of seventy or seventy-five you are liable in time to desire a heat of eighty or eighty-five degrees.

For instance, for experimental purposes, during the winter of 1902-3 I wore a light summer suit with no underclothing; and at no time did I use an overcoat. The first week or two of very cold weather was keenly felt; the cold wind seemed to penetrate the clothes as it would a sieve, but after a time I endured the cold weather with about as little discomfort as when in the habit of wearing heavy underwear and heavy overcoats.

Invalids are usually more careful in shutting the pure air out of their rooms than those who enjoy good health. It should be remembered that an invalid needs more oxygen than a healthy person. More air is required for him to extract an amount of oxygen essential to recovery. The more air you give an invalid, the quicker he will recover. This conclusion is absolute.

I shall never forget the first time I slept out-of-doors. It was in March and the weather was fairly cold. I looked up at the starry heavens and felt a delightful sense of freedom. The cool, keen air was exhilarating to an extreme degree; and the unconsciousness of slumber was soon induced. But the most delightful effects of sleeping out-of-doors are felt on awakening. You are awake in an instant; you feel absolutely rested. The free supply of oxygen seems to afford one far better rest.

The functions that the lungs perform are the most important to the body. The lungs must be supplied with a liberal amount of oxygen in order to properly perform their work. Without air of the highest purity, the supply of oxygen is naturally deficient. It should be remembered that air is fit to breathe but once. All exhaled air should pass so far away that it cannot be breathed the second time. You can very clearly see how air is breathed and re-breathed in closed rooms, if you will visit a room occupied by smokers. You will see smoke curling here and there, though often it will be so thick that you could almost cut it. Now recall to mind that nearly all of this smoke has been breathed from the lungs of some smoker and the thickness of this smoke very emphatically illus-

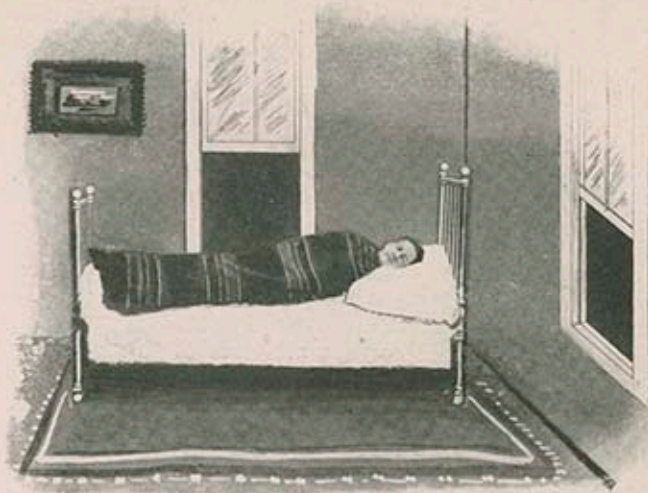


Figure 3. Showing one method of ventilating the room to insure a purity of air about equal to the outside atmosphere

trates how the air is breathed and re-breathed over and over again. One would not wish to wash in water in which others have already washed. Why should you wish to breathe air which has been already inhaled by others.

Don't be afraid of draughts. Don't be afraid of damp, night air. Though the air be ever so damp, it is far purer than air which has been breathed and re-breathed over and over again. In fact, no matter how tightly you close your windows, a certain amount of air creeps in; and if there is dry air in the house and damp air outside, it is simply the damp outside air which has been dried by the inside heat. This false belief in the danger of damp night air has filled thousands of graves.

I have illustrated in this issue various methods that will insure the breathing of perfectly pure air. Of course, the two methods of sleeping out-of-doors are undoubtedly the best for the purpose, though if the room is ventilated as shown in either of the other illustrations, where the beds are inside of the room, the ven-

tilation is almost the same as the outside air. This is more especially true when there is any air stirring.

Some very remarkable recoveries have been made recently in cases of consumption and other diseases, through the open air treatment. These invalids not only slept in the open air, but actually lived in it. Though this is especially applicable to lung trouble, it would be beneficial to invalids of any kind. As I have tried to show in the first part of this

article, air is a generator of all force. It is necessary in creating power of any kind, whether it be strength of a muscle in the arm or in the stomach, or in the creation of that force which is necessary in moving a fifty-horse-power engine. Vital power is necessary to recover from any disease. Disease is really a derangement of the functional system. This derangement is usually caused by weakness. If you are ill, by all means sleep out-of-doors, or as nearly so as

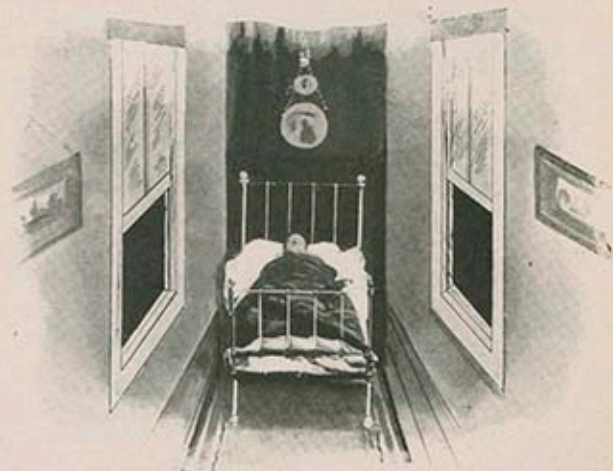


Figure 4. Another method of ventilating a room to insure absolute purity of the air

you can. If you are well, the same advice is applicable.

Civilization, so called, as it exists to-day, develops many bad habits;

but one of the most baneful is that which requires one to live in the vitiated heated atmosphere of enclosed rooms.

### THEOLOGICAL WORK TALKS PLAINLY TO THE CLERGYMEN

Parley P. Pratt, in his "Key to Theology," handles that generally tabooed subject among religious people, the marital relation, in a splendid and masterly manner, and we wish that clergymen generally might take up the great eternal question and handle it just as fearlessly as Dr. Pratt has done.

"Marriage and its duties," he writes, "are not a mere matter of choice or of convenience, or of pleasure to the parties, but to marry and multiply is a positive command of Almighty God, binding on all persons of both sexes who are circumstanced and conditioned to fulfil the same. To marry, propagate our species, do our duty to them, and to educate them in the light of truth, are among the chief objects of our existence on earth. To neglect these duties is to fail to answer to the end of our creation, while to pervert our nature, and prostitute ourselves and our strength to mere pleasures, or to unlawful communion of the sexes, is alike subversive of health, of pure, holy, and lasting affections, of moral and social order, and of the laws of God and nature.

"If we except murder, there is scarcely a more damning sin on the earth than the prostitution of female virtue or chastity at the shrine of pleasure or brutal lust, or that promiscuous and lawless intercourse which chills and corrodes the heart, perverts and destroys the pure affections, cankers and destroys, as it were, the well springs, the fountain or issue of life. \* \* \* A wise legislation, or the law of God, would punish, with just severity, the crimes of adultery or fornication, and

would not suffer the idiot, the confirmed, irreclaimable drunkard, the man of hereditary disease, or of vicious habits, to possess or retain a wife. \* \* \* The false and corrupt institutions, and still more corrupt practices of 'Christendom,' have had a downward tendency in the generation of man for many centuries. Our physical organization, health, vigor, strength of body, intellectual faculties, inclinations, etc., are influenced very much by parentage. Hereditary disease, idiocy, weakness of mind or of constitution, deformity, tendency to violent and ungovernable passion, vicious appetites and desires, are engendered by parents, and are bequeathed as a heritage from generation to generation. Man becomes a murderer, a thief, an adulterer, a drunkard, a lover of tobacco, opium, or other nauseous or poisonous drugs, by means of the predisposition and inclinations engendered by parentage. A holy and temperate life, pure morals and manners, faith, hope, charity, cheerfulness, gentleness, integrity, intellectual development, pure truth and knowledge, and, above all, the operation of the divine spirit, will produce a race more beautiful in form and features, stronger and more vigorous in constitution, happier in temperament and disposition, more intellectual, less vicious, and better prepared for long life and good days in their mortal sojourn. Each succeeding generation, governed by the same principles, will still improve, till male and female may live and multiply for a hundred years upon the earth."

### READ "FAKE" MEDICAL ADS. AND COMMITTED SUICIDE

"The body of Leonard Spread, a young man employed as a farm hand by Alex. Stirling, of Kennedy Rd., was found recently in a shed near the farm house.

"Examination of his trunk showed

that he had been in correspondence with a 'fake' American medicine firm, and had three bottles of their medicine in his room. The Coroner stated his death was caused by these medical fakirs."

## THE BENEFITS AND CHARMS OF GOLF AS AN OUTDOOR EXERCISE

*By John M. Ward*

CAPT. OF FOX HILLS GOLF CLUB, AND ONE OF AMERICA'S MOST PROMINENT GOLF PLAYERS

THE game of golf in recent years has been growing more and more popular, as it is a sport in which anyone can find both recreation and health.

Anything that takes one out into the field or meadows is always attractive;

in the grass, and no houses around anywhere, will be inspired, certainly, and be taken back to younger days and be happy.

That is one of the first features to commend the game.

The playing of golf has features about



A Group of Prominent Golfers. From Left - Brokaw, Hunter, Douglas, Low

and golf takes you where there is always a bountiful supply of fresh, pure air. If on the membership roll of a good golf club, it takes you away from the city entirely, enabling you to see nothing but waving trees and grass and sky, and to breathe the fresh, pure air of the country. That is an inspiration to a man to begin with. Any man born in the country, and who is able to get to some place where he can see the green fields and hills, with an occasional flower

it that will commend it not only to all lovers of outdoor life, but to any man who is in search of health and strength.

For instance, the game can be played by any one, whether he is in strict physical training or not. It is not necessary for a man to be in fine condition to play golf, and a man can get out of a sick bed and play one or two holes, or as far as his strength permits, and have a pleasant time. At the same time, when strong, a man can go on in

the game until he may attain such perfection that he goes into tournaments where he plays three or four days at a stretch, in close matches, playing thirty-six holes at each game, all of which is a very severe kind of a test in endurance. You can get all the exercise you wish, and all kinds of exercise. You may walk out on the putting green, which is always beautifully kept, and this gives you scarcely any exercise, but still engages your interest enough to furnish recreation.

You can get anything from this mild exercise up to that which is so vigorous that you will be absolutely tired out at night.

A great many people look on golf as something like the game of "Shinny."



A Peculiarity of Michael is that He Plays "Over-handed," that is, with His Left Hand Above the Right



McCawley Delivering Full Brassy Stroke

an exercise will apply with equal force to the playing of golf, in addition to the other exercise involved. When you play thirty-six holes of golf in a day, in competition with some first-class player, where every stroke counts, and where the least mistake is going to lose your match for you, and where you are straining every nerve in every stroke you make, you will be tired out at night, just as tired as some fellow who has carried bricks to the top of a five-story building all day. The difference is that this is a different kind of fatigue, and better for a man's health.

I formerly played baseball for years, and during this time I was in perfect health, and never knew what it was to feel an ill of any kind. But when I quit playing ball I felt the effects of it at once. I had to have some kind of exercise, and looked around for something to do to overcome the effects of the confinement of office work. I tried the bicycle, and liked it very well, but occasionally my enthusiasm would carry me too far; I would overdo it and ride seventy-five to a hundred miles, coming home not only all tired out, but

Most of those who have never seen it don't know what kind of a game it is; but really, when played by good players, it is a vigorous, strenuous game. Of course, all that can be said of the benefits of walking as



utterly exhausted as well. This would leave me in a condition in which I couldn't sleep.

But golf is such a game that no matter how tired you get, it don't rob you of your sleep. It holds your interest and you don't feel tired until it is all over. There is one kind of fatigue that rests you and puts you to sleep, and there is the other kind that will utterly exhaust you, make you nervous and prevent your sleeping. In golf your attention is riveted to the game, and at night you feel tired and sleep well. You may walk as much as ten miles in a complete round.

A man's mind is also engaged as well as his body. You have got to think. There are probably no two strokes in a round of golf that are absolutely alike, outside of the drives, and even they differ. Each stroke is a problem by itself to be solved, each one calls for intelligence and you are compelled to think. This makes it interesting.

Perhaps one of the greatest satisfactions to a ball player is to hit the ball square "on the nose," as the players used to say, and have it go away out into the field. Now, in playing golf, when you pick up the ball clean and see it go exactly where you wanted it, it gives you the same pleasant sensation as when you hit the baseball "on the nose." However, in playing golf we have so many more opportunities. Every time you hit a ball you have some new proposition to face, some new difficulty to solve, and you have got to hit it square to the smallest fraction of an inch, to have it go where you wish it. A difference of one-sixteenth of an inch in hitting the ball will make a difference in the

stroke. The face of the club must meet the ball absolutely at right angles with the direction in which you want the ball to go, or the ball won't go there. There are long, hard drives, and there are strokes that require the utmost delicacy. There are clubs that are faced back to pull the ball up when there is anything in the way, and such strokes must be made with the greatest nicety.

Another splendid feature of the game of golf is the fact that it is absolutely unconquerable. No man ever lived or ever will live who feels that he plays the game as well as it can be played. One always expects to play the game better. You can always sit down at night and see where you could have done better if you had not been too impatient at one point, or had been more courageous at some other point of play.

It is a game that can be played by the old as well as the young, and it appeals to age as much as to youth. It is not an uncommon thing to see men from sixty to eighty-five years of age playing golf. Up at Pinehurst, familiar to every golf enthusi-

ast, Mr. B. F. Dutton, who won first prize in one of our competitions there, was a man something over eighty years of age. There are many men over sixty years old who still play the game. Of course, it is a game for young men, and young men play it best, but it has great advantages in its being so elastic that it is possible for everybody to play.

One person can play golf alone, or it can be played with two participants, with three, or with four, and it is interesting to play it either way. There is no weather so bad that you cannot play golf, so long



Walter J. Travis, Champion of the World

## PHYSICAL CULTURE

as the field is not absolutely flooded with water. Snow doesn't stop the play if the putting greens can be kept in condition.

All the muscles in the body, from your toes up, are used in the free, full swing, and there are shorter



game, in competition, it is sometimes a tremendous nervous strain. Players have been known to break down after a tournament of several days, and I do not think that too much tournament play is good for anybody.

Another valuable feature is the great moral training to be found in the game. A man that can go

W. S. Hicks Looking on the Green

strokes which must be played with the utmost delicacy, and with little force. Of course, into the full drives and full swings one puts every ounce of muscle he has. Then, as I said, in playing thirty-six holes of golf, walking back and forth from tee to tee, you walk about ten miles, besides getting the other work of driving the ball; and in a long, hard

out and play a round of golf in a stiff game will show his mental and moral character before he gets through, and if he can play a round without making a kick or saying something not very nice to listen to, he has himself pretty well under control. A great many players who start to play golf find it a very trying game, and have a way of throwing their clubs after the ball. They either give it up before long, or improve in their moral nature.

Another attractive feature about it is the class of people you meet playing the game, since the finest people in the world are the real devotees of golf. Of course, there are a lot of people who take it up as a fad and play it a while, and whether they succeed in playing it well or not, they quit. But the fellows that stick to it are those



McDonald Striking. Ellis Looking On



A Tee Shot. Vardon Behind His Play Figuring Out the Best Shot to Make  
Hartsdale Golf Links; Event Between Vardon and Dunn

who love outdoor life, and who are strong mentally and morally, otherwise they couldn't stand the vicissitudes of the game. They are the very finest class of sportsmen. You remember what Izaak Walton said of his fishermen friends: "I do like these fishermen, they be such honest, simple folk." And in the same way I like the golfers. A man who likes

a good game of golf is surely a good fellow.

The game builds health and strength, gives you the opportunity to build up good, sound lung tissue, develops steadiness of nerve and evenness of temper, and requires enough mental application to make it interesting.

## DEATH RATE LOWEST WHERE MEDICINE AND DRUGGING DOCTORS ARE NOT ALLOWED

By G. Edwards

TEN thousand people live in Zion City. Their children are born without the aid of doctors—and they live.

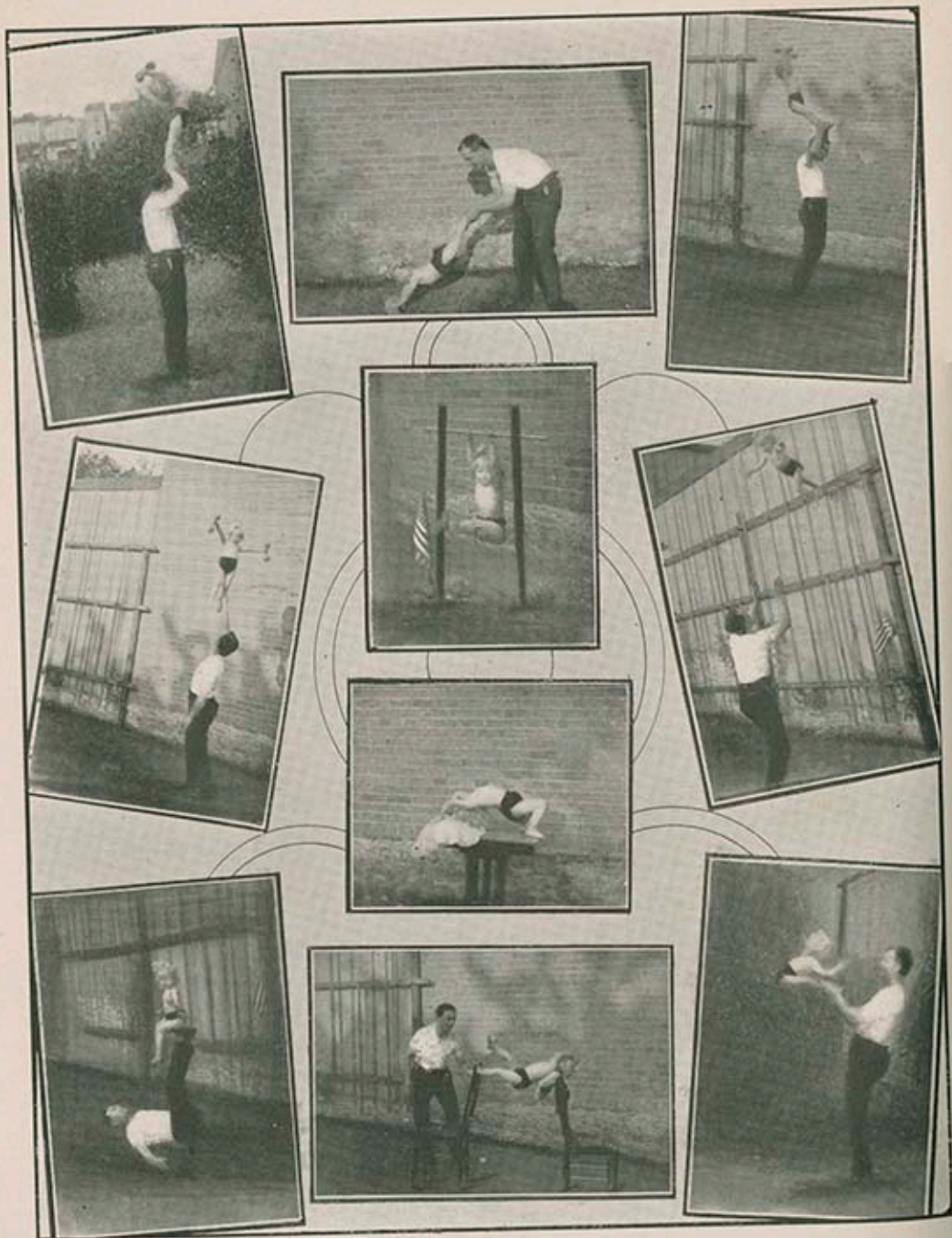
The Health Commissioner of Zion City is a graduated M. D., who gave up the practice of medicine "for conscience's sake." His report for the year of 1903 is interesting to all those who believe with Sir James Johnson, formerly editor of the greatest medical review in England, the *Medical Chirurgical Review*, who said: "I declare as my conscientious conviction, founded upon long observation and experiment, that, if there were not a single physician, surgeon, chemist, drug, or druggist on the face of the earth, there would be less sickness and less mortality than now prevail."

No physicians or medicine are allowed to be used in Zion City.

The report states that out of 1,000 children attending school in the past year only one has died.

Out of 400 young people, young men

and women, attending the college and preparatory school, two died during the year. The report means that out of 1,400 people, ranging from the kindergarten age to about thirty years, three persons died. This is a lower death rate than exists in any other community in the country. It is significant to notice, also, that this report of deaths completes the same year in which the death rate among Chicago's children was so great that the city was compelled to close its schools. The epidemic of diphtheria was so widespread at that time that it reached to all surrounding towns, but failed to touch Zion City, which is only a short distance from the great metropolis. Hygiene has been substituted for medicine. The city has no tobacco spit upon its pavements, no atmosphere that stinks with the breath and smoke of the tobacco fiend. There are no houses of prostitution, no gambling hells, no liquor, no drug stores, and no medicine.



### REMARKABLE BABY ATHLETE

HAS PERFECT CONTROL OF EVERY MUSCLE OF THE LITTLE BODY

Tiny Ethel Marie Froehlich, who has developed into a strong and healthy little girl, acquired wonderful control of the muscles of the body. The development of mental power and the control of her nerves, which is known to come about with the strengthening of the body, is remarkable. The child does not know what fear is, has remarkable self-possession, and is calm and self-poised at all times. Her endurance is wonderful. Ethel is now two years and ten months of age, and weighs thirty-two pounds.

## WINNER WESTERN DISTRICT FOR BEST IMPROVEMENT

MR. JOHN M. ROBERTS, WINNER IN THE FOUR-MONTHS' IMPROVEMENT COMPETITION FOR GOLD MEDAL

THE prize awarded in the competition for the best improvement, during a period of four months, has been awarded to Mr. John M. Roberts of Chicago, Ill. The remarkable feature in connection with Mr. Roberts' splendid

especially as his heart trouble was only aggravated by the drugs he was forced to take. Instead of continuing this sort of treatment, he quietly dropped his medicine and began to take up physical culture. The exercises naturally caused



Comparison Photographs of Mr. John M. Roberts Taken Before and After the Course of Exercise Necessary in Trying for the Gold Medal Four-Months' Improvement Contest

improvement in body and health is the fact that at the time of his entry into the contest he was told by two doctors that if he desired recovery from heart trouble he would have to give up all kinds of exercise, and live a very quiet life. Living as they directed him to live, and taking strong medicine continually, did not appeal to Mr. Roberts' good sense,

an increased action of the heart, which at first quite discouraged Mr. Roberts; but he persevered, and even increased the amount of exercises day by day, until, as he states in his letter, his heart trouble has departed almost as completely as has his emaciated bodily appearance.

Mr. Roberts' favorite exercise, and which he claims helped him more than

any other, was the practice of skipping the rope. He started out by jumping from fifteen to twenty times, then resting, then resuming. Each day he increased the number of skips and shortened the resting period, until at the end of four months he was able to jump about five hundred times without resting.

In writing of his remarkable improvement, Mr. Roberts says: "I suppose this reads like a patent medicine testimonial, but, nevertheless, every word is true. If I am not fortunate enough to secure the medal, I shall feel well repaid for the effort which the competition prompted me to make, and I will sing the praise of physical culture as long as I live."

#### MEASUREMENTS SHOWING IMPROVEMENT WITHIN FOUR MONTHS.

AUGUST, 1903.		NOVEMBER, 1903.	
Height.....	5 ft. 9½ in.	5 ft 10 in.	
Weight, without clothes.....	131 lbs.	143 lbs.	
Neck.....	14½ in.	15½ in.	
Chest, natural.....	34¾ "	37½ "	
Chest, small.....	32 "	34 "	
Chest, expanded.....	37 "	39 "	
Forearm, flexed.....	11¾ "	12¼ "	
Forearm.....	10¾ "	11 "	
Wrist.....	7 "	7¾ "	
Elbow.....	10¾ "	10¾ "	
Arm.....	10¾ "	11 "	
Arm, flexed.....	12½ "	12¾ "	
Waist.....	29 "	30 "	
Hip.....	34½ "	35 "	
Thigh.....	18½ "	21½ "	
Knee.....	14½ "	15 "	
Calf.....	13¾ "	14½ "	
Ankle.....	9 "	9 "	

## HOW TO MAKE A HOME-MADE SHOWER BATH

By T. H. Floyd



Procure an ordinary wooden tub; a lard or butter tub is best

Every boy can have a shower bath at home if he takes the small amount of trouble required in the directions set forth in this article for making one. Everything that is needed in the plans is easily procurable and is inexpensive. The shower bath can be erected in the yard, in the cellar, or even in the house, provided suitable arrangement is made to catch the water as it falls from the body of the bather. A large flat tub or pan can be used for this purpose when the bather stands inside of it. A shower bath is delightful in summer, especially if the water can be had cold. I would not exchange my home-made bath for the most elaborately constructed one that might be procurable, and every lad will feel the same way after he has constructed the apparatus.

Procure an ordinary wooden tub; a lard or butter tub is the best. Then secure two pieces of 1½ inch iron pipe and an iron elbow. Next make a plug of soft fine wood and drive it into one of the pieces of pipe. Then bore a hole in plug large enough to admit an ordinary brass faucet. Purchase a large tin funnel. Cut a piece of tin the size of the top of the funnel and punch it full of holes as shown here with. Solder the same on to the top of the funnel. Next solder the funnel into the faucet. Now the entire thing must be attached to the tub which has a hole bored through at the bottom. Fill with water, and after the tub fills, you will have a "high-toned" shower bath, and it will not cost you more than a dollar. I bore a hole in the floor and put a sheet of zinc into which the water may fall.



