

PHYSICAL CULTURE

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

VOLUME XIX

MARCH, 1908

No. III

Contents

(Copyrighted, 1908, by BERNARR MACFADDEN)

EDITORIAL DEPARTMENT—

The Editor's Prosecution.....	by Bernarr Macfadden	141
The Editor's Lecture Tour.....	by Bernarr Macfadden	143
Editorial Opinions.....	by Bernarr Macfadden	144
Spring Ailments.....	by Bernarr Macfadden	144
The Value of Olive Oil.....	by Bernarr Macfadden	145

LEADING ARTICLES FOR MARCH—

Development of the Upper Arm.....	by Bernarr Macfadden	147
Athletes in the Snow.....	by Al. Calhoun	152
William H. Taft, the Big and Strong Man.....		155
The Development of Infants.....	by Bernarr Macfadden	168

CONTRIBUTIONS—

Children for the Childless, Homes for the Homeless.....	by Bernarr Macfadden	156
Physical Culture and the Stage.....	by John Mason	157
Football on a Vegetarian Diet.....	by a Metropolitan Sporting Editor	159
Grand Prize Competition for Most Perfect Men, Women and Children.....		161
Cooked and Uncooked Foods.....	by Eugene Christian	171
Temperance and Physical Culture.....	by George Winthrop Anderson	175
The Confessions of an Insane-Asylum Keeper.....	by One Who Knows	178
The Recovery of Youth.....	by Henry C. Gresham	181
Professor MacDonald on Government Neglect.....	by James Armstrong	188
Living the Radiant Life.....	by George Wharton James	194
A Physical Culture Miracle.....		197
Physical Culture Nurses.....		202
Jumping Exercises for Boys and Girls.....		207
Our Endurance Prizes.....		209

DEPARTMENTS—

Physical Culture Readers and the Verdict.....	by Bernarr Macfadden	191
Comment, Counsel and Criticism by Our Readers.....		199
The Virtues of Our Methods Proven.....		201
General Question Department.....	by Bernarr Macfadden	203
The Organs and their Purposes.....		205

Application for entry as Second-class Matter at New York, N. Y., Post Office.

PRICE, \$1 PER YEAR POSTPAID. WITH CANADIAN POSTAGE, \$1.20
WITH FOREIGN POSTAGE OUTSIDE OF CANADA, \$1.50.

BERNARR MACFADDEN, EDITOR-IN-CHIEF.

PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.

FLAT IRON BUILDING

949 BROADWAY, NEW YORK, N. Y.

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

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

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

THE ADVERTISING RATE IS \$1.00 PER PAGE PER INSERTION, HALVES AND QUARTERS PRO RATA. CARDS LESS THAN ONE QUARTER PAGE \$1 PER LINE.

Food Science Cured Him

Half-Starved, Rheumatic and Anemic,
He Gained 17 Pounds and Health
Through My Food Treatment.



ROBT. H. ARNOLD

NEW YORK, January 28, 1907.

Mr. EUGENE CHRISTIAN.

DEAR SIR: It is now just two months since I started the use of uncooked foods under your direction, and *having put it to the severest test*, I take pleasure in saying that it has proved *entirely satisfactory*. I am a hard-working man, being employed out-of-doors and exposed to all kinds of weather, and since adopting the natural diet I have noticed a wonderful increase in my *strength and endurance*.

When I commenced your treatment I was suffering from intestinal gas, malassimilation and rheumatism. My weight has increased from 134 pounds to 151 pounds, and *the distressing symptoms have disappeared and I feel like a new man*.

You can use this letter in any way you see fit, and refer any inquiries to me for *I can highly recommend your treatment*. I have given it a fair trial and find it is all you claim for it.

Wishing you continued success in your work, I remain,

Yours very truly,

ROBERT H. ARNOLD.

238 West 124th Street.

This is by no means an exceptional case for me, although it is this class of cases which constitute perhaps the largest number of failures for the drug doctors.

When we consider that stomach trouble and rheumatism are due to food poisons created by improper combinations of food, we can appreciate the folly of attempting a cure through dosing with other poisons in the form of drug.

The only logical treatment for digestive diseases is *food*, scientifically selected and combined to meet the requirements of the individual and his special ailment—and ninety per cent. of all diseases are due to errors in eating.

My Two Books FREE: "How Foods Cure," and "The Crime of Medical Legislation." Ask for them.

If You Have a Curable Disease Scientific Feeding Will Cure It

CONSULTATION FREE—At My Office or by Mail. You are cordially invited to call any weekday between 1 p. m. and 4 p. m. No charge will be made for my expert opinion as to your case. If you cannot call, write. Tell me all about your case, condition and symptoms on my **Free Symptom Blank** sent on request. I will reply fully and promptly, giving my opinion without charge. If I believe your case incurable, I will be honest and tell you so, and what relief can be obtained. If I believe your case is curable, I will prove it by indorsements from similar cases. All this costs you nothing. Call or write at once.

Eugene Christian Food Scientist
Room 85, 7 E. 41st St., NEW YORK

GIVE NATURE A CHANCE

PHYSICAL CULTURE

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

Vol. XIX

MARCH, 1908

No. III

The Editor's Viewpoint

I WANT to again express my sincere appreciation of the hundreds of letters that I am receiving from my friends throughout the entire country, containing emphatic expressions of sympathy. Nearly every communication contains the inquiry "What can I do to help you in the present emergency?" "How can I use my influence to your advantage?" To those who have written, making these

THE EDITOR'S PROSECUTION

inquiries, and to many others who no doubt have asked similar questions, I will say that the best way to aid me is to do everything possible to bring about a general education of the public as to what physical culture stands for, and what it is trying to do. The objects of our propaganda are often grossly misunderstood by the public at large.

I frequently hear statements to the effect that we stand for all sorts of outrageous theories. One of our friends stated in a recent communication that it took a very heated argument to convince an acquaintance of his that all physical culturists do not believe in free love. Although I must admit that no follower of our theories believes in love that you have to buy, at the same time I must emphatically deny that any physical culturist believes in the principles that are laid down by those designated as believers in free love.

The advocates of what is termed free love, believe in promiscuity—the physical culturists believe in monogamy of the highest conceivable type, much higher, in fact, than that which is advocated and followed by the Christian world. It must be admitted that these high ideals have in some instances brought about results that to the ordinary individual would be considered condemnatory in nature.

For instance, I have known physical culturists whose ideals of the relations of man and wife were so high, that one of the contracting parties to the marriage could not and would not try to approximate them, and divorce. Under such circumstances, the guilty and guiltless have to equally endure the disgrace resulting therefrom.

I believe, however, that physical culturists everywhere, are willing and able to fight their own battles. We stand for principles as high as can be found in this civilized age. They are worth fighting for. They represent a reform that is tragically needed to stem the tide of degeneracy evident everywhere at the present time.

But referring to the inquiries that so many of my friends have made as to what they can do for me in the present emergency, I would say, in addition to helping in every way to enlighten the public as to what our reform stands for, there is one suggestion, the importance of which I would like to especially emphasize. And it is this: if my readers everywhere would write to their representatives in Congress and in the State Legislatures, and call their attention to the gross injustice that I have had to bear, simply because of my desire to expose evil through the means of an interesting story; telling each of these representatives what physical culture has done for you in your life, with special emphasis upon its value in furnishing information neces-

sary to the building up of strong, rugged bodies in children, and the continued maintenance of a happy home, I am inclined to think that the results will be of remarkable advantage, not only in the case of my own prosecution, but for the cause in general.

To be sure, when these representatives ask for definite information about my case, they may in some instances find falsehoods of every conceivable character to aid the side of the prosecution. But to insure against the possibility of their being influenced by such reports please note the following facts:

I was arrested last spring. I was bailed out immediately after arrest. The next day I went to Washington and consulted one of the assistants in the office of the First Postmaster-General, and was informed that not a single complaint of the story which was appearing in *PHYSICAL CULTURE* had been sent to the Postoffice Department. This furnished ample evidence that the complaint against the story was simply local, and as we have practically no local readers of importance, it must have come from those who had some reason for being prejudiced against me and my work.

I was then confronted with the problem of whether to continue publishing the story, and I wrote to the Postmaster-General, sending copies of the story that had appeared up to date, and asking him outright if it was considered objectionable by the Postoffice Department, and if it was I would immediately cease publishing it. Right here I may say, that I have heard reports to the effect that the statement has been made representing that I made this inquiry and then *AFTERWARDS* published the story. I wish to deny this as a malicious falsehood.

I received a reply in answer to my letter to the Postmaster-General, stating that the latter could give me no definite information, as the law was plain, but that from a brief reference to the story he thought it might be called obscene, or words to that effect. Immediately after receiving this communication I ordered that no further installments of the story be published.

There was a defect of some kind in the first indictment and the first case was set aside on this account. My attorney represented to the prosecution that I had ceased publishing the story, that the plates had been destroyed and that the case ought to be dropped. However, I understand that word came from "Higher Up" that the case should be pushed and another indictment was issued. Although I did everything I could to have the case brought to an early issue, it was postponed on several occasions by the prosecuting attorney.

These technical details are given so that each one of my readers will know the actual facts in the case and be prepared to deny the false statements that have been made so often in connection with it. Not only in these technical details have falsehoods been used, but I have heard again and again, that communications reflecting on my personal character and containing statements that would in some States, enable me to land the writers in States Prison, if the letters were in my possession, have been written by various persons interested financially or otherwise in my prosecution, and placed in hands where they would do the most good in creating prejudice against me and the physical culture work in general.

Now is an appropriate time to use sledge-hammer blows in favor of our own reform. They have convicted me of a felony. I am sentenced to a longer term in the penitentiary than is frequently meted out to those who are guilty of some of the most monstrous crimes. This too, while every reader of this magazine knows that I have simply followed the dictates of my intelligence and conscience as to my real duty in calling attention to the degeneracy so fully brought out in the objectionable story.

Let us all put our shoulder to the wheel and use every influence in our power to take advantage of the present emergency. But do not neglect to write at once to the member of Congress in your district, and have him use whatever influence he can with the President with a view of furthering my pardon when it is finally applied for, should it be necessary. If you write, do not fail to call attention to what the magazine has done for you from every standpoint. Lay special stress on what the standard of morals we advocate has done for you in *YOUR LIFE*. If you have a home, clearly point out what our principles have done to promote happiness therein. How they have helped to build sturdy bodies for your children—how they have filled married

life with a satisfying sweetness that is at times almost divine. If there is no representative with whom you can wield some influence, a letter addressed to the President, setting forth the advantages of our literature, would probably be of some weight.

I AM finally able to make a more definite announcement as to the dates in which our Physical Culture Carnival will appear in various cities in connection with my lecture tour. I want to awaken the public as to the crying need of the HEALTH that I advocate. I want to double and quadruple our subscription list. I want more friends, and I believe that those who give my theories careful consideration will be on my side in the fight for justice, for truth and for wholesome minds and strong bodies.

THE EDITOR'S LECTURE TOUR

In addition to giving my friends the value of whatever I may possess in the way of information on the subject of health-building, I am taking with me a splendid all-around entertainment from a physical culture standpoint. At the same time you consider the physical culture truths I present, I want you to have an enjoyable time. Besides my own classical posing at each of my lectures, there will be a series of Grecian poses by a physical culture girl of superior ability. There will also be exhibitions of feats of strength by others beside myself who have cultivated their muscular powers, entirely by the methods advocated in this magazine.

In nearly every city I expect to remain two days. On the first evening, the entire entertainment will be given, including a general lecture for both men and women. The next afternoon I will have a special talk to which all women will be invited. At these talks I will deal with the delicate problem of sex, so weighted with importance for women. On the second evening my regular entertainment will be given, excepting the Grecian poses by the physical culture girl, and the lecture will be devoted to subjects of interest to men only. No women will be admitted to this second lecture and entertainment. I am not inviting my women friends to this lecture because I want to talk to the men alone. I want to be able to give every man who attends this lecture the benefit of twenty-five years of careful study of the subject of sex.

In each city there will be prizes offered for an endurance contest in three exercises: Tests Nos. 2, 5, and 10 of the series which is now appearing under the head of "Our Endurance Prizes," in this and preceding issues of the magazine.

It is impossible to give the exact date on which my entertainment will appear in the various cities. The dates given here may be a week or ten days early or late, but my friends can expect us somewhere near the dates as stated herewith. For exact dates, details as to halls, etc., see bill boards and amusement columns of newspapers.

Pittsburgh, Pa.,	- - -	February 24 and 25	Helena, Montana,	- - -	April 23 and 24
Louisville, Ky.,	- - -	February 26 and 27	Butte, Montana,	- - -	April 25
Nashville, Tenn.,	- - -	February 28 and 29	Ogden, Utah,	- - -	April 27 and 28
Memphis, Tenn.,	- - -	March 2 and 3	Salt Lake City, Utah,	- - -	April 29 and 30
Little Rock, Ark.,	- - -	March 4 and 5	Pueblo, Colo.,	- - -	May 1 and 2
Hot Springs, Ark.,	- - -	March 6 and 7	Colorado Springs, Colo.,	- - -	May 4 and 5
Birmingham, Ala.,	- - -	March 9 and 10	Denver, Colo.,	- - -	May 6 and 7
Mobile, Ala.,	- - -	March 11 and 12	Kansas City, Mo.,	- - -	May 9 and 11
New Orleans, La.,	- - -	March 13 and 14	St. Joseph, Mo.,	- - -	May 12 and 13
Houston, Texas,	- - -	March 16 and 17	Lincoln, Nebraska,	- - -	May 14 and 15
Galveston, Texas,	- - -	March 18 and 19	Omaha, Nebraska,	- - -	May 16 and 18
San Antonio, Texas,	- - -	March 20 and 21	Sioux City, Iowa,	- - -	May 19 and 20
Waco, Texas,	- - -	March 23 and 24	Des Moines, Iowa,	- - -	May 21 and 22
Dallas, Texas,	- - -	March 25 and 26	Davenport, Iowa,	- - -	May 23 and 25
Fort Worth, Texas,	- - -	March 27 and 28	Dubuque, Iowa,	- - -	May 26
El Paso, Texas,	- - -	March 30 and 31	La Crosse, Wis.,	- - -	May 27
Phoenix, Arizona,	- - -	April 3 and 4	Minneapolis, Minn.,	- - -	May 28 and 29
Los Angeles, Cal.,	- - -	April 6 and 7	St. Paul, Minn.,	- - -	June 1 and 2
San Francisco, Cal.,	- - -	April 8 and 9	Duluth, Minn.,	- - -	June 3 and 4
Sacramento, Cal.,	- - -	April 10 and 11	Madison, Wis.,	- - -	June 5 and 6
Portland, Oregon,	- - -	April 13 and 14	Milwaukee, Wis.,	- - -	June 8 and 9
Tacoma, Wash.,	- - -	April 15 and 16	Chicago, Ill.,	- - -	June 10 and 11
Seattle, Wash.,	- - -	April 17 and 18	Peoria, Ill.,	- - -	June 12 and 13
Spokane, Wash.,	- - -	April 20 and 21	Springfield, Ill.,	- - -	June 15 and 16

I HAVE always had a most intense admiration for the Young Men's Christian Association. I believe in muscular Christianity just as I believe in manly men. I believe that weaklings are a disgrace to themselves and to their kind, regardless of their religious beliefs. To be sure, they are not

THE Y. M. C. A. AND THE
EDITOR'S PROSECUTION.

always to be personally blamed for their physical defects, but though they may be excused on this score, yet those who are guilty of the crime that made such defects possible can hardly be excused. The Young Men's Christian Association has attacked the evils that beset young men, from a right standpoint. It believes in wholesome, well-developed bodies; in a strong physical foundation, and so it comes about that at the present time, it is benefitting the nation more than any one other influence. Strong men are needed everywhere; weaklings are in the way. The latter promote evils and feed degeneracy from the innate viciousness that results from abnormal physical tendencies. The instincts of such men are not right; their emotional powers are perverted. Hence the manhood of this country owes a debt to the Y. M. C. A. which can never be repaid from a financial standpoint. Thousands upon thousands of frail weaklings have been developed into magnificent men through the influence of this Association. Its gymnasiums, its swimming tanks, its outdoor games, and its efforts in every department looking to the building of finer and stronger men have borne wonderful fruit in every community. I know that some of the members of the Y. M. C. A., especially those who know nothing of the practical part of the work in the building of human bodies, are prejudiced against me. My anti-prudery ideas have jarred their ideas of propriety. They cannot comprehend anything clean or wholesome in a partially nude human body and my theories from this standpoint have not been favored by such men. I can hardly censure them for their attitude. They have not had an opportunity to view these subjects from my standpoint, but I have always hoped that some day they would awaken to the necessity of looking upon the body as sacred rather than as a thing of shame. Yet though there may be some prejudiced against me in the Y. M. C. A., I had expected that they would one and all support me in the contest that I have inaugurated to crush what I consider to be an unjust decision in my recent trial. The "Association Men," which is considered the official organ of the Y. M. C. A., tries to indicate that the sentiment in the organization is opposed to me, as the following brief reference to my case will show:

"Bernarr McFadden has asked the Associations to petition for his freedom from the decision of the Court, fining and imprisoning him for circulating indecent literature. The Court's action seems to us to be just and will be sustained by the public's sense of decency."