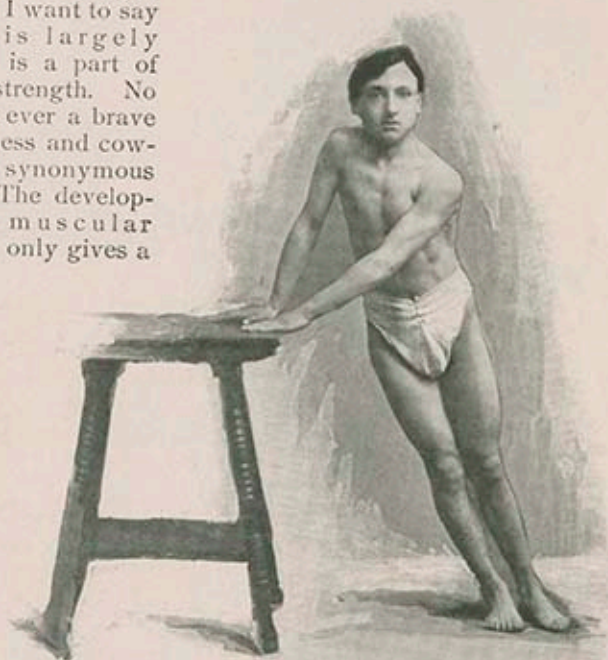
When completed, the shower bath will appear like this.

# MUSCLE AND HEALTH FOR BOYS

By *Bernarr Macfadden*

ONE of my boy readers recently wrote me and candidly admitted that he was a coward, and inquired if physical culture would help to develop the courage that comes with true manliness.

For the benefit of the writer of this letter, and of all other readers who might be interested, I want to say that courage is largely physical. It is a part of physical strength. No weakling was ever a brave man. Weakness and cowardice are synonymous conditions. The development of the muscular system not only gives a boy health and muscular strength, but it gives him greater mental confidence. It invests him with greater power and capacity of mind as well as body. If you want to be brave, you must be strong.



**Exercise No. 1.** Assume position shown in illustration, stepping out far from the table to the side. Now bend the arms and allow the body to touch the table. Straighten the arms and assume former position. Continue the exercise until tired. Reverse position, turning the other side to the table, and continue the exercise until tired. For developing the muscles of the arm, and expanding the chest.

If you want to possess firmness, determination and real steadfastness of character, the strength that comes through physical culture will be of vast aid to you. It will help you to be a man in every sense of the word. It will help

you to success, no matter what sphere of life you may select for your career.

Gradually, as the muscles fill out and the body rounds into strength, the nerves are thrilled with the feeling of excess

power, with the exhilaration that comes with superb health; and tasks that might have seemed arduous before become easy to perform.

And my boy readers should remember that courage is not a mere manifestation of physical bravado. Courage is required everywhere. You need courage to fight life's battles. The hardest battles of life's

experience will not be those in which your fists will be required. They will be the battles in which the best mind will be supreme, and physical strength will vastly aid in the development of those mental characteristics which are essential to success in this strenuous age.

Q. Please advise a boy of fifteen how to broaden his narrow shoulders.

A. The various exercises given in this department will be found beneficial for broadening your shoulders, though deep breathing exercises, with dumb-bells, would perhaps facilitate the result you desire.

Q. I am sixteen years old and my strength is abnormal. I exercise almost all the time when not in school, and excel in all kinds of athletics. Sleep ten hours. I am too strong. What would you advise me to do?

A. I believe you are mistaken in thinking that you are too strong. You cannot be too strong nor too healthy. It might be to your advantage to moderate your physical exercises somewhat, and give more attention to mental training, for you must remember that after the foundation of health and strength is laid you need the mind to lead you to life's greatest success.

Q. Is it possible for a boy of thirteen to have varicocele?

**Exercise No. 2.** While standing with the back against the table, place the hands on the edge as shown in illustration. Now raise the weight of the body upon the hands and slowly raise the legs to the position illustrated. Hold this position for a moment. Return to former position and repeat until tired. This will usually be found quite difficult in the beginning, though practice will usually enable you to perform it after the muscles used in the movement are strengthened. For developing the muscles on the front of the abdomen and shoulders.

If so, what is the best treatment for him?

A. A trouble of this kind for a boy at this age is rather unusual. Exercises of various kinds, bringing into play muscles of the abdomen and the upper part of the legs, and a daily cold sitz bath, should remedy the trouble.

Q. Please advise a course of indoor

training to prepare a boy of sixteen for the mile run.

A. The proper method of training for the mile run would be to train out-of-doors, running just as you would in the race; only never run at your greatest possible speed. Of course, dumb-bell exercises for strengthening the muscles of the arms and chest and deep breathing would help you greatly. A two-meal-a-day plan, using only a moderate quantity of meat, will help you in an endurance race of this character.

Q. My nose is red and covered with blackheads. Is this a sign of indigestion, and what would you advise?

A. Blemishes of this character usually indicate some digestive trouble. Confine your meals to two a day. A fast of a day occasionally would be beneficial. A wet cloth applied to the nose on retiring and allowed to remain all night, would help you.



Q. I am afflicted with a fat face, while my body is normal and muscular. I live up to physical culture ideas; yet the boys often gibe me because of my face.

A. As you grow older, if you continue your physical culture exercises and follow a proper diet, the defect you mention should gradually disappear.



## HUNTED DOWN

By John R. Coryell

*This story was begun in the January issue. I believe it will be read with fascinating interest by every reader. The plot is well laid, the characters are wholesome, and the story progresses naturally to a dramatic climax. Mr. Coryell has written, under various pseudonyms, about one hundred and fifty well-known novels. He collaborated in the revision of my story entitled, "A Strenuous Lover."—BERNARD MACFADDEN.*

## CHAPTER XIII.

PROBABLY Henry Thorne had not definitely arranged in his own mind what he would say to Harry when he came, but he was a man of sternly strong purpose, whose plan through life had been to go to his objective point by the shortest way.

He faced the door as Harry opened it. He had noted the brisk, blithe manner of Harry's coming down the stairs—a swift, tripping progress, with the final steps taken in a light jump; he had caught the note of joy in the snatch of song that Harry softly sang. He closed his square jaws hard together as the bitter thought came upon him that it was the folly of love that had made Harry so happy.

"Hello, dad!" cried Harry. "You wanted me?"

To his father he looked like a very god of power and joy and beauty. How could he let him waste his perfect youth in the pursuit of so vain a thing as love—evanescent love?

"Yes, Harry."

Harry caught the stern and anxious gleam in the somber eyes, and his joyousness gave way to concern.

"Something wrong, dad? Something I can help about?"

"Yes, something wrong, Harry, very wrong. And you can help; yes, you—nobody but you."

It was not the stern, uncompromising Henry Thorne who was talking, but a man fearing to lose all by demanding too much; a man playing for time to think. It seemed that he had had a sudden consciousness that, back of the happy, joyous boy was hidden a man moulded of the same metal as himself.

"Why, dad!" cried Harry, with the

tenderest solicitude, and going close up to his father and gazing earnestly into his eyes. "What is it?"

Henry Thorne breathed hard, turned away, and sank into a chair. He admitted to himself that he dared not bring the matter to an issue; dared not say to Harry what he had fully thought to say.

"The detective has been here this morning. I have paid him, and am done with him. He was accomplishing nothing. I think everybody is afraid of the trust."

"We're not, dad."

"No; but what can we do without help?"

"Better than with it, dad," came the eager response. "Why do we need help? I know you think I am young and romantic, and not fit to undertake such a task, but I tell you, dad, being romantic isn't the worst condition a fellow can be in."

"I never dreamed of calling you romantic, Harry. What put that notion into your head? I hope you are too sensible for that."

Harry laughed in very exuberance of spirits, and put his arm over his father's shoulders in a loving way not usual between the two, who heretofore had been content to love without demonstration. And the older man, awkward under the unwonted caress, was yet more pleased than he could or would have said.

"Honest, dad, weren't you ever romantic?" Harry asked, gaily.

"Never."

"You never walked in the woods or the fields in the spring?"

"Many times, no doubt."

"Oh, dad, do you mean to say that you walked in the midst of the new life

of an awakening world, saw the buds swelling, the delicate leaves creeping out into the glorious sunshine, felt the odorous breezes slipping past you, heard the new-plumaged birds calling love to each other—

"Calling passion to each other, Harry," said his father, almost sullenly, and moving to get away from the arm, whose weight oppressed him now.

"Why passion, dad? Why not love? The birds are not concerned with regenerating the world. They live their lives simply and without theories."

It was like a challenge to his father, but the latter instinctively feared to take it up, lest, the discussion once opened, there would come a conflict of wills. The more ready Harry, the less ready his father.

"The birds are concerned only with mating and rearing a family; and if they were not moved by passion they would not mate. They are not, indeed, concerned with theories; not even with the most fanciful of all—love. But passion, which is not a theory, but a fact, utterly controls them in the mating season—"

"Which is spring," interposed Harry, almost exultantly.

"Which is spring. And but for this passion that takes possession of them they would not mate, and they would cease to exist."

"Then all hail passion!" said Harry, trying to laugh, but ending seriously and with luminous eyes.

"All hail passion! It is as the hunger that urges an animal to eat in order that life may be sustained. Without passion the human race, at least, would be doomed."

"But passion is not all, nor the best, dad. There is something higher."

"Yes, reason. Reason supplements passion, controls it to its proper end—the preservation and regeneration of the race."

Harry shrugged his shoulders impatiently. To him there was nothing new in the argument; he had heard it many times, and with a hundred variations. He had accepted it as true. Now he was so sure that it was not true that he was eager to discuss it with his father, although he was not ready, as yet, to deal with anything more than theory.

"Sometimes I wonder," he ventured, "if the regeneration part isn't just a theory of your own, dad; what we might call *your* romanticism."

"It would be romantic, if impossible, Harry; but it is possible. See now what conditions are: Society induces a morbid sexual condition in its prospective fathers and mothers by making an unclean mystery of sex and its manifestations. Then, without knowledge, without guidance, unhampered by any reasonable restrictions, these abnormal human results are turned loose upon each other and are bidden, in the sacred name of love, to mate. Love, whatever that may be, is only a pretty name for a passion that, properly, is despised, because, being a morbid growth, it has degenerated into lust."

"But suppose you say affection, instead of love?"

"It doesn't matter what you call it, Harry. The attraction between two young persons filled with morbid passion is always the same. A proper, normal, healthy passion is not an uncontrollable thing. Moreover, such a passion is a good, a splendid thing. And wise men and women will order their passion and not let it order them."

"But why may not such wise persons love each other? You and I love each other, dad, and we are the happier for it."

Harry spoke with an infinite persuasiveness of tone, but Mr. Thorne shook his head negatively.

"It is as necessary to be just as to be wise; and no just person will consider for a moment the cruel wrong of deliberately bringing into this world a child predestined to bad health."

"But why may not two healthy persons have an affection for each other? When a man and woman marry they must not only beget children, but they must live together for all their lives; and, if they do not begin with affection, they may very soon come to hate."

"Many who marry with love come very soon to hate."

"Is that so with those who really love? Is it not, rather, those morbidly passionate persons who call their lust love?"

"What, then, Harry, is love?"

"I don't know that I have a definition at hand to suit our purpose, but I have

an object lesson"—His father started—"ourselves."

"My boy, if you tell anyone that such love as exists between father and son is a correct basis for marriage, you will be laughed at. Can such a reasonable affection as ours exist between a man and a woman? Will not the passion of sex immediately intrude?"

"May not passion exist without affection, just as affection does without passion? Because they exist together might be an augury of happiness in marriage. It seems to me that to marry without affection as a basis would be a courting of disaster."

"What measure of affection would you demand, Harry?"

"I don't quite understand."

"Well, you can conceive of having affection for a great many persons—many of them women—I suppose?"

"Different degrees of affection—yes."

"Well, what degree of affection is essential to marriage?"

"That which is greatest," Harry answered at once.

"And how are you to know that the woman you love most to-day, or here, is the one that you will always love most? You may travel; there are many millions of women in the world that you have not yet seen. Why may you not find one among the millions to attract you more than the one whom you have married?"

"What can one do but take that chance? Besides, divorce is frowned upon, and in any case you will be in the same plight, whether you marry for reason or for love."

"Ah, no! The only legitimate excuse for mating is procreation. Choose a mate fitted for motherhood by reason of body and mind being properly prepared for that highest office in nature, and there will be no wreck of happiness because of the death of a sentiment that has no proper place in that particular scheme of life."

"Harry shrugged his shoulders. Something was wrong somewhere, but he could not discover it at that time, so he ended the discussion with:

"Well, anyhow, dad, I believe one must and will love somebody. Why, I love the birds and the flowers, leaving humans out of the question. And when I love, I find I am better, kinder, tenderer. You

may be able to demonstrate that love is not necessary in marriage, but you can't theorize love out of existence. And I do begin to feel that either one would better mate without the bond of marriage or else love in marriage. I just think I'd go crazy if I were tied for life to a woman I didn't love."

Harry rose and walked over to the window, out of which he looked into the bright sunshine, among the flowers and trees, and instantly he thought of Ruth. His thoughts were miles away when his father's voice called him back to the library.

"Well, Harry! We've wandered away from what I want to talk to you about."

"Oh, yes! Of course! You are troubled about something, and I can help you. What is it, dad?"

"You wanted, some time ago, to see what you could do in hunting down the men who set fire to the factory."

"Yes, dad; yes."

"And you would still like the task?"

"Surely I would. Does this mean that you are thinking of giving me the chance? Oh, dad!"

"Have you a plan, then, that you are so eager, Harry?"

"Why, no. I did have one, but that was at first. I don't know just what I would do now; but, if you will let me try, I'll give my whole mind to it, and play detective to the best of my ability."

"I do not mean to give up, Harry. And if I can find no one I can trust, one of us must go into it. I can do more at home, just now, than anywhere else, and it may be that you can employ yourself usefully elsewhere. What do you think of it?"

"I am ready—more than ready," Harry answered, enthusiastically.

"Ready now?"

"I will not lose a moment."

"That is right. Then pack a dress-suit case and we will take the first train for New York. On the way I will talk with you, and you can make your start from the city."

A cry of surprise and protest rose to Harry's lips, but he did not utter it. His father, pretending to see nothing, hurried away, murmuring:

"At least, he will have no time for another interview with her."

## CHAPTER XIV.

If Mr. Thorne had seen Harry when the latter entered his own room, he would have felt his trouble deepen; for there are some things a man may understand from reading or observation, even though he has been denied knowledge from experience.

Harry walked into his room very briskly, being under the influence of his new work; but as he closed the door behind him his eyes fell on a little cluster of violets in a glass of water, whereupon he sighed, looked dreamily at the flowers for a moment, and then walked over to them, bent over them, and kissed them.

The sight of these actions would have put despair into his father's heart, because they would have made him wonder if there was yet time to stem the swift current of Harry's—well, Mr. Thorne would have called it passion.

Harry did rather more than kiss the flowers. He looked at them as if he could see Ruth's face there. Then he talked to them in whispers, sending messages to her who had gathered them for him that he would not have delivered in person; and this, although there had been a great many times recently when it had seemed to him that the thoughts would surely say themselves.

If only he had been sure that Ruth possibly could care for him in the same way that he did for her, he would have put words to his thoughts that very day. But there it was! How was it likely that she could love him? And, now he was going away from her, and might not see her for—"Good gracious!" he cried, in sudden alarm, "I don't know how long it may be."

For one instant he contemplated begging off, but dismissed that right away as being shockingly unfair to his father. He looked at his watch, and saw that he had two hours in which to get ready. It was utterly impossible to see Ruth before going. But he could write.

He took up a pen hastily and laid out some paper on his desk, at which he sat down and wrote with perfect readiness:

"My dear Ruth—"

At that point he took to staring out of the window, and stared for a great many minutes; then he became alarmed at the

lapse of time, and looked at his watch. Next he decided to attend to his baggage.

He packed some shirts, and threw a great many other things on his bed; then sat down and dipped his pen in the ink, stared out of the window, and packed some handkerchiefs and socks. Indeed, he went through a similar performance quite six times, and the letter was no further advanced than at first.

When the packing was done he sat down, with great resolution, and looked at his watch. He smiled scornfully at himself. He had no idea of why he did not go right on with his letter. The truth was that he hated not to say some of the things he was thinking. The letter was written finally, however, simply because time was slipping away.

"My dear Ruth:

"I would like to hope that you have been concerned at not seeing me, as usual, because I am grieved to miss what has been a daily delight to me. That should have been put in the future tense, but I write in a hurry, and have no time to pick my words. I am going to New York with my father, and may be gone for several days. I am going to take the liberty of writing to you as soon as I have the time, and I would be very happy if you would write to me. If only I had known that I was to go away I would have asked you some questions on the topic of our last conversation"—love had been the topic—"that I would have liked answers to very much. I hope with all my heart that you will miss our walks together as much as I shall. I dare not hope that you will look forward to a renewal of them, when I return home, with the same eagerness that I do. They have meant infinitely more to me than by any possibility they could to you, because it has been during them that I have learned what joy and beauty and sweetness there may be in life. Please let me thank you for having taught me that, without love, life is worthless."

"There!" murmured Harry, "she won't know all I mean by that, but it helps me a little to know that I have almost told her how I love her."

The letter he posted at the box at the station, his father knowing quite well to whom it was addressed, although he

caught no more than the gleam of the envelope as it dropped into the box.

Harry was not talkative at any time. On the way to the city he was reticent, answering his father in monosyllables. He felt as if he carried a lump of lead instead of a heart. He even had a horrible suspicion that it would be possible for him to cry with very small cause.

He was irritable and rebellious, too; and if his father had insisted on talking about the business in hand, and had divulged all his plans then, it is quite possible that Harry might have said something that would have led to a clash of wills. But Mr. Thorne, divining that Harry was in a sensitive mood, did not try to force conversation, but waited until they were at the hotel.

The bustle of the busy city, the sight of so many human beings, brought Harry, as it does most persons, to a level with himself, and to a sense of his own relative unimportance. He was more ready to consider matters less as a lover and more as a detached individual.

They had had dinner, and were sitting in their private parlor, in company with Mr. Christy, who had been sent for on their arrival, when Mr. Thorne began by explaining to the lawyer how he had discharged the detective and had brought Harry to the city with the intention of letting him take the matter in hand.

"Then you have a plan of action ready, I suppose?" said the lawyer, turning to Harry.

"He hasn't had time to work one out, yet," his father answered for him. "I brought him here so that he might hear anything you might have to say on the subject before I told him what I purposed doing."

"I don't know that I have anything to say, Henry. I still urge you to give up the pursuit. Your enemy has more millions than you have thousands; he has been engaged for years in systematizing his destruction of opposition. Others have tried to bring him to book, and even have engaged state and national governments to help them, and still Edgar Saunders conducts his business and gives money to religion, as unmoved and unaffected as if he were fate in person."

"But," cried Harry, firing up instantly as the difficulties of the affair were pre-

sented to him, "if he be guilty, he can be detected; and once we have the evidence, we can bring him to book. Let me try, dad. It won't cost much, and I fancy they won't buy me off if they discover I'm on their trail."

"You shall try, Harry. And this is what I have decided, in a general way: You shall work out your own scheme, your own plan of action, using me or Mr. Christy for consultants whenever you wish. I will deposit, in some bank here, twenty-five hundred dollars to your order."

"Thank you, dad! I'll try to justify your confidence."

"I know you will, my boy. I make no conditions with you, because I know you will allow nothing to come between you and your pursuit of that infamous scoundrel who uses religion for a cloak, but who is absolutely without any moral sense."

"In that you are right, Henry," the lawyer said, gravely. "Edgar Saunders is almost an honest man, inasmuch as he has no moral sense, and seems to sincerely believe that no one has any right to oppose him. But he is a dangerous man. He violates the laws of his country as he violates the simplest moral law, and yet he goes unscathed because he knows how to corrupt others."

"The more reason that we should hunt him down as we do dangerous wild beasts."

"Well, don't forget that he is dangerous, and dangerous in a fearful way. He is no hypocrite, but goes to church and furthers the cause of religion, because he believes in religion. In the old days he would have made himself a religious leader and would have made his an enduring name for the awful, unrelenting cruelty with which he would have forced people to accept his views."

"These are not those times, however, and nothing will make me believe that such a man can go on forever scheming, plotting, and praying, without being unmasked some day."

"Unmasked, Henry! Why, he is daily, hourly unmasked. Every paper is filled with stories that, directly, or indirectly, accuse him of every crime on the calendar; but he pays no attention to them. Your factory is burned down, and you

accuse him. What does he care? Your opposition is removed, and you are as impotent as his other victims have been. Widows, orphans, strong men, lie along his wake, and he is unconcerned. He would have to look back to see them, and he never looks back."

"If he does not look back," interjected Harry, "he will not see me until I am upon him."

"He has hirelings who stand behind him, waiting to receive the blows intended for him. Always, when a blow has been struck that it has seemed must reach him surely, it falls on one of his hirelings. And he never fails to repudiate the hireling. I venture to say, too, that no irresponsible monarch of the past or present ever wielded a greater power more despotically."

"Does he frighten you, Harry?" Mr. Thorne asked, with a grim pride in his son.

"Not a little bit. He is only a man, after all; and the laws of a free country are above him."

"The laws of the country above him who violates them at his will? You betray your ignorance of his history, Harry. There is scarcely a law, moral, common, statute, national, that has not been set aside contemptuously, or broken at a whisper from him. He is the monumental criminal of the age, and the world knows it; but yet you may say there is not a house in the land, from the White House to the humblest hovel, where he would not be the most respected guest. He could go to Europe, and kings and emperors would hasten to do him honor. Churches, universities, hospitals, orphan asylums, greedily take his ill-gotten wealth; Congress makes laws at his behest. And you think to fight and bring down such a man!"

"We will try," answered Henry Thorne, grimly. "You can see, Harry, that if you undertake this affair, you will have time for no other thought. You will have to devote yourself to it to the exclusion of everything else."

"I will, dad."

"And go in constant danger of your life, Harry," added Mr. Christy, gravely. "Have you fully considered that, Henry?"

"If ever a man was equipped to take care of himself, Harry is," was the re-

sponse. "Yes, I have considered that. Have you, Harry?"

Harry smiled, and nodded his head slightly, as if the question were one that he could not take seriously.

"Well," said Mr. Christy, "I have done my duty in warning you. Now command me in any way. What is your present notion, Harry?"

"I have no definite plan," was the answer, "and I shall not try to make one right away. I am unprepared, because I haven't thought of the matter since the fire. And what could have been done then cannot be done now. In a general way, I think I shall take a look at the offices of the trust in this city to-morrow, and then give a little time to studying the whole concern. I know a good deal about it, and know the material it chiefly works in, because dad has taught me, and has let me work a little at the factory."

"Don't forget, Harry," said his father, "that there may be someone at the office here who knows you."

"I don't forget, dad. I even fancy that our being here is known, and that our object in being here may be suspected. I shall try to think out some simple disguise before I go where anybody will know me."

"The boy's right, Henry."

"I hadn't thought of that; but no doubt it is possible."

"The detective who wasted so much time," said Harry, "may also have betrayed us to the trust."

"Nothing more likely," said Mr. Christy. "But I begin to feel, Harry, as if it might be a case of diamond cut diamond. Well, you can't be too clever in this affair."

"I sincerely wish," said Mr. Thorne, sadly, "that I had given you your way in the beginning. But, never mind! We shall come out right in the end, I am sure."

"You bet we will, dad. Is there anything more you want to talk to me about now? I know you have business with Mr. Christy, and if you don't need me any more I'll go for a walk and a think."

"Go, then. To-morrow we'll go to the bank and have the money transferred to you; after which you will be untrammelled."

When Harry, after exchanging affec-

tionate glances with his father, had left the two older men, the lawyer turned to his old friend and said solicitously:

"Henry, something besides the trust affair is troubling you. Is it something I can help you about?"

"No; you will be more likely to laugh at me, William. Harry has fallen in love, as the phrase is, with a poor, wretched, puny little creature, no more fit to be a mother than she is to wrestle with Elizabeth. And, William, this is far more to me than anything the trust has done or could do to me. If I thought anything serious would come of it—well, it is unthinkable."

"Love is mightier, even, than the trust, Henry."

"Well, Harry has given me his word to give his whole thought to his new work, and I can trust him. In the meantime I shall know what to do. The girl shall be taken out of his life."

"I wonder," said the lawyer, thoughtfully, "if that isn't a sort of bad faith with him."

"I am doing it for his best good."

"I can imagine Edgar Saunders saying that when he was planning to have your factory burned."

Henry Thorne flashed an angry glance at the other, then smiled scornfully, and answered:

"The use of words is your profession, William."

## CHAPTER XV.

Harry had been so constant and regular in his attendance upon Ruth that it was a painful shock to her not to see him waiting at the head of the farm lane when she came out in the morning.