The first statement in this quotation is an absolute falsehood. I never requested the Association to petition for my freedom. Some of my friends, thousands, and perhaps more, have requested the Y. M. C. A. to exert whatever influence it could in my favor. To show how much the writer of this article knew of me and my work, it would be noted that he did not even know how to spell my name, and yet he made bold to express an opinion that I do not believe is held by even a small percentage of the members of the Y. M. C. A. In a petition circulated in the Philadelphia Y. M. C. A., less than two per cent of the members approached refused to sign the petition, which requested that I not only be pardoned, but be exonerated and even commended.

I have met in the Y. M. C. A. some of the finest characters with which I have ever had the pleasure of coming in contact. Fine, strong men with sterling principles; men whose religion was broad and sympathetic. The value of such workers in a good cause cannot be estimated. Their high ideas and noble purposes have guided thousands and thousands of young men to the fundamental truths needed in a righteous and successful career, but I have met other men in Y. M. C. A. work who were decidedly opposite in character. I am glad to say that such men are few in number, for if such characters predominated, the work of this wonderful organization could not possibly advance as it has in the past. Some of these men are narrow and even stupid, wedded to the old, time-worn prejudices, no breadth of character; absolutely no idea of tolerance. They might in some instances be called dried-up fossils, though there are cases where a more accurate term would be that of religious hypocrites. They simply wear the cloak of Christianity to effect their purposes. As a rule, they have no opinions outside of those stereotyped phrases that they have learned from others; in rare instances in which they have opinions, they are afraid to express them. Such characters would not stand for truth even if they had the intelligence. If the light of a great truth became so brilliant as to blind their eyes they would turn their heads in another direction; they do not want to see the truth; they stand for conventionalism, for the old-time religion of our Puritanical forefathers, the religion which, when connected with prurient prudery, means in this age slow decay and final oblivion to every one of the great American families of past days. It is the Y. M. C. A. which has turned the tide in the opposite direction. It has practically annihilated the old-time theology which debased and scourged the body and taught that it was not worthy of consideration. This great Association stands for the new idea of building a stronger and a nobler manhood and I want to ask each member of this organization why something is not done to wipe from the membership rolls those who still advocate the narrow, bigoted Puritanical theories of ancient and repulsive theory. Such men have no place in the great forward movement represented by this organization. They belong to some backwoods church which is far removed from the evils and the vices that are rampant in every civilized community just now.

Let every secretary of the Y. M. C. A. canvass the members who take advantage of the opportunities offered by it in the way of body building. Ask each one how he became interested in the building of a strong physique. Ask each one his reason for avoiding alcoholic liquors, cigarettes and for spending a certain amount of time at the gymnasium at regular intervals. I dare any unprejudiced secretary to make these inquiries, consider the replies from an unprejudiced standpoint and in the end say that Bernarr Macfadden deserves to be fined and sent to the penitentiary for the work he has been and is doing. One physical director in one large city made a canvass of his members just as suggested and half of them had been influenced to take up the gymnasium work largely from reading my literature. If the same average extends throughout the country, what does the Y. M. C. A. owe Bernarr Macfadden for its success? It is the active membership in this association that gives it life and the power to do good. But notwithstanding all this the "Association Men," apparently a religious publication, comes out and indorses a verdict against me, though I am firmly convinced the editors of the publication know little or nothing of the so-called crime that I am supposed to have committed.

I know they point to me as irreligious. Sometimes I am even referred to as an atheist. Both statements are false. I make no pretense of belonging to any religious creed. My life has been too busy to even come to a definite conclusion about life beyond the grave. Some day, I may have time to consider it, but in the meantime I defy any man to find a word in my publication against the religious beliefs of any organization. Christianity of the right sort has all the ideals and principles within it to which any human being could possibly aspire, and there is within me a deep, even intense reverence, for that Christianity which brings strength and light and truth into the life of any individual. Notwithstanding the attempts of the "Associated Men" to belittle me in my work and to condemn my efforts, I believe that the majority of the members of the Y. M. C. A. are prepared to stand by me and with me in my fight for honest, clean manhood and strong, superb womanhood. I may have made mistakes, no man is infallible, but those who read my publications who have followed my efforts month by month will, I believe, with one voice cry out that my literature has in every instance been an influence towards the development of the higher mental moral and physical characteristics. /

THE editors of various publications, who have commented upon my prosecution, seem in nearly every instance to be in sympathy with the physical culture propaganda. Naturally I must except those editors who know nothing of the case, and who express opinions or make unfavorable criticisms that come from all-round prejudice against everything connected with physical culture.

EDITORIAL But these editors who are free, and who have time to do a little thinking
OPINIONS on their own account, consider in practically every instance, that

I am a victim of a gross outrage, and furthermore, that if editors everywhere are to be so curtailed in their efforts to help bring about a much needed reform by pointing to evils that have to do with human morals, then, indeed, is there cause for serious alarm for the future of this nation.

The "National Prohibitionist" stands for everything that is clean in human life. To be sure its main fight is for the annihilation of the liquor traffic, but it is conducted by men who are doing the best they can for a higher and nobler manhood. Because of their work, I am pleased to reproduce herewith an editorial which appears in their publication, and which is as follows:

It seems to us that there has seldom been a miscarriage of justice comparable with that which was perpetrated when Mr. Bernarr Macfadden, the editor of *Physical Culture*, was sentenced to pay a fine of \$2000 and to be confined for two years at hard labor for the alleged crime of sending obscene literature through the mails. Wholly aside from the fact that Mr. Macfadden and the publications which he has managed, have always stood in the clearest of hostility to alcoholic drinks and the business of making and selling alcoholic drinks, we believe, that the public in general, is under obligation to him for the contribution which he has made to improved public health as well as to improved public morals. The man who finds in Mr. Macfadden's publications anything impure, has, we feel sure, approached them in a wholly wrong frame of mind. They have been a force for purity and good morals through their whole history.

It is certainly unfortunate that the United States Government is open to, at least, the suspicion of administering this particular law with far more vigor against reformers than against men whose business is the destroying of public morals. The mailing of obscene matter from certain offices in New York and Chicago is notorious. Some of the well-known liquor papers are constant offenders in this direction. We have in our hands at this moment a recent copy of a certain prominent liquor journal containing an illustration, the publication of which in "The National Prohibitionist" we would guarantee to earn a penitentiary sentence for the editor. A few years ago a liquor paper of the Northwest, which had been notorious for its violation of decency, published an article so bad that its edition was in part excluded from the mails, but the United States courts, so far as we have heard, never took cognizance of it. On the other hand, when Mrs. Carrie Nation published wholesome truths in plain English in her paper, she was prosecuted; when Dr. Alice Stockham, after the experiences of a long lifetime of service for her fellows, sought to guide the young manhood and young womanhood of the country with clean truths, it cost her a heavy fine; when a Wisconsin college professor, whose name escapes us, wrote an important medical book for a clean purpose, he went to the penitentiary and stays there, in spite of appeals to the President—the same President who lets the vileness of the "Division" in Washington go on, unchallenged, within a stone's throw of his windows—and when Bernarr Macfadden publishes in his magazine a story that, compared with much that appears in the popular magazines and masses of the matter that appears in the daily papers, was as sweet and innocent as spring violets, and publishes it for a moral purpose, it brings him a sentence heavier than many a ravisher has imposed upon him.

These things seem to indicate a general hostility of our government toward any reform.

THAT period of the year which is noted for being prolific in what are often referred to as "Spring ailments" is near at hand. Those who are afflicted with complaints of this character should begin to develop a physical condition which will insure immunity from them. The principal cause of such ailments is to be found

SPRING AILMENTS

in the continuance of the habits of diet that have been adhered to during the previous winter.

You cannot eat as heartily or of the same character of food in warm weather, as you can in cold weather. The body does not need so much nourishment. It does not need so much of the dietetic elements which produce heat.

Then, too, the tonic effect of the cold weather is lost as spring approaches. The cold biting air of winter has an exhilarating influence that it is difficult for one to fully appreciate. With the warm breezes of spring, the entire physical organization undergoes a change, and there is an almost universal resort to "blood purifiers" and all sorts of remedies to cure what are frequently described as "spring ailments."

But the proper remedy is to keep the body in a fine, healthy condition, and to lessen the amount of food to that which is actually needed to nourish the body. Special attention to bathing, with a view to accelerating the activity of the pores of the skin, will also very materially assist in bringing about the desired object. There is no excuse for "spring ailments" if you will follow the dictates of a wholesome physical culture regime.

THERE is perhaps no article of food that is more valuable in maintaining the health and strength of the body than olive oil. It is what may be termed a lubricant of the functional organization. It oils every part of the body and so assists in keeping up a vigorous condition of the muscles, nerves, and even the brain.

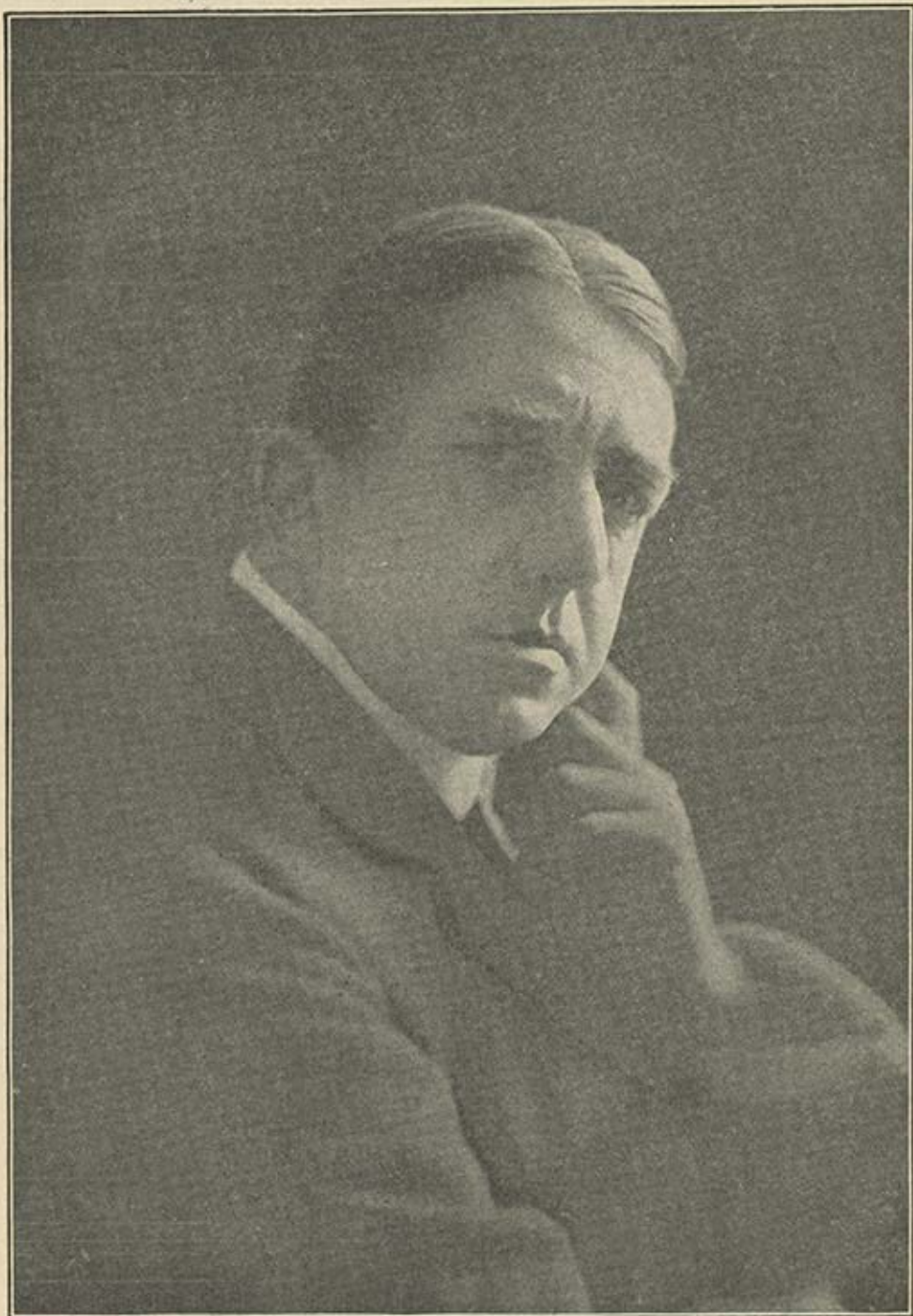
THE VALUE OF OLIVE OIL

I know of a great many persons who have a prejudice against olive oil because it reminds them too much of cod liver oil. To these I suggest that they try to overcome the prejudice. This can be easily accomplished if olive oil is taken in very small quantities with other food. About the most pleasant way to take olive oil is with salads of various kinds. A dressing can be made of two-thirds olive oil and one-third lemon juice, with salt to taste. This can be used liberally on all green salads, such as lettuce, etc. If you cannot get any other kind of "green stuff," chopped cabbage, with addition of a very small quantity of onion, and with the dressing referred to, makes an excellent salad.

But after a while you will find that olive oil adds to the "tastiness" of most articles of food. It can be eaten with dates, figs, banana or raisins. It can also be eaten on bread instead of butter. It can be mixed with peanut butter until the mixture assumes the thickness of thin cream. If taken with bananas or on bread or used with the raw cereals, it will be found especially appetizing.

Olive oil is a splendid application for the external part of the body and for the skin when dry and harsh. It is especially good to apply to the hands or face. If a man wished to experience what might be termed a "delightful shave," he need only apply olive oil, rub it in thoroughly before using soap, and he will be surprised with the results. There is no better application for the complexion, though the ordinary olive oil will gradually make one assume a slight "tan." If the oil is allowed to stand in the sun for awhile, the color disappears and it becomes as colorless as water, very much like glycerine in appearance. This last information may not be applicable to the discussion of the dietetic value of olive oil, but nevertheless it indicates the power of this article of food in adding to the healthfulness of any tissue with which it comes in contact.

Bernarr Macfadden



John Mason, A Famous American Actor
(See "*Physical Culture and the Stage*," page 157.)

Development of the Upper Arm

By BERNARR MACFADDEN

COMMENCING with this number, I shall devote a series of articles to special exercises for the development of various specific parts of the body. My readers will recall the exercises that were presented in the January and February numbers of this year, as having been of a general nature, and intended to bring about an all-around, symmetrical development of the entire body. Most individuals, however, find some particular part of the body more or less defective, or may desire to bring about a particularly good development of some special part, and it is for this reason that I am presenting this month, the means of developing the muscles of the upper arm, and will later devote myself to the development of the forearm, the muscles of the waist, the muscles of the legs, and from time to time to all of the other different parts of the body.

However, I wish to emphasize the importance of taking regularly the movements that I illustrated last month, or other general movements that will accomplish the same results, in addition to any special movements that you may be interested in, and irrespective of such special movements. The general exercises referred to should be taken not only for the sake of a good all-around development, but for their general constitutional benefits. It is, of course, admitted that in many cases a set of all-around movements will not accomplish a perfectly symmetrical development, and it is for this reason that certain neglected or undeveloped parts should be given special atten-

tion, as in the case of the upper arms, which we are considering this month, in order to bring about a most complete,

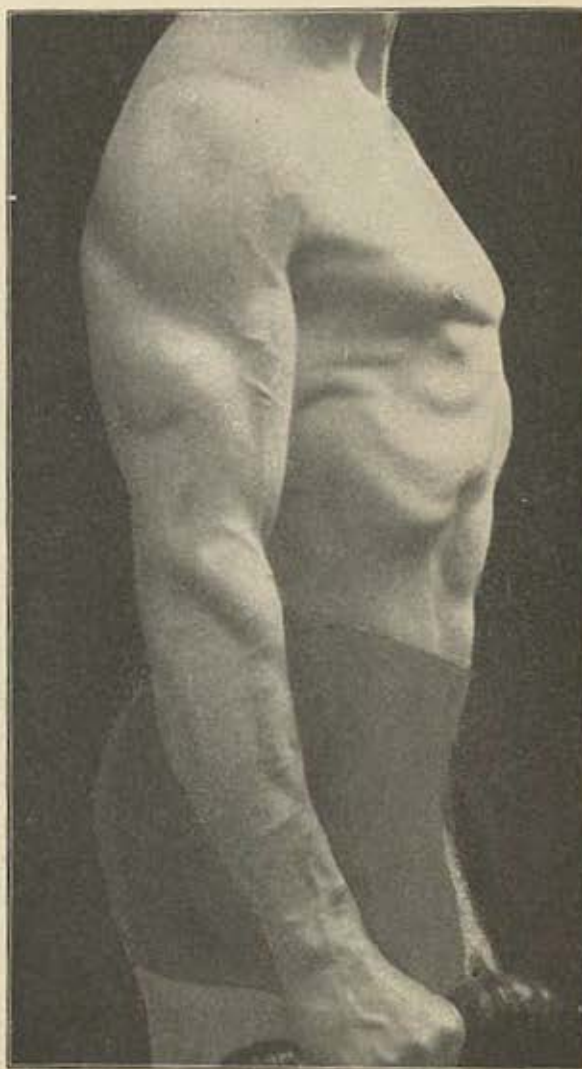


Photo No. 1.—Standing erect, grasp a dumb-bell energetically in the hand, with the arm hanging at the side in the manner shown in the above illustration. Grip the dumb-bell very tightly and at the same time vigorously tense the muscles of the upper arm. (See next photo.)

satisfactory and beautiful development of the entire muscular system.

A well developed arm is indeed a thing of beauty, but when through neglect it has been not permitted to attain its full and proper proportions, its appearance is anything but pleasing. The human body in a healthy, normal state, is one of the most beautiful, indeed, the most beautiful, of all creations, and the fact that the bodies of most

men and women are examples not of beauty, but of ugliness, deformed, distorted, stunted, undeveloped and generally misshapen, is one of the most severe indictments against the perverted and mistaken methods of living which prevail in civilized communities. What would we say of live stock, in the way of horses, for instance, that displayed such a pitiable failure to attain a wholesome state of physical life and

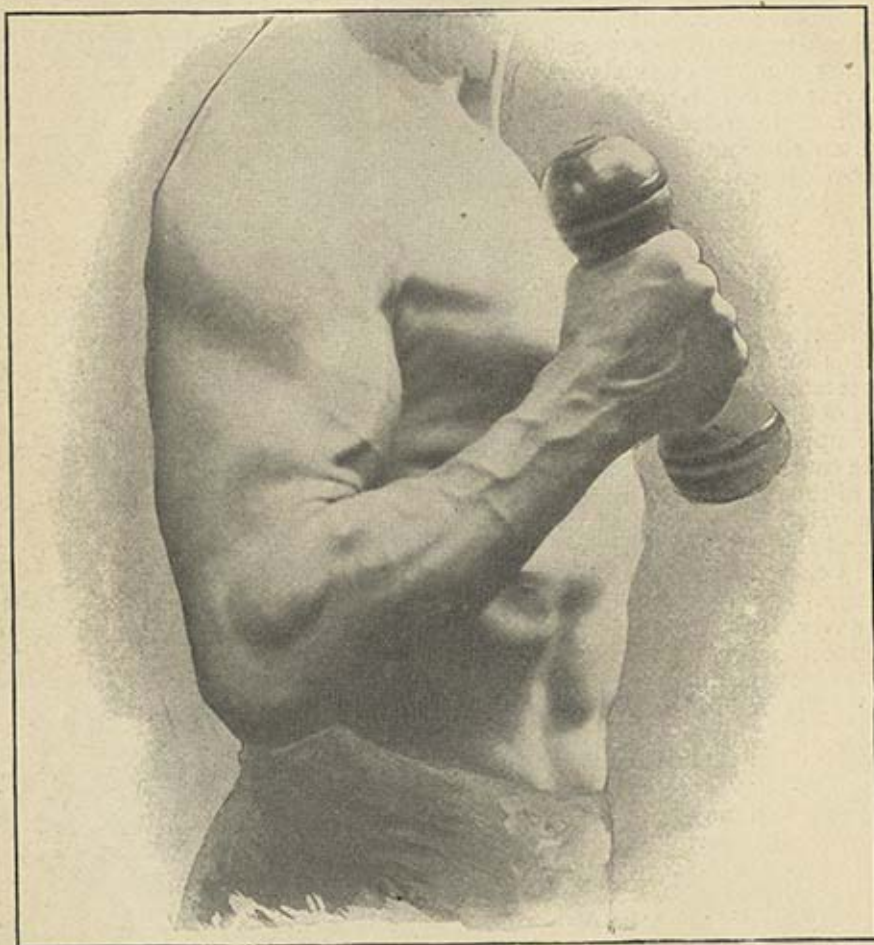


Photo No. 2.—(Exercise continued from photo No. 1.)—Then very slowly bend the arm and raise the dumb-bell as though you were lifting a tremendously heavy weight, until finally the bell is brought to the position shown in this photograph, in front of the shoulder. You will see that in doing this the tricep muscles in the back of the arm, intended to straighten the arm, are called into action to resist the simultaneous contraction of the biceps, the purpose of which is to flex the arm, and bring the hand to the shoulder. Having reached this position, slowly lower the arm again, tensing all the muscles of the upper arm energetically as in the first instance. The exercise will probably be more satisfactory and vigorous if some weight is used, though as may be seen, it can be accomplished without a weight of any kind. The same exercise should then be performed with the other arm, alternating from one arm to the other until tired.

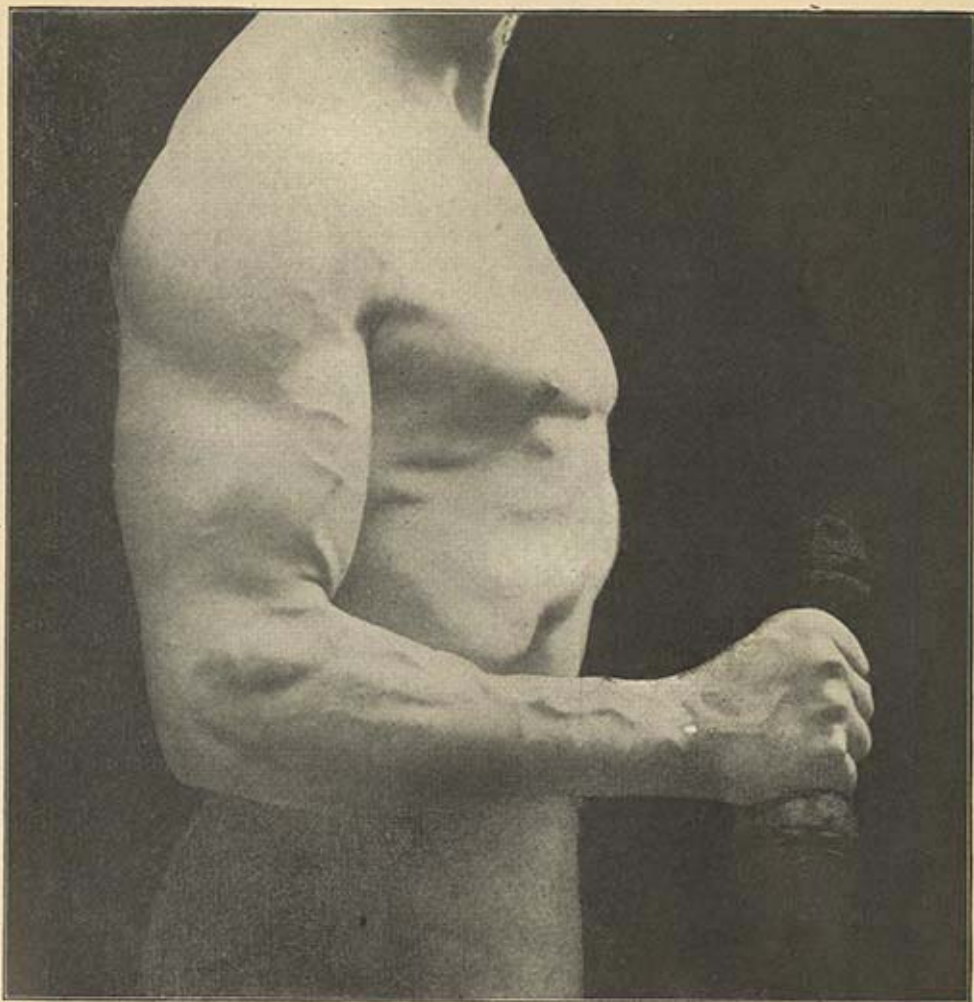


Photo No. 3.—Energetically grip the dumb-bell in the hand, and stand with the arm flexed at the elbow, forming a right angle in the manner illustrated above, with the palm of the hand turned inward, and slightly downward. (See next photo.)

the normal development of its kind? Every healthy and vigorous animal is beautiful along the lines upon which it is constructed, and while the human body is the most perfect and consequently the most beautiful of all when fully matured and developed, we are compelled to face the fact that instead of realizing this potential beauty, the bodies of many individuals may be more fitly regarded as monstrosities.

It is quite apparent, therefore, that when the occupation and daily activities of an individual are not of a nature to bring about the development of his

muscular system, it is most important, as a duty which he owes himself, that he adopt such measures as will supply that physical activity which his occupation fails to afford, and bring about a normal symmetrical development together with the realization of the beauty which is inevitably associated with such perfection.

It would be difficult to say what one part of the body might be considered most beautiful when perfectly developed. One will find exquisite beauty in a perfectly modelled neck, in a broad, strong, energetic back, in the contour

of a full, round, and symmetrically developed chest, and in various other sections of the body. It would be impossible to say that the arm would be more beautiful than any of the other parts, but certainly it is true that there is here beauty of a most captivating sort. The arm is one of the most conspicuous parts of the body, and its appearance will impress one very quickly as to the muscular character or general weakness of an individual. The small boy probably becomes conscious of his biceps before he realizes the presence of muscles in any other part, and takes

great pride in displaying what strength he may possess, by the exhibition of these biceps. For this reason it is advantageous for one who wishes to impress others in regard to his strength, or demonstrate the value of his mode of living, to pay sufficient attention to this particular part.

The exercises I am presenting herewith are of an exceedingly simple nature, but will enable one to realize the full possibilities in this direction. But of course, by certain forced methods, as in the use of heavy dumb-bells, one might perhaps accomplish an even

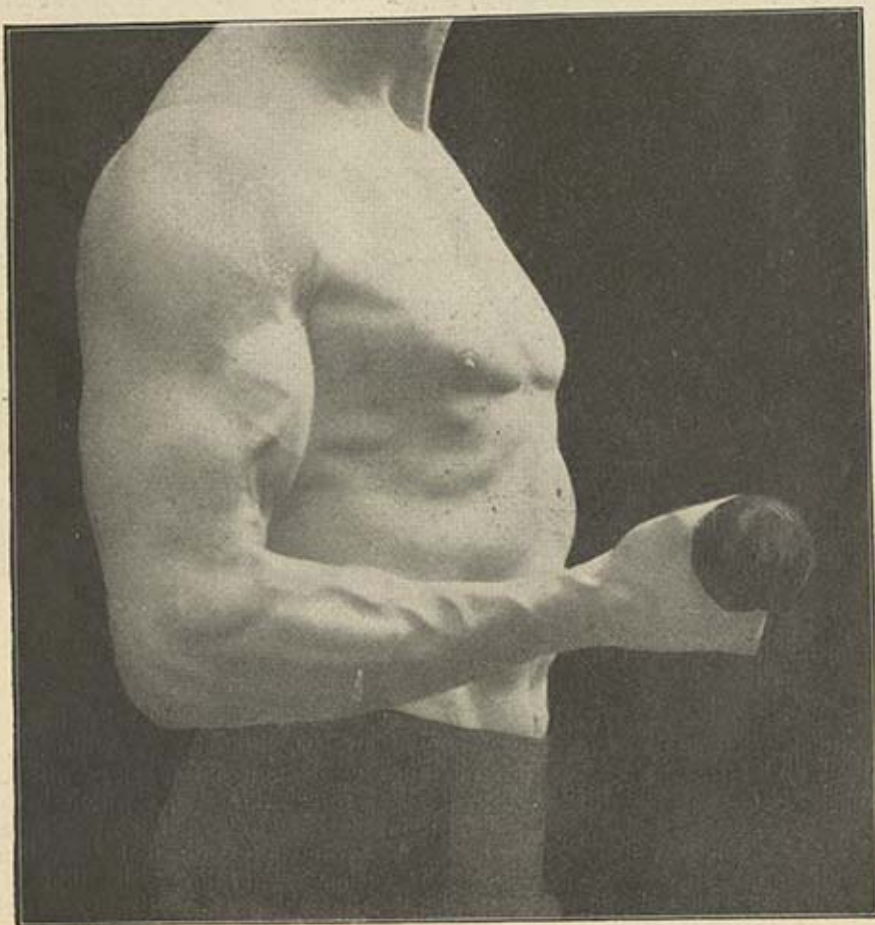


Photo No. 4.—(Continued from photo No. 3.)—Now, gripping the dumb-bell very tightly and tensing the muscles of the upper arm vigorously, slowly turn the hand, bringing the palm upward to the position shown in this illustration. This may seem a very simple movement, but it will be very effective in developing the upper arm muscles, particularly the biceps. At this point, relax the arm for a moment, and then again tensing the muscles, turn the hand downward and back to the original position shown in photo No. 3. Perform the same movement with the other arm and repeat alternately with one arm and then the other, until tired.

greater development, but it would be of an abnormal nature, and is therefore not to be desired. The abnormal development of one's muscles is invariably acquired at the expense of vitality and usually of longevity. It deprives an individual, to a large extent, of the energy which might otherwise be used to further his success in life, either in a business, professional or perhaps artistic occupation.

I have illustrated the exercises with light dumb-bells, but these are not entirely necessary, except as providing something to grip in the hands while taking the exercises. A couple of clothespins or any similar objects might be used instead, though dumb-bells are naturally more presentable in appearance, and tend to make the exercises more interesting. These movements involve a certain amount of tensing of the muscles. Iron dumb-bells may be used weighing anywhere from two or three to ten pounds, or even more, and will perhaps help to make the exercises more energetic and effective, but they are not necessary. Wooden dumb-bells may be used very satisfactorily. It does not matter much how the resistance is furnished. I am simply presenting movements which involve the use of the muscles concerned, and it is sufficient that there be resistance, no matter

of what kind, to compel the vigorous contraction of the muscular tissues aforesaid. The resistance may be furnished partly by the weight of a dumb-bell, and partly by the tensing of an antagonistic muscle or set of muscles, or it may be supplied entirely by such muscular tension.

It is well to bear in mind that mental concentration is of exceeding importance in these movements. This is more or less true of all exercises, but particularly in this instance, and it is well to keep in mind also the fact that these movements should be particularly valuable on this account. The greater the mental concentration, the more effective the exercise. The act of powerfully gripping the dumb-bell will serve to help you concentrate your mind in this way, and thus will enable you to get the best results.