Perhaps she had not quite realized before that she had fallen into the habit of starting for school much earlier than was necessary. Certainly she became conscious of it that morning, as she loitered along, picking wild flowers, wondering if he could be sick, and then laughing herself to scorn at the notion; trying to recall if she could have said anything to annoy him, gasping at the horrid thought that he might have grown tired of her, and hoping to the very threshold of the school-house that he would appear.

Then not to see him again after school,

to walk all the way home alone! It was singular how many disturbing thoughts could intrude into her brain. If she had dared, she would have cried. She was aghast at the completeness with which she had put her happiness into Harry's keeping.

Pale, dejected, self-scornful, she crept up to her little room at the farmhouse, prepared to gnaw her heart out in her distress. And there, stuck into the frame of her mirror, was a letter!

She had never seen the handwriting before, but there was not an instant of doubt in her mind; it was from Harry. She tore away the envelope with trembling fingers—she who usually opened an envelope so neatly—and devoured the letter, so to speak, at a gulp.

Then she laughed a little, hysterically, kissed the letter very passionately, then cried. Next, she tried to read the letter while she cried. Then she kissed the signature a great many times, and kept saying to herself: "I'm so glad! I'm so happy!"

After a while she controlled her tears, and sat by the open window, reading the letter an absurd number of times, and staring out into the distance every time that she came to Harry's references to love and happiness. And if Harry had only been able to read her thoughts, he would never have had any doubt of her sentiments toward him.

The next morning, when she went into the big kitchen for breakfast, she saw a letter on her plate, and pounced upon it, barely heeding the farmer's explanation that he had brought it from the post office the previous night after she had gone to bed.

It would have been something like profanation to read the letter there, so she put it in her lap, where it could be felt of occasionally, and hurried through her meal in a most unhygienic way.

She could have read it in her room, but, with a romantic foolishness of which Elizabeth Mowbray would not have been guilty, she chose to save it until she was out in the road under the cherry trees, where she usually shook hands with Harry and handed him her lunch basket.

She kissed the envelope a great many times before she opened it, and drew several long breaths, which were not for the

hygienic purpose of thoroughly filling her lungs, but because there seemed an obstruction somewhere within her that could be removed only by deep breathing.

"Dear Ruth:

"I did not think I should be writing again so soon, but I find I must, if I would write at all. I am engaged on some important business for father, and have promised him to let nothing else engage my thoughts until I am through with it. I tell you this to explain why you will not hear from me again for some time, but mostly to justify me in saying what I must say now.

"I do not know how long I shall be at my present task, but I am afraid not less than two or three months. I can't tell you what a pain this sudden wrench away from the habit of the past few weeks is to me; but if you care, you will believe that nothing less than a sense of absolute duty could have made me consent to cease meeting you.

"I have known you a few days more than three weeks, but in that time you have conferred on me the most precious boon life contains, in teaching me the place love holds in the relation of human beings to each other. If I were never to see you again—if you were to go quite out of my life—you would still be my benefactress.

"But I don't want you to go out of my life; I want you to be always in it, and a part of it. Through you I learned the beauty, the value and the importance of love; but before I learned these I loved you. If I had had more time I would have striven with all my might to bring you to return my love. But I must go away from you now, not daring to believe that you have given me more than mild liking, and I would not dare write to you on the subject if it were not that fear possesses me that I may lose even the little I have if I do not put in a plea for myself.

Forgive my precipitateness! Forgive my presumption! I love you, and crave your love. Can you not give me a little hope that, in time, you may return my love? Or, if you cannot offer me that hope, will you not at least permit me to love you, and, perhaps, teach me the way to win your love?

"It may come into your thoughts that

I am pledged to Elizabeth Mowbray. I have been pledged by my father, but never by myself. I do not love her, and even if I never win your dear love, still I could not marry her, for I shall never marry unless I love the woman who is to be my wife. Elizabeth has only the most lukewarm liking for me, and will not have one pang of unhappiness in loss for her husband. To her I am only an important part of a still more important scientific experiment.

"It grieves me to the heart to be obliged to go counter to the wishes of my father in the matter, but I feel that in this I would be guilty of infamy if I obeyed his wishes rather than the dictates of my heart. Besides, I am sure that when he knows you, as hope he will, whatever your decision in regard to me may be, he will love you.

"I have read over these lines, and I feel that I have failed to say anything that can give you the faintest idea of the immensity of the love that I feel for you. I have no practice in writing, and the words all come cold off my pen. But if you feel a little love for me, you will understand my defective expression; while if I am so unfortunate as to hold no place in your heart, it will not matter how lamely I have pleaded with you.

"Whatever your decision may be, I know how tender your heart is, and I wish you to believe that, in any case, I am uplifted and blessed in having loved you."

It was a pity that Harry could not have been across the road, watching her read the words he had penned with so much difficulty, and with such miserable forebodings. Then he would have gone about his task with a very light heart.

But he was not there, and there was a day of teaching before Ruth. It is true she was quite unfit to teach; but all the scholars would have testified that, kind as she always was, she was yet kinder and sweeter than ever before on that day of ineffective teaching. She, for her own part, had never been so glad when a school day was over. And never before had she sped home to the farm house so swiftly.

She shut herself up in her room, took out her writing tablet, and sat with it at the open window, smiling and sighing



as happily as ever had love-satisfied maiden in this world. She was going to write Harry a letter that would show him how silly he had been to suppose that any girl could know him without loving him. In her heart she believed that even Elizabeth Mowbray loved him.

It was a very long letter that she wrote, for she wanted to tell him how long she had loved him, and how much, and this required a great number of words. Then she had to tell him that she would be content with ever so long a silence from him, now that she knew he loved her, which she did not forget to tell him was a great surprise to her. Also it was not easy to say in a few words how unhappy she had been when he did not meet her, as usual. In fact, there were a great many things absolutely necessary to say to him; and she said them all in a way

that is possible only to one who is filled with love to overflowing.

She read the letter over carefully, condemned it utterly, would have written another if she had supposed she could do any better, and then kissed it over and over, pressed it to her heart, and finally placed it in an envelope, which she addressed.

Just as this was accomplished there came a knock at her door, and the farmer's wife came in, with an important air, to announce:

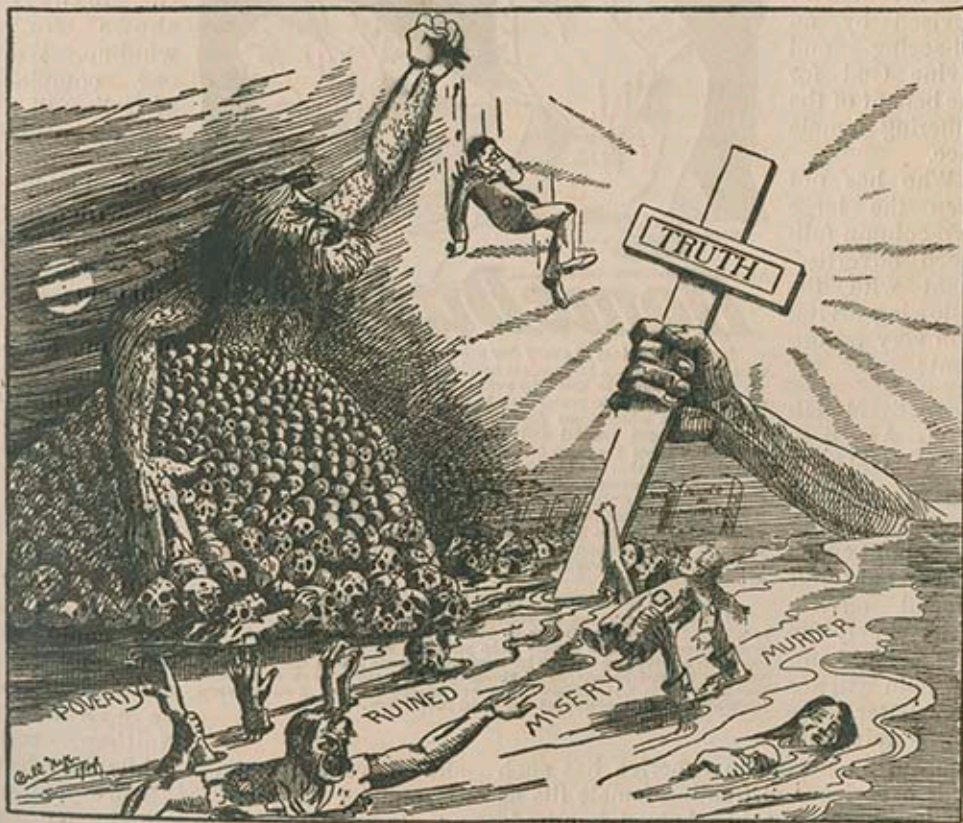
"That air rich Mr. Thorne, whose factory was burnt down, is a-wantin' to see you, Miss Warner."

"Not—not Harry?" cried Ruth, flushed and trembling.

"No, the ole gentleman."

"I'll—I'll be right down," Ruth stammered.

(To be continued.)



The Demon of Ignorance

Thousands are Being Drawn Into the Vortex of Poverty, Misery and Ruin, Despite the So-Called Enlightenment of Modern Education

## THE GREAT LYDIA E. PINKHAM FRAUD!

REMARKABLE POWERS OF LYDIA E. PINKHAM—GIVES FREE ADVICE TO SUFFERING WOMEN WHILE LYING UNDER THE GREEN GRASS OF PINE GROVE CEMETERY

By C. Gilbert Percival, M. D.

FOR many years the average reader of the daily paper, no matter whether he or she may live in Maine or Oregon, has been confronted with the glaring advertisements of the Lydia E. Pinkham Vegetable Compound which, if the truth were only half told by the alluring advertisements, was invented or devised by an all-seeing and divine God for the benefit of the suffering female race.

Who has not seen the large two-column full-faced advertisement with the following invitation very prominent:

**'FREE MEDICAL ADVICE TO WOMEN.**

"If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham. No man will see your letter. She can surely help

you, for no person in America has such wide experience in treating female ills as she has had. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass., and her

advice is free. You are very foolish if you do not accept her kind invitation."

The above is an exact copy of the famous Lydia Pinkham advertisement which, for the past twenty years, has

been so prominent in the advertising columns of the newspapers and which has served even as a gag for end-men in minstrel shows for a wind-up. When one complains of feeling ill the other advises him to write to Lydia Pinkham. The writer, in his investigations of the Lydia E. Pinkham Medicine Company, of Lynn, Mass.,

which has covered a period of many months, first ascertained that Lydia E. Pinkham has been dead for a period of more than twenty years, and therefore could not issue any such call to suffering femininity. Neither could

she answer any letters. While the advertisement gave Mrs. Pinkham's address as Lynn, there was an inadvertent omission of the statement that it was Pine Grove Cemetery, and that she has



The real Heroines of every day are in our homes. Frequently, however, it is a mistaken and useless heroism.

Women seem to listen to every call of duty except the supreme one that tells them to guard their health. How much harder the daily tasks become when some derangement of the female organs makes every movement painful and keeps the nervous system unstrung? Irritability takes the place of happiness and amiability; and weakness and suffering takes the place of health and strength. As long as they can drag themselves around, women continue to work and perform their household duties. They have been led to believe that suffering is necessary because they are women. What a mistake!

The use of Lydia E. Pinkham's Vegetable Compound will banish pain and restore happiness. Don't resort to strong stimulants or narcotics when this great strengthening, healing remedy for women is always within reach.

### FREE MEDICAL ADVICE TO WOMEN.

If there is anything in your case about which you would like special advice, write freely to Mrs. Pinkham. No man will see your letter. She can surely help you, for no person in America has such a wide experience in treating female ills as she has had. She has helped hundreds of thousands of women back to health. Her address is Lynn, Mass., and her advice is free. You are very foolish if you do not accept her kind invitation.

been residing there since May 17th, 1883.

In the Registry of Deaths at City Hall, Lynn, Mass., the following entry, under date of May 17th, 1883, appears:

Pinkham, Lydia E.—Married. 64 years 3 months. Cause of death: Paralysis. Buried, Pine Grove Cemetery. Mother, Rebecca Estes. Father, William Estes. Birthplace, Lynn.

So much for the falsehood of the advertisement. There is not much need to point out to the deluded customers of this concern that this woman, even when she was alive, was able to advise others of her sex, but was unable herself to ward off the dread paralysis at an age when others are beginning to enjoy life.

Let us go a little farther into the advertisement, until we come to a place where we find the following:

"THE USE OF LYDIA E. PINKHAM'S VEGETABLE COMPOUND WILL BANISH PAIN AND RESTORE HAPPINESS. DON'T RESORT TO STRONG STIMULANTS OR NARCOTICS WHEN THIS GREAT STRENGTHENING, HEALING REMEDY FOR WOMEN IS ALWAYS WITHIN REACH."

Just listen to that, and then turn with me and look at the following letter from Dr. S. W. Abbott, who is the head of the (Mass.) State Board of Health, employees of whose office, a short time ago, pur-

chased in the open drug market bottles of nearly all the advertised remedies possible and analyzed them. Says Dr. Abbott:

"Dear Sir:

'Lydia Pinkham's Vegetable Compound (one sample) contained 16 77/100 per cent. alcohol.

"S. W. ABBOTT."

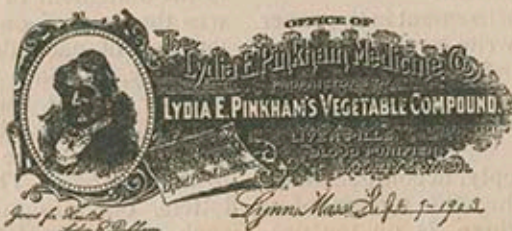
Just think of that! Nearly 17 per cent.

of alcohol—more than is contained in champagne or in any of the sweet or dry wines, and even more than is found in beer or ale.

We know, from our Materia Medica, that the physiological action of alcohol upon the human system is first stimulating, then narcotic, anodyne and finally paralytic. And the advertisement advises the poor, ailing women not to resort to strong stimulants and narcotics, and yet she would have hard work to strike any stimulant much stronger than this compound unless she obtained brandy or whiskey.

Through the

entry in the death records at the City Hall in Lynn we know that the advertisements are false, and have been for more than twenty years. Also by the analysis made by the Massachusetts Board of Health we are assured that the medicine cannot be otherwise than harmful to the human economy, whether one be ill or not, and we can appreciate easily the effect it would have upon a



*Dear Dr. Abbott,  
I have used your  
Vegetable Compound  
and I believe  
my blood purified  
and my  
nerves  
strengthened  
and my  
stomach  
regular.*

*I have used your  
Vegetable Compound  
and I believe  
my blood purified  
and my  
nerves  
strengthened  
and my  
stomach  
regular.*

*I have used your  
Vegetable Compound  
and I believe  
my blood purified  
and my  
nerves  
strengthened  
and my  
stomach  
regular.*

*Yours for Health  
Miss Pinkham's*

young girl of the age of sixteen, creating for her the liquor habit in a very short time. Yet the firm shows no fear of anything like that happening, for all they care, as may be judged from the appended letter, sent by them to the writer, who, under the guise of a young girl of sixteen, wrote to Mrs. Pinkham for advice.

The letter sent Mrs. Pinkham was as follows:

"My Dear Mrs. Pinkham:

"Seeing your advertisement in the paper I thought I would write to you. I have awful headaches and my bowels don't move. Neither have my menses. Can you help me? I am sixteen years old.

"HARRIET G."

Mrs. Pinkham's reply, accompanied by a booklet proclaiming the virtues of a certain make of syringe, is on the previous page.

Inclosed with the letter, on a loose sheet of paper, was also the following typewritten communication which can be taken for what it is worth:

"All letters are held by me in the strictest confidence unless special permission is given me by the writer to use for the good of others.

"Yours for Health,  
"MRS. PINKHAM."

As to other facts concerning the Lydia Pinkham's Vegetable Compound: The writer has talked with a young woman who, for many years, was an employee of the firm, and whose duty it was to answer these letters that flood the Lynn postoffice daily, and which go to prove what a lot of credulous, innocent, easily bamboozled people our otherwise bright and intelligent women are. According to the statement of this young woman, it was the duty of one person to go over the mail of each day, and, after reading carefully, to mark with a lead pencil a number upon it, ranging from one to ten, which then described it as going to the girl who wrote the letter corresponding to the number. There were ten "stock" letters, one designed as an answer to each of the variety of ten cases that might be presented.

The entire business end of this great established alcohol dispensary is cleverly managed, but may the body of Lydia E. Pinkham never turn in its grave or her ghost never come to trouble the conscience of the men at the head of the Company who are using her name so lightly to deceive a nation of women who write in faith to seek help from their sufferings and ills!



#### A Stunning Matrimonial Opportunity?

The black cloud of Racial Degeneracy obscures the future when the devotee of the lobster supper and the sipper of soda-water turn to Matrimony.

## WEEKLY MENUS OF UNCOOKED FOODS

USE AND VALUE OF NATURAL FOOD AND SOME PLAIN AND PRACTICAL DIRECTIONS FOR ITS PREPARATION

By *Amelia M. Calkins*

*This is the fifth of a series of Weekly Menus which began with the January issue. Weekly menus of cooked foods entitled, "Physical Culture Menus," are appearing serially in the Beauty and Health magazine.*

*So many inquiries have been received for more detailed information of the uncooked diet that I have arranged for a series to appear monthly during this year. Some cooked foods can be added to each of the meals if desired. In fact, it would no doubt be better to use some cooked food with each meal in the beginning if not accustomed to following an uncooked diet.—BERNARR MACFADDEN*

"WE must understand things, and the reasons of things—what they are and why they are. Not to understand is like trying to work in the dark. The better you understand the reasons, the better work you can do, and the happier you will be in doing it.

"The difference between men and animals is just that men are interested, and do understand, while animals take everything for granted, and do not even try to understand what they see."

So says a learned professor of the United States Military Academy at West Point, and in a degree, no doubt, he is right; but the question naturally arises: In the important problems of foods, and their value as brain, muscle and blood builders, are many people interested, and do they understand? If not, does it not become a duty of some who do, to educate, and so remove the ignorance of the mass of the *unthinking* and *unknowing*? A very poor working woman said to the writer a short time ago: "There is a baker who is very kind, and for five cents we can get a good many dry (white) rolls, and then if we have coffee we can make a very good breakfast."

The father of that family is unable to work now, suffering the "tortures of the lost" from an abscess caused by lifting kegs of lard, heavy beyond his strength. That father and mother, however, have never thought, any more than animals think, that the lack of proper food was the cause of the weakened physical condition of the father, and the habit of pleasing the eye in the choice of white bread versus whole wheat is so strong that it is

doubtful if a suggestion of the greater value of the whole wheat flour would be received; but, as its use is believed, taught and practiced by *thinking* people, slowly it will be accepted by the masses, and some day it will be a matter of wonder that the "staff of life," so-called, should ever have been robbed of its strength and so weakened and shorn of its power.

The same ignorance prevails also in regard to the value of oxygen, as evidenced by a woman in a handsome office on a fine avenue, where, with every window closed, the air was heavy with impurities; but she said: "I don't like the feeling of air. I am always sure it will give me neuralgia. My husband died from consumption and I am careful to avoid a draft at all times."

Strange, that a person who does think of these things, can suggest to friends or the public generally *anything* from calculating an eclipse to making a lace collar, and have the advice gladly received; but a suggestion on the subjects just mentioned, i. e., hygienic diet and pure air, is usually received as though uttered in an unknown tongue. But, because of the advantage in the matter of expense, and ease of preparation, and its toothsome-ness, the habit of eating food in its natural state is rapidly growing in favor and use. The combinations of natural food are numerous and interesting, and the gratitude of that most abused organ or machine, the stomach, so great, and at the same time the satisfaction of the palate so well assured, that nothing but the power of habit could prevent a general adoption of the new thought in

dietary as the natural outcome of new or advanced thought on other subjects.

### MONDAY.

FIRST MEAL.—A Breakfast-Lunch-con.—HOT WATER. HOT LEMONADE.

STRAWBERRIES. ORANGES.

WHOLE WHEAT, CHOPPED RAISINS and NUTS.\*

FRUIT BREAD. CRACKERS. FIGS.

NUT BUTTER. EGG OMELET.

SECOND MEAL.—BUTTERMILK.

LEMONADE.

COCOANUT SOUP. To one grated coconut add three quarts milk and water, one-half cup barley soaked in cold water for three or four hours; butter (one-half a green pepper chopped fine if liked) and salt. Let stand for half an hour, and when needed make very hot (not boiled) and serve with croutons of wheat bread.

BAKED POTATOES. Remove inside, mix with cream, butter and chopped pecan nuts, and return to the skins. Cover with napkin to retain warmth.

SALAD OF CHIVES, CHEESE AND WALNUTS. Chop chives (or very young, tender onions) fine, mix with some good cheese. Roll into balls whatever number needed. Press on each side a half of English walnut and serve on lettuce leaves or watercress, with cream dressing.

CREAM DRESSING. One cupful whipped cream, one spoonful salad dressing, teaspoonful sugar, salt and little paprika, or red pepper.

DESSERT, CHERRIES. If too sour to be served au naturel, remove the pits and grind in same way as directed for cranberries; add sugar, and, if desired, whites of eggs and sugar, a part *in*, and the remainder on the cherries.

CHEESE, WHEAT MEAL BISCUIT, SMALL CAKES.

### TUESDAY.

FIRST MEAL.—HOT WATER (10 or 15 minutes before eating, if possible; if not, use as a first course).

APPLES or STRAWBERRIES.

CEREAL COFFEE, GRAHAM GEMS, FRUIT BREAD. Eggs, whites and yolks

\* One of the many things that must be seen to be appreciated is the really wonderful transformation of the natural grain of the wheat when soaked in clear cold water for two or three days, the water changed once or twice each day. It is a "something new under the sun," and with addition of fruit and cream is sure to become a favorite article of food.

beaten separately. To three eggs add juice of one orange, a little sugar, and a spoonful of rich cream. Pour over tris-cuit. A delicious breakfast dish.

SECOND MEAL.—CARROT AND ONION SOUP. Grate one carrot and chop one onion. At the same time chop a cupful of Brazilian nuts. To this add one-half cupful of oats (not oat flakes) and two quarts of milk and water. Let the mixture soak from six to eight hours. When needed, add butter and salt, make hot (not boiling), and serve with brown bread croutons. Dash of red pepper may be added.

A PEA SALAD. More than one quart of salad can be raised on the sideboard from one (inexpensive) package of best garden peas. Care must be taken to soak them in a flat dish, changing the water every day. They will sprout in about a week, and the sprouts, served with a French dressing, make a desirable salad, to which may be added chopped celery.

ESCALLOPED PEANUTS WITH TOMATOES. Mix one-half cupful of chopped peanuts, or English walnuts, with two cupfuls of brown bread crumbs, and two teaspoonfuls of butter. Put a layer in bottom of agate baking pan, then a layer of stewed tomatoes, another of nut and bread mixture, and so on until the dish is full, with a final layer of crumbs. Sprinkle over this a little grated cheese, dot with bits of butter, and bake until brown.

DESSERT. Strawberries, served on lily leaves. Select perfect lily leaves, wash them, and dry carefully. Decorate edge of glass dish with them. A flat, square dish is best. Fill egg crackers (which are cup-shaped). For a lunch party the strawberries can be set in a dainty bed of leaves, garnished with rosebuds, giving it a delightful aesthetic appearance. Remove cups of berries from leaves and serve with cream.

CEREAL COFFEE. CHEESE.

### WEDNESDAY.

FIRST MEAL.—COCOA. (Hot milk for children.) BANANAS, GRAPE FRUIT, UNCOOKED BREAD.

Wheat, coarsely ground, and soaked over night in milk and water. Add

chopped pine nuts, and serve with cream or hot milk.

POPOVERS.

**SECOND MEAL.—MULLIGATAWNY SOUP.** One cupful tomatoes, half an onion, cut very fine; one small carrot, grated; one small pepper, cut very fine; one-half cupful celery, cut in cubes; one apple, sliced in small bits; one cupful chopped pecans, one-half cupful coarsely ground wheat, five cupfuls of milk and water, one-quarter cupful butter; salt. Let stand for an hour or two, and, when wanted, make hot, and serve with crackers.

**BOILED CHESTNUTS.** To be served instead of rice or potatoes. Blanch one pound of French chestnuts, boil them in salted water until they are tender; drain, add lumps of butter, a little hot milk or cream, and mash.

**CELERY,** served with CREAM SAUCE. Cut celery into inch pieces; let simmer, until tender, in salted water.

**CREAM SAUCE.** One cupful of rich milk or one-half cupful of cream, one tablespoonful of butter, one tablespoonful of brown flour, and salt to taste. Cook until it thickens, stirring all the while.

**NEUFCHATEL SALAD.** Cut cheese into dice, and arrange on lettuce leaves. Cut radishes into small pieces, and arrange with or without celery on dish. Pour over this a mayonnaise dressing, or serve in a salad bowl made of a small, white, crisp cabbage, with French dressing.

FRUIT BREAD and NUT BUTTER.

PRUNES, stuffed with BRAZILIAN NUTS.

DESSERT, ICE CREAM, FIG BARS.

THURSDAY.

**FIRST MEAL.—BREAKFAST-LUNCH.**  
BANANA COFFEE.\*

**GRAHAM GEMS, FRUIT BREAD.** Apples, cut in small pieces and mixed with powdered sugar and uncooked oats that have been soaked in water or milk over night.