Remember always the simple fact that in order to acquire strength from your exercise, you must put strength into the exercise, and the degree of energy that you develop will depend entirely upon the degree of energy expended in the execution of these movements. This is one of the fundamental principles of physical training, and is one which should be constantly kept in mind by all who are interested in the subject.

GENUINENESS GIVES POWER

THERE is one characteristic that is admired everywhere. It is that of being genuine. One need not be a hypocrite, in order to go through life safely and satisfactorily. One can avoid those environments or influences where deceit seems to be required. If you go where you have to "pretend," if you go where practically your whole life, your every word and act, is a lie, you soon learn to be a consummate fakir. You soon lose respect for yourself and every other human being, and under such circumstances, you end by being a parasite or a cipher, or both. Be genuine! Be yourself! Let your individuality assert itself. Develop your character, your individual

self. Do not be a copy, a stereotype, and above all—be honest, be sincere, be genuine.

Orison Swett Marden "hits the nail on the head" in the following: "If your life is a perpetual lie, if you are conscious that you are not what you pretend to be—that you are really a very different person from what the world regards you—you are not strong. There is a restraint, a perpetual fighting against the truth going on within you, a struggle which saps your energy and warps your conduct.

"Character alone is strength, deceit is weakness, sham and shoddy are powerless; only the genuine and the true are worth while."

Athletes in the Snow

By AL. CALHOUN

NEW YORKERS are familiar with the quarters of the boating clubs which dot the banks of the westward stretches of the Harlem River. On the banks opposite the Speedway and in the neighborhood of McComb's Dam Bridge, these club houses are as numerous as they are interesting. Somehow they are externally suggestive of the good-fellowship that are to be found within them and those who are either members, or who have the privilege of their freedom, will vouch for the fact that they do not belie their looks. Added to which, the scores of shell-like craft which put off from their floats and are propelled by brawny arms in the summer, are responsible for much of the picturesqueness for this stretch of water in the season in question. When one takes into consideration the stirring scenes that are often to be witnessed on the adjacent Speedway, the charm of the surroundings which even elevated railroads and brick yards and coal barges and the like cannot quite destroy, and the constant and changing scenes upon the water itself due to the rowing men, one must

confess that this section of New York during the hot spells, is about as attractive and picturesque as can well be.

But it is not only when the sun is shining brightly and the grass is green, that the stalwart members of the boating clubs enjoy themselves. The pictures that are given in this article prove the contrary. When the snow is on the ground and the temperature is dallying with the zero point and the river, yet unfrozen, is making up its mind to congeal, and most people wear overcoats, and other people are shivering in spite of them, then it is that the lads of the upper Harlem—or lots of them at least—easily prove that a properly trained body can defy the rigors of severe cold weather, and what is more, find enjoyment in so defying them. When we say "body" we mean it literally, for as the photographs show, the hardy athletes clad in nothing more than the law demands, do not hesitate to bathe in the icy water, delight in taking snow baths and "have fun" in general amid conditions that produce goose-flesh in the case of the average individual.

A very brief study of the photographs will impress one with the idea that all our old traditions as to harm that arises from cold, and so forth, exist only in the imagination, that is, provided that the body has received a proper training and preparation. It would be unwise to assert that anybody and everybody could roll in the snow in a semi-nude condition with benefit, or without receiving harm. But that fact does not alter the added fact that Nature, even when she takes the form of snow and frost, is not an enemy of ours, but on the contrary, a friend and even playmate, as is here shown. The moral of all of which is, that our conditions and environments are to blame for a good many of the ills from which we suffer and if we can only get rid of these we shall be as hardy and as ready to "make



After a Plunge in the Ice-Cold Harlem



Taking a Snow Bath

fun" out of winter characteristics, as we now usually do out of those of summer.

In speaking with one of the young men who is shown seated in the picture, where he is using the snow as a sort of apron or skirt, he was asked if he did not feel cold under the circumstances.

"Cold?" was the reply, "Why I hardly know what the feeling is."

This is a normal attitude of body that the normal human being should possess. In other words, a really healthy person does not feel the heat or the cold as does one whose nerves and muscular tissues have become more or less degenerate through the usages of civilization, so-called. Take the domestic animals for example, and note how they behave when compelled to face the wintry blast or the stress of storm. What do they do? Why, they simply turn their backs in the direction of the storm and wait until the latter is over. There is no shivering, there is no appearance of suffering, and although it is plain that they must be conscious of a fall in temperature, or the snow or the sleet which accompanies the storm, yet suffering there is not, or at all events, it is not apparent.

Something of this kind of thing should be in evidence in the case of the human being, were he or she so properly constituted. A cowboy once told the writer that in the event of being caught

by a blizzard on the Western prairies, he and his horse simply stood still and let the snow gather over them. In a comparatively short time, they found themselves in a warm shelter—a sort of snow-lodge—in which they remained until the storm was over.

Again the question was put "But didn't you feel cold?"

"Cold?" said the cowboy, "Never a bit. Not unless my poncho was wet and then it was so hot beneath the snow, that very often I was in danger of being stifled by the steam."

Which was, of course, a sort of an exaggeration, but proved the point nevertheless.

Can you conceive of one of the young men shown in any of the photographs suffering from pneumonia? Is it possible that you can identify them with rheumatism, or do you indeed, think of them enduring the pangs of any malady which arises from that bugbear of untold millions "the cold?" Hardly, we think. As will be seen, "the cold" has become a friend of theirs instead of remaining an antagonist. The smiles on their faces are not forced, the attitude of their limbs are such that you can see that they are having a good time, and they are, in short, reverting to that natural condition which forms the basis of the truest and most spontaneous of pretty nearly all physical pleasures.

It is to be supposed that every one of



Using Snow Instead of Sand

you have heard the old story of the Indian who, with the dog team, was engaged in conveying a missionary across one of the Hudson Bay regions during the early winter. The missionary was well wrapped up in furs, only a small portion of his face being exposed. The Indian, on the contrary was almost nude down to the waist. Whereupon the man of God wondered greatly and asked his red friend how it came about that he could stand the weather.

"Huh, you feel cold on face?"

"Not so very much, was the reply."

"Well," was the retort, "Injun all face."

And so it is with our young athletes and so it should be with most of us. We should train the skin and most portions of our bodies to be as impervious to the moods and changes of the weather as is the cuticle of our countenances. But civilization robs us of this hardi-

hood. We wrap up and so coddle ourselves until our bodies are sensitive to a drop in temperature as is the quicksilver in the thermometer itself. The result is that we "catch cold." We become sensitive to draughts, a doctor is called if we are exposed to a current of fresh air and not infrequently, our friends are informed that we have pneumonia, or have even contracted tuberculosis. All of which is as unnecessary as our athletes prove it to be.

To sum up, with proper training we can become as accustomed to heat or cold, and be as impervious to the extremes of weather as are the animals themselves. But do we do so? Alas, the life of the average man and woman is a story of a series of sins against self and physical blunders. And it is only when we inspect pictures such as are here given, that this fact is forced home upon us.

ELBERT HUBBARD EMPLOYS CHILD LABOR

A few editors seem to have taken special delight in calling attention to the prosecution of Elbert Hubbard for employing child-labor in his book-binding. He does not deny that he employed child labor, in fact he is proud of it, as will be noted from the following from *The Philistine*:

"People who are unable to understand truth, are quite sure to fumble the fact. These children I hired came to the Roycroft Shop an hour in the morning and an hour in the afternoon. I taught them to draw, and to use water colors, and to fold papers and to keep the rooms dusted and tidy, and to run errands. Out of doors I have a playground for them, with swings, slides, teters, a hand-ball court, croquet grounds, a tennis court, a baseball diamond. Beside the playing, I set them at useful work, under conditions approaching the ideal.

"People who have visited the Roycroft Shop know what these conditions are. Some people who have not, including the editor of the Louisville *Courier-Journal* (not my friend Waterson) cannot imagine them.

"But someone made the complaint,

whether as a joke or a jest in earnest, I cannot say, and the inspectors swooped down upon me.

"Yes, I had paid the children wages—surely so. I paid them the same wage that I paid full grown men and women for a like service.

"I was warned to never let it happen again. Set 'em to work, of course, but I must not pay wage. And the busy penny-a-liner flashes the news that I was collared for violation of the child-labor laws! There is a difference between joyful work and joyless labor. I do not believe in child labor any more than I believe in child idleness. I do believe in child education, and I do believe most thoroughly in the education that comes through happy, useful effort. Children always want to help—let them!

"This has no relationship in any way with working children in cotton mills. The treatment I accord to the little folks of my neighbors is the same I accord to my own children. I bring my children up to be useful, and I thank heaven every day that my parents, early in life, fixed in me the habit of industry."

William H. Taft, the Big and Strong Man

EVEN those who are his critics will not deny that William H. Taft, of Ohio, Secretary of War under President Roosevelt, is a big man and a strong man, both in a physical and political sense. Furthermore he is popularly credited with those qualities that traditionally go with an amplitude of person and a plentitude of strength, by which is meant geniality, generosity and a general cheerfulness under all sorts of conditions. Additionally, he undoubtedly has mental qualities of more than the average order and these, combined with his natural gifts, as just set forth, are responsible for his holding that position under the present administration which he now does. And—unless the usual signs and tokens fail—these same qualities are likely to lead to his receiving the Republican nomination for the highest office in the gift of an appreciative nation.

Supposing that Mr. Taft is thus picked out by those individuals who are known only to the public as the "managers of a campaign," few will be found who will deny that he is fitted by Nature, by education, and by experience for the onerous position in question. Of course, at this writing, a good time must elapse before the nomination is awarded. And in view, too, of the fact that it is always the unexpected which happens in politics, it may be that Mr. Taft will not be found "in it" in the presence of the possible "dark horse." But, as has been said, at the moment and taking into mind the specific utterances of President Roosevelt to the effect that he would not accept a third term nomination under any circumstances, it really looks as if Mr. Taft had more than the average fighting chance to secure the honor in question.

Yet like all those who are versed in the art political, he knows enough to keep his tongue between his teeth. It is said, indeed, that he is the first man who has ever succeeded in defying the

concerted efforts of the cleverest representatives of the American press to entrap him into something that might be construed into an admission that he was desirous of becoming the Republican nominee. In this he is wise, for all sorts of things would be likely to happen to him in the columns of the antagonistic press were he to express a shadow of a desire to become the incumbent of the White House. Which is the way with the newspapers of what our English friends call the "Opposition." And, it may be added in this connection, that while criticism is a good thing in its way, serving as it does to divulge the faults and check the ambitions of the unscrupulous or the unwise, yet when such criticism degenerates into personalities or falls a virulent publication of "facts" which have no foundation except in the minds of opposing editors, it is questionable whether our boasted freedom has not become liberty of the most condemnable nature.

All this by the way, however. In the meantime, Mr. Taft, smiling and comfortable, looms large amid the several Presidential possibilities of the year 1908. And if it should be that he receives a Presidential nomination, we venture to think that his chances to be elected are of an excellent sort. Hence, in the event of his being called upon to make an inaugural speech next March, physical culturists the world throughout may congratulate themselves. For it is said on very excellent authority, that Mr. Taft is not only in sympathy with most things and everything that makes for the welfare of the body, but that in point of diet, exercise, and so forth, he is much in accord with the principles taught in this magazine. The duties of a Cabinet officer are such that it is next door to impossible for him to be a physical culturist in the strictest acceptance of the term, his social, quite apart from his official

duties, preventing him from doing so. But for all that, we are assured that in spite of his bulk, Mr. Taft is more or less of an athlete, that at private, if not State dinners, his wine glass is more frequently turned down than otherwise, and that he is temperate in all, or most things. By which it will be seen that he is more of a physical culturist than the reverse.

Temperance in all things is the cardinal factor in health of mind and body. And, as intimated, William H. Taft is a temperate man. That he is so, explains, to a very great extent, the position which he now holds and the position which, as far as human foresight can see, he may hold in the future. The affairs of a nation whether administered in a Cabinet or a Presidential capacity,

are such that they call for a clear brain, steady nerves and a personality in general which are the outcome of temperance and temperance alone. And it is because Mr. Taft is the possessor not only of the mental, but the physical essentials in question, that we think him to be the big man and the strong man such as we have pictured him in more senses than one. We also fancy that no small proportion of American citizens are of our opinion in this regard.

The photograph of the Secretary of War which appears on the cover page of this publication is copyrighted by Underwood & Underwood, of New York City. It is one of the latest pictures of Mr. Taft and shows his characteristics in a most emphatic fashion.

Children for the Childless, Homes for the Homeless

By BERNARR MACFADDEN

A PROMINENT magazine has recently given a great deal of attention to furnishing homes for children who have been made homeless through the loss of parents, or other circumstances. The publication in question has given free advertising to those persons who desire to be relieved of the responsibility of raising their children, and thus have simultaneously, given those who yearn for children and whose homes are childless an opportunity to select a child of whatever age and sex they may consider the most desirable. Now it has occurred to me, that such a department could be opened in this magazine to the advantage of all physical culturists. Many a believer in the theories of physical culture, would not want a child of theirs to be raised in a home where the ordinary conventional idea of health is followed. I know also that physical culturists would much rather prefer to have children who were vigorous speci-

mens of health and strength in case they desired to assume the responsibilities of raising the former. I would therefore like to hear from every reader of this magazine who has a child of any age for which he or she, desires to secure a physical culture home. I would like also to hear from all those who might be willing to adopt a child and raise it according to physical culture principles. All these letters will be carefully filed away for future reference, and whenever any child is offered that seems to meet the requirements of an applicant, they will be immediately communicated with. Those having a child for adoption are requested to send us its photograph, together with a detailed description of the child itself, and something of the parents, if possible. Give the sex, height, weight, age, color of hair, eyes, and describe the child in a way that will give the reader as actual an idea of its general condition as possible.

Physical Culture and the Stage

By JOHN MASON

The standing of Mr. John Mason in the dramatic world is such that his utterances on physical culture, or for that matter upon anything, must be listened to with respect and received with confidence. Because of this, then, we take special pleasure in printing Mr. Mason's beliefs in the principles advocated by this magazine. While it is true that he looks upon physical culture from the viewpoint of his profession only, yet his remarks have a specific application to life and its work in general.—The Editor.

IS physical culture the reason for the longevity of the members of the theatrical profession? This is not a difficult question to answer, it seems to me, the possibilities of the science being limitless, at least in the way of argument.

If we grant—as I think we should—that it is the cause of the long lives enjoyed by my fellow-workers, we must then define physical culture along certain lines. If we deny the assertion, then the question becomes pertinent: To what other cause may we attribute this tendency to ripe old age among veterans of the footlights? There is not only a very strong leaning in my mind toward the absolute acceptance of this thought, but I believe that I have sufficient examples to convince any thinking person of the truth thereof. Allowing that muscular development is of benefit, we must first of all admit that the actor or actress requires poise. Poise means muscular and mental development up to the point of perfect control.

The man or woman who feels stage fright for the first time—and it is an experience never to be forgotten—has learned how poorly he or she is equipped to meet the concentrated gaze of an audience. The knees tremble, the heart action is increased, the lips are dry, the hands horribly cumbersome. Why? Because up to the moment of the focusing of attention upon one's self, consciousness of one's external personality was not brought into the glare of the spot-light, literally or figuratively speaking. As the knees grow steadier, the heart action resumes its normal condition, the lips become more firm, the hands of seemingly decreased size—

control has begun, mental control of the physical being. The brain has seized the reins and holds in check the whole muscular and nervous array. And so it goes until perfect equilibrium is established and maintained, no matter what the strain may be put upon it. Now, my claim is, that physical culture accelerates this poise, feeds it, making it a positive conservator of the vital energies, subject entirely to the will of the actor or actress.

One of the most dreaded mental strains of the theatrical profession, though this may sound childish, is the constant change of surroundings. Man craves a "local habitation" which shall be somewhat less of a barn than are most of the dressing rooms and stages of the theatres on the road. Even the dreary railroad waiting station becomes an eyesore. There is little chance in one-night stands, or even of one week engagements, for either man or woman to project much of his or her entity into the halting places vouchsafed to the traveling members of the profession. Therefore, it must be within himself or herself that the needed elasticity of temperament is to be stored, or the mental recovery from unpleasantness incidental to a road season, and adjustment to the constantly changing environment each day or two. So on the stage it comes pretty nearly being a maxim, "Every actor his own atmosphere." And this, to my mind, is conclusive proof that the mental plane controls the physical well-being of things, and that such control is only possible in the presence of the highest phase of physical culture. Hence the foundation of the really long lives of theatrical people.

The old joke about grandmother in the back row of the ballet, has died a death of worn-out usefulness, because as a matter of fact, grandmother, having been trained to stand on one foot with the toes of the other pointed in the direction of the heavenly bodies, and having marched about in spangled tights, heavy armor or gauzy draperies, is quite capable of these and greater physical tasks which defy age. Age, in this sense, merely means stiffening of muscles, decay of tissues, or relaxation of the nervous system.

The daily papers herald the man of woman of extreme old age as a wonder. But here is Novelli at fifty-three playing one hundred and forty-eight plays; James O'Neill, the hero of Monte Cristo for the past thirty years; Mrs. Gilbert, up to her death at eighty, trotting about

the country with girlish abandon; Annie Yeamans, celebrating ancient anniversaries of appearance on the boards, and dancing the Sailor's Hornpipe better than the youngest member of the chorus; Denman Thompson, who still drives his oxen and gives a few steps of a country dance—but I could enumerate others until the page is filled with names we all know. What about Lotta, Maggie Mitchell, Sara Bernhardt—oh, why should I mention examples to prove what must be an incontrovertible fact to the thinking people. We may wear out, but it can never be said that we rust out.

So we must go back again to where we started. If it isn't physical culture—meaning the proper use of every muscle and power in body and mind—what is it?

KIND WORDS FROM A CLERGYMAN

MR. BERNARR MACPADDEN:

I address you as friend for I consider anyone my friend who has helped me to have a stronger body and live a purer life. I have been a reader of *PHYSICAL CULTURE* since 1903, and the thoughts gleaned from your magazine have helped me more than I can express. I appreciate all you have done to awaken people to the evils of dress, eating, and general modes of living. Your magazines have surely done lots towards getting people to realize that the body is divine, and as Paul says in I Cor. vi:19, that it is important to the spiritual life. No one can read your publications without having a greater desire to be strong in body and mind and to make the most of life and thus be a blessing to others. I consider that your publications are classed with other literature which is doing so much toward redeeming lost manhood and womanhood, and making the home a heaven on earth.

I regret very much to hear of your good intentions having been misunderstood, and that Judge Lanning of New Jersey, should class you as a criminal when your publications have been such a blessing to the people of the twentieth century.

I feel sure that had the judge and jury been constant readers of *PHYSICAL CULTURE*, the decision would have been different. I hope the decision may yet be reversed. At present our church, the United Brethren in Christ, has a missionary, Rev. B. F. Bean, in Canton, China. While a student in college with me, he was so nearly broken down that he could not eat, sleep or remember. The physicians could give him no relief and he was nearing a nervous collapse when I persuaded him to

subscribe for *PHYSICAL CULTURE*. He began to follow your health instructions and practice your exercises as found in the magazine. In less than one month, he received relief and was strong and able to complete his college course. I will not attempt in this letter to describe what benefits that myself and wife have received from your publications.

We now have in our library your following books: "Physical Culture Cook Book;" "Strength from Eating;" "Strong Eyes;" "Power and Beauty of Superb Womanhood;" "Physical Culture for Baby," and "Marriage a Lifelong Honeymoon," and consider them all of great value. We think so much of the copies of *PHYSICAL CULTURE* and *Beauty and Health* that we are having them all bound for future reference on health. By following the instructions found in "Physical Culture for Baby" we have one of the strongest babies for age of any baby in our town. She is now almost five months old and she has been able for almost a month to grasp a stick and lift her entire body. She has never been sick and is quite solid, and as bright in ways and actions as a six or seven months baby.

Our diet has been more wholesome, home more sanitary and health one hundred per cent. better since reading your publications.

I wish to show my interest in your work by again subscribing for the *PHYSICAL CULTURE* for another year. I am sorry that I will be unable to secure many names to the petition for a pardon as I have just recently moved to this place, and I do not know of anyone here who has read your literature.

With best wishes for you and your work.

D. F. ADAMS

Pastor of U. B. Church, Gibsonburg, Ohio.

Football On a Vegetarian Diet

By a Metropolitan Sporting Editor

EARLY last Fall, when the football squad of the University of Chicago was called together for practice, the announcement was made that the players would be put on a vegetarian diet.

Whereupon there was some laughing and not a little scoffing. Athletic trainers of the East, who have been in the habit of providing for their charges liberal allowances of roast beef, and soup with a meat stock as a basis, said that it would be out of the question to put a team on the gridiron that should have enough power of endurance to run through a hard football season, unless the men were fed liberally with beef solids.

The University of Chicago eleven had won the championship of the West, when the Western season finished, and played a great game against the Carlisle Indian eleven, the latter one of the best teams that was put on the field in the fall of 1907. Carlisle won from Chicago, but it caused little surprise, owing to the fact that the Indians were bringing in sweeping victories to their account wherever they played. They were beaten but once in their schedule and then by Princeton.

The University of Chicago football eleven, from the time that it began to be trained under the expert guidance of A'onzo A. Stagg, showed great possibilities, and much physical power and strength. Chicago has no set training table, as is the custom among some of the colleges of the East. When athletic reform dipped into the West, it destroyed the training table. There had been some abuses of its privileges and the Western colleges rather overdid the matter in trying to follow an Eastern custom. There was a disposition in the West to make the training table a gift horse, while in the East it had always been the custom to make the training table pay as much as possible for itself. Free table board was not furnished to

athletes as an inducement to obtain men to go to certain colleges, while some seasons ago, it was reported that such was the custom on the part of some of the Western institutions.

But while the training table, with its privileges, had been abandoned by some of the Western colleges, no effort was made to withdraw all athletic contestants wholly from supervision, and the athletic instructors were careful to keep a keen eye out on the habits and personal life of all the young men who came under their observation.

Hence, when it was announced that the University of Chicago football eleven would try a vegetarian program for daily meals, it created little surprise on the part of the students of the university, who knew that the players would be well advised, no matter what they did, but the statement did create surprise in cities other than Chicago, and among athletic leaders.

From the beginning of the season the team showed its strength and skill. Among the players were some of the best in all the West. There were critics who selected Steffen, a prominent member of the team, to be a member of the All-American eleven. Others would have but DeTray, also of the team, on the All-American eleven. Player after player from Chicago was put on the All-Western eleven, and college men who might naturally be supposed to be governed by a little partisan prejudice, were frank enough to say that the team with the vegetarian foundation was without question entitled to the distinction, which had been earned for it by its players.

Chicago began the year with a victory and closed the Western season with a victory. Owing to the sweeping reform, which ran through all Western athletics two years ago, Chicago did not play the eleven of University of Michigan, which is now outside the conference, and as a result there was

general sorrow expressed at the Illinois men, as they believe that they could have beaten Michigan this year, and made their claim to the championship even stronger than it is.

Michigan was beaten by the University of Pennsylvania, and Chicago men, in view of the fact that Pennsylvania was able to make but one touchdown against Michigan, felt that they could have done every bit as well against this particular Eastern eleven, and possibly some better. "We were fast," said the captain of the team; "we knew more of the new football than any other team playing in the West—at least we have been credited by the critics with knowing more—and there is little reason to believe that we might not have done fully as well against Michigan as Pennsylvania did. The only game of consequence which we lost during the year was that against the Indians. They beat Pennsylvania, but by a much greater score, and they also beat Harvard, but by a larger score. It seems as if that should indicate somewhere near where we stood as exemplars of football."

While the schedule of Chicago is not quite so arduous as that of some of the Eastern elevens, requiring neither so many games nor games against such expert teams, it is a test of the physical strength of the men from the time they assemble for their first match on the field. And the Chicago boys were in such fine condition this fall that they complained of the brevity of the schedule, and time and again stated that they wished they might have more opportunities to engage in football with other elevens.

That would not indicate that a vegetable diet interfered very largely with their condition as athletes. When they finished with the Indians and were

beaten in the latter part of November the team did not show the slightest indication of hard wear. The players were beaten more by their red-faced friends, because of the better knowledge that Carlisle had of the game, than because of a greater superiority on the part of Carlisle in speed or endurance.

There was not a player of the football squad, who complained of illness from the time that the season began until it was finished. Occasionally, there was a man who suffered rather severely from bruises, which would happen to any football eleven, but there were no players who moped and were declared to be over-trained merely because they had loaded their stomachs with a lot of food that was too heavy for them.

Stagg said that he never had taken a better squad off the field, when the final day was up, than had played for Chicago in 1907. "Every player goes out in good trim," said he, "and there are some who are much better off than they were when they started training. I will admit that the new football is probably less trying on the players than the game of two years ago, but not taking that into consideration, I can say nothing too extravagant in praise of our eleven of this year, and of the material benefit which I think has been derived by all our players. We should like to have a longer schedule, at least the players would like to have one. They feel that they should have seven principal games instead of five. Why do they think so? Because all of them feel that they have no more football than they need and without exception are eager to get more of an exercise which has proved such a benefit to them."

That's the record of the vegetarian year for football at the University of Chicago.

PHYSICAL CULTURE SOCIETIES

Bayonne, N. J.—Mr. Wm Belchick, No. 80 W. 18th St.
 Boston.—Miss Louise Klein, 1 Day St., N. Cambridge, Mass.
 Brooklyn, N. Y.—Mr. John J. Costello, 117 Carlton Ave.
 Philadelphia, Pa.—Mr. J. C. Edwards, Bryn Mawr, Pa.
 Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.
 Detroit, Mich.—Miss Josephine P. Scott, 57 Hancock Ave.
 Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.
 Minneapolis, Minn.—Mrs. Lora C. Little, 1114 12th St., N.
 Buffalo, N. Y.—Mr. Frank L. DeBoy, Jr., 454 William St.
 Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.
 Newark, N. J.—Miss Anna A. Jackson, 126 Lombardy St.

Milwaukee, Wis.—Mr. Geo. W. Taylor, 918 Allis St.
 Manhattan, N. Y.—R. R. Purdy, P. O. Address, Ossining, N. Y., Box 304.
 Pittsburg, Pa.—Dr. S. M. Stauffer, Bell Phone, Court 1286, 424 Penn Avenue.
 Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.
 Cleveland, O.—Miss C. J. Lowrie, 220 Arcade.
 Chicago, Ill.—Mr. A. G. Gohrecht, 10425 Walden Parkway.
 Paterson, N. J.—Mr. Charles Berystrom, 227 Spring St.
 St. Louis, Mo.—Mr. Brown Hamilton, Buckingham Hotel.



These Illustrations will give Contestants Ideas of Poses and Costumes Suitable for Photographing for Entry in Contest

Grand Prize Competition for Most Perfect Men, Women and Children

We Propose to Give Valuable Awards to Ideal Specimens of Both Sexes—Those Who Most Closely Approximate Ideal Standards of Strength and Beauty Will Receive a Prize of One Hundred Dollars in Gold—The Most Perfectly Formed Boys and Girls Will Also Receive a Gold Medal—The Parents of the Most Perfectly Formed Baby are Also to be Awarded a Gold Trophy—In Addition to These Prizes, There are to be Many of a Valuable Nature Which Will be Given to Those Who Do Not Succeed in Winning a First-Class Award

WITH this issue we begin the publication of the pictures and measurements of some of the competitors, giving in addition such facts and data relative to their daily lives as further prove the good results of a physical culture life. We do not think that the pictures call for comment, for, to use the good old formula, "they speak for themselves." And so speaking, they vouch for the benefits which arise from the true and simple life, which is equivalent to saying that the originals of the photographs, diet as they should; breathe properly; enjoy an abundance of fresh air by day and by night; exercise frequently; bathe often and in other ways and by natural methods, round out their daily lives.

We need hardly say that the photographs shown are but a tithe of those received. Later, we shall publish other

pictures of male competitors, together with those of women, boys, girls and babies. And right here here is an appropriate place for one or two suggestions which are pertinent to this competition. In the first place, we have received a number of communications containing measurements in which it was stated "photographs are being forwarded under separate cover," or words to that effect. While a good many of such separately forwarded photographs do reach us, we find that there is no name, either on the exterior or on the photographs themselves, by which they can be identified. This is annoying both to us and those who send the pictures, although the fault lies with the latter. We would therefore impress upon prospective competitors the necessity of marking their photographs plainly and clearly with the name and the address of the original. Again,



Mr. Rudolph Mawritsen, San Francisco, Cal.

there seems to be some misapprehension as to our instructions regarding women competitors in the matter of dress. Now while we prefer that such competitors shall be photographed in tights and sashes alone, yet such a costume is by no means compulsory. We only suggested it in order that the Committee of Selection might have that opportunity of passing upon the physical excellencies of the originals with as little hindrance in the shape of clothing as possible. You can garb yourself as you like, the only point being, that the more such dress displays the contour of the figure, the better it will be for us and for yourself. But the exact nature of your clothing we leave with you. You can wear as little or as much as you please.

Once more, in spite of the very explicit instructions which we have time and again repeated in these pages, some competitors insist upon sending photographs alone, or measurements without the photographs, or they omit both and content themselves with a description of their daily lives. We repeat, therefore, that one or more photographs *must* accompany the measurements and that the latter *must* in turn be accompanied by some facts, no matter how brief, relative to the every-day existence of the contestant.

This competition will run for some months yet and each month in the future, we shall publish photographs and descriptions of competitors of both sexes and all ages. In other words, the competition will be as thorough in a typographical sense as it will be in other respects. Meantime, hurry along your pictures and the written matter that should go with them and both will receive that attention in order which they no doubt will deserve.

Now for some of the male contestants: Mr. Rudolph Mawritsen, 862 Ellis Street, San Francisco, Cal., whose picture is herewith given, is a Dane by birth, having been born in that country in 1883. At the age of fifteen he began systematized work in gymnasiums, and ever since has been an ardent student of physical culture. Three years ago he came to the United States and located in San Francisco where he joined a local Turn Verein, of which he is a prominent student. A tailor by



Mr. Jas. J. McKeon of West New York, N. J.

trade, the change from a close room to the comparatively clear air of the gymnasium is always a welcome one, but in addition, Mr. Mawritzen is a great believer in walks, morning and evening, field sports, and so forth. He is still an athlete and it need hardly be said enjoys that robust health which is one of the privileges of the consistent physical culturist. His measurements are as follows:

Height 5 feet 6 $\frac{1}{2}$ inches; weight 154 pounds; neck 16 inches; chest, natural, 40 inches; chest, small, 38 inches; chest, expanded, 42 inches; waist 30 inches; hips 37 inches; thigh 21 $\frac{1}{2}$ inches; knee 14 $\frac{1}{2}$ inches; calf 14 inches; ankle 9 inches; arm, natural, 11 $\frac{1}{2}$ inches; arm, flexed, 14 inches; elbow 10 $\frac{1}{2}$ inches; forearm, natural, 11 $\frac{1}{2}$ inches; forearm, flexed, 13 inches; wrist 7 inches.

James J. McKeon, 678 Hudson Avenue, West New York, N. J., is a specimen of the result of physical culture. From his childhood he has been a consistent believer in and practiser of physical culture methods, and it may be added that he is an ardent student of the books

and magazines published by Bernarr Macfadden. As an illustration thereof may be quoted the fact that he entered the Yonkers Marathon race held last Thanksgiving Day and finished in a creditable position. Two weeks before the race Mr. McKeon says that he was not trained to run five miles, but by steady physical culture practice, and the use of exercises for the legs, recommended by this publication, he came in first-class condition. As will be seen by his picture he is an athlete in every sense of the word. His measurements are as follows: Neck 16 inches; elbow 10 inches; forearm 12 inches; flexed 11 $\frac{1}{2}$ inches; arm 14 $\frac{1}{2}$ inches; flexed 13 inches; chest 36 inches, small, 40 inches normal, 42 inches expanded; waist 29 inches; hip 33 inches; thigh 24 inches; knee 11 inches; calf 15 $\frac{1}{2}$ inches; ankle 9 inches; wrist 7 $\frac{1}{2}$ inches; weight 152 pounds.