**CHOPPED PRUNES,** with cream or hot milk.

**SECOND MEAL.—ASPARAGUS SOUP.** Preserve the tender ends of the asparagus

\* This really delicious substitute is made from bananas in the islands where that wonderful fruit grows in abundance. A most satisfactory way to make it is to put it in a small bag made of thin cheesecloth, a dessert-spoonful to each cupful desired. Pour over it cold water and let stand ten minutes. When needed, let it come to the boiling point. Let stand three minutes and serve as other coffee.

for a salad, using stalks for soup. Cut in inch lengths, and simmer slowly for ten or fifteen minutes. Press through a colander. Slice a small onion very thin, add one-half cupful of chopped almonds, butter, salt, and three pints of milk and water. Make hot, and serve with zwiebach.

OLIVES.

BUTTERMILK.

**ASPARAGUS SALAD, WITH TOMATOES.** Cut tomatoes in small pieces over a bed of watercress or shredded lettuce; add a little sugar and salt, then add asparagus, with salt; and lastly, a mayonnaise dressing.

**CREAMED CARROTS AND WALNUTS.** Grate a carrot, and grind a cupful of walnuts or hickory nuts; add one-half cupful of cream, butter and salt. Make it hot, but not cooked, and serve on squares of buttered brown bread.

**COLD SLAW,** of cabbage, with half an onion, salad oil, and lemon juice, a little sugar, and salt to taste.

RADISHES.

DESSERT. STRAWBERRIES, COCOA, STUFFED DATES, PEPPERMINT DROPS.

FRIDAY.

**FIRST MEAL.—HOT MILK, HOT WATER.\***

STRAWBERRIES, BANANAS, BAKED POTATOES, CORN MEAL GEMS, NUT BUTTER.

**SECOND MEAL.—CREAM OF TOMATO SOUP, RADISHES, CELERY, BUTTERMILK.**

**CREAMED CHEESE WITH NUTS.** One cupful of grated cheese, one-half cupful of chopped and blanched almonds, one cupful of cream; parsley, salt. Fill the cups of the egg crackers, or serve on squares of entire wheat bread. If desired, it may be made hot (not cooked).

BAKED BANANAS.

GRAHAM GEMS, FRUIT BREAD, SALTED ALMONDS, STUFFED PRUNES.

**CREAMED WALNUTS.** White of one egg, one-half tablespoonful of cold water, three-quarter teaspoonful of vanilla,

\* Too much cannot be said of the value of hot milk, especially for tired or overwrought nerves. A well-beaten egg and teaspoonful of sugar may be added to glass of milk. For children or invalids, or for those who are well, gruel made from some good gruel preparation, thinned to right consistency to drink, with cream, is most delicious. Serve with croutons of entire wheat.

one pound of confectioner's sugar. Put egg, water and vanilla in a bowl, and beat thoroughly; add sugar gradually until stiff enough to knead. Shape into balls, flatten, and place halves of walnuts opposite each other on each piece. Candied cherries may be put in the center of the ball. Chocolate creams may be made by rolling the balls in melted chocolate.

CEREAL COFFEE, CHEESE AND CRACKERS.

#### SATURDAY.

FIRST MEAL.—HOT LEMONADE.

BANANAS, PRUNES, APPLES, FIGS.

CORN MEAL POPOVERS, FRUIT BREAD.

Wheat, coarsely ground, and served with nuts and apricots, soaked in water over night, and chopped finely.

HOT MILK or CREAM.

SECOND MEAL.—CREAM OF WATERCRESS SOUP. Wash carefully, and cut finely, one bunch of watercress; add one stalk of celery, chopped, two slices of onion, three spoonfuls of barley, salt, butter, and three pints of milk. Let stand three or four hours. When wanted, make very hot, but before serving, add one well-beaten egg and a spoonful of cream.

STUFFED CUCUMBERS. Select smooth, well-shaped cucumbers, not too large. Peel, cut in halves, lengthwise, scoop out as much as possible of the inside, and put the shells on ice. Chop an onion with the cucumbers, add mayonnaise dressing; return to shells, and garnish with nasturtium leaves and blossoms.

CREAM CHEESE and WHEAT MEAL BISCUIT. RAW EGGS, with lemon or orange juice.

BUTTERMILK and FRUIT BREAD. OLIVES

DESSERT. UNCOOKED CUSTARD (see first instalment), SPONGE CAKE, CEREAL COFFEE, TRISCUIT, GRAPE JUICE.

#### SUNDAY.

FIRST MEAL.—CEREAL COFFEE, HOT WATER.

CORN MEAL MUSH, eaten with apples, sugar and cream; ORANGES, PRUNES, soaked over night in water or milk, FRUIT BREAD, NUT BUTTER, POTATOES.

SECOND MEAL.—PEA SOUP. One can of selected peas, one small sliced onion, two tablespoonfuls of coarsely ground wheat, one tablespoonful of butter, two teaspoonfuls of sugar, salt, a dash of paprika, one quart of milk and water. Make hot (but not boiling) and serve with entire-wheat croutons.

CHERRY AND FILBERT SALAD. Blanch one-half pound of filberts by pouring hot water on them for a very few minutes, or use without blanching. If cherries are not "ripe," use canned ones. Remove the pits and fill with the filberts. Let them stand an hour or two in the icebox. Serve on lettuce leaves, with French dressing.

DESSERT. STUFFED ORANGES. Cut oranges in halves, crosswise, remove pulp with spoon; then make inside of orange smooth by removing all the skin. Mix with pulp of oranges one cupful chopped dates and pecans, adding sugar; beat whites of eggs very light, adding powdered sugar and almond flavoring. Refill oranges with mixture, putting meringue of eggs and sugar on top. Garnish with leaves of orange or bay.

CEREAL COFFEE, FRUIT BREAD, FIG BARS, POMONA, CHEESE, CRACKERS.

### CIVIL ENGINEERING A PHYSICAL CULTURE OCCUPATION

To the Editor:

I have taken systematic exercises for the last three years, followed by cold water baths, and three hot baths per week.

All of my muscles are proportionally developed, and are hard as rock. I always feel very light on my feet. My legs are very well developed, as I give them some exercise every evening, and walk correctly. My work brings into use the muscles of the legs. I work in a civil en-

gineering corps and have to do a great deal of walking, bending, squatting, and am in the pure air. Don't drink any intoxicating liquors or use tobacco in any way.

I am in perfect health and give all my thanks to PHYSICAL CULTURE. I also use your method of hair culture, and find it very beneficial.

Very sincerely yours,

HERMAN R. HERSH.

Mingo Junction, Ohio.



# THE WHITE MOUNTAIN APACHES

THE HIGH MORALITY AND PHYSICAL BEAUTY OF THESE CHILDREN OF NATURE

By *Harry Robinson Wright*

SCOUT FOURTH CAVALRY, U. S. A.

THE White Mountain Apache Indian lives so close to nature, has so many of the animal traits, shows such endurance, and lives such a cleanly life, that some day he will probably be held up to posterity as the type of physical perfection. The Indian boy of the untainted breed who grows up to manhood a physical wreck, is unknown. Naked he came into the world and naked he remains all his life long, save for a "G" string around the loins, placed there when he is about six years old. He plays always out of doors; rain has no terror for him, and the occasional light snows of Southern Arizona are a delight to his senses. The Apache boy is not a person of much solicitude to his parents. So long as he keeps out of the way and shoots his arrows, or rolls his hoop without intruding on his elders, all is well. No Indian child is ever coddled; though he is invariably treated kindly. His kindergarten is nature, and he never graduates from the school until the diploma of death takes him back to his teacher's bosom.

Take the childhood days of the Apache boy: He appears preternaturally grave, to the white man. But watch him in his play; his games are simple, his meals

are irregular, and his exercises are those which fit him in later days to take his place among the men of his tribe. While he is a boy he learns to differentiate between a cottontail and a jack rabbit by the length of the leaps between tracks. Snaring birds he learns almost before he rises to the dignity of a "G" string; and he learns that patience, enduring patience,

is to be a prime virtue all his life. The lesson is thrust upon him daily, hourly, almost in each minute of his waking hours. He sees the quail run with her brood and remain immovable until the enemy has disappeared; he learns to watch the burrow of the cottontail for hours, immovable as a graven statue, the first incautious move undoing the work of much time.

As he approaches manhood he is tried in trailing. Each stone on a mountain, seared by the blazing sun, has a meaning to him. The upturned brown side of a pebble means that some living things have passed that way; he determines what



An Apache Chief in Middle Age

things, and the number. He must run for miles in a blazing sun with no sustenance, and finally he goes out alone for a mountain lion or bear. A picture of him at the age of twenty would represent a youth, tall, lean and sinewy, not



The Indian Squaw "Haota"

an ounce of superfluous fat anywhere, not a hair on his body save the head. An Apache considers it a disgrace to be clothed like the animals and virtuously extracts every hair that appears. His training has not been gleaned from books; he would not grace a pink tea, and his changes of clothing give him no concern. He is healthy in mind as well as body, and "Lo, the poor Indian" fits him not at all.

His sister has spent her life, up to the age of ten, in nearly the same manner as the boys of the tribe. She has not been made to feel any inferiority on account of sex, and in her physical development she follows the natural instincts of her being, as do the boys.

At the age of ten she is invested with the zone of virginity, a rawhide thong being wrapped around the waist and thighs, not so tightly as to interfere with the free use of the legs. The ancients employed the same means to safeguard the chastity of their females. There is

little likelihood of the Apache girl going astray; her home life is natural; she has none of the temptations of modern civilization. In the prescribed limits of the family tepee she sees nothing of lewdness. No stories are ever told which are suggestive, and when the time comes for her marriage there will be no false sentiment about it. She will take the man of her parents' choice, fully equipped to be a helpmate, and her bodily perfection will be such as only can result from a free, natural life.

The boy she raced with may be the fortunate one to win her. But he must have proved himself a man, must have shown his expertness in stealing a herd of ponies from the Navajos; or, perhaps, he brings in the scalp of some buck, a valorous enemy of his tribe. He makes his offerings from the spoil he has gathered, aided by the family possessions. But there may be some other aspirant for her hand, who has proved himself as acceptable, who may be able to show a larger store of worldly goods. He pleads

for more time, and starts out with head erect, and muscles tense, determined to do some desperate thing which will enable him to discount his rival's offering. He goes without ostentation and returns, if he be successful; otherwise she marries the other suitor. The man who plays best a man's part, among the Apaches, receives a man's reward.

The coming of the bridegroom to take away his wife constitutes the wedding ceremony. No vows are made. Neither party considers that there is to be any settling down, any wonderful change in their lives; nor do they look upon the marriage state as a cause for jest, and the fit subject for more or less witticism. Their relations to each other are changed; that is all.

Marriage has always been a custom, and they perpetuate it. The wife, as a maiden, knew the price of infidelity to be the loss of her nose; but she never saw a woman deprived of that organ, and

she has no intention of being the first one to become an object lesson to the tribe. She is safe in trusting her husband, for no Apache was ever known to look with lust or evil design upon the wife of another. The man and wife have no precedents to make them view each other with suspicion, and their lives run as smoothly as the unobstructed water in a beautiful stream.

Indians are not good marksmen beyond a very limited range, even with the most modern fire arms, and the married man now has to call forth all of his cunning in stalking the deer and antelope for the family provisions; he will go out in the early morning and when he returns at night, weary with the trailing, his wife will go with him to bring in the quarry. She has been busy grinding the corn for bread; but her lithe limbs are eager and willing to help her husband in carrying the burden of the deer or antelope. Both sit down to broiled venison and corn bread, with hunger for sauce, and water for their liquid refreshment.

The hog of civilization's butcher stalls does not enter into their bill of fare, and even the Agency Indian, the subject of magazine and newspaper jokes, eschews the abomination of the Hebrews as religiously as they do.

The Apache's bill of fare is not confined to flesh and corn; he has trout and other fish which swarm the mountain streams; wild honey for the getting; manzanitas—little apples—which grow wild; edible acorns, prickly pears, and piñon nuts. There is feathered game in abundance, and the hungry Indian is the result of a wise government which steals his lands and doles out the rations of dependency.

Contrary to general belief, the Apache Indian is cleanly.

Ask him where the steam bath in which he indulges came from and he will tell you that he does not know. The oldest member of the tribe will tell you that the Apaches have had it always. Men and women both lay their circles of stone, heat them with fire, bend withes in the form of a mound and pile blankets on the structure. While the bather sits inside, water is poured on until the Indian emerges, shining and glistening as though newly born.

There is no severe winter in Southern

Arizona. A feeble observance of Dame Nature in the shedding of the tree leaves, a heavier coating of fur for the wild animals, and an occasional tightening of the water's surface are the only signs that the season has changed. Then the wife makes pliant the deerskin for moccasins, helps with the tribe to gather the acorns and perhaps talks with her husband of what the spring will bring forth.

There is no race suicide among the Indians. The white man's vices are responsible for the decrease in numbers among the tribes; rum, disease, clothing and medicine causing more havoc than all the wars, pestilence and famine which their folk-lore chronicles.

Before the grass begins to grow there will be an addition to the lately erected tepee. No precautions are taken for the event; the expectant mother does not alter her mode of living in the slightest; she does not have to attempt any concealment for her condition; she comes and goes as freely wherever she chooses as when a maiden, knowing that she is not



An Apache Chief and His Wife

an object of ridicule, unless she should come under the eye of her white sister. There is no change of diet, no increase or decrease of exercise; that which is to come to pass is a natural thing and is so recognized. When the event does take place there is no darkened room, no anxiety of relatives, no sending of telegrams; nor is there any need for a surgeon with his varied assortment of

tools. The child of nature is born naturally, and there is no fuss and feathers about it. Boy or girl, its welcome is hearty. It is more or less discussed by the family, and speedily wrapped in a robe. The mother, on the same day, goes out to make calls and receive congratulations.

The Geronimo campaign of 1885-86 showed to medical men that the Apache tribe had not as yet been contaminated by contact with the white man, and General Wood, then a contract surgeon with the complimentary rank of lieutenant, had an instance brought to his knowledge which outdoes anything written in this article.

On campaigns the squaw always accompanies her husband, and one day a command of cavalry to which Wood and I were attached surprised a hostile camp,



Chief White Wolf, Over 100 Years Old and Still Hale and Active

to keep on the move with his mother, always learning the same lessons, but not having the opportunity to profit by them. He was sent into confinement and is now some lazy beggar at the railroad station, or wearing trousers in an Indian school.

I have seen a great many White Mountain Apaches, some of them of great age, wrinkled and dried, their skin like parchment from the sun and wind of over a hundred years. They had never been sick—why should they be? They eat when they are hungry—if they have food; they sleep when the night falls; dyspepsia is unknown, so is any disease of the lungs or teeth. Catarrh and all the multitudinous ills of which we complain were strange to them until the white man gave them his vices without the training to overcome them.

Among the Indians was a squaw with a new-born babe. She with other Indians escaped; and when Geronimo surrendered a year later the squaw and her baby were with his party. Had that baby been born in the tepee he would have tumbled around on the ground with the dogs and learned to beat them off as soon as he was strong enough, lest they steal his bones or playthings. As it was, he had





## AN INVIGORATING THIRTY-MILE WALK

By *H. P. Hammond*

**A**S a starter, we decided thirty miles would do, and selected a town just that distance away as our destination.

I had read much of professional walkers and walking; and following their example, I wore heavy-soled shoes, a warm cap and gloves, and no coat. My friend wore a light overcoat, just long enough to interfere with easy walking. Also warm gloves and cap, but he insisted on wearing a thin-soled pair of shoes, saying they would be much lighter to carry. With my high, heavy-soled shoes my legs did tire at first; but with no coat to interfere and a good "swing" to my arms, that tired feeling soon gave way to the most healthful, invigorating sensation I had ever experienced; my clumsy shoes, as it were, serving rather to increase the momentum of my body. With his light-soled shoes, though my friend did not tire as quickly as I, the irregularly-laid ties and rough gravel met with while walking the tracks soon became painful for him to walk on.

There was a strong north wind blowing; everything around was frozen, and our faces became numb, but getting thoroughly warmed up, the blood filling every vein and circulating freely, we were filled with new vigor. How beautiful everything now appeared to us! A great happiness possessed us on being filled with new life. Life in its true sense, as God meant it to be, and which changed our conception of things. Our bodies were being filled with pure blood, that God-given foundation of good health,

which changed our whole being.

We started at 8:15 a. m., and arrived at the thirty-mile station at 4:15 p. m., having been on the road just eight hours. We had each taken a light lunch, a sandwich of whole wheat bread and a big bag of peanuts between us. At each of the four stations we passed, we stopped five minutes to eat a few peanuts, and at noon stopped ten minutes to eat our sandwiches, stopping in all thirty minutes. That left seven hours and thirty minutes in which to cover thirty miles, a record of about a mile in fifteen minutes, and considering the condition of my friend's feet, that was not a bad record.

Arriving at our destination, you can easily imagine how very nearly we came to eating the hotel-keeper "out of house and home." And right here let me advise the dyspeptic and the person of no appetite to let Nature cure him by taking a long, healthful walk.

If you have not good health, if you are not enjoying life to its fullest, if Nature is uninteresting or dead to you, if God seems to have forgotten you, "take a walk;" and see what a rich blessing you will receive. Take a walk, and a good long one. Take a desirable companion with you. Choose a beautiful, clear, cold day; dress comfortably and don't forget to wear heavy-soled shoes. Do that, and if you fail to see the grandeur of Nature, if your sympathy and love for your fellowman, your love for your God, do not greatly increase, I have been greatly deceived, and this thirty-mile walk was a cipher and a dream in my life.



The U. S. Training Ship "Essex" Which Sails from Newport, R. I., Twice Each Year with Apprentices for Training

IT is the intelligent application of brawn and muscle that tells in the United States Navy. The men behind the gun, the men in the engine room and the men shoveling coal into the furnace, must be athletes. They have been taught, and are being taught daily, to train their muscles to fit them to do the arduous work assigned to them, and, by their physical development, to make staunch their courage.

Capt. French E. Chadwick, President of the Naval War College, proclaimed the standard of the enlisted men of the navy when he said: "We want first and above all the manly, courageous, handy and active man." The best way to produce these qualities, in his opinion, was by training the men on sailing ships only. This same view has permeated the writings of Rear Admiral Luce, the pioneer of the training system of the Navy, who fixed a standard for the men as high as that proclaimed by Capt. Chadwick.

"The gun captain above all," Admiral Luce declared, "must be possessed of those very qualities which were the product of the severe training of topmen—

## THE MAKING OF A MAN-O'-WAR'S MAN

By John Callen O'Laughlin

physical courage, self possession, endurance."

Strength in personnel has been the demand of all navies at all periods. Other things being equal, it has been the direction of that strength by intelligence that has won victories. Few will say that physically our men were better than the English in the war of the Revolution or in that of 1812, yet they won many signal victories on the sea. In the Tripolitan wars, our men fought with the flower of North African strength and the Moor was crushed. In the war with Spain, our men were superior to the Spaniards, physically and mentally; the battles of Manila Bay and Santiago furnish overwhelming evidence of this superiority. So far as endurance is concerned, what can be more remarkable than the experience of Gilmore's little band,

captured at Balar, in Luzon, and subjected by the insurgents to in-



A Movement in the Setting-up Drill

credible hardships, until they were finally left to starve in the northern section of the island where rescue came; or of that of the battalion of marines under Major Waller, who made the starvation march across Samar?

It may well be asked: What system of training does the navy enforce to develop such men? Courage is not altogether a matter of inheritance. There are few who will not confess to fear when bullets ping by their ears. It is self-evident that a healthy body contributes to courage.

It has been my fortune to be on many of our naval ships. In the old days of sail power there was little need for gymnastics. The hauling of sheets, the furling of topgallant sails in a strong breeze, the reefing of sails in a gale, the laying aloft—going up the masts—in all kinds of weather, the clinging to spars—all hardened muscles, trained the eye and body, and developed self-reliance and disregard of danger—qualities that made our sail navy the peer of every navy with which it came in conflict.

Sails gave way to propellers, and the sailor became a mechanic, just as the soldier was transformed, in an earlier period, into a sailor. To-day steam and electricity largely do the work that muscle formerly did. Yet no one would maintain for a moment that there are not now needed the qualities of courage, strength and resourcefulness which made John Paul Jones, Decatur and Somers famed in history. Hobson and his seven men clinging for several hours to a spar from the wrecked Merrimac, while around them splashed hostile shell, demonstrated that the navy of to-day possesses all these qualities.

The few men of the sail period remaining in the service refer somewhat disrespectfully to the system of exercise carried out on every ship as the "monkey drill," and it is not honest to say that the majority of the men find enjoyment in it. It is monotonous and is tolerated only because the Naval



Another Good Movement in the Setting-up Drill



A Picturesque Attitude



Manual Exercise with Carbine

Regulations, an awesome dictator, require its conduct. Weather and other circumstances permitting, the exercise is held every morning after, and every evening before, colors. The fact that the officers take part in the exercise makes the men more contented than would probably otherwise be the case.

At the command: "Position," the men put their heels together, toes turned out, hands by the side, palms in, abdomen in, chest out, shoulders back and down, and head up, chin in. Each division officer may then order: "Side Sweeps."

The men slowly inflate the lungs through the nose, keeping the mouth shut, at the same time raising the arms in side semicircles to a vertical position and emphasizing the out and up stretch. At vertical, the knuckles should touch, the elbows should be straight, the lower arms should lightly press the ears, and the lungs should be full. The arms are returned, through side semicircles, to the sides, the men slowly exhaling at the same time. Seven or eight seconds are taken for each upward

and downward sweep. This exercise brings deep respiration and compels to action the hundred and more muscles concerned—especially the muscles of the side walls of the chest.

The respiratory muscles, noticeably those of the front walls of the chest, are brought into play by "Front Sweeps." This movement is much the same as that of "Side Sweeps," the arms being raised slowly through front semicircles to vertical. The muscles of the hand are exercised by throwing the fingers wide apart and backward energetically and then closing them lightly, and those of the forearms by raising the arms to side horizontals, with elbows straight.

The wrists, arms, shoulders, neck, toes, heels, feet, knees, thighs and sides all have their particular movements. The most interesting to the spectator is "Thighs," or the "Spread Eagle," as it is known in the service. The men rise on their toes, drop back to "Position," and jump, separating the feet sideways, as far as can be done without straining the inside of the thighs, at the same time throwing up their arms sideways to nearly



Another Motion with the Carbine, which Develops the Upper Chest and Promotes Grace in Carriage and General Bearing



A Good Exercise for Developing Pectorals and Triceps



vertical. The men also have physical drill under arms and with single-sticks.

On board the larger vessels, all officers and men under fifty years of age are required to run around the deck, an exercise that sometimes affords considerable amusement for both officers and men. Few who served on board the "Dolphin" several years ago will forget the antics of the goat, which was the mascot of the ship. The animal enjoyed the drill far more than any person attached to the vessel, particularly the exercise known as "Thighs." An old sailmaker's mate, for whom he entertained special



Apprentices on the "Essex" Sheeting a  
Topsail

antipathy, had hardly formed the "Spread Eagle" when the goat would project himself, head down, into the small of his back. While the mate was picking himself out of the scuppers, surcharging the air with profanity, the goat would go friskily down the deck, satisfied with his exercise of the day.

The shoveling of coal from bunkers into furnaces, the handling of shell and powder and gun, the pulling of boats and the cleaning of ship, all add to the muscular development of the American



Members of the Bugle Squad with Their  
Instructor

man-o'-war's men. Manly games and physical contests are also encouraged on every ship and it is this play-work which undoubtedly yields the most health and strength and endurance to the men. The American sailor loves grit and there is nothing he awaits with more gusto than the manly boxing contest wherein the best qualities of the Yankee



A Group of Third-Class Apprentices on Board  
the "Essex," Showing the Training Ship's  
Mascot in the Center



A Group of Apprentices—Petty Officers with Instructor in the Background

are brought out; quick-wittedness, pluck and tenacity to the last.

Boat races, fencing and sparring contests and baseball and football games when on land are encouraged between the rival crews and prizes awarded. Every manly sport finds a place in the hearts of the manly officers and men who serve on Uncle Sam's ships.

The effect of all this training, undoubtedly, will be that in the naval battles of the future, in which American warships take part, their crews will be found resourceful and reliant, possessing that strength which is best because of proper application, and that courage which is surer because of the knowledge which strength gives.



The Fencing Class at the Naval Training Station, Newport, R. I.

## RETURN OF THE SANDAL

By Voltairine de Cleyre

"WHAT'S that you have on?" queried a friend the other day with a curious stare at my feet

"It is the thing I long have sought,  
And mourned because I found it not,"

I replied sententiously putting out my sandal for inspection.

It was a very simple affair, consisting of a sole of flexible leather, three-eighths of an inch thick, a wide strap narrowed at the top, buckling over the broadest part of the foot, a thin one extending from the raised point of the sole above the inner line of the big toe to the circular ankle-strap, which is again attached to the sides of the sole-heel by two slightly broader bands.

My friend gathered breath: "Well—where did you find it?"

"Oh, a lot of sensible people are wearing them indoors and out. You will see a fair sprinkling of them all over in the larger cities, particularly in the better districts."

"But," persisted my friend, "what's the use of the thing? What's the matter with shoes?"