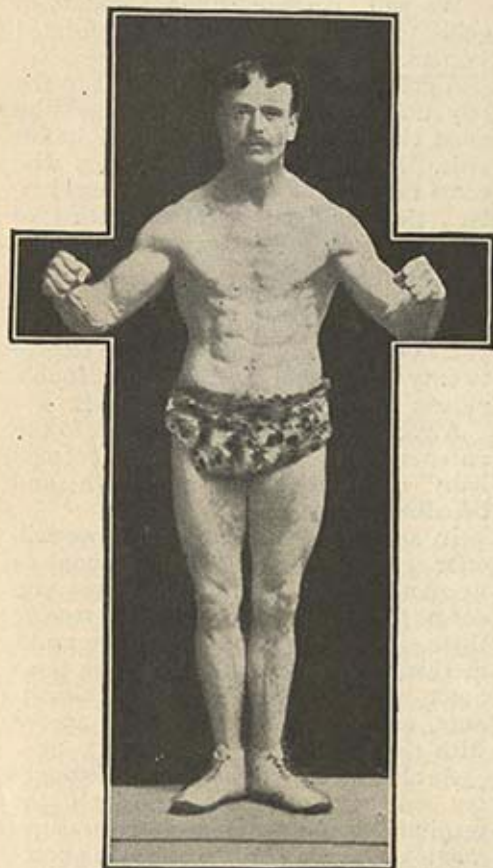
Mr. J. Ertccson, of Bellingham, Wash.



Among the "Lumberjacks," Mr. J. Ericsson, who is entered in the Grand Prize Competition, is seen standing bareheaded on the log near the middle of the picture

We herewith give a personal picture of Mr. Joseph Ericsson, and also one which shows him amid a group of his comrades who have ceased their labors with the axe and saw and wedge in order to face the camera. By which it will be gathered that Mr. Ericsson is, or rather was, a member of a lumber camp in Washington State. This picture is eloquent of the life that Mr.

walking, taking the exercises recommended in this magazine, bathing, etc. At the end of his day's work, which it need hardly be added is of a strenuous nature, he thinks nothing of walking twenty miles or so. Furthermore, he walks many miles in order to attend night school. Still, although the advantages of life in a logging camp are many, Mr. Ericsson thinks that they



Two Views of Mr. B. Roberts, of Toronto, Canada

Ericsson has led and it also vouches for the sturdy type of men which it produces. A Swede by birth, he has been in this country for some years, during the greater number of which, he has been a consistent exponent of the principles of physical culture. He is, furthermore, a two-meal per day man and a practical vegetarian. Outside of his daily work, his favorite amusement is

are somewhat offset by the lack of ventilation, cleanliness and non-physical culture food with which the men have to contend. Hence, he is very anxious to change his methods of livelihood for something which will be in line with his regard for physical culture. His measurements are as follows: Neck $15\frac{1}{2}$ inches; forearm, flexed, 12 inches; forearm $10\frac{1}{2}$ inches; elbow $10\frac{1}{2}$ inches; arm

18 inches; arm, flexed, 18 $\frac{3}{4}$ inches; hip 37 $\frac{1}{2}$ inches; thigh 21 inches; knee 14 $\frac{1}{2}$ inches; calf 14 $\frac{3}{4}$ inches; ankle 9 inches; waist 30 $\frac{1}{2}$ inches; chest 37 inches natural; chest, small, 34 $\frac{1}{2}$ inches; chest, expanded, 38 inches; height 5 feet 3 inches.

We show two pictures of Mr. B. Roberts, in view of his remarkable development. He is a Canadian, living at 4 Mayence Street, Toronto, and is a physical director by profession, having for the past ten years been engaged in teaching physical culture and gymnastics in general to both sexes and all ages. Mr. Roberts is to be congratulated in that he is happily married and the father of six bonnie children, each and every one of whom is a practical exponent of physical culture.

In speaking of his experience, Mr. Roberts says "Without egotism I imagine that my pictures will prove to what a pitch of excellence one can bring his body by following the teachings of physical culture as I have done. I am, furthermore, a non-smoker, a non-meat eater by choice and have never touched alcoholic drinks. I eat two meals per day, my breakfast consisting mainly of cereals and milk, and my dinner of vegetables and wholesome pastry. I may add that I have taken your magazine from its first inception, and I have yet to find anything connected therein to which one can take exception. I do not speak thus thus from financial or personal interests, but because I feel that the editor of the publication is an honest and good intentioned man, who has a keen desire to educate the public in all matters appertaining to health and purity.

"I first received my gymnastic experiences in the British Army, obtaining a certificate of first-class therefrom. Later, I became a student of all things and books appertaining to physical culture with the results told."

The following are Mr. Roberts' measurements: Age 33 years and 9 months; weight 135 pounds, stripped; neck 15 $\frac{1}{2}$ inches; chest, contracted, 33 inches; chest, normal, 37 inches; chest, expanded, 41 $\frac{1}{2}$ inches; biceps 14 $\frac{1}{2}$ inches; forearm 11 $\frac{1}{2}$ inches; wrist 6 $\frac{3}{4}$ inches; elbow 10 $\frac{1}{2}$ inches; waist 28 inches;

hips 35 inches; thigh 20 inches; calfs 14 $\frac{1}{2}$ inches; kne 13 $\frac{1}{2}$ inches; ankle 8 $\frac{1}{4}$ inches.

Let us repeat what we have already said in regard to the prizes. In the first place we propose to give one hundred dollars in gold to the most perfectly formed man. There will also be twenty additional prizes consisting of valuable works on physical culture, yearly subscriptions to our magazines, and so forth.

We will give one hundred dollars in gold to the most perfectly formed woman.

A gold medal will be presented to the boy under fourteen years of age who most closely approximates ideal standards. For the twenty youngsters who come next in the way of measurements, etc., there will be prizes consisting of physical culture books, subscriptions, and so forth.

A gold medal will be presented to the most perfectly formed girl under twelve years of age, and we also propose to give twenty additional prizes of a valuable nature to other well formed girls.

A gold medal will be presented to the parents of the most perfectly formed baby of physical culture birth and breeding.

In addition to the foregoing, we will offer special prizes to that man or woman in your community whom you deem to be best qualified to receive them. The only terms which we make in this connection are, that your town must be over three thousand inhabitants, and that your vote is in accord with the majority.

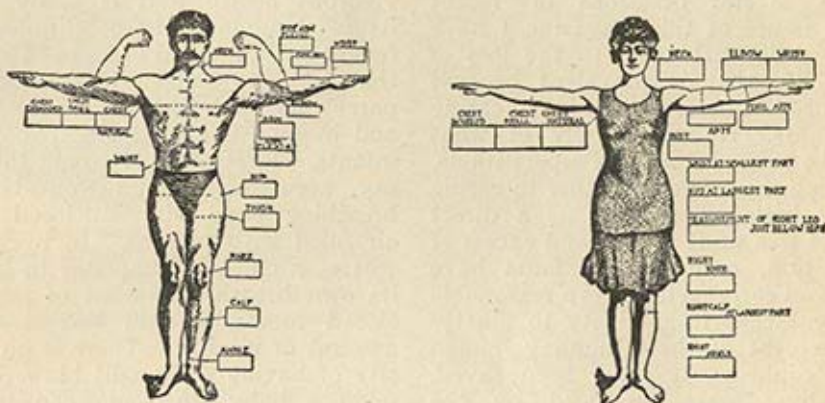
As already stated the contest throughout will be conducted through the medium of photographs and measurements of the competitors. These photographs should be sent as soon as possible, and it need hardly be added, that they should exhibit to perfection the physical development and attractions of their originals. Accompanying the pictures, too, must be the names, ages, weights and measurements of the competitors, the latter in accordance with the line cuts given with this article. Photographs of competitors should be of such a description as to show their proportions hampered as little as possible by clothing.

As far as boys are concerned, it is better that they are photographed in trunks only. In the case of girls, it should be remembered that the less clothing they wear the better, in order that the Committee of Selection may be enabled to readily pass upon their physical attractions. Babies had better face the camera nude.

It is distinctly understood that when

competitors send us their measurements and photographs, their so doing implies the right of our magazines to publish these, together with all information relative to the original.

The date for the awarding of prizes will be announced later. It may be added, that those who win prizes must agree to have their measurements verified by a reputable local physician.



These Drawings Show Measurements which Should be Supplied by all Competitors with their Photographs

ALCOHOL AND DEGENERACY

The *National Prohibitionist*, a publication that is doing some wonderfully good work in the war against the liquor traffic, recently called attention to "news" that appeared in a single page of a Chicago newspaper, as showing the terrible influence of the use of alcohol.

"On that page is found, in the first column, a reference to the recent decision of the Illinois Supreme Court against Bleigh, the poor boy who has recently been sentenced to thirty years in State's prison for a murder committed while he was drunk, and whose old mother has died of shame and sorrow since his sentence. In the next column is the story of a poor woman, whose husband, after weeks of intoxication, committed suicide, and left her with her four children to starve. The next column has the story of the divorce court, in which the 'bird and the bottle' appear at every turn. The next column tells of the disaster that befell two chorus girls of apparently former blameless life, who drank with a Chicago business

man and while intoxicated stole articles from a department store. The next column tells of a Chicago girl who went upon an automobile ride with two business men, drank with them at hotels and restaurants and ended her first plunge in fast life in the police court in a most disgraceful predicament. The same column contains the story of another poor girl held for months a slave in one of the dives of Chicago, where she had been sold for ten dollars.

"The most startling thing about it all, when one pauses to think of it, is that there is nothing very startling about any of these stories; that almost any day brings their parallels, and that the people have become so callous to their horror that they receive scarcely any attention at all. The American people have become so accustomed to raising their revenue by the sale of permission to bring about just these horrible and shameful things, that when they happen we take them as matters of course, regrettable but unavoidable."

The Development of Infants

By BERNARR MACFADDEN

How Babies May be Strengthened and Developed by Proper Feeding and Careful Attention to Their Various Physical Requirements

ON several occasions in recent issues of this magazine, I have called attention to the loss of life that is prevalent because of the need of more knowledge in caring for infants. A vast supply of what might be termed Grandma superstitions, is guiding the average mother in caring for her little ones. And as a direct result of this want of care and excess of superstition, millions of infants have gone to an early rest. It is a reasonable statement that from ninety to ninety-five per cent of these budding human beings could easily have been saved. Their lives were sacrificed by the ignorance of parents. There is perhaps no subject before the American people at the present time that is more deserving of attention than this. But even with these startling facts staring the nation in the face, there is but little concerted effort among individuals, or on the part of the government, to change what might be termed these tragical conditions. Adult human life is cheap at all times, but during infancy, life seems to be still cheaper.

The average infant with sufficient vitality to be fully alive at birth should in practically every instance and barring accident, grow to full maturity. There may be an exception now and then, but it should not be in over from one to five per cent. at the most.

The most important requisite in the care of children is fresh air. Air full of vitality-giving oxygen. This is not only necessary for the lungs of the child, but the air should also come in direct contact with the body. It should be remembered that an infant in nearly every case, has a good circulation. If wrapped up in the ordinary way, it will stand as much cold as the ordinary adult; that is, after it is a few months old and has acquired the

vigorous health that is easily within its reach under right conditions. The fear of draughts and of an open window that is quite usual with the average parent, has caused misery and ill health, and in many cases death to countless infants. First of all, I would therefore say, accustom a child from birth to breathing good air. Enclosed air is air filled with poisons. In every case where a child is compelled to breathe its own breath, and that of adults in closed rooms, it will lose a certain amount of vitality. There is no necessity of having a draught blow directly upon a baby. A room can be well ventilated without a draught. Personally I see no harm in what is termed a draught, for it is nothing but a current of air and it simply insures perfect ventilation.

Then we have the evils of surplus clothing. Nearly every baby is swathed in bandages and wrapped up in thicknesses of flannel and other material, and consequently its skin is what may be termed smothered. It hasn't a chance to live and *breathe*, for the skin to a certain extent, actually breathes. To be sure a baby should be kept warm, but too much clothing really decreases warmth rather than adds to it. For instance, you will note that, after a certain amount of bed clothing is used, the more covering you add, the less warmth one really gets, for the weight of the bed clothing to a certain extent interferes with the free circulation of the blood.

There is no need for long dresses in the life of infants. They should wear short dresses from birth. They should be allowed the privilege of kicking their little legs, of swinging their arms, with their first inclination to do so. During the summer months, the diaper is really the only necessary article of clothing,



Two of our tiny wards, as they reached us about eighteen months ago. It will be observed that the little boy and girl have many of the marks of improper rearing, including thin limbs, disproportioned abdomens and so forth.

and even during the winter when baby is confined to warm rooms, there is no need for much more clothing. Shoes are at no time necessary, unless the little one is taken out of doors, or the floors of the house are too cold for comfort. Remember that the more you coddle these little mites of humanity, the less chance they have to develop the vigor that is essential to the building of a strong body. Use sufficient clothing to maintain warmth at all times, but no more, and be careful that such clothing does not interfere with the free movements of their bodies. They should be able to swing their arms, kick their legs and squirm their bodies in every conceivable position.

Probably of more importance than anything else is the proper feeding of a baby. This is especially true when it is fed with the bottle. A baby should have a regular feeding time. This, whether fed with mother's milk, or cow's milk. Most mothers feed their youngsters too frequently, and are prone to think that whenever the youngster cries it is hungry, regardless of whatever may be the cause of its discomfort. The baby should have regular meals just the same as an adult, though of course, they should be more frequent.

There is no need of feeding a baby at night after it has passed the age of three months and many would question the need of so doing even previous to this age, if the little one is healthy and properly cared for. Ordinary cow's milk is the best substitute for mother's milk. Bottle-fed babies can be given food every three hours during the day and once or twice at night. About double the quantity of cream that usually comes with the milk can be given for the first three months, though please note the special importance of giving all the water the child may desire to drink between the feedings of milk. The water can be given in the nursing bottle just the same as milk, heated to blood heat, and also be sweetened with sugar of milk, which can be secured at any drug store. From a quarter to a half teaspoonful of this sugar of milk can be used to each four or five ounces of water, though if this is not sweet enough to make the child desire the water when first getting the desire of taking the latter, it can be sweetened still more. The amount of sugar of milk in the water can be gradually lessened and when the child is six months or older the use of the former can be gradually discontinued.

There is perhaps no necessity for



The same children after they had been with us but a comparatively short time. Note how their limbs have obtained normal growth and observe the health and intelligence which is pictured on their faces.

calling attention to the importance of keeping the bottles absolutely clean. At least once a day, they should be scalded until every particle of milk left in them from the last feeding has been removed.

The inclination to take up a child every time it cries, should be discouraged. When it acquires the habit of being humored in this manner, it will cry frequently just for this attention. There is no necessity for rocking babies in order to put them to sleep. In fact, rocking is what one might term a bad practice. There is no reason why a baby cannot go to sleep just the same as an adult. If therefore, the mother makes a habit of rocking or singing her baby to sleep, she is making a slave of herself without in the slightest degree, benefiting her little one.

I firmly believe there is absolutely no excuse for frailty in infant life. Practically every baby, no matter what its inheritance may be, can be made vigorous if special training is given to it for that purpose. And when ordinary vigor is inherited, the child can develop what may be termed wonderful strength and health by merely ordinary care.

I am presenting in this article, comparison pictures of two adopted infants showing the remarkable results that I have brought about by following out the methods herein described. The first picture shows the condition they were in about the time that I adopted them. The second picture shows their condition just five months thereafter.

"The proof of the pudding is in the eating." The proof of the value of any method can usually be determined by giving it a trial. These infants were practically free from the ordinary complaints of early childhood as long as my directions were followed implicitly, though I must admit that there were times when they were placed in charge of nurses who neglected to obey my instructions, or who would use ideas of their own and then the usual complaints appeared.