"The matter with shoes is that they are not shaped at all like feet. A shoe, whether round, square or pointed-toed, takes no cognizance of the fact that the longest line of the foot terminates with the big toe; that from that point to the base of the fifth toe the outline is that of a

broad curve, quite dissimilar to the delicate wave that drops backward from the end of the big toe to its articulation with the foot. To look at a shoe abstractly, one would suppose it was made for a body whose longest line ran through the center of the tip, and which

tapered away equally on both sides from its broadest transverse line to its extremity. In nature the two feet form a symmetry. The single foot is not symmetrical, but the shoe designers of our time apparently intend that although the foot is not an equilateral body it ought to be and must be. The result is that ninety-nine out of a hundred feet, having been made in the course of time in the image of their shoes, have the flesh of the first and second toes pushed toward this abstract center line, the nails denuded on one side and buried



Side View of the Easy, Thick-soled Sandal, for Use in Street Wear on Clear Days, or for Ordinary House Wear in Lieu of the Slipper

on the other, the very direction of their growth being thrown at an angle, while the three smaller toes, crushed in the opposite direction, curl miserably under each other and lie as still as possible in their prison house; for every move means resistance from the obdurate

leather above, and a fresh deposit of corn.

"In the pointed shoe, which is the worst offense, the second toe is forced sometimes above the first and third, whose tips are crushed together below. A real, live toe should be able to stretch or bend itself independently of its fellows, to spread itself away from the others, and distinctly operate its several articulations. Very few shoe wearers can do this. Their toes are simply stiffened little semi-corpses, with no more joint-motion than a stick has. The square-toed shoe is the only one that might afford room to the prisoner; but the square toe is an unmitigated outrage to the eye and utterly fails to define the foot.

"Again, most shoes have heels, more or less; of late, fortunately, less. Now, the effect of a heel is to throw the whole poise of the body upon the ball of the foot, whereas Nature's intention was to distribute the weight over the arch, whose terminal points are the heel and the ball.

Moreover, the shoe-heel, by tilting the foot into a constant position of motion instead of the position of rest, stretches the tendons over the arch, which are never properly relaxed, and this permanently shortens and weakens the tendon of Achilles, and throws the whole development of the calf of the leg higher than it should be, thinning the shank and exaggerating the swell to ungraceful proportions. Whoever observes the curves of classic statuary knows that the lines of the leg show no such sudden exaggerations or diminutions; that the lower portion is much fuller and rounder

than we see it in our modern life; and that a sculptured foot whose outlines should suggest the shape of a shoe would ruin its creator's reputation.

"The sandal, whose sole follows Nature's curves, whose heel is a simple lift, whose straps exert no pressure upon the free movement of the toes, returns from its long banishment as a bearer of deliverance to the leather-cursed deformities that northern civilization has so long condemned to 'sit in darkness.'

"But I should think your feet would freeze," exclaimed my friend.

"On the contrary," I answered, "I have suffered for twenty-five years from cold feet, and to such an extent that the cramping of the left one, from lack of circulation, frequently threw me down on the street. In vain I wore arctic socks, felt shoes and leggings. Only now, with my simple cashmere stocking and sandal, am I able to laugh at the winter's cold and to enjoy my walk. The explanation is simple; anemiated by years of seden-

tary life, the blood vessels of the shoe-imprisoned toes cannot overcome the pressure of the uppers, and the thin current retreats from the extremities; but the pressure being removed, the motion of the toes unimpeded, circulation is restored. In deep snow or driving rain, truly it would be foolish to wear sandals, and even in deep sand a well-made shoe is preferable, although to be altogether barefoot is better. But in all ordinary weather, even the misty, mussy weather of England, no one who has become accustomed to sandals will care to wear shoes.



The Unspoiled Leg

The limbs are those of a mature woman who never wore heels higher than those which appear on the sandals in the illustration. Note the due slenderness of the ankle and the quick, substantial swell of the leg to the ample calf. The sandals shown here are a compromise between the half shoe and the half sandal, for street wear. In this sandal, the better portion of the benefits of the sandal, heel and toe are largely sacrificed to appearances.

"Indeed, the really correct way of sandal-wearing is without stockings, and it is thus that we see them chiefly on children who are freer from the necessity of regarding uneducated public taste than are their elders. In their own homes not a few grown persons now allow themselves the same luxury, and they find that the white, pasty, flaccid skins of the covered feet become brown, firm, indurated, and less sensitive to temperatures; moreover, the skin remains much cleaner than when in is covered by a stocking, which sifts the dust in, but does not let it out.

"As might be supposed, the sandal won its re-introduction through men and women who *think*. One of the first to wear it in England was the scientist, Edward Carpenter, the famous author of 'Civilization: Its Cause and Cure.' His sandals are made of vegetable leather, he being a consistent vegetarian. My own sandals were made by the well-known violinist, Professor Hoggett, who, in the interim of his devotions to his instrument, realizes the William Morris ideal, that an all-round man must work

with his hands as well as with his head, and who rejoices in the practical spreading of the sandal gospel. 'That man had looked at a foot,' remarked a practical shoemaker, on examining the professor's work. 'No use our doing it in the factory. They tell us they're not paying us to look at anything but the pattern.'

"Lecturing one evening at the Pharos Club—an association of bright Bohemians of London literary, parliamentary, and socialistic circles, including in its membership George Bernard Shaw, the whimsical author of 'Man and Superman,' one of England's latest literary

furores; Dr. Clark, the Scottish pro-Boer member of Parliament, who offended English patriotism by talking peace in time of war; Herbert Burrows, the socialist, and the sweet concert singer, Jennie Atkinson—I had occasion to remark the many pairs of shapely sandaled feet, quiet testimony that in the multitude of reforms and reformers the foundation has not been neglected.

"One pair, those of an artistic designer and dressmaker, were so exceedingly pretty that I think she must be especially grateful for the return of the sandal. Certain reactionaries contend that continuous

use of the sandal will make the wearer flat-footed; but the lady's foot which, for many years, has known no shoes, is a standing refutation, by its high, exquisite arch and springing step.

"Out of the wise old East, which has preserved so many wholesome barbarities, the sandal returns. The genuine Hindoo variety is not yet, indeed, seen among us; that is profoundly simple—merely

a sole, and broad flat button on a stem that passes between the first and second toes. The Hindoo feet, by the way, are the daintiest and cleverest feet in the world, artisans using them as they sit at work with supplemental nimbleness to their deft fingers. In time, no doubt, we shall see multiform designs in our own market, as a better taste begins to exercise itself in spite of convention. So far, the chief fault to be found with many of the sandals made is the excess of leather above, the useless toe and heel pieces, and, still worse, the chronic defect of footwear in general, a papery sole.

"If you wish to make a success of



Crossing the Thongs—The Last Act in Donning the Sandal



**The Foot as Affected by Shoe Wearing**

In nature the two feet constitute a symmetrical support for the body, but among the feet of twenty-five adults who had been accustomed from childhood to the use of shoes this illustration shows the only approximately perfect male foot that could be found. This subject had always insisted on securing shoes with low heels and extremely broad toes; yet he could not escape deformity of the little toe and practical atrophy of its muscles.

sandal-wearing, insist on a thick, flexible sole, and as little strapping as is consistent with holding it firmly. Let the air constantly bathe your whole foot. What civilized man is perishing for and stupidly denying himself—alike for his head, his lungs, and his feet—is air. Scalps go bald, lungs go decayed, and feet misshapen and diseased, just because they all are shut up in airless hats and shoes and houses. Oxygenated blood, freedom to move in every direction—that is what is necessary to make whole-

some, firm-skin, ed, well-poised, elastic, moving feet—feet that can tramp the pavements of a great city over, if necessary, or can scale a mountain peak, like the St. Kilda cragsmen, who go barefoot up the almost perpendicular cliffs of Boreray. That is the clean, strong, swift foot of the future, which will reserve a foot-shaped shoe for stormy weather, a sandal for its usual existence, and in its vacations by shore and bank, revel in its own naked strength.



**The "High Heel Leg"**

This subject had worn high heels all her life, and the effect is evident in the thin and shrunken shank. The sandals are excellent types of the ornamental sandal available for street wear.

### KING ALCOHOL'S MIGHTY SWAY AMONG GREAT NATIONS OF THE WORLD

From the latest official report on the consumption, effect and cost of alcohol, exclusive of beer and wine, the freest country in the world is shown to be a servile third to the rule of the monster of all misery, crime, vice and sin. The United States is catalogued thus:

Alcohol consumed (gallons)	150,000,000
Cost in money	\$400,000,000
Deaths from drink directly	7,500
Insanity caused by drink	62,000
Criminals made by drink	52,000

**Great Britain:**

Alcohol consumed (gallons)	155,000,000
Cost in money	\$395,000,000
Deaths from drink directly	1,592
Insanity caused by drink	31,000
Criminals made by drink	35,000

**France:**

Alcohol consumed (gallons)	155,000,000
Cost in money	\$460,000,000
Deaths from drink directly	872
Insanity caused by drink	45,000
Criminals made by drink	22,000

**Germany:**

Alcohol consumed (gallons)	186,000,000
Cost in money	\$410,000,000
Deaths from drink directly	3,240
Insanity caused by drink	30,000
Criminals made by drink	18,000

**Consumption of beer and wine:**

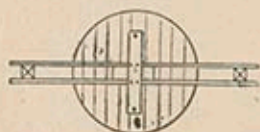
	Beer, gal.	Wine, gal.
United States	630,000,000	21,000,000
Great Britain	1,020,000,000	14,000,000
France	410,000,000	750,000,000
Germany	880,000,000	120,000,000

## AN INEXPENSIVE OPEN-AIR GYMNASIUM

By *J. W. Seaver*

As a physical culture enthusiast, I felt the need of suitable apparatus for exercising out-of-doors. There being no gymnasium within reach, I resolved to build something to meet my needs; which resulted in what I now call "my complete open-air gym." The material used was about 100 feet of 2x3 scantling and 60 feet of common one-inch thick boards, which cost very little. I erected what resembles a frame commonly used for swings in our public

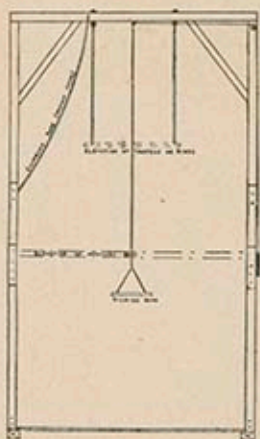
when not in use. All this apparatus is adjustable to any height, except the parallel bars; in fact, is used daily by my wife as well as myself. A glance at the drawings shown in the article will enable anyone to construct a similar piece of apparatus. The frame is put together with log screws, the ropes for trapeze have loops spliced in lower end to fit over trapeze or rings, holding same securely. The high kick is arranged with weight and a scale is marked on



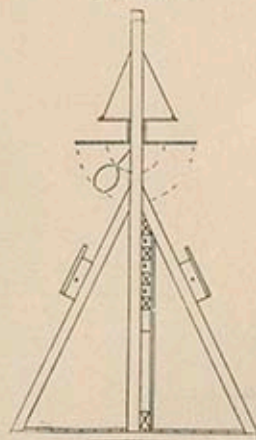
Top and front view of punching bag platform



Side view of punching bag platform



Front view



Side view, showing bag platform in position. A, cleats for parallel bars. B, holes for horizontal bar

**A Complete and Inexpensive Open-Air "Gym."**

parks; except that under one brace, which is rather higher than common, is arranged space for a horizontal bar, adjustable to three heights; and on the outside of braces are cleats in which my parallel bars rest. Thus in one piece of apparatus costing a trifle of money I have trapeze, swinging rings, horizontal bar, parallel bars, kicking ring (adjustable), climbing rope, and the children have a swing.

As an afterthought, I made a platform for a punching bag, which can be removed

outside of upright. For bars I used 2x3 oak planed down, except at ends, to fit hands. The circle for bag was made of three-quarter-inch smooth boards firmly nailed to two one-inch boards six inches wide which fitted the uprights and is raised or lowered by cord used for high kick. This platform complete weighs about forty pounds and can easily be removed when not in use.

After several months' constant use the apparatus gives as perfect satisfaction as the first day on which it was erected.

## 15 NU KOMANDMENTS OV THE NATUR MAN

Formulated by E. W. Darling, "The Nature Man"

1. Gradually tuffen your body (by watr & sunbaths) til u kan safely sleep outdoorz in ordinary wether.

2. Liv alwaz in pur outdoor air.

3. Vizit the tropiks.

4. Eat mostly ov plant foodz: nuts, nutritshus fruts—bananaz, plantains, papiloz, papawoiz, sweet, sound aplz, pearz, persimunz, &cs.

But, dear frutarian, pleez remembr that a green banana or ani uther green frut iz az bad as bal-oonce for yur preshus stumak.

5. Eat akording 2 the needs ov yur bodi. Undr xisting sirkunstanz, Natur wil gide u. *Never* eat for plezhur or bekauz the tendr chicken tastes fine; nor eat 2 sav a plattr ov beenz from wasting; nor eat 2 pleez the anxshus kook.

"But 2 thine own self b tru." Push bak yur cher & say, "There! I've had enuf til next meel-time."

6. Kure eny disordr—witch kums on man only wen he is not living naturaly—by *fasting*, *dieling* & uthr simpl, natural remediz

KOM BIND.

Remember that the strongest antidote ov dizeez iz vigorous helth.

Take in ski-fulz ov sun-shine & pure air.

7. Quit smoking, drinking, ovr-eating, mis-use of the seksual relashuns, gambli and xtravagans & yu wil be natural.

8. Get out ov the smoky, dusty, krouded sity. From temptashunz & the wearing xsitment, free thyself!

9. Xrsiz the sakred relashuns between man and wuman *only* for the purpus of fulfilling the Creator's design ov perpetuating the human race—his finest handi-

work—and *only* wen both man and wife r in the most perfekt state of health that the children may be wel born and superbly healthy and strong; also only wuns in 2 or 3 yrz (don't b kurst by the advis ov a doktor who givs fool's advis to fools & hoo advisez debauchery ov the highest human instinks or keeps silent regarding the misuse of the marital relashun, by indulgenz 2 or 3 times a munth).

10. Abuv all thingz, mastr yur mind by judishus dieling, xrsise, &cs., til u kan get at leest 8 or 9 ours ov sweet, sound sleep evry nite.

11. "Alwaz keep a gd rezrv. 2 this rule u hold yur nerv."

12. If u folo thez suggestyonz, taking perfekt ker ov the bodi (avoiding all axidentz & dizeez), yu may live forevr in yur fizikl bodi, helthy, hapy, & prosperus.

13. If pepl would quit dekorating & deforming their outsidz, then natur wood soon bild up such quality inside as 2 produse a generashun ov yung godz.

14. Stop waiting for the kingdom of God 2 kum. Set to work to mak it. It

will kum only wen u hav kleened yur bodees, wen u liv in perfekt harmony with natur's inxorabl laws and wen perfekt manhood and wumanhood walks the earth insted of the fizikal degenerats we hav amung us at the prezent day.

15. Worship no man or book or creed, but the wun living Universal God, hoom Jesus & the Bibl & uther tru teecherz & natur point out 2 us.



E. W. Darling, "The Nature Man"



## VICE RAMPANT AT YALE COLLEGE

CARRY NATION, AFTER VISITING THIS GREAT EDUCATIONAL INSTITUTION, SAYS IT IS DEVELOPING MENTAL, MORAL AND PHYSICAL WEAKLINGS INSTEAD OF MEN

*By G. Edwards*

NO college ever received a prouder birth than did the University of Yale. The foundation of this great educational institution was laid, one might say, when seven earnest American preachers of the gospel laid their seven Bibles upon a table with the solemn declaration that a university should be builded on that spot which would be a credit to God and to America. Yale has been governed well. The pick of American manhood, from the beginning of its existence, was poured into this college. The finest of our American families entrusted their sons to the care of its faculty because of the high standard of government reported to exist there.

The Yale of the present day has degenerated from these first high principles that should govern a college, and, it is said, has become rotten with the smell of cigarette smoke and the atmosphere of a dozen or more criminal-factories—saloons that are filled every evening with boys that belong to honorable families. There are other conditions at Yale too disgusting to mention. Mrs. Carry Nation, who recently visited Yale College, refers to this when she says there is a form of depravity that is causing not only the ruin and subversion of the moral character of young men that go there, but which is dragging down also hundreds of poor girls into a life of shame. "One party living in New Haven," says Mrs. Nation, "and thoroughly familiar with the state of things in this university, said: 'If we cannot put around the young people coming here some other influence besides those brought to bear upon them in their college life, it will be nothing better than sending them to HELL!'"

"At the opening of school each year the Sheffield School of Yale University has a procession in which there is con-

spicuous a beer wagon." The seniors are eligible to ride in this wagon and are supplied with a tin cup with which they are supposed to help themselves from the barrel. This is an annual affair. What will the freshmen do if such examples are set before them by their upper classmates? Presumably they imitate them in the freshmen games. Three of these have been held this year and are about as follows:

"A time is set and all the freshmen that will drink intoxicants meet at a selected hotel and take places at the tables. Each one at the table is supposed to 'set them up' to all the rest at that table. If there are twelve at the table, each one gets twelve glasses to drink during the evening. Since they drink wine, whiskey, beer, etc., the average cost per glass is at least ten cents, making \$14.40 for a table. A student told me that it was considered cheap to get off for \$1.20 apiece.

"Another evil which is practiced at Yale, and which should be condemned in the strongest terms, is that of over-training in athletic events, and especially the use of cocaine, strychnine and similar powerful stimulants to goad them on to their limit in the contests. Physical culture and athletics in general have been stigmatized by ever-ready medical critics because of the supposed tendency to heart failure; but it has never been brought before the public that the cause of the 'break downs' is the use of the stimulants cited above."

In speaking of the drink and tobacco evil that is said to be wrecking the young men, Mrs. Nation said: "I had received several letters from young men at the school begging for reform. When I arrived there, and at the entrance to the dining hall, I spoke to several of the young men. They said to me, 'Mrs. Na-

tion, we want to tell you what they treat us to here. They give us ham with brandy sauce three times a week and at every meal we have rum served with our food.'

"Following are some of the dishes which are served at present at the table:

Sago Pudding, Sherry Wine Sauce.  
Apple Dumplings, with

Hard and Brandy Sauce.

Claret Wine Punch.

Claret Wine Jelly.

Roast Ham, Champagne Sauce.

Wine Jelly.

"I was shocked at these conditions at the table of Yale that was benumbing the brains of the choicest specimens of American youth that this country has to offer. I spoke to President Hadley, of Yale, asking him if he knew that intoxicants were served in the food at the college, and that the boys who were compelled to eat it were being educated into drunkards. He said he had heard something about it, but he thought it was only 'fruit juice.' It was fruit juice; but, like other fools, some of the students were satisfied to let delicious fruit rot until they could get sufficient alcohol with it to make it poisonous.

"One of the manlier students at the college declined to eat foods that were thus vitiated with intoxicants. But he could do nothing. He had to eat these first fruits of many a young man's wrecked career or else do without eating at all.

"Cigars and cigarettes can be had in Byer's Hall, Y. M. C. A. The same brain-befogging stuff can be bought in the Sheffield Y. M. C. A."

When Mrs. Nation referred to the smoking habit that was dulling the eyes of all those who could be enmeshed by more experienced companions, President

Hadley answered that he used to think that smoking was not proper, but he went to Germany and since that time he has allowed it.

"What a remark for the president of a great educational institution of America to make—namely, that he was raised in his own country not to commit vice, but when he went abroad he noticed the almost universal habit of a blear-eyed, bloated nation of people who are degenerating as rapidly as the French, and because of the insignificant harm which they attach to the vice he brought the habit home as an added indulgence to be permitted to the boys of the college."

Dr. Seavers, of Yale, one of the very best authorities on physical culture, said: "Among college students the gain in growth is in general twelve per cent. greater among those who do not use tobacco than among those who smoke. It has also been proven by tests in the laboratory that the nicotine in a fairly mild cigar will reduce a man's muscular power by from twenty-five to forty per cent."

"Yale has received millions of donations lately in order that the young men of America who attend there may attain moral, mental and physical eminence. Instead of that it may possibly be that they will be turned out as moral, mental and physical wrecks.

"A college should exist to turn out true gentlemen, if nothing else. Instead of this, Yale is turning out, presumably, men who have been educated to become drunkards and cigarette fiends; that is, all those who, by any possible chance, can be led to become such. No wonder, sad as it may be to admit, there are men in civil life who have been graduated from Yale that are in jail at the present hour because of drunkenness and debauchery."

### BEST THING EVER STRUCK

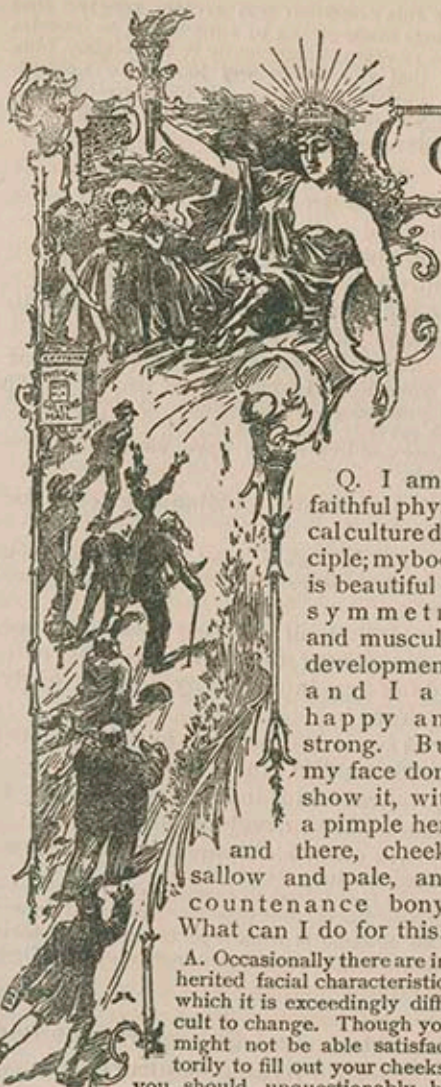
To the Editor:

My eyes have been opened to a great many things by your books, and of which I was entirely ignorant heretofore.

I have also been greatly benefited by following the exercises you give in your magazine every month. Although I have only started with the June number and exercise only half an hour before retiring

and fifteen minutes in morning, yet I am gaining strength with each succeeding exercise. Had you seen my arms before I started in June and now you would be greatly surprised in their increasing size. Seems to me that the exercises just suit me, and I hold them as the best thing I ever struck.

L. V. MCGUCKEN.  
Germantown, Pa.



## Question Department

By *Bernarr Macfadden*

*It is impossible for me to give individual advice outside of the columns of the magazine. All those desiring advice for their individual needs are requested to consult some good Physical Culture teacher or natural cure physician.*

Q. I am a faithful physical culture disciple; my body is beautiful in symmetry and muscular development; and I am happy and strong. But my face don't show it, with a pimple here and there, cheeks sallow and pale, and countenance bony. What can I do for this?

A. Occasionally there are inherited facial characteristics which it is exceedingly difficult to change. Though you might not be able satisfactorily to fill out your cheeks, you should unquestionably be able to remove all defects and give them a proper color. Rubbing the face daily with a dry towel will undoubtedly be found beneficial. Give special attention to rubbing those parts where pimples have appeared. The application of cold wet clothes to the parts, allowing them to remain over night, would be of assistance. Of course, a satisfactory diet is essential, and in some cases three or four short fasts, followed by the liberal eating of nourishing foods, will enable you to deposit sufficient fatty tissue to remove the defect.

Q. Would like to ask you if you consider the eating of meat once a week injurious?

A. Eating meat in the manner you mention should not be especially harmful, though ordi-

narily, if you eat it so rarely as this, I should think that you would find other foods more palatable and satisfactory.

Q. Taking two men of the same age, eating the same food, and letting one work hard ten hours a day with no other physical exercise, while the other works eight hours at light work, to which he adds a half-hour of physical exercise, I wish to ask which, at the end of three months, would stand the best chance in an all-round trial of strength?

A. From your description, would say that the man who works eight hours at light work in connection with the half hour of physical exercise, provided the exercising is directed intelligently, would unquestionably be the stronger of the two at the end of three months.

Q. Would you kindly advise the best method of treating the skin after shaving, especially when one must be out in cold weather?

A. The purest olive oil is perhaps the best application that can be used after shaving, though if a high grade of cold cream is used, it is usually satisfactory.

Q. Do you consider a suspensory necessary for men? I do not feel the need except in athletic contests.

A. There are occasions when a suspensory is useful. Ordinarily a support is not to be recommended, and I would never advise a man in normal condition to wear a device of this character except when indulging in a very active athletic contest of some kind.

Q. My husband, who travels and who has a good income, is a physical culture crank and insists that \$2.00 a week is sufficient to provide food for myself and five children, all of us healthy and active, with hearty appetites. I find this an unbearable hardship and im-

possible, \$3.50 being the cheapest I can make it. Do you consider that \$2.00 can supply us with a satisfactory and sufficient table at the present high price for provisions? We have lived on corn meal until sick and it does not satisfy us.

A. I am very much inclined to think that your husband is a little penurious in his allowance to you. Many of the readers of this magazine will be quite amazed at your ability to provide sufficient food for \$3.50 per week. Of course there are several articles of food, such as wheat, corn, beans, etc., that are highly nutritious and very cheap, though I should think that if you are able to keep your expenses within the amount you mention, you are to be congratulated.

Q. Kindly give your opinion on removal of the tonsils.

A. I would not advise that the tonsils be removed unless every natural means in your power failed to bring satisfactory relief. Enlarged and troublesome tonsils are almost always remedied by strengthening the general constitution and adopting a physical culture mode of living.

Q. Kindly give a method of examining one's own lungs without paying a physician's price to ascertain the presence of or freedom from consumption germs.

A. Your lungs cannot be examined in the manner you mention without an analysis of your sputum. This requires a bacteriological examination, which only experts can make. If you live hygienically I do not see why you should worry about germs.

Q. Can a chicken breast be cured at nineteen years of age?

A. The defect you mention can hardly be cured, though I have received numerous letters

where this condition was greatly relieved and the parts made strong by exercise. The muscles can be developed sufficiently to thoroughly hide it so that the defect will hardly be noticed. Take various breathing and chest exercises to develop the pectoralis muscles on the front of the upper chest.

Q. Kindly advise for a case of extreme nervousness in one who is otherwise strong and well. Cannot sleep, the darkness making me unbearably nervous. Have recently been a crack sprinter and am an all-round athlete. Am also inclined to melancholy and the "blues."

A. There must be something radically wrong with your diet. I would advise that for a short time you adopt a one-meal-a-day habit, after which eat only two meals per day. Drink freely of water and live in the open air as much as possible.

Q. How may outstanding ears be remedied?

A. Wear an elastic band around the head, which holds the ears against the head during sleep.

Q. Do small blue or purple veins branching near the surface of the skin inside of legs indicate anything seriously dangerous?

A. There is no occasion for alarm in the manifestations that you mention.

Q. Are wind instruments an ideal means for lung development?

A. The use of wind instruments would naturally increase lung development, and strengthen the lungs if not done to excess. In the case of musicians the air that they are compelled generally to breathe is usually so vitiated that their lungs are frequently injured instead of benefited.

### Maybe This Writer is Right

To the Editor:

In one of your books I noticed you make use of the time-worn expression, "Animalism." This term is a misnomer. It is well known that the female animal will refuse intercourse immediately after becoming pregnant, also that the female dog will not again expose herself until the young are weaned. Where is the term applicable to the sexual excesses of the human race? The majority indulge only for the momentary pleasure without regard to the health of the offspring. I hope that a proper term may be submitted and thus clear the lower animals from the unjustified censure.

Waterbury, Conn. F. H. BABCOCK,

### Converted an Entire Household to Physical Culture

To the Editor:

I am pleased to tell you that I have succeeded in converting my entire household. I am not alone satisfied by preaching it at home, but to all my acquaintances. Of course, I am by no means a perfect specimen of physical development, but I am pleased to say that I am slowly but surely improving.

I thoroughly commend you in your good work, and sincerely wish that there were millions more as enthusiastic and fearless as you are.

FRANK H. STEVEN.

Kingston, Jamaica.

## THE SYMPTOMS, CAUSE AND CURE OF NEURALGIA

*By Bernarr Macfadden*

### GENERAL SYMPTOMS.

**T**HIS disease is frequently the cause of very severe suffering. It usually accompanies, or is a part of, nervous troubles of some kind. There is pain in the affected part, which may be continuous or intermittent. It may occur in paroxysms, and may often be very severe; in fact, it may last several days, or only a few minutes. The pain usually follows the course of the nerves, and often shifts from one nerve to another. It is usually confined to one side, and is occasionally accompanied by fever.

### GENERAL CAUSES.

Neuralgia is really a nervous trouble. It is nearly always accompanied by defective assimilation and digestive disturbance. High living, free indulgence in complicated, highly seasoned dishes, and the habit of eating without appetite, are some of the principal causes. A constipated condition of the bowels is also a prevailing cause. Dissipation of all kinds would naturally be likely to bring about a trouble of this nature. Of course, a sedentary occupation, where one is confined indoors, breathing vitiated air both night and day, helps vastly to induce an affection of this character. A disposition to worry excessively is also a frequent cause.

### PHYSICAL CULTURE TREATMENT.

The treatment for neuralgic trouble depends largely upon whether it is chronic or acute.

In case the affection is chronic, a general system of treatment for building up and strengthening the entire body is essential. A daily walk in the open air, with deep breathing exercises, should be taken; and special attention should be given to breathing abdominally, drawing in deep and full inspirations very frequently during the walk. Live in the open air

as much as possible. Avoid breathing the vitiated atmosphere of enclosed rooms. The sleeping room should be as thoroughly ventilated as if you were out of doors. Open two or more windows and let the wind actually blow through your room, if possible. Do not adopt a sudden change of this character, but gradually inure yourself to the outside air.

It would be well, for a short time, to use the greatest possible care in your diet, and under no circumstances to eat more than can be easily digested. Confine your diet to plain, wholesome, nourishing foods. Avoid all complicated dishes. Chew every particle of food to a liquid before swallowing. Have very pure water close at hand at all times, and drink freely of it during your waking hours. Acquire a habit of drinking a glassful on retiring and on rising.

A two-meal-per-day habit would be far preferable, eating the first meal at the most convenient time in the morning, and your second meal about six or eight hours later.

The friction bath described in a recent issue of *PHYSICAL CULTURE* would be of special advantage in a trouble of this nature. Take it upon rising, and if the body is wet all over immediately afterward with a towel dampened in cold water, it will add to the benefits.

Special attention must be given to the regulation of the bowels. Ordinarily, the free use of fruit and whole-wheat bread will accomplish this. In case it does not, would advise that you use an uncooked wheat bread of some kind.

Never eat without appetite. If you are not hungry, fast until you are able thoroughly to enjoy your food. If this takes several days, do not worry in the least; for the longer you fast, within reasonable limits, the more quickly will you recuperate as a result of your self-denial.

If the disease is not chronic, but attacks you at intervals, either regular or

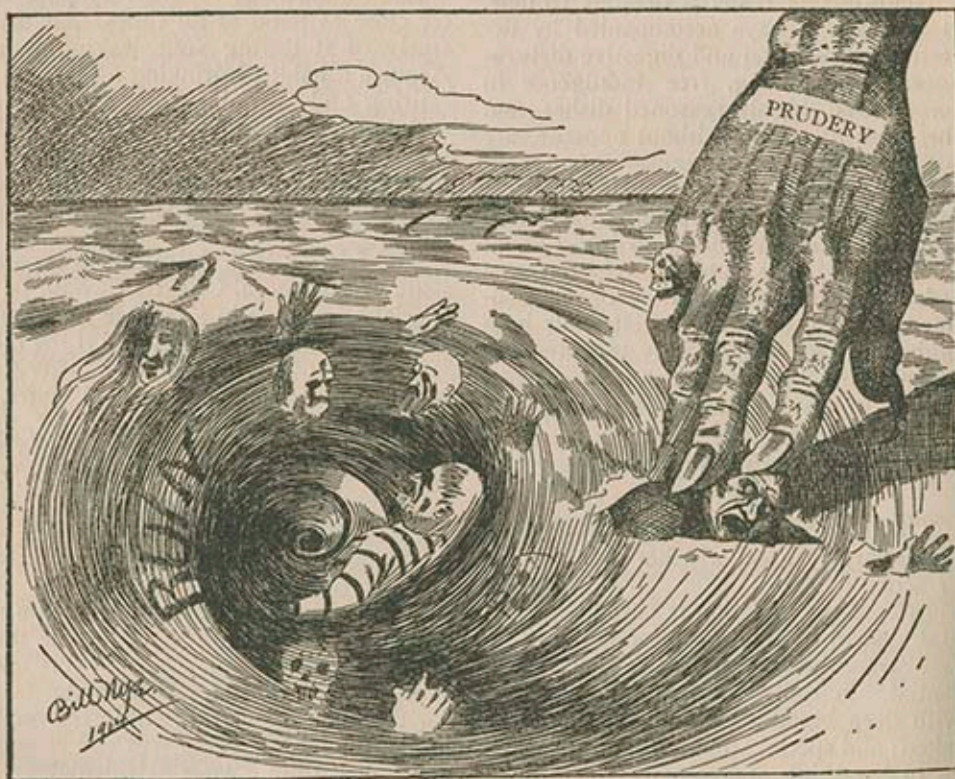
otherwise, it is, of course, advisable for you to adopt the treatment named above between the attacks, as a means of avoiding them.

About the best way to treat an acute attack would be as follows: Immediately after the appearance of the first symptoms of the attack, thoroughly cleanse the sewers of the body with a flushing treatment. Inject from two to four quarts of water into the rectum, in order that all impurities may be washed out, thereby giving the system an opportunity to rid itself of the accumulated corruption which is the main cause of the attack.

You can follow this with the application of hot and cold cloths to the affected parts, applying them alternately. Apply the hot cloth until the parts are thoroughly heated as the effect of the application; then ap-

ply a cold cloth, allowing this to remain until the parts are thoroughly cooled. Continue this alternate application until a feeling of relief is experienced. Avoid food of all kinds during the acute stages of the disease. Drink very freely of water; indeed, if you would drink all the water you could, it would be greatly to your advantage. The water will simply help to flush the stomach and every part of the functional system, and thus vastly aid in ridding you of the unpleasant symptoms.

Rubbing and kneading the affected parts can also be resorted to, in some cases, to advantage, though it would be well to remember that in selecting appropriate methods from those suggested herein a certain amount of intelligence must be used.



The Great Devilish Finger of Prudery that is Pressing Down Scores of Human Beings into a Whirlpool of Debilitating Excesses and Suffering, and Hell!

## THE NUTRITIVE AND THERAPEUTIC VALUE OF FRUITS AND FRUIT JUICES

*By Otto Carque*

MODERN pathology shows that there are two important factors in sustaining health and vigor of the body; first, adequate nutrition, and second, the conservation of vital force. Foods that we receive direct from the bounty of nature are more easily digested and assimilated, and are liable to insure better nutrition, while in the process of digestion they require only a small expenditure of nerve power. They are superior to artificially prepared foods which make a heavier draft upon our nervous energies, overtaxing and weakening every organ of the body.

In the carbohydrates of the plant foods Nature has organized those elements that supply heat and energy to the body. They exist in different forms, principally as starch and sugar. In fruits we find the heat-giving portion as glucose or grape-sugar already prepared for immediate assimilation. Here the rays of the sun have taken practically the place of the cook, by bringing the carbohydrate into the most perfect and soluble forms.

Besides, fruits contain substances that invite the ready flow of the digestive juices, and when they are thoroughly masticated and reach the stomach a large proportion of their nourishing ingredients is at once dissolved, and thus passes directly into circulation without burdening the digestive organs.

That fruit sugar is the main source of animal heat and energy has been proven by many scientific experiments. Professor Mosso, an Italian investigator, found by careful examination, that sugar, if taken in not too great quantities and in a not too concentrated form, lessens or delays fatigue and increases working power.

It should be borne in mind, however, that sugar, as we find it in its natural state in the various fruits, in the sugar cane and in some succulent vegetables, is

far better adapted for nutrition than is the crystallized sugar of commerce, which is a chemically isolated food, and which is never able to fully supply the needs of the body.

Most of the sweet fruits, especially the grape, contain a still more nourishing and life-giving element, however, than sugar, and which resembles most wonderfully human blood in its essential constituents. The delightful acids that are associated with the other nourishing constituents are especially suited to the needs of the vital organism. They are exceedingly useful through their stimulating influences upon the depurative organs.

Furthermore, the water contained in fruits is in an absolutely pure state, distilled in Nature's laboratory, and is therefore of great value in dissolving and in removing impurities from the body. In typhoid fever, in the treatment of which such extraordinary care is enjoined as regards diet, fruit juices are always highly grateful to the patient, and bring most favorable results.

Another valuable property of sweet fruits is that they contain the minerals necessary for a perfect nourishment of the body in the right proportion and in a highly organized form, suitable for complete assimilation. The mild acids of the fruits promote the normal action of the digestive organs, and are the natural and surest means of overcoming constipation.

First in the list in regard to those properties stands the grape. Its healthy action upon the stomach and bowels is well known; it is therefore chiefly celebrated and effective in the treatment of disorders of the digestive organs, especially in that dreadful malady called "Bright's disease." The favorable results of the "grape-cure" in these complaints are to be attributed to the important fact of the natural cleansing action of the fruit, and there can be no doubt that

this treatment, on account of its easy application, is to be preferred to other more drastic methods of purgation.

Analysis shows that the pure and unfermented juice of the grape is even superior to milk as a nutritious food; and while milk is easily contaminated and always changes its quality with the state of health of the animal, we find in the fruit of the vine a most delightful and nourishing fluid, free from the germs of disease and the effete matter of animal life.

The apple also takes a high rank among the fruits. German analysts say that the apple contains a larger percentage of phosphorus than does any other fruit or vegetable, and that it is wonderfully adapted to renewing the essential nervous matter of the brain and spinal cord.

The acid of the apple is also of great value in eliminating from the body all noxious matter which, if retained, makes the brain heavy and dull, causing jaundice, skin eruptions and other troubles.

Indeed, fruits and fruit juices of all kinds are indispensable to the maintenance of perfect health and longevity. One of the causes of senility is the presence of too much earthy salts in the blood and bones, being produced by eating overcooked and devitalized foods. Life may be prolonged many years by avoiding foods too rich in mineral matter, which, if not assimilated in the system, induce hardening of the arteries and capillaries, which constitute the first signs of old age. With the advancing years the calcareous deposits in the system increase, destroying the elasticity of the blood-vessels, and thus interfering with the strength and perfection of the circulation of the blood. The movements of the heart become weak, the tissues of the body gradually ossify, and all the vital functions become deranged.

The free use of fruits during all periods of life is therefore of great value, especially as the mild organic acids contained in their juices dissolve and eliminate the over-supply of earthy salts, uric acid and other poisons from the system, and clean the blood and tissues from worn-out matter.

It is obvious that fruits should take a

prominent place in our daily bill of fare.

Statistics show that the world's annual output of manufactured sugar is now more than ten million tons, while nearly the same amount of natural fruit sugar is destroyed by the production of fermented and distilled liquors every year. But when man secures a better understanding of the great happiness that comes from a healthy body and mind, and of the laws upon which they depend, he will value far more Nature's luscious gifts which she provides abundantly for all the ruinous drink he now concocts from them, and thus will not only save a large amount of food material, money and labor, but will also contribute to the building up of the health and longevity of the human race.

It is furthermore acknowledged by all up-to-date physiologists that the substitution of sweet fruits and fruit juices for fermented and distilled liquors is also a most valuable factor, both for the prevention and cure of the drinking habit, as fruit-eating has a natural tendency to take away the craving for alcoholic stimulants.

Every apple, every orange, every bunch of grapes is a phial of medicine. An orange, for instance, is three parts water distilled in Nature's laboratory; this water is rich in peculiar fruit acids medicinally balanced, which are especially cooling to the thirst of the drunkard, and soothing to the diseased state of the stomach. An apple or an orange eaten when the desire for liquor arises will take away, generally, that desire, and every victory would make less strong each recurring temptation.

Thus the great advantage of the production of sweet fruits from an economical, hygienic and moral standpoint is evident. Unfortunately, under the present economic system hundreds of tons of fruit are rotting annually on the ground, fed to the cattle, or are sometimes thrown into the water, partly for lack of transportation facilities, partly for "keeping the prices up," partly on account of exorbitant freight rates which keep the farmer at the mercy of the railroad magnets and deprive the toiling millions of the necessities of life. But still larger quantities of the choicest products of the



soil are converted annually into intoxicating liquors, the source of so much misery and degeneration throughout the world.

It should be the highest duty of our generation, which enjoys the benefits of

the wonderful progress of science, to demonstrate again and again the fact that it is far more sensible to take the luscious fruits and their cooling juices in the pure and natural state, than to pay them as tribute to King Alcohol.

## JUGGLING, A FASCINATING MEANS OF EXERCISE

By H. T.-R. M.

**B**ALL juggling is such a healthful, fascinating pastime that it is strange it is not

more popular.

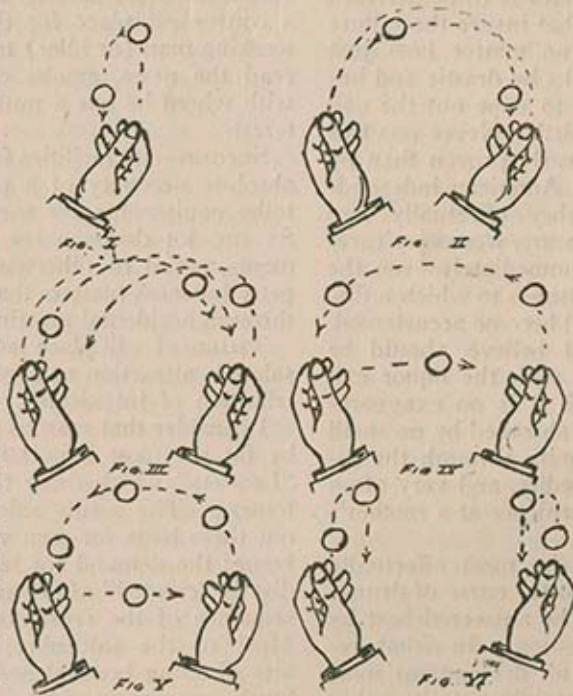
This manner of exercise needs only a brief introduction to jump quickly into favor among Physical Culturists. It stands almost alone in the fact that it is an indoor as well as an outdoor pastime. When practicing indoors it is, of course, understood that the windows should be wide open. A knowledge of this useful art will be found advantageous throughout life, the hand being trained in-

instinctively to follow the eye. It will strengthen the shoulders and wrists re-

markably and improve and strengthen the sight of the eyes to a great degree.

Twenty or even fifteen minutes' practice a day will soon give the learner considerable proficiency, and the great number of exercises that can be performed with four or five balls bring almost every muscle of the body into active play. It is especially good for the development of a perfect neck, and for this reason should become a favorite exercise with women. The apparatus necessary to perform the simple exercises shown

herewith are four light tennis balls that can be purchased at a trifling cost.



### A SPECIALIST

Jones—Why do you call that Pullman porter "Doctor?"

Smith—Why, because he has attended so many berths.—*Cornell Widow.*

### AN ADVANTAGE OF POVERTY

"So Gayboy has recovered?"

"Yes. The lucky fellow was too poor to be operated on."—*Life.*

## HOW THE RUM OCTOPUS CAN BE DESTROYED

*By Jos. Fitzpatrick*

**I**N the last issue of this magazine the rum octopus was described spreading its gigantic tentacles out and over the great, fair cities of our country, slowly winding its blood-sucking fingers around the lives of the inhabitants and pressing the virile life-blood from the helpless enmeshed bodies.

The principal cause of the failure of temperance movements promoted on strictly prohibitive lines is to be ascribed to the same causes that insure the failure of any revolution, no matter how just the cause, which seeks by drastic and immediate destruction to wipe out the evil which has given it birth. Never was this potent fact more clearly proven than by the wise framers of American independence, who, while they effectually tore down a rampant tyranny, were very careful not to destroy immediately even the defective laws and usages to which a discontented people had become accustomed.

The same rule, I believe, should be followed in dealing with the liquor evil—the taint of which it is no exaggeration to say has been absorbed by no small percentage of humanity through the direct channels of heredity, and very often cultured to active virulence at a mother's breast.

How, then, shall we most effectually and intelligently fight the curse of drunkenness? This may be answered best by asking another question: In what respect do saloons of all descriptions most appeal to men? Certainly not altogether because of the ready facilities they offer for consuming intoxicants, for it is a fact that habitual saloon toppers do not enjoy imbibing in their own homes, and very often leave ample supplies of liquor untouched in their larders, where they could reach it at all hours while they are jingling coins on a nearby bar for the privilege of treating convivial friends to an inferior brand of the subtle poison. A taste for most liquors must be cultivated;

and rarely is it found that the first drink of either whiskey or beer (two of the most popular intoxicants) is palatable. It will be conceded by those experienced in the study of the subject that the rum-shop's most potent attractions are:

**FIRST**—Facilities for inexpensive social intercourse among men of the middle and poorer classes having tastes in common, men who cannot afford the luxury of clubdom. Most saloons are equipped as a convenient place for the bored, hard-working man (or idler) to sit down, chat, read the news, smoke or meet friends with whom he has a mutual political interest.

**SECOND**—Its facilities for supplying the absolute necessity of a place fitted with toilet equipments for men to retire and fix up, jot down notes, make appointments, social or otherwise, and transact petty business matters that have come up through accidental meetings.

**THIRD**—I will place last on the list the saloon's attraction as a mart for the distribution of intoxicants.

I consider that reasons one and two are by far the most important; they are the "Leaders" which draw the bulk of customers. The astute saloonkeeper holds out these baits for men who are tired of home; the demand for his vile merchandise is "created" afterward as the logical sequence of the senseless treating habit. Most of the saloonkeepers boast with airs of smug benevolence that their free lunch counters on which their thirst-creating viands are laid are a boon to the poor workingman. This flimsy statement is easily refuted by the palpable fact that the motive behind the free lunch is not at all a benevolent one, but is born of the knowledge that foods, especially those highly salted or seasoned, are active adjuncts to a continuous thirst. So much for the free lunch specialty.

And allowing the saloon all the credit we can possibly give it as a meeting

house, that aims to supply in a sense a few legitimate demands for human comfort, it invariably degenerates into a veritable incubator for homeless drunken sots and loafers.

Some of the liquor dealers, who, with amusing egotism dub themselves as "high-class" and "exclusive," claim that no drunken man is served at their bars. Only moderation is allowed. Most of us know often from sad experience what steady, moderate tippling means; it invariably proves a more dangerous vice than the monthly or semi-annual debauch. Liquor is most merciful when it knocks its victims prone in the first rounds, but most devilishly subtle and incipient when they can absorb its narcotic poison indefinitely without apparent effects. One could as well imagine moderate indulgence in opium or morphine.

Let the man who thinks he can afford to play with this blighting poison just walk down New York's Bowery and Park Row and peer into the dimly lighted rum joints, with their tiers of rickety barrels, and with a vicious-looking, aproned thug serving out five-cent drams of vilest concoctions to the bleary-eyed animated corpses who are propped against the bar. In one of these places I saw a live goat coached into drunkenness by careful training, floundering about the floor to amuse and attract passing pedestrians. It would take a modern Dante properly to describe these filthy annexes of hell.

The ladies' department of the saloon calls for the most careful investigation. From the flimsy cage-like "Family Entrance" of the cheap beer-shop, with its sliding cash window, where the handy bottle or kettle can be passed in for a household dose of the "fire water," to the mahogany-panelled, bevel-mirrored café of the exclusive ones, there are diversities of vice and debauchery that are simply appalling. In the former the wife, daughter, widow or spinster who has acquired the tippling habit, or has become the involuntary messenger of some drunken loafer, can hide any remaining blushes in the privacy of the family booth (we need not dwell here on the menace to family virtue such pest holes prove to be—the police courts, hospitals and orphan asylums tell the tale).

In the exclusive gilded cafés, some of which offer special inducements to young women who are just entering the meshes to trifle with the liquor demon, private nooks, shaded by fancy screens, are provided, with nimble educated waiters, who know the male habitués and the composition of the narcotics the convivial couples desire. Blushes soon become an unknown quantity here, and broken-hearted parents will tell you, with the bitterness of despair, that the chastity of young girls is bartered like beer for pool checks in these gaudy vestibules of Hades. The case of poor Annie Boschietter, of Paterson, N. J., who, after being over-doped in such a resort by four human demons (now in State's prison) was thrown a semi-nude corpse from a wagon to the highway by a lonely river; a ghastly story that has aroused the pity and indignation of every human being with a vestige of morality.

I do not wish to be understood as stigmatizing every man engaged in the liquor traffic as criminal or debased; far from it. I know generous whole-souled men connected with that business who are heartily disgusted with it. Some of these men, strange as it may seem, are strictly temperate, but no insurance company will take large risks on their lives, as the fumes of liquor alone and their desperate surroundings are not conducive to a long life. It is very difficult for any man who has been employed in the traffic to secure employment in any other industry outside of politics. I have heard old experienced saloonkeepers assert that the average life of the professional barman, who must work night and day, according to the whim of his boss, is about thirty-five years. It is also a peculiar, but well-known fact, testified to by liquor dealers themselves, that wealth accumulated in the traffic has a tendency to filter rapidly away, and it is rarely found that the business becomes a lucrative family inheritance, even if a remnant of the estate can be saved from its customary mortgagee, the watchful brewer.

I believe the time is at hand when some superhuman effort must be made to curb, if not altogether obliterate the evil of drunkenness; for the sake at least of our sons and daughters, whom we must some day leave guardianless in the

path of this universal curse that is eating like a cancer into all society. Millions of dollars are being spent by earnest philanthropists on hospitals, colleges, libraries and insane asylums, but this is like applying ointment to the upper surface of a festering sore while innocent children, who should be the bone and sinew of a coming generation, are being conceived and nursed often in the orgies of a drunken debauchery.

After careful study of this problem it is my opinion that the best way to fight the evil is to establish in each locality that is at present infested with one or more degrading grog shops, a public clubhouse or cheap hotel for men, run at moderate charges for light refreshments, lunches, etc., that will make each branch self-supporting. Even empty corner stores on the busy avenues could be utilized for a trial, and the apartments upstairs could be furnished as bedrooms and rented at reasonable rates to deserving homeless men.