I intended to adopt a large number of babies with a view of proving the truth of the theories I have been ad-

vocating. However, I encountered so many serious difficulties in securing satisfactory assistants to help me in the experiment, that I concluded to delay it until I could be sure of the aid of competent persons who were interested in the care of babies from my own standpoint. From time to time, I expect to write articles on the little ones just referred to that will no doubt, be of interest to my readers. I would, however, call the attention of those who are interested in babies, and who have none of their own, or who have one or more that they cannot take care of, to the article in this issue in which I am



A somewhat recent photograph of the little girl who is shown in the foregoing photographs. She is now a beautifully proportioned child and is as amiable and healthy as she is attractive. Also she is a striking proof of the benefits to be derived from the physical culture training of children.

announcing the opening of a department, through the medium of which we will try and place children for adoption among the families of physical culturists. We will furthermore endeavor to supply homes to the children who may be homeless, or whose parents, for some reason or other, are unable to support them.

The chief aim of exercise should not be great muscular development, but health.

Feb 1905

Cooked and Uncooked Foods

Their Relative Merits as to Food by Experts on the Question

No. 1—UNCOOKED FOODS

THAT those who advocate the use of uncooked foods, possess excellent arguments wherewithal to back their beliefs is manifest.

On the other hand, they who advocate the application of heat to articles of diet, array a number of hygienic facts to prove their ideas rest on verity. In the series of articles which follow, we shall endeavor to present to the reader the chief arguments of both sides, leaving it to his judgment, to select the dietetic creed which is most in accordance with the fancy, the taste, or the peculiar needs of his body. Without going into arguments, pro and con, for one or the other, it is proper to say that those who believe that food best serves its purpose when taken as Nature furnishes it to man, have a whole lot of feasible statements with which to back their beliefs. Thus, for example, it is declared that cooking is, *per se*, an artificial process; that the changes produced in food by the application of heat are, in a great many cases, the reverse of beneficial; that some of the elements of food are affected for ill by heat, that the mechanism of the digestive system is either thrown out of kelter altogether by the introduction into it of cooked foods, or, at the very best, it does its work imperfectly in the presence of these last.

On the other hand, we are told by those who hold that cooked food best promotes digestion, and incidentally strength and vitality, that civilization has so modified the original dietetic intention of Nature regarding man, that he is now incapable of either masticating or assimilating foods "in the raw," with but a few exceptions. These admit that such things as celery, fruits, nuts, and so forth, can be swallowed and digested with satisfaction without the aid of fire. But they insist

that, for the most part, the diet of man must have had a season in pot or pan, over the stove or in the oven, or what not.

Between these two schools of extremists, are those who declare that the ideal diet consists of due proportion of cooked and uncooked foods. But the average meal still consists of viands which have had the ministrations of cook or chef, housewife or servant, with whom the end of the eating hour was a release from the hot kitchen, or the hotter stove. With this preliminary we will now ask our readers to listen to the exponents of one theory or the other, premising that in each and every instance, they have been selected because of their knowledge of the subject of which they treat, and also because they tell their story in an entertaining and instructive manner.

The first one who will be heard from, is an exponent of uncooked foods, and is prominently identified with dieticians of his type in New York City. We will listen to what he says thus:

"The application of heat to food is a comparatively recent practice in the evolution of mankind. The use of fire involves a certain amount of mental ingenuity, and could not be practiced by man's ape-like ancestors. The early methods of cooking must have been crude and probably consisted of toasting and warming foods, rather than of actually cooking in the modern sense of the term. Man began his experiments in this way, by warming cold foods at his camp fire. As heat volatilizes the odorous substances present in many foods, the practice spread because of the pleasant smells or flavors produced by the process. Anthropoid animals, whether human or ape, have a great amount of curiosity for the unusual and the new. The habit of cooking spread,

as did many other novel and interesting customs, without regard to whether the results were beneficial or harmful.

"The question of whether foods should be eaten cooked or uncooked can be answered by studying the chemical and mechanical changes produced by the process of cooking and their consequent physiological effects. Forms of cooking may be grouped into two classes, depending upon whether moisture is present or absent. These are designated as moist heat or dry heat methods. The changes which take place in food during cooking, depend upon whether or not moisture is present simultaneously with heat.

"Sugars are not chemically affected by boiling with water, but starch absorbs from three to five times its bulk of water, and becomes a soft, pasty or semi-dissolved mass. In the presence of dry heat, sugars are converted into a brown substance known as caramel. Starch, when heated to a temperature of 300 to 400 degrees without the presence of water, is changed into dextrine, which last substance is present in toast, zwieback and similar foods.

"Fats are not changed chemically by heating to the temperature of boiling water, but the globules are melted. The result is, that the hot fat spreads in a film over other material which may be present. By dry heat, fats are chemically decomposed. The odors of frying are due to the presence of small quantities of these fat decompositions. In larger quantities and with greater heat, these substances are excessively irritating to the mucous membrane, as every housewife knows who has allowed grease to burn in a skillet.

"The chemical changes produced in proteids by heat are of much more importance than the changes in other food groups. Simple proteids, such as albumin and globulin, are coagulated at a temperature of about 160 degrees Fahrenheit. This form of change is very familiar to all, in the coagulation which occurs in the boiling of eggs. Proteids of other sources, go through a similar change, which continues with the application of prolonged heat or higher temperatures until the matter is converted into a brittle dark mass,

which is wholly insoluble and indigestible. If the student will take the white of an egg, and bake it for some time in the oven, he can observe very readily the coagulation and hardening of the proteids. The chemical nature of these changes is one of great complexity. The molecules seem to combine with each other, forming almost indestructible masses. The combined or coagulated forms of proteid are represented in nature by horns, hoofs, finger nails, hair, etc. The percentage of proteid digested from the various forms of cooked wheat grows less as the cooking is increased. As the gastric juice is primarily created for the digestion of proteids, the significance of the effects of cookery is readily seen to be diametrically opposite from the interpretation placed upon the results by the experimenters.

"In the process of cooking, the salts, many of which are combined with the nitrogenous constituents of the food, are freed or rendered inorganic, which makes them of no value in the construction of the proteid molecule within the body.

"Here is the proper place to point out a flaw in the interpretation of recent experimental results obtained by investigators of cereals and cooking. In these experiments, cereal products which had been put through various processes of predigestion, were compared with raw whole wheat, the contents being removed from the stomach after a given period, by means of a stomach pump. The results of this experiment 'showed' a greater amount of starch digestion in the case of the dextrinized or super-cooked foods! These results were published as proof that starchy foods should be put through a process of dextrinization. To those who are not familiar with food chemistry, such results would appear very convincing, but to a well informed food chemist they only illustrate how a misrepresentation of scientific facts can indicate just the opposite conclusions from the truth. *The starchy foods are not intended by Nature to be digested in the stomach at all, and the processes of partial digestion of these foods before entering the stomach, only serves to upset Nature's plan, and*

deprive both the stomach and intestines of their natural functions.

"The digestion of fat takes place wholly in the small intestines. Fat cannot be acted upon by the gastric juice. This explains the reason why the process of frying is so unwholesome. Frying causes a thin film of melted fat to spread over the surface of the starch or proteid particles with the result that these particles cannot be properly acted upon by the saliva and gastric juice and as a result, do not go through the preliminary changes necessary to normal digestion. Fat taken in its natural form, does not interfere with other digestive processes.

"To the believer in germs, it may be said that in a general way, cooking, which is recommended to destroy germ life, acts in the long run in the exactly opposite manner from which it is intended. Cooked articles of food are invariably moist and warm—excellent conditions for bacterial growth. No cooked food can be eaten at the ordinary table without being subject to bacterial contamination. Even if cooked foods were kept absolutely free from bacteria, they are mixed with uncooked food and water and with the contents of the alimentary canal left there from previous meals; all of which are sources of bacteria and the result must be, that the cooked masses which form such excellent culture for bacterial growth, decompose at a much more rapid rate than would similar foods uncooked. Cooking generally leads to overeating and less mastication, both of which, as before pointed out, allow an excellent chance for bacterial growth.

"Thus, it is seen that the efforts commonly recommended for the destruction of bacteria in foods, greatly increase the amount of decomposition and fermentation that actually takes place in the alimentary canal.

"Everyone has observed that small particles of material will dissolve much more rapidly than will large lumps. The greater the dissolving surface, the more rapidly will solution take place. If the substance that is being dissolved is a firm particle, the digestion or solution will take place only on the exterior surface and the interior of the particle,

however small, will remain practically unchanged. This is what occurs when food materials such as grains or nuts are taken in an uncooked state, as mastication does not dissolve them, but only divides them into small distinctive particles.

"If, however, the grain be subjected to prolonged heating with water, a partial solution takes place. The entire mass becomes mushy and permeated with water. When such a mass is brought into contact with dissolving or digesting fluids, it mixes or disintegrates with the fluid just as molasses would mix with water. The result is that the whole mass of material is subject to the action of the digestive fluids immediately. In normal digestion, the enzymes are continuously secreted for a period of several hours. They begin work on the outside of the food particles, dissolving the substance little at a time. Thus the enzymes are continuously used up and the digestion proceeds somewhat slowly, but as fresh enzymes are continuously being secreted to act upon the newly exposed surface, active and complete digestion is constantly taking place.

"When the food material has been changed into a mushy mass as above referred to, and the whole meal is immediately subjected to the action of the digestive fluids, the result is, that the digestive principles at first secreted, cannot complete the digestion of the entire mass, but the food is all partly digested, and the various abnormal fermentations and decompositions then set in.

"The predigestion fad has been one of the greatest fallacies that has ever been forced upon the public mind. That the juices of some fruits are already in the form of glucose, and can be immediately absorbed without any digestive process, does not prove that the mushy cooking, salting and other forms of so-called predigestion are beneficial. As a matter of fact, the 'predigested foods' are not changed into the final product of digestion, but are in an intermediate stage between starch and glucose. They are composed of semi-soluble starch, gummy dextrine, and perhaps a little maltose. These sub-

stances, while in no way harmful in themselves, only interfere and disturb the normal process of digestion in the manner above referred to.

"Ninety-nine physiologies and dietetic books out of every one hundred, make the statement point blank that raw starch is indigestible. This fallacy has been established by the experiment of putting samples of raw and cooked starch into two test-tubes and treating them with some digestive enzyme. The cooked starch being soluble, is all attracted to the digestive enzyme at one time, and started on its way through the numerous changes in the complex chemical process of changing starch to glucose. In the sample of raw starch, the digestive enzyme attacks the particles from the outside and slowly digests or eats off the exterior of the starch grains. After a given length of time, the chemist adds iodine to the two test-tubes. Iodine gives a blue color with starch. In the test-tube with the cooked starch, all of which has undergone a certain amount of digestion, no blue color is discerned, for no pure starch is left. In the other tube, in which a portion of the starch has been more completely digested, but in which some of the particles remain wholly unchanged, a blue reaction is of course obtained, and the chemist proclaims that uncooked starch is indigestible.

"A famous expert made a comparison of two diets, consisting chiefly of several varieties of grains. The diets were alike in every respect with the exception that in one instance, all the grains were boiled for two hours, while in the other case they were taken in an uncooked state. In the case of the uncooked grains, no starch whatever passed through the body in an undigested form. In the case of the cooked grains, the same results were found, that is, no starch was found in the intestinal residus. The material remaining undigested in the cooked diet, was much

in excess of that in the uncooked diet, yet no starch was present. As the student has already inferred, there is only one interpretation to such results, and that is, that while in the case of cooked grains, the digestive process may start with more rapidity than in the case of uncooked grains, yet they are not thoroughly completed and various decomposition products occur, as well as undigested proteid, which would not happen in the case of the foods taken in their natural state. Moreover, if uncooked starch was taken in excess of the digestive capacity and passed through the body wholly unchanged, no harm would result. The starch grain in its unchanged state, is a fine white glistening granule, wholly insoluble, and its presence in the digestive tract would have no more harmful effect upon the bodily functions, than would the presence of so much lamp-black or other harmless substances. Without solution, no material can have any possible effect upon the physiological processes except by irritating the linings of the digestive organs; in the latter respect, starch granules are harmless.

"With the exception of foods that are already soluble in water, and which are naturally rapidly digested and absorbed, the condition in which foods should enter the digestive organs is finely divided, yet distinct particles, and not in solutions or gummy masses. Sticky, mushy foods are by all means to be avoided.

"If mastication is not thoroughly performed, and foods are swallowed in lumps of considerable size, it may result in their being passed through the body without all being dissolved, but it would be much better for food to be swallowed in this condition than to be taken in a form that would turn to poison in the intestines."

In the next article, the benefits of cooking will be discussed.

There seems to be such a relation between any vital organ and the muscles over it, that you can judge of it by the muscles over it.—Dr. W. E. Emerson.

Upon rest and exercise depend sleep, and to secure sleep to the nervous, irritable, fretful, suffering invalid is one of the most important considerations of any system of treatment.—Dr. Robert Walter.

Feb 1905

The Temperance of the United States and Physical Culture

By GEORGE WINTHROP ANDERSON

A HALE body and a wholesome soul arise from temperance in all matters. And it is for temperance that this magazine has consistently stood from the first day of its issue up to the present. Temperance, by the way, is a word of an inclusive sort. It means the proper use of those aids to strength, vigor and happiness which Nature has so plentifully supplied, but which man so often misuses in the way of excess. Or again, an individual may be temperate in one thing and intemperate in many; or temperate in many and intemperate in one. As the average person rarely lives a well-poised life—meaning thereby an existence in which temperance obtains—it follows that he does not live in accordance with Nature. But such a natural method of living it has been, and is, the privilege of this magazine to indicate by ways and means known to its readers.

In a popular way, however, temperance is understood as being a refraining from alcoholic liquor, either wholly or in part. The true physical culturist goes further than this, and declares that the touching, tasting or handling of alcohol is harmful and that much of the condemnation which applies to it, applies equally to tea and coffee. In other words, that intemperance from the last two beverages is as possible and much more frequent, than from rum, or wine, or beer. And since its existence, this publication has sedulously and stridently enforced its beliefs in this regard. This by the way, however.

Now, there is an old saying to the effect that dropping water will wear away a rock. This saying stands true of an evil or a harm against which the efforts of a magazine like this publication are directed. Vigor, sincerity and persistency are the drops in question, and hard indeed must be the public ill which they do not in time affect. The

efforts of this publication's work on the lines indicated are, we are glad to say, becoming manifest. The United States of America is, to all intents and purposes, a temperance country as far as alcohol is concerned. True it is that it is intemperate in other regards, such as diet, the use of luxurious or improper clothing, bad ventilation, and so forth, but, nevertheless, the law and public sentiment have become allied against "rum." It is true that one who has facilities for observation in a big community like New York, may be disinclined to accept the statement, especially if his observations are made during evenings of the week, or afternoons and evenings of the Sabbath. But for all that, the fact is as told, as figures prove and legislatures maintain. The propaganda against the indiscriminate use of alcoholic drinks which, while not being exactly inaugurated, has been consistently advocated by this magazine, has borne magnificent fruit, and the end is happily by no means yet.

According to official statistics, 33,600,000 of the eighty odd million of the inhabitants of the United States now live in communities which are "dry." In other words, in towns or communities in which the law absolutely prohibit the sale of alcoholic beverages. Let it be repeated that these figures are by no means those supplied by rabid and consequently, untrustworthy adherents. They are furnished by the United States Government itself, and considering this fact and the added fact that temperance is increasing yearly, it is not too much to anticipate the time when practically every State in the Union will be "dry," or nearly so. When one-third or more of all of the inhabitants of this country cannot buy liquors in their neighborhoods at licensed bars, and when, furthermore, thirsty ones resident in such communi-

ties, run the risk of imprisonment when attempting to quench their unnatural thirsts, it is a hopeful sign for the future of temperance in its usually accepted meaning on this side of the Atlantic. Well, indeed, may the prohibitionists rejoice, while those others who hold that the keeping of the liquor traffic within the smallest space is an excellent thing, may indulge in a legitimate degree of exultation.