As this plan would take progressive and tangible form, attractions, such as gymnasiums for physical culture, games, and even concerts or musical entertainments, could be encouraged and utilized. It will be argued here that most of the habitués of grog shops have few tastes for such tame recreations. Granted, but it has been proven how potently change of environment will act even on men who seem to have inborn tendencies toward evil. The blasphemous atmosphere of saloons is sufficient to contaminate the purest and strongest mind, and I am convinced that the Public Temperance Club's most forceful influence in prohibiting the blasphemy that pervades saloons would be of itself a great impetus to higher standards of morals.

Illustrated lectures by a competent exponent on the terrible physiological results of intemperance on the human body would be a practical form of religion and would offset the apathy and indifference induced by certain outward forms of religious training that gives to its followers a sense of false security, like superficial creeds which can be donned weekly like a garment, an easy transient holiness that overlooks the blasphemy of a man entering a saloon on a Sunday morning

to wash down the sacrament with the customary morning potation of gin or whiskey.

Those who have followed the campaign for Sunday closing of saloons will agree that all such legislation under present conditions of political connivance with liquor interests is bound to be frustrated; therefore, the only feasible plan is to weaken and supersede the basic attractions of saloons by the diversions of Public Temperance Clubs that shall aim to elevate both the physical and moral status of their members.

I am perfectly aware that it might take years for this scheme to become in any measure popular, since a race that is saturated with alcohol poison must be educated away from this horrible depravity, and which is so easily acquired. The plan would be most bitterly opposed by liquor dealers and their sympathetic adherents, and political organizations, but to thinking people of determination this ought to be a good proof of its potency.

In a community where generous men of great wealth are donating millions of dollars to institutions, is it not possible to interest "public capital" in what is certainly a great civic necessity? District social temperance clubs for men would be a legitimate business enterprise, having no stigma of charity, but which, on the contrary, would in due time become self-supporting, if not lucrative.

No matter how often the shameful debauchery of drunkenness in large cities is covered up and hidden away by the superficially respectable, whose interests prompt them to ignore or condone it, the octopus, Phœnix-like, is bound to rear again its filthy head, with tentacles wound all the tighter about its victims through the interval of fancied security; and as long as the slimy demon is allowed to dodge the deadly wound of universal antagonism, just so long will the headlines of our daily papers teem with the records of seductions, desertions, lunacy, divorces, robberies, murders, suicides and all the ghastly aftermath of vice and crime, the perusal of which would tempt even the most conservative to imagine that the Kingdom of Hell was really established in our midst.

## MORMONISM AND MONOGAMY

AN INTERESTING DISCUSSION OF THE VIEWS EXPRESSED IN  
MR. HANCOCK'S REPLY TO THE MORMON ELDER'S ARTICLE

*By Zeno*

IN the January number of this magazine was a contribution by Larin Farr, the Mormon elder, in defense of Mormonism, with polygamy as its crowning virtue, and giving his reasons therefor.

In the February issue there appears an answer to the above, by H. Irving Hancock, in which he attacks a weak spot in the Mormon's armor—polygamy.

Now, let us examine this reply more in detail, in order to see how it will bear up under an unbiased scrutiny. The polygamy of the Mormons is compared to that of the Persians and Turks. Before this can become convincing to an unprejudiced mind, however, this position of the writer should be accompanied by reasonable evidence, at least, that the doctrine regarding the relations of sex is taught by these Asian polygamists in their religions as it is taught by the Mormons in theirs. Benighted Africa and her polygamists need not be considered at all.

The assertion that "the whole principle of the Mormon contention is that when a woman finds abstention necessary, the man should be privileged to seek gratification elsewhere," is erroneous in two particulars, since it justifies the inference, first, that women have the same sensual desires as men, which is untrue of any normal woman; second, that the Mormon indulges the desire for the mere gratification; this is refuted by the Mormon statements.

Now to the most vital point in question. I will quote Mr. Hancock again: "It is difficult, sometimes, to draw the dividing line between *love* and *lust*." In this he makes the same mistake that most men make to-day, and that perhaps all men have made at some time in the past, the writer not excepted. I think I can clear the matter up now to the satisfac-

tion of those who may have honest doubts, but who prefer to know the truth, be that what it may.

I will give, in brief, a few illustrations of *love* into which the element of *lust* cannot possibly enter. For example, a mother may love her daughter with a devotion truly sublime, and the daughter reciprocates in like manner; a father may love his son, and the son loves the father; often a dog loves his master, and sometimes the master returns it with more ardor than he is willing to admit to others; the love displayed by children for their animal pets admits of no doubts. Cases of this kind might be multiplied, but let the foregoing suffice.

But there is a kind which, while not strictly in the foregoing class, is more numerous, and more important—that of the women who love their husbands, but who themselves never have any lustful desires, but who submit to their husbands because they believe, as the Mormon pointed out, that it is their duty to do so, or worse still, because they fear the consequences to their homes by the complete alienation of their husbands' affections.

To these women it often means misery, physical suffering and sometimes death. To denounce the men who cause this as evil-minded and selfish would be an injustice to them, and the evil would remain.

Lust, on the other hand, may be present, even rampant, as is clearly evidenced by the moral debasing houses of ill-fame, everywhere found, whose inmates cater to the unbridled passions of men to whom *love* is a total stranger. Among the lower classes of men and women who marry there are many to whom love is a meaningless phrase, whose life is one of debauchery, full of bickerings, quarrels, and, sometimes, bloodshed. In the sex-

ual relations of these people love plays no part.

Surely, then, there is a difference between love and lust, so that he who runs may read. Moreover, I deny that the phrenological organ of amativeness is the seat of love; it is the seat of lust, however. Benevolence, situated in the forward part of the top head, is the seat of love, phrenological text-books to the contrary notwithstanding. On this hypothesis only can it be explained why so many women are very loving, while they cannot understand why men cannot show it more without betraying sensual desires.

Millions of men the world over, some of them high-minded, noble characters, are kneeling to-day before the altar of lust, but who in their blindness believe they are worshipping the goddess of love. And it is not to be wondered at, since, as boys, at all ages, they hear it in the streets; as men, they discuss it on the street corners, in the saloon, in the barber-shop, at the club, and, in fact, everywhere that men alone congregate, it is spoken of as if it were the one essential thing to man's happiness and physical welfare. This fallacy, subscribed to in a large measure by the medical profession, is responsible for the continued

slavery of man to the vice of lust. Asylums, penitentiaries and the grave hold many of its victims. If there were not so much prudery, or false modesty in the education of our young, if the proper relations of the sexes were taught to our boys and girls alike, much of the misery and suffering to be found in the world would never occur—*could* never occur.

For fear of making this article too long, but wishing to draw special attention to the fact that Larin Farr admitted a higher ideal than polygamy, I will quote a small portion of his article without comment: "It may be that, in time, men will be able to live with one wife and refrain from sexual intimacy, except for procreation. Until this high ideal is reached, polygamy is justified by the science of life."

In the interest of a true manhood, which rises above the plane of all other animals, let us have the monogamist's ideal of one wife only, with the Mormon's ideal of sexual intimacy for procreation only, in order that we may have the highest types of manhood and womanhood to adorn our homes in the future and help to speed the time when a proud and noble race will walk upon the face of the earth.



Whiskey, Corsets and Drugs, the Boon Companions Constantly Busy in the Devil's Interest

CHILD CULTURE SCIENTIFICALLY APPLIED  
BEFORE BIRTH OF CHILD*By Dr. A. Wilbur Jackson*

**H**EREDITY, so little understood and yet the most important factor that enters into the propagation of the human race, offers many exceedingly interesting facts for consideration by the advanced physical culturist. The foremost authorities on the subject divide it as follows: First, direct heredity; second, indirect heredity, and third, and most dubious of all, telegony. Direct heredity consists of the direct transmission of the parental qualities to the children. This form of heredity may declare itself in two ways, as the child may "take after" both father and mother equally, both morally and physically; or, on the other hand, he may resemble one more than the other, the heredity taking place in the same sex, from father to son, or from mother to daughter.

The more common form is that in which it takes place between different sexes, from father to daughter and from mother to son.

Lastly, there is telegony, or the transmission of influence, where the children of a second marriage inherit traits from the former husband or wife. One factor in heredity that has been the subject of much argument is that of maternal impressions. Some have denied their existence because of certain theories concerning the nervous connection between the mother and foetus. Féré has proved that the foetus exhibits very decided reactions to sensory impressions on the part of the mother. "The organization of a morbid predisposition may be largely influenced by an accident accompanying gestation or conception."

In some degenerates a trace of hereditary defect cannot be found. Excitement of the senses, or violent emotions, often repeated in the mother during pregnancy, may give rise to grave defects in nutrition of the foetus, especially in its nervous system. A large percentage of cases of epilepsy, idiocy, etc., are known to have

arisen from the poisonous alcohol indulged in by the mother. Psychic troubles in the mother may affect the unborn child in the same manner. The principal facts that show the influence of the psychic condition of the mother upon the physical state of the child explain the action of the imagination of the mother upon the product of conception. Birth marks are referable to intense mental impressions on the part of the mother.

The curator of the British Museum has preserved some newly-hatched chicks, all of which had a curved beak like a parrot's, and with the toes set back as in that bird. According to the curator's report, the hens in the farmyard where these monstrosities were hatched had been frightened by a parrot that had escaped and flown down among them some time before the eggs were laid, greatly frightening the hens from whose eggs the malformed chicks were hatched.

Kiernan, an authority on the subject, was of the opinion that moral shock, generally directed, played the chief part in maternal impressions through checking development and causing either general or local reversion. Profound grief, or physical or mental shock acting upon the mother, produce cerebral defect or generally arrested development in the child. After the great fire in Chicago, in 1871, birthmarks, deformities and mental defects were noticed to occur among the offspring whose mothers were pregnant with them during and after the conflagration.

The influence of diet on the foetus is illustrated excellently in the results of the limited "fruit diet" advised by certain fruitarians. Here the children become rickety, peevish, liable to convulsions, morally peculiar and otherwise defective, in contrast with children born of the same parents who have used a more rational diet. I do not mean by the above a physical culture diet, nor a vegetarian diet, either of which is most valuable. My

# A GYMNASIUM IN A CHURCH

By Rev. E. A. King, B. D.

PASTOR FIRST CONGREGATIONAL CHURCH, SANDUSKY, OHIO

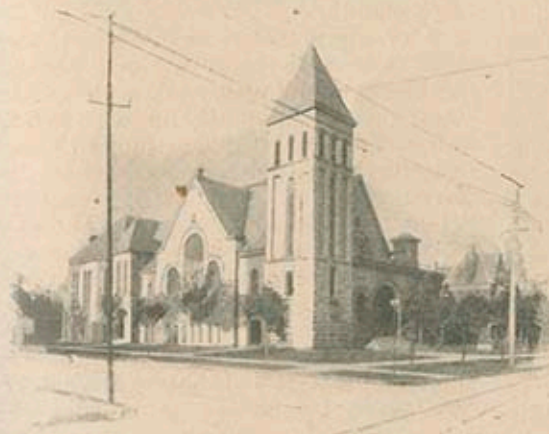
AUTHOR OF "HELPS TO HEALTH AND PURITY," ETC.

*I wish to call the attention of every Church worker to this article. Here is a minister of the Gospel giving us an object lesson in practical religion of vast value to the human race. Why should Church buildings be closed and darkened the larger part of the week? Why can they not be used to save the bodies of boys and girls and men and women, now, here, to-day? If souls are to be saved, is it not of great advantage that the bodies which they inhabit be wholesome, pure, and even beautiful? That this adoption of physical culture in connection with Spiritual culture, popularized by the Rev. E. A. King may spread from Maine to California, is the wish of*

BERNARR MACFADDEN.

## NO NEW THING

A GYMNASIUM in a church is no new or strange thing, though it is true that many churches do not



Congregational Church, Sandusky, Ohio

have them. Centuries ago the churches, as a rule, were so absorbed in saving the souls of men, and in preparing them for a future heaven, that they had neither time nor inclination to provide for their physical, earthly needs. However, a large number of churches have indirectly supported enterprises designed to save men's bodies, through their connection with the Young Men's Christian Association and kindred organizations.

Since the new enthusiasm for the whole man, body and spirit, has become generally accepted, a larger number of churches have sought to meet

the physical as well as the spiritual needs of the communities in which their buildings are located. They seek to bring something of heaven into the present life.

This humanitarian or altruistic movement is carried on through a church organization known as the "Institutional Department." The term "Open Church" is perhaps a better name, and is preferred by many. This new movement began in England in 1840, but the churches in the United States did not take it up until 1880. This work of practical ministry centers in the church building, which is open every day, and it becomes the center and inspiration of the daily life of its members. Its methods consist of various visiting and reception committees,

brotherhoods, clubs, educational classes, reading and game rooms, gymnasium and baths, etc. The methods vary ac-



A Part of Rev. E. A. King's Marysville Class



ording to the needs of the communities, and the amount of money at the disposal of the church.

#### HOW IT WORKS IN A SMALL TOWN.

During the winter of 1900 a gymnasium class was started in a small hall at Marysville, O., a town with a population of less than 4,000, near Columbus, and continued for about three years. In the spring of 1901 an exhibition was given in the Opera House. The next year the class was much larger and met regularly two nights each week in Armory Hall. The only apparatus was a set of parallel bars, a mat or two and dumb-bells. There were no bathing facilities. Yet there was much interest manifested; and during that winter several gymnastic classes among women and girls, and among the boys, flourished. A second exhibition was given and was productive of much good. The third year, besides the regular young men's class, it was deemed wise to attempt similar work at the church for the special benefit of the young boys of the community. We took the boys just as we found them, and opened our Boys' Club in the basement of the Congregational church. The boys of our own parish were admitted free, a fee of fifty cents being levied on the others. The only requirement demanded of the boys was that they attend their own Sunday-school regularly. The method of work



Some of the Members of the Boys' Club

was about the same as that used in the larger classes. The boys enjoyed it hugely and the membership went up to fifty or sixty. The men's class was given up in the spring, but the boys' work was continued. A small girls' class was also attempted in the church, and was enjoyed by them fully as much as by the boys.

The results to the church were good. A larger number of men and boys attended the various meetings and became interested in the things for which the church stands. Many of the citizens became interested in health seeking and better living. Though such work consumed a great deal of the minister's time, he does not regret it. It brought him into touch with real people such as he needed to know and to help.

#### CHURCH GYMNASIUM IN A CITY.

Here at Sandusky, Ohio, we have a splendid equipment in a large stone church built especially for institute work. The gymnasium itself, unfortunately, has a low ceiling, but is high enough to enable us to use parallel bars, a horizontal ladder, and trick rings. The floor space is large enough to accommodate a class of fifty persons. There are two punching bags, a hand-ball court, senior and junior parallel bars, horse, wands, dumb-bells and Indian clubs. There is a finely equipped bath room painted in white enamel, and supplied with three ordinary showers, one tub



Some of the Members of the Girls' Class

(with room for another if needed) and an extra fine combination medical bath with shower, douche, needle, liver and



Dr. C. C. Davis, Instructor of Women's Class

bidet attachments. There is an abundant supply of hot and cold water. The dressing rooms are ample and are supplied with substantial lockers. The gymnasium is painted white; the main dressing room and office are finished in oak with glass panels. An examination room is provided with measuring apparatus and a wet-spirometer (the Standard). A library of choice books on health is in the office for the use of members. There is plenty of light, heat, and ventilation, with toilet and coat rooms for all.

#### THE METHOD OF WORK.

The general physical culture work is similar to that taught in the Young Men's Christian Association gymnasium, to which organization the writer is indebted for his gymnastic training. We have in our library volumes of *PHYSICAL CULTURE* and standard works on kindred themes. The work is done orderly and everyone takes interest in the welfare of the institute. Our youngest member is ten years of age and our oldest is ninety-five. The latter took out a membership ticket with the rest of the men on the opening night, though he takes no

active part in the classes; he does, however, follow out our teachings, and is a noble specimen of what such work can do for a man.

The girls and women wear the bloomer costume. The other classes will soon have regulation suits, though in the beginning a variety of costumes have been worn. The teacher of the women's class is Carrie Chase Davis, M. D., a prominent woman physician in the city, and an officer in the Ohio Woman's Suffrage Association.

#### THE BUSINESS END.

In order to make this work a people's enterprise the price of membership has been put very low. Girls from ten to sixteen years of age pay one dollar. Boys of the same ages pay two dollars. Young men and young women pay three dollars, and men over thirty pay four dollars. Tickets of membership are provided, good for one year from the date of issue. All we care about the fees is to see that they are sufficient to cover the running expenses. Sometime during the spring an exhibition will be given for revenue and educational purposes. At present there are over two hundred members.



Rev. E. A. King, Physical Director

## MORAL VALUE OF THE GYMNASIUM.

The associations found in the gymnasium are stimulating and of a helpful as well as of a healthful nature. In this case the minister himself is the physical director, and the men are impressed with the fact that he is a man, as they are, and is anxious to be of service.

We are now using the library, and an opportunity is afforded to direct some of the reading of the boys and young men.

An opportunity is opened for personal conversation, and the loaning of special books. A copy of "Helps to Health and Purity" is given to every male member over fifteen years of age. One gets a chance to do and say many things calcu-

lated to help; and then, a minister learns a great many things from the members—things he ought to know!

There is a physical basis to morality. A man who is physically healthy, thoroughly clean within and without, can live a better Christian life than a man who is forever suffering from dyspepsia, or some other derangement of his bodily system. A man who is somewhere near perfect physically is comparatively free from the desire to use spirituous liquors, or to use tobacco, or to give way to sexual passion. At any rate, a man who is honestly seeking perfection of the physical has a splendid foundation for a sane spiritual or religious life.

## WHITE FLOUR MAKES TEETH SOFT AND CHALKY

By C. Helloris, D. D. S.

I BELIEVE we must all agree that no matter how carefully and conscientiously one may exercise, bathe and breathe, without proper food to rebuild and strengthen the tissues and muscles so exercised, the highest state of health cannot be attained. Yet, proper food may be introduced into the stomach in such a condition that digestion and subsequent assimilation are impossible. Digestion depends, in the first place, upon complete mastication. The food must be mixed with the saliva in order to insure the digestion of the starches. More than that, the stomach cannot do the work nature intended for the teeth.

Dental statistics show that as a nation we have poor teeth; a result of internal conditions, hereditary and otherwise, rather than those of neglect.

To be sure, neglect and abuse have played their part, but above all we find, handed down from parent to child, poor teeth; soft, chalky and impoverished, the direct result of a lack of proper elements in the food.

In "The White Flour Curse" there is more truth than poetry. The very elements required by the human system for the making of strong teeth, nerves and bones, are contained in that part of the wheat which is discarded and lost in the bolting process. The part that is sold as white flour contains little else than starchy ingredients. White flour, if digested, will produce fat, but not strength. Those who

live on white flour products in connection with other ordinary articles of food, are living on a diet consisting largely of starch, causing not only impoverished teeth and soft muscles, but indigestion, constipation, and a long train of evils following.

Now, the remedy is plain, and so simple as to be neglected. First and foremost, abandon the use of "white flour" in any form. Shun it as you would a poison. Allow no white flour in your home for any purpose!

I have persuaded many to give the whole wheat diet a trial, and the result, if persisted in, has always been hard, strong teeth and better health. Of course, it takes time to change the character of the teeth—not only weeks, but often months, and sometimes even years; but, as certainly as daylight follows darkness, soft, chalky teeth can be made hard and strong, resisting decay to an extent that will make the services of a dentist rarely needed. A semi-annual dental examination, however, should be made always, and every little spot of decay should be promptly checked.

Your children, should you be so blessed as to have them, will have teeth of which you may be proud, and for which they will be thankful. You owe this to yourself, to your family, and to mankind.

Be a whole wheat crank—there is health in it!

## ARE WE TOO HARSH IN OUR CRITICISMS OF CORSET WEARERS?

*By An Expectant Bride*

I THINK you are entirely too severe with women who wear the corset. Take this one instance: My mother put the corset on me when I was a girl of about twelve years. I was very large for my age, and rather stout, and very much of a tomboy, and so whenever I got a chance I took the hideous things off and hid them, but to no purpose, for I was compelled to put them on again, and finally got so used to them that I never gave them a thought.

When I grew older I was naturally attracted by young women who made a nice appearance, and as they were most of them slighter than I, why, I pulled my corset a little tighter so as to look as they did. I never wore them terribly tight, for this reason—I could not stand it. It was no credit to me that I did not pull in as the rest of the girls did.

Well, I grew up until I became about sixteen or seventeen, just the age when a girl likes to be admired and sought out by the men folks, and I noticed that the girls who seemed to dress the most fashionably, and who were laced the tightest,—in other words, who had the smallest waists—seemingly had the largest number of admirers.

It is a woman's nature to want to be loved, and I was not different from other women, and I must say that I did have a great many admirers; but after having them, I found, like many another woman, that I wanted some earnest, thinking man who was different from the rest, but I could not have explained then what it was I missed in the friends I had. I was not satisfied.

I was not well for quite some years, and during that time, by the advice of my doctor, who is also my friend, I did not wear a corset, and finally got well.

To make a long story short, I again put on the corset, and it was while wearing it that I became acquainted with the man to whom I am engaged, and he spoke

to me about taking it off. He is a strong, healthy young man, and it was his strength, and fearlessness about speaking of such things, that made me admire him at first; but I had never thought for one moment that any man would ever be interested in what his sweetheart wore, and at first I was very indignant with him for daring to speak to me of such things. However, I thought a great deal about what he said, and I had to admit that there was no other way for people who expected to share everything, and who were looking forward to the time when they could be together, but to talk these things over carefully and prayerfully, and now there is nothing that I can look forward to with more deep and true pleasure than the time when we shall have a home of our own and the hope that God will give us children.

After my sickness (which was typhoid and then pneumonia) my stomach was very large, so much so that it attracted attention, and whatever I did seemed to make it worse, and I wore the corset to keep it in.

I know from experience that there are a great many women who would be only too glad to get rid of the corset were it not for the fact that they would look "sights" without anything to hold in their stomachs.

Then you must know, if you have given the subject any thought, that clothes cannot be worn without corsets, and still appear like those who do wear them. Now, what is a woman to do? She must wear stockings, and they must be kept up; a great many women, myself for one, cannot wear round garters, and therefore must have the side ones. What is she going to fasten them to? If she wears a corset waist, and fastens them to that, why, they pull down on either side, and that makes them bear heavy on her stomach. If she fastens them to the front of her waist, it is as bad as wearing a cor-

set, for the strain on the stomach is such that the muscles cannot hold in the stomach.

Then with her clothes. If, as in my case, she works all day, and does not get home until about seven o'clock, or later, has her supper, then it is about eight o'clock; now what time has a woman to experiment with things, and how can she do it when her family are opposed to the way she dresses, and will not help her carry out her ideas on the "disgraceful" (?) way of dressing?

If she goes to a dressmaker, as I have done, the dressmaker will not make things to suit her, as the clothes do not do her credit, according to her way of thinking, and she would lose trade if it became known that she made such looking garments.

Now, what is a woman to do? You criticise and condemn, but you do not tell a woman how and where she can buy, or make, or have made garments that *she*, as well as you, knows that she ought to have. [Our new Dress Department in *Beauty and Health* will now supply this need.]

I have been trying for over two years, and I have not found anything that I can honestly say suits me, yet. I have wasted money and spoiled good material in experimenting, but I have not given up, nor will I until I do find something that meets all my requirements, and at the same time looks nice.

The main trouble with physical culture is that it makes people feel so well and strong that they will not injure themselves, or even make themselves un-

comfortable, for appearance, and when they get to that stage where they admire and glory in the fact that they have a beautiful and strong body, why, what are they to do? They cannot wear so-called fashionable garments, for they are hideous in their eyes, and they could not get into them if they would.

Now, since you have made a person dissatisfied with anything but the very best, healthiest and most beautiful body, the dress department should tell us where we can have made, or make ourselves, clothes that will be comfortable, and appear artistic.

I do not believe that persons should make themselves conspicuous by the ugliness of their clothing. If it were possible to have attractive, comfortable and hygienic clothing, I think physical culture would be much more attractive than it is. The appearance of the average physical culturist is usually far from being attractive to those who do not look for the actual physical beauties of the man or woman. I do not see why the beauty of the body needs to be made hideous by the clothing worn.

Do not think that I do not appreciate what you are doing, or that I would discourage you, for such is not the case; I only want to look at it from the average woman's standpoint. You have furnished us with restaurants, and we who are able to take advantage of them appreciate them, and recommend them to our friends, not only for their sakes, but also because it is the only way some of us can show our appreciation.

New York.

S. B. S.

#### GOIN' BAREFOOT

It's more fun goin' barefoot than anythin'  
I know.

There ain't a single 'nother thing that  
helps yer feelin's so.

Some days I stay in Muvver's room a gettin'  
in her way;

An' when I've bothered her so much she  
sez, "O, run and play!"

I say, "Kin I go barefoot?" en she says  
"If y' choose——"

Nen I alwuz wanter holler when I'm  
pullin' off my shoes!

If y' often go round barefoot there's lots  
o' things to know—

Of howt' curl yer feet on stones so they  
won't hurt y' so—

An' when th' grass is stickley an' pricks  
y' at a touch,

Jes' plunk yer feet down solid an' it don't  
hurt half so much.

I lose my hat mos' every day, I wish I did  
my shoes—

Er else I wish I was so poor I hadn't  
none to lose!

—Harper's Magazine.

## ARE NEW YORK'S BEST PHYSICIANS PHYSICAL CULTURISTS?

AN EXPERIENCE WITH THREE OF THE BEST NEW YORK MEDICAL MEN, OF WORLD-WIDE REPUTATION, SEEMS TO INDICATE THAT HIGH-CLASS PHYSICIANS DEPEND LARGELY ON PHYSICAL CULTURE REMEDIES TO CURE THEIR PATIENTS

*By Alexander Marshall*

*The following article will probably astonish my readers more than the previous one by Mr. Marshall. It seems to indicate that the greatest living authorities in the medical profession are at present largely physical culturists in theory and practice. I have devoted an editorial to these startling facts in this issue.—BERNARR MACFADDEN.*

I WANT to apologize to the medical world for some of the statements I made in an article appearing in the February issue of PHYSICAL CULTURE, under the heading, "Medical Science All Guesswork."

I have had very emphatic reasons for changing my views. Not as to the inefficiency of medicine, for I have had proof that the very "cream" of the profession consider it largely guesswork.

In my experience, which I will relate in this article, with three of the best physicians of which New York can boast, their belief in the fallibility of medicine was emphasized by their refusal to prescribe drugs of any kind for my ailment.

Though I so emphatically condemned

the art of healing practiced by medical men as an exact science in my last article, I must admit that some of the physicians I met, even on that occasion,

impressed me as being conscientious men who were doing the best that could be expected under existing circumstances.

The physicians whom I interviewed this time impressed me especially with their exactness and with their unwillingness to express an opinion unless absolutely sure of the accuracy of their statements. My recent experience inclines me to believe that a physician who thoroughly understands the science of heal-

ing will therefore not prescribe or diagnose a case without a thorough and minute examination of the patient.



**Dr. Chas. S. McBurney**

The keen scientist and polished, courteous gentleman, who refused to prescribe drugs of any kind in Mr. Marshall's case.

Though I scoffed at the diagnoses of the ten former physicians who examined me, I must admit that there were occasions when I was really worried. I felt like a man reading a patent medicine advertisement for the first time. I examined myself thoroughly for signs of the numerous diseases I was supposed to have. I wanted to be sure that there was nothing the matter with me; and as I expected to have my life insured in a short time, I determined to call upon one or two of New York's leading practitioners, and prove to my own satisfaction the truth or falsity of my conviction.

I used the same subterfuge regarding my complaint that I did in my former experiment. My wife accompanied me, and I called first upon Dr. C. S. McBurney, 28 West 37th St., and, in answer to his inquiries as to my ailments, informed him that for several weeks I had been suffering from a pain in the left side of my head, and desired his advice and opinion as to the cause of my trouble. Dr. McBurney listened very attentively and, at the conclusion of my remarks, stated that he was a surgeon and did not think it necessary to cut me up to discover the source of my ailment and suggested that I go to some specialist on nervous troubles. I inquired as to why he specified *nervous* troubles, and he replied that from the description of my symptoms he thought it more than likely

that my trouble was the result of my nerves. Upon my earnest solicitation for his professional advice he stated that for a thorough examination it might take weeks of observation for, if I had kidney trouble, it would be necessary to test the urine many times and he preferred that I see a regular practitioner. I, however, prevailed upon him to give me his opinion, and after a searching investigation as to my past ills of the body, he said that as far as he could determine from

what he called a superficial examination, I did not have anything serious the matter with me. That probably I did not take enough exercise in the open air. His advice to me was that if after a few weeks of PHYSICAL EXERCISE WITH PLENTY OF FRESH AIR I was not relieved of my headache, then I had better consult and place myself under the charge of a specialist, who would, without question, discover the cause of my headache and be then prepared to treat me for same. He declined

giving me any advice further than the above, and refused to prescribe any drugs. I found Dr. McBurney a polished, courteous and highly educated gentleman in every respect, and withal the keen scientist, reserved, but on the *qui vive* to grasp every detail.

I then called at the residence of Dr. Edward G. Janeway, 36 West 40th St., and after waiting about half an hour was



Dr. W. M. Polk

One of New York's most prominent physicians, who said: "Plenty of exercise, fresh air and a hearty laugh, is the best medicine I can prescribe in your case."

ushered into a rear office where Dr. Janeway's son, who is also a physician and his father's assistant, proceeded to put me through an inquisitorial examination. He requested me to give him the full facts as to the cause of death of my parents and nearest relatives, their ages at death and whether they had been temperate livers. He applied the most searching questions as to my mode of life, past illness, diseases and accidents, etc., all of which he proceeded to write down upon a specially prepared paper or blank. He then required of me a sample of urine which he sent to the laboratory in the rear to be tested and examined. I then was shown into the front office, which was the consulting room of Dr. Edward G. Janeway, and upon my entrance young Dr. Janeway introduced me to his father and handed him the slip pertaining to my case. Dr. Edward G. Janeway read the paper and after thinking deeply asked me a few questions, all the while looking me over, then bade me strip to the waist for examination. I divested myself of my upper clothing and with the assistance of his son, Dr. Janeway gave me a most thorough examination, thumping and pounding me; my respiration, temperature and pulse were taken, the stethoscope applied, my nervous pulsations recorded, the heart's action noted, etc., etc.

I was instructed to breathe while lying down, standing and in various positions, during which my lungs were tested thoroughly.

He then received a report from his assistant in the laboratory, as to the state of the urine, which he passed to his son and looking at me smiled and said: "My dear sir, so far as our examination goes there is absolutely nothing the matter with you; in fact, you are in the most perfect health, and every one of your organs is healthy and sound. Your headaches are either the result of smoking impure tobacco—I mean by that tobacco that has been doctored or drugged—OR ELSE FROM THE LACK OF PROPER AMOUNT OF EXERCISE." The doctor then inquired as to the amount of exercise I was in the habit of taking and as to how often I bathed. I informed him that at one time I was in the habit of taking long walks, but lately had dis-

continued them and was confined indoors to some extent.

The doctor advised me to go out to Central Park AND WALK FIVE MILES EVERY DAY, EAT PLENTY OF GOOD WHOLESOME FOOD AND TO KEEP MY BOWELS OPEN. I inquired as to the medicine which I should take and he replied: "Don't take any medicine; just a simple cathartic, or, still better, eat figs. TAKE YOUR WALKS AND THE EXERCISE AND THE FRESH AIR WILL DO THE REST." Dr. Janeway absolutely refused to prescribe any drugs, but instead recommended fresh air and exercise. This advice from one of the most eminent practitioners in the medical profession proves beyond a question that Dr. Janeway, in addition to being at the top of the medical profession, is also as thorough a physical culturist as one could desire to meet.

Dr. McBurney, who did not make an examination, gave merely his opinion; which was, that fresh air and exercise was what was needed. Both of these eminent physicians, with science at their finger tips, refused to prescribe drugs.

I inquired of Dr. Janeway if I could write him when I was out of the city and have him prescribe for me, and he replied: "Certainly not; we will be happy to inform any physician as to the state of your health at the time of this examination, which might in a measure aid him to diagnose your case, but it is an utter impossibility to prescribe or treat you without first being fully aware of your ailment."

Feeling fully convinced that at least the scientific practice of the best medical men was not all guesswork, I resolved to seek further.

After carefully looking over the list of physicians which I had selected before starting out upon my quest, I decided to call upon Dr. W. M. Polk, 73 East 36th St. I waited quite an hour for the doctor, who was out, and upon his arrival he cheerily bade me enter his sanctum, or rather his "workshop," as he termed it. He remarked that I did not look much like a sick man, but he could judge better after his examination.

I was ordered to disrobe, and after I was stripped to the waist, Dr. Polk put me through a most searching and rigid ex-



amination, almost as strict as the examination at Dr. Janeway's, and at its conclusion he said: "You are perfectly sound in every organ; your headaches are either from neuralgia or want of exercise. I am inclined to think that IF YOU TOOK PLENTY OF EXERCISE AND REMAINED OUT IN THE FRESH AIR, you would cease to be annoyed by the pains from which you have been suffering; to enjoy perfect health one must under all circumstances KEEP THE BOWLS OPEN. Do this and you will seldom suffer ailments that

every one more or less is prone to. I will give you a prescription, a simple tonic (the prescription was a preparation of ox blood, not a medicine in any sense) that will aid you, but remember that FRESH AIR, PLENTY OF EXERCISE, amusement such as will afford you relaxation and a hearty laugh, is the best medicine I can prescribe in your case." A confirmation of Dr. Janeway's opinion, and to me sufficient proof that there was absolutely nothing the matter with me and with New York's most capable physicians.

### PHYSICAL CULTURE FOR HOME AND MOTHERHOOD

To the Editor:

Dear Sir: After two years' experience with Physical Culture, I think it proper to say something in regard to the benefit derived therefrom. It has been now over two years since we took up Physical Culture, and can say that we have you to thank for our present good health.

We have four children, three born under "corset conditions." The awful time my wife had with the first three, suffering from 12 to 24 hours, is hardly to be told. When we began to adopt Physical Culture, my wife dropped corsets "right there," and has not worn them since. After a while we gradually cut out meats, and white bread, in our diet, and started to live up to Physical Culture principles as nearly as possible; also taking our cold baths, exercise, etc., regularly.

The result was that the fourth baby was born with the least amount of pain, in fact, my wife was doing her household work up until 7.30 p.m., January 6, 1904, and at 8 p.m. the boy was born with ease. The mother was so pleased with the results of her efforts in Physical Culture that she insisted on me writing to you and thanking you for the great good you have done in our home, and as a fitting climax the boy is to be named "Bernarr," in honor of the Editor of PHYSICAL CULTURE.

Wishing you abundant success, we are

Yours,

MRS. AND MR. H. G. E.

Johnstown, Pa.

### NUMBER OF MEDICAL STUDENTS DECLINING

A prominent medical journal reports that there has been a great and sudden drop in the number of students taking up a medical course in college. Suddenly there are fewer men wanting to become surgeons and doctors.

What has happened!!

The medical journal gives five reasons which its editor believes explains the above condition of affairs. One or two are somewhat good. There is too much competition and less money in the business than heretofore. Also less sickness

prevails. Very true; but we would go one better in suggesting to this medical editor why fewer young men want to become doctors. It is known commonly that a great distrust is spreading among the people in regard to medicines and to medicine-giving doctors. The great mass of people are educating themselves in hygiene and in self-help in case of sickness. If the report is accurate, good times are in store for the heretofore bamboozled, medicine-stuffed and helpless American people.

## PHYSICAL CULTURE CORRESPONDENCE CLUB

A METHOD BY WHICH PHYSICAL CULTURISTS THROUGHOUT  
THE COUNTRY CAN EXCHANGE IDEAS AND BECOME  
BETTER ACQUAINTED WITH THOSE INTERESTED  
IN THE SAME THEORIES

WE have received hundreds, perhaps thousands, of letters from physical culturists throughout the country urging the establishment of a medium whereby those who are interested in the theories advocated in this magazine could exchange ideas on the subject and become better and more intimately acquainted with one another.

It is recognized that physical culturists, when once imbued with the spirit of right living, find it extremely difficult to meet companions of either sex holding the same high ideals of life. Because of their advanced ideas they are often considered cranks and fanatics, and there are thousands of our readers who are as much alone in the thickly populated communities as if they lived in a desert.

The wholesome, intelligent girl, once awakened to the high standard of manhood represented in physical culture, will demand for her companion and friend one who is as clean in his moral and physical life as she herself may be. The pure, intelligent man who has developed strength and manliness of character by following a physical culture life will demand equally as well that the one he may choose for his companion, and perhaps his wife, will be strong and healthy and worthy to become the mother of his children.

It is to fill the great need so clearly apparent among physical culture enthusiasts that we have organized the Physical Culture Correspondence Club. This club will be conducted along a line similar to the Correspondence Club conducted by the great English journalist, William T. Stead, in London. They state that their Correspondence Club was established to "enable scattered human units to free themselves from the doom of solitude, to

assist people to correspond and converse on a footing of perfect equality, and to offer an opportunity for the exchange of ideas and sentiments between the sexes."

We expect to conduct this Correspondence Club in strict conformity with the high standard set by our magazine throughout its pages.

First—The club membership fee will be \$1.00 per year.

Second—Non-members can correspond with those whose personalities appear in the magazine, though ten cents will be charged for every letter forwarded.

Third—All members will be provided with a number. They can use this number, or their name, as they may desire, in their correspondence, though all whose personalities appear in the magazine will be known by number only.

Fourth—Letters of all club members to other members, whom they have addressed by number, will be readdressed and forwarded free of charge.

Fifth—The first fifty members of the Correspondence Club will be entitled to a free insertion of their personalities, not to exceed forty (40) words in length. Twelve cents a word will be charged for every word over forty. The advertising rate of the magazine is \$1.00 per line. As a personality will take up at least five lines, you can thus see that the first fifty members will secure \$5.00 worth of space in addition to a membership of one year. This offer is made because we wish to at once start a club with a large and varied list of personalities.

You can make your personality as brief as you like, but your replies will be more satisfactory if you tell something of yourself. For instance, give your age, weight, height, occupation, color of hair, condition of health, whether you are fond of

literature, sports, music, outdoor life, and any other information that can be expressed briefly.

All those who wish to take advantage of this Correspondence Club will please note the following plain instructions. Letters received that are not sent according to instructions will be consigned to the waste basket:

**INSTRUCTIONS TO CORRESPONDENTS.**

First seal your letter in a blank STAMPED envelope.

Put in the lower left-hand corner the number of the person to whom you wish the letter addressed; in the upper left hand corner put your own number.

If you are not a member of the club, use only the number of the person to whom you wish the letter forwarded.

Now enclose this envelope in another envelope, and mail to the Physical Culture Correspondence Club, 1123 Broadway, New York City.

If you are a member of the Correspondence Club this letter will be forwarded without charge; if not a member enclose ten cents for forwarding charges.

The following personalities are charter members of the club and very enthusiastic physical culturists. Before writing a reply carefully read instructions.

No. 1. Refined young woman, 22, all-round athlete, would like to correspond with young men and women on any topic pertaining to physical culture.

No. 2. A young lady athlete living in New York would like to correspond with and meet young ladies who are interested in physical culture and who wish to know more about the subject.

No. 3. A physical culture girl, interested in every subject tending to hygiene would appreciate correspondence with physical culturists.

No. 4. Active young man of 30 seeks the acquaintance of physical culture young woman who is cheerful, healthy and strong in mind as well as in body. Must be fond of outdoor life. Must not be "city bred." Fresh air enthusiast.

No. 5. Young lady of 18, fond of in and outdoor sports, one who would be pleased to help non-physical culturists to become interested, would like to correspond with respectable young men and women on any subject pertaining to physical culture.

No. 6. Educated young man, 23 years, tired of "butterfly" companions, desires the friendship of a lovable girl who possesses the physical culture ideals of womanhood taught in this magazine and who expects the same degree of manliness, consideration and kindness from her companion. Good financial circumstances not requested. Womanliness preferred instead.

No. 7. College girl, interested in all phases of athletic sports, would like to hear from men and women who enjoy athletics.



**Traverse City's Youngest Physical Culturist**

Frederick Osborn, Traverse City, Mich., an intelligent, clear-eyed Physical Culture child, reared according to Physical Culture methods by his enthusiastic parents, who followed exercise and diet before the birth of their child.

## Editorial Department

**W**HILE visiting a business acquaintance not long ago, I noticed the absence of his partner. "Why!" I said, "where is Mr. Wilson?"

"Ah, Wilson has gone to his funeral," he said in sarcastic tones.

I was nonplussed. How could he speak of the death of his partner in such a heartless manner? "What do you mean? He isn't dead?"

"No, not dead," he replied, "but just as good as dead. He was married yesterday."

### *Prudes, the Cause of Marital Miseries and Divorces*

Often have I heard marriage referred to as "the death of love," and that frequently it crushes the ambition, lessens the vitality, and mars all that is best in human life. But this was the first time I had heard of

a wedding being compared to a funeral.

But let us view conditions as they are today in ordinary life. How many men are really in love with their wives? How many men have failed to find "the death of love" in marriage? How many men are enjoying the real exaltation that comes with the supreme and unperverted affection of man for woman? And when this question of marriage and morals is discussed, how few are really honest with themselves and with others.

For instance, what a "howl" was made recently because of the disclosure that some of the Mormons at Salt Lake City have plural wives. Why, there are thousands of men in every large city who are Mormons at heart and Mormons in practice. To the public they have but one wife, but sometimes in reality they have a dozen. What is the difference between a Mormon with plural wives whom he acknowledges to the public, and a man with one wife, and various mistresses whom he does not acknowledge?

There probably are a thousand times more Mormons outside of Salt Lake City than there are inside of it.

And yet Mormonism is a perversion of the natural. **MAN'S NORMAL INSTINCT IS MONOGAMOUS.** Under normal circumstances, it should not require any effort; it should be the desire guided by the normal instinct, which is shared in common by the unperverted brute, to be true to one wife. But where is the instinct unperverted? How can it be otherwise but perverted?

Prudes and the vicious product of prudishness brand as vulgar and even indecent the most divine characteristics and relations that affect human life, and health and happiness. Women are commanded as to their duty. They are never told that the law of human instinct is a better guide than duty. Men and women marry. They enter the most sacred human relations in absolute ignorance of the laws which should be followed in order to acquire and maintain happiness. **THEY MAKE HORRIBLE BLUNDERS.** They outrage the highest human instincts. They pervert the noblest and most divine relations of human life. They become the victims of bestial excesses.

All these devilish results that torture human souls, that sting and burn like the

very fires of hell, are actually caused by the criminal ignorance made possible by the prudish secrecy maintained on these vastly important subjects.

The crime of prudishness is the greatest against which humanity struggles today. It is a consuming fire that burns the ambition, the vitality, the very life out of the souls of men and women. It should be considered a terrible crime for a man and woman to marry without that divine knowledge necessary to their protection, for marriage under such circumstances usually means that love will be crucified on the cross of ignorance and excess.

How we jest at marital unhappiness. It is a favorite joke of the end men at the minstrel show. It is so common that many laugh and jest at its tortures. But the poor suffering victim, as he turns and twists in agony, sees not the joke.

May the day speedily come when men and women will have the privilege of knowing themselves; when the filthy minds of prudes will be cleansed of the indecency with which they now so much love to infect others. Then happiness will be possible. The husband will be still the devoted lover. Marital happiness will last as long as life. It will be more than something which we anticipate at courting periods, and fail permanently to realize. It is well that this subject has been taken up by the Iowa Society for the Suppression of Degeneracy. It is well that they have introduced a bill into their State Legislature for the purpose of giving men and women this much needed knowledge, for no subject needs agitation so much as does this. It not only means a vast deal to future generations, it not only means the bringing into life and health of a superior race of people, but it means the health and happiness of all those who are now actually struggling against the perversion and ignorance that prudishness has spread broadcast through all civilized communities.



**T**HE old Manhattan Athletic Club House, located in New York City at 44th Street and Madison Avenue, and afterward known as the Knickerbocker Athletic Club House, has been vacant for some time. The fact has been called to our attention that this would be a magnificent home for a real Physical Culture Club. This building was erected, so the directors of the old Manhattan Club House announced, at a cost of nearly a million dollars. It stands on

*A Magnificent Home for a  
Physical Culture Society*

ground which is said to be worth nearly half a million dollars. The building, because of its being adapted only to club purposes, is considered almost worthless in the real estate market.

This building can be purchased at present for a sum but little in excess of the actual value of the ground. The equity can be purchased for about \$100,000. The balance can remain on mortgage. If some physical culture enthusiast who has considerable money to invest wishes to make a sound investment by buying the equity of this property, we are satisfied that we can surround him with sufficient enthusiasts to insure the unqualified success of a great New York Physical Culture Society.

In the past the failure of the organizations using this club house has been due largely to the fact that it has been the home for a sporty class of men, whose interest in exercise was confined chiefly to the development of the remarkable stomach muscles necessary in disposing of all kinds of alcoholic liquors and numerous elaborate full course indigestible dinners.

**M**ANY of our readers were no doubt surprised when they read the article reciting Mr. Marshall's experience with ten reputable physicians in New York City. One would have supposed that at least two or three physicians would agree as to the cause of Mr. Marshall's illness. Many may have thought that the examination of the patient was very superficial, and unquestionably such a criticism is just; but with so many schools of medicine, each preaching its own particular theory, it would naturally be expected that there would be but little agreement as to the cause and treatment of the ailment among the ordinary drugging doctors.

*Are the World's Best Medical Men Physical Culturists?*

But now let us turn to Mr. Marshall's recent experience. I believe that he really was a little alarmed about his physical condition. He wanted to be sure that he really was a well man. He picked out three of the best physicians in New York City, each one having a world-wide reputation. For their services they sometimes charge a fee of thousands of dollars.

In the diagnoses of these three men there was a very close agreement as to the cause and treatment of Mr. Marshall's disease. But can we credit this agreement of their diagnoses to the science of medicine? Is it not rather due to their accurate knowledge of health and disease, and to their strong common sense? They apparently have grown above and beyond their medical books. They are in reality what one might term ideal physical culture physicians.

They diagnosed the patient's ailment just as it would have been diagnosed in the question columns of this magazine. They gave advice almost identical with that which we are giving every month in our columns. They gave this advice apparently not because it agreed with physical culture theories, but because their own experience had taught them that these methods are the best in the treatment of complaints of this character. May drugging doctors everywhere take a lesson from these marvellously sensible men.

**STOP YOUR DRUGGING!** Begin to study the real healing art. Throw aside your medical books, and learn to reason from cause to effect. Learn to realize, as did these astute gentlemen, that the body has within itself the healing capacity, if you will simply give it an opportunity. Clean and strengthen the body, so that the functional processes may be carried on in the proper manner, and Nature will do the rest. Medical men are everywhere turning to these methods as a means of curing their patients.

May the day soon arrive when the science of medicine will be changed to the science of health, when drugs and poisons will be as foreign to doctoring as disease is to health.



**A** GAIN and again in the past we have called upon our enthusiastic readers to organize societies. Only in organization, in unity of action, is there a force that can accomplish results of importance. There should be a physical culture society in every city of America. There is a growing need of education of this character everywhere. I want my readers in every locality to agitate this important subject. Talk to your friends, and have your friends talk to their friends.

*Physical Culture Societies Everywhere*

Extend the enthusiasm, that it may go on and on like an endless chain, growing bigger and stronger, and more powerful as time passes. I visited Philadelphia during March, and lectured to an audience of seven or eight hundred people. Several hundred were turned away, as the capacity of the hall was limited. I formed an enthusiastic society that gives promise of doing great good. I want to form societies in other cities. Wherever possible, I am willing to lecture without charge, if there

is a possibility of forming a society of this character. I want to extend my enthusiasm to those in need of it.

And do not forget, in forming a society, that the gymnasium should be for MEN and WOMEN. Not only should both sexes have separate hours when they could exercise, but there should be evenings when both the men and women could go through their exercises together. It would be comparatively easy to have separate dressing rooms and bathing facilities, so that both sexes may be comfortably accommodated. The great fault of all gymnastic and athletic clubs, at the present time, is their exclusion of the opposite sex. Girls like fun, like to run and jump, just as much as do the sterner sex, and they are more in need of such exercises. If we could start gymnasiums, and make it popular for a man to take his wife or his sweetheart, the popularity of the physical culture idea would spread over the country with amazing rapidity.

And remember that it is not necessary to have elaborate apparatus in your gymnasium. Sufficient wands, or light dumb-bells, to enable your members to go through the calisthenic drills—which should be given by competent teachers—and several shower baths supply the most serious needs of a gymnasium. Of course, a wrestling mat, a punching bag, and boxing gloves, are additional features that can be recommended; but the apparatus of a gymnasium is not nearly so important as the enthusiasm of its members and teacher.



**M**Y readers may have wondered at my silence in the last few issues in reference to the proposed Physical Culture City.

We have not continued to agitate the subject because there was nothing of importance to say. We have tested the enthusiasm of our readers, and are pleased. We have found that there are hundreds, perhaps thousands, who are ready to move into such a city, and secure the immense advantages that such a healthy, well-governed community would undoubtedly be able to give.

#### *Physical Culture City*

Though hundreds have written that they were ready to assist to the extent of their ability all are waiting for us to lead the way. A city of this kind is a big financial undertaking. It will require a very large capital to carry out the extensive plans necessary to insure the immediate and unqualified success of such a great enterprise. We are ready now to assist anyone who may wish to finance and take the matter in hand; though if we are to perform this part of the work, it will require considerable time. It would take at least a year to find a proper location and secure the necessary capital to make a satisfactory start.

We would like our friends to know that the prospective Physical Culture City is still before us as a near possibility. We intend to do everything possible to make it an early reality. We would be pleased to hear from all our friends who feel that they could be of actual aid to us. The letters written us have been carefully filed away, and they will be notified either by letter, or through the magazine, whenever any important action is taken.

May the time be close at hand when a home free from the demoralizing vices of modern so-called civilization can be offered to all who wish to live a clean, pure life, is the wish of

*Bernarr Macfadden*