The fact that prohibition, or something equivalent to it, cut a figure in nearly every State campaign in November last, gives point to the statement already made that "dryness" is not a matter of local or territorial feeling only. It is true that no small proportion of States that are so-called Western, are dry, or nearly so. But more than that, the temperance tide has been rolling Eastward. The result is that the newly admitted State of Oklahoma has declared for prohibition. In Minnesota 123 towns are dry. In Iowa 65 out of 99 counties declared for total prohibition. In Missouri 44 out of 115 counties have gone likewise and the same remark applies to 58 out of 75 counties in Arkansas; 65 per cent. of counties in Louisiana and all but 5 counties in Mississippi. In Tennessee, there are only 39 towns that are wet; in Illinois there are 600 dry towns; in Wisconsin, 706 dry towns; in Michigan, 50 towns and one county do not want any alcohol; in Indiana, 680 out of 1016 townships have declared for temperance; in Kentucky, strange as it may appear, 97 out of 119 counties have voiced themselves against rum; in Alabama, 75 per cent. of the total area of the State is dry, and in Georgia, after January 1st, 1908, liquor will be totally prohibited. South Carolina has a spasm of temperance, while in North Carolina a thirsty man can only get a drink in one tiny section of its total territory. In Virginia, 72 counties have alleged that they will not have drink at any price. In West Virginia, the outlook is even brighter. In Pennsylvania, however, the old wet conditions obtain except in one county. New York, as we all know, is distinctly damp in its southern and northern sections, but "dry" midway. New Hampshire, Ver-

mont, Maine, Massachusetts, Rhode Island and Connecticut are either dry, or in a large percentage of their several territories, no liquor can be sold. In New Jersey, a good many of the old unhappy conditions yet remain. Delaware, is stated to be half dry, and in Maryland, the Anti-Saloon League is much to the fore, as it is also in several of the Southwestern States, by the way.

It will be seen by the foregoing list, rough as it is, that the saloon men are not having it all their own way by any means, although as already intimated, a cursory review of New York City, Philadelphia, Boston, Chicago and other of the larger communities, would lead one to suppose that the reverse was the case. The fact seems to be, that where the purely American element is in numerical superiority, the tendency is distinctly towards temperance. On the other hand, where there is a cosmopolitan, newly emigrated, or an alien population, the rum sellers have it much their own way.

We have just used the term "American element." By this is meant not only men and women of strictly native stock, but those who, while having foreign born parents, have, nevertheless, first seen the light of this world in America. Added to these are many excellent citizens who of their own volition, have foresworn allegiance to the foreign potentates under whose rule they have been born and have embraced American nationality, together with American manners, methods and principles. It may be added, that these are in larger proportion in our population than is generally imagined.

That which, from a political standpoint, makes the present situation all the more interesting, is the fact that up to the immediate present, prohibition was a dead issue, or nearly so, when it came to "platforms." But it is very much otherwise now. It is not too much to say that prohibition in some form or the other had to do with the great majority of political destinies which were made, closed or influenced by the results of the recent elections. In Kentucky, Delaware, and one or two other States, "rum or no rum" was the decisive issue. As our readers probably

Feb 1905

know, prohibition swept from power the Democratic party in Kentucky, and very nearly caused the Republicans to quit their entrenchments in New Jersey. In Delaware, it was equally in evidence. And in nearly every State in the Union was it to the fore in the platforms of the successful candidates.

When we think of all this and the fact that the highest vote ever polled by the Prohibition party in a national election was only a little more than one-quarter of a million out of a total vote of about thirteen millions, the fact just stated is all the more remarkable. What makes the puzzle, if indeed it be such, all the more puzzling, is, that while no one of the great parties has ever yet espoused prohibition as a public principle, yet it has never dared to denounce it. By which it will be seen that public opinion is, in a great many cases, the silent force which sways parties. In other words, the temperance movement in the United States is growing and has so grown that, without putting itself on public record, it has, nevertheless, sufficient strength to sway strong candidates to its purposes and to secure virtual victory for its principles.

It is now stated on authority, that leading prohibitionists are prepared to insist upon a public recognition of their principles and their demands on the part of both of the great parties in next year's campaign. More than that, it is declared by these gentlemen, that there is to be a public recognition of the claims of temperance, and it is believed that neither the Democrats or the Republicans will dare to avoid the issue. Plans have already been arranged for the national convention of the Executive Committee of the National Prohibition Party, and upon the outcome of that same convention, will depend, so it is believed, the fate of either party that will either endorse or repudiate it.

There have been within the past year or so many straws which indicate in which direction public feeling is moving. Up to within the period named, it is hardly likely that a man like Vice-President Fairbanks would have had his political career practically ruined by the statement that he had cocktails served at a luncheon. The same remark

stands true in a measure of President Roosevelt, who was called over the stones by hundreds of thousands of Americans, for having attended a luncheon at St. Louis where champagne was served and allegedly swallowed by the President with apparent gusto. More than that, it is only within the past very few years, that a law has been passed prohibiting the sale of alcoholic beverages in the restaurants in the Capitol, Also, and at a still later date, canteens at which Uncle Sam's fighting men were accustomed to obtain their liquor were also abolished, much to the annoyance of the soldiers and officers. In this connection, it may be said that it is the writer's belief, that the doing away with the canteen on its general lines was a huge blunder. As the matter stands, soldiers, when off duty, have to get their recreation at low groggeries outside of post-lines. The canteen with its books, its harmless games, its recreation rooms, its soft drinks and solid refreshments should have been retained, *minus its liquor*. But that is by the way, however. It should also be noted that the Federal statute enacted more than fifty years ago against the sale of liquor to Indians, on or off their reservations, is still in force.

Just a few added instances as showing the growing feeling against the use of liquor. Every big railroad system in the country has, for a dozen years or more, enforced a rule against drinking on the part of their employees, especially those in the operating departments. More than a million men are affected by this same rule. On most of the railroads if an employee is found entering or coming from a saloon while on duty he is immediately discharged. the same rule applies to the majority of large manufacturing establishments. Even in those States in which a saloon is still allowed, the national license for the same is increasng.

In the South, in particular, the effect of the temperance movement is most apparent. In thirteen States of this section of the country there are 1256 communities, 883 of which are "dry," 98 report practically dry and 275 are "wet." These figures are indeed significant. May the good work go on.

placed in a sanatorium by a blunder, where I was abused most shamefully, in fact they endeavored to drive me insane by torture or kill me before I could obtain relief. Failing in their designs, by relief reaching me, I was taken out, and informed them that I would see them behind the bars for my terrible abuse. After ten days at my old home at Drayton, Ontario, I laid this matter before the proper authorities and also before a prominent lawyer who, by the way, is a member of the Dominion Parliament, but who stands in with the officials of the private institutions, so I was informed. Then I was arrested on a warrant on the trumped-up charge of threatening to shoot a medical superintendent, thrown into jail, remanded three times by the Police Court, had no hearing whatsoever, and after being in jail for nine days, I was railroaded to Hamilton, and confined for a period of forty-five days, the last thirty-five days of which was spent in the vicious ward among the lowest type of insane. I owe my relief to the intervention of the United States Consul, as I am an American citizen. Then I proceeded to Toronto, Ontario, and laid the matter before the Inspector of Prisons and Asylums, who promised to investigate. It is just as you say; when that official made his report it was "hallucinations," and it fitted my case to a nicety. Asylum officials say that I am suffering from Paranoia, and that the peculiarity of my disease is, that I imagine that I am being persecuted and that others around me are the subjects of ill treatment. Believe me, I can prove every accusation if given the opportunity, but no, they do not want the matter investigated and request upon request has been asked of the Provincial Government and has been as often refused. My friends and physicians here see nothing wrong with me, and yet when I was

close after the officials last year in Toronto for my illegal confinement, they undertook to deport me on the ground of insanity.

The State Department at Washington, D. C., have taken up my case.

Grand Forks, N. D. GEO. P. FLATH.

TO THE EDITOR:

It seems that the publication of matter in your magazine concerning the mistreatment of some patient confined in one of Iowa's places of mental torture has created quite a sensation hereabouts. I know that while Dr. Gilman was superintendent that one or more attendants were discharged for brutality. But what is a little physical punishment compared with the torture inflicted upon weak nervous patients in these institutions?

It is well known that there are many causes for insanity and many kinds of insanity, and to treat all the same way is like sending a case of measles to a pest-house for small-pox patients. It is enough to overthrow the reason of a sane person who is weak and nervous to be locked in a jail-like cell every night, where in his loneliness he cannot help thinking of the cause that brought him there. Many harmless patients become worse and die soon after being confined thus. Mentally murdered, they are.

A New York lady secured a situation at an Iowa institution a few years ago, and after she had been there for some time, she became insane and died through what she witnessed. Every State should have the right to establish homes for mental sufferers who are willing to pay for a home during life, because there are many people who appear strong and healthy yet are incurably mentally weak.

Oskaloosa, Iowa.

G. B.

THE WAY OF REFORM MOVEMENTS

TO THE EDITOR:

Your editorial in a recent number on "A Mighty Revolution Needed" is exactly what has passed through my mind. The thousands I meet who are fine appearing without, would look as bony and ugly as chickens without feathers were they to be disrobed. If many of their minds were disrobed, a filth equal to the filth of a city's garbage would be discovered.

Let me say you need not be disheartened in your work, because your thoughts of these last ten years have burned their way into a few minds that believe them and live them. These few with sincere efforts have influenced a circle of their own and the seed you started will be returned a hundred-fold.

All reforms commence within an unappreciated soul and apparently fail in their beginning, but just as Herbert Spencer is

beginning to be listened to by the religious world, so I believe you are a pioneer to liberate the so-called civilization of to-day. Spencer's work is just beginning to revolutionize the church from superstition and prejudice. Your work is just commencing to draw the people from drugs and sickness. You are giving us a physical ideal to work for—*healthfulness and wholesomeness*.

Just express your rankest views, no matter if the world dislikes them. A few are watching you and believe in you. It nearly makes my heart break when I see the way opposition tries to prevent an open knowledge of *sexual culture and growth*. This one subject contains all the happiness and glory of healthy manhood and womanhood. Here is found the question and solution of man's salvation.

Boston, Mass.

C. LEROY LYON.

The Recovery of Youth

By HENRY C. GRESHAM

Mr. Sanford Bennett, the author of the book entitled "Exercising in Bed," has furnished what is perhaps one of the most remarkable testimonials to the value of certain phases of physical culture in the annals of that science. That which follows, will tell with some detail, his experiences in the respect cited. In the meantime, we would call the attention of our readers to a recent portrait of Mr. Bennett and ask them if they can believe that he is a man of sixty-seven years of age? Yet this is so, nevertheless, and to use his own words, he is a younger man physically and in appearance, than he was when the picture was taken. And it must be remembered that the process of rejuvenation by which he was enabled to regain his youth, so to speak, was of the simplest. But we leave the description of the incidental "miracle" to the articles which follow.—Bernarr Macfadden.

ONE of the most interesting and valuable contributions to physical culture is a book by Sanford Bennett entitled "Exercising in Bed." The title of the work, however, is hardly sufficient, inasmuch as it does not suggest the condition in which Mr. Bennett was when he first began his researches, or the bodily status with which we find him when he sits down to pen his experiences. And it is the distinction between these two phases of his existence and the means which brought them about, which constitutes the worth of the book. Also when it is said, that, to all intents and purposes, he has through the means told, recovered his youth, as the photographs published herewith testify, the wonder of the whole thing increases.

It was in the spring of 1895, that Mr. Bennett, then in ill health, devised a system of muscular contractions and relaxations which, to use his own words, "he believed would eliminate the worn-out and dead or clogging cellular tissue," hoping that in this way, he could rejuvenate his body, which at the period in question exhibited the conditions usual after the fiftieth year has been passed. According to the report of Dr. Carl Renz, of San Francisco, whom he called upon at this time, Mr. Bennett to the physician's eye presented the following appearance and symptoms: He was 5 feet 6 inches high, weighed but 136 pounds, had a distended abdomen, a sallow skin, varicose veins, while the skin around the throat hung loose. Furthermore, his arm muscles were atrophied, his forehead deeply

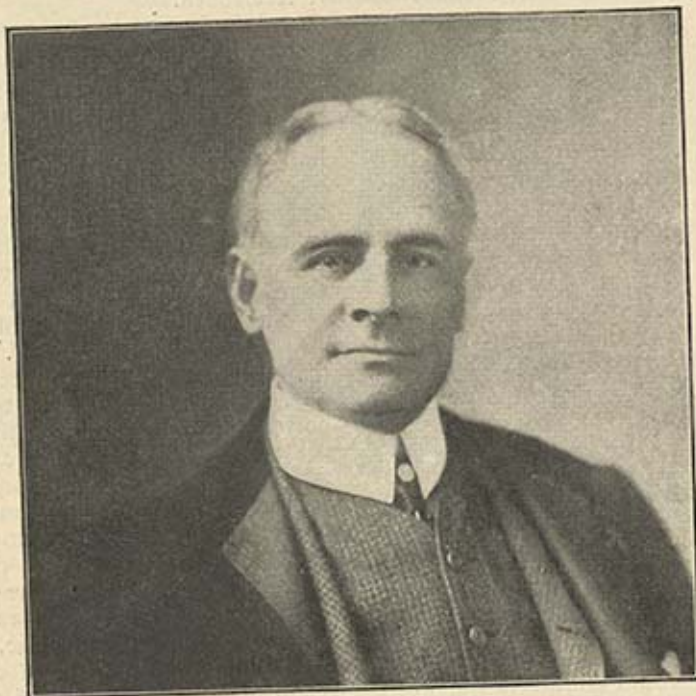
lined and the crown of his head quite bald. His pulse was not quite regular, and the liver, hearing, eyesight and lungs normal. On the other hand, he had symptoms of arteriosclerosis, or hardening of the arteries, and chronic dyspepsia, while in other ways, he gave indications of kidney and allied troubles. His general appearance was that "of a man who devoted much attention to his business to the neglect of his health."

In this connection, Mr. Bennett's renewal of strength and of youth, was not, so he insists, due to the fact that he was normally endowed with the vital principles. The truth was, that his father died of consumption at the age of forty-two, and he himself at one period of his life, gave indications of being possessed of the disease. On his mother's side, there was no special longevity and his own start in life was that of a nervous, anæmic, frail shred of a child whom no one expected to reach maturity. Manhood showed him slender, nervous and dyspeptic, and the office life which he adopted, exaggerated the tendency to dyspepsia and its attendant maladies. It was at this juncture that he became partially bald, was rheumatic and continually afflicted with minor ailments. Fortunately for Mr. Bennett, however, his mentality seems to have been more active and normal than his physical being and hence it was that he began to think out a method of cure which was essentially of the physical culture sort, and which, as already stated, wrought literal wonders in his case.

It may be remarked that the exer-

cises and movements evolved by Mr. Bennett, while certain in their effects, are somewhat slow in producing the latter, but by perseverance on his part, he attained the full results for which they were intended. Right here it may be said, that what stood good in his case, stands good in pretty nearly all other cases. The evil work of years is not to be undone in a week or so. Muscles that have been neglected, nerves

Nature. And hence it is, that a comparatively brief period is needed in order to restore the sufferer to that enjoyment of life which waits upon physical soundness. But in the interval—and this must be insisted on—there can be no shilly-shallying, no putting off until to-morrow, the dieting, exercising, and so forth, that should be done to-day. If Mr. Bennett's book emphasizes anything, it does this one and particular fact.



Mr. Sanford Bennett, the Author of the Remarkable Book with which this Article has to do

that have been unstrung by abuses and a general "run-downness," naturally demand care and patience. In other words, the work of years cannot be undone in a few days. If the victim of self-indulgence could be restored to health by treatment which extended over the same period that he had devoted to the undoing of his constitution, he should be satisfied. Fortunately, Nature is kinder to man than man is to

Pertinent to the foregoing, are Mr. Bennett's remarks about Dr. Osler, who, as many of the readers of this magazine will remember, is credited with saying that the majority of men should be chloroformed after forty. As a matter of fact, Dr. Osler denied that he ever made such a statement. Still his reputed utterance enables Mr. Bennett to remark this: "I would say it is my opinion that Dr. Osler's sug-

Feb. 1905

gestion was based on his own physical condition, and if that is the case, I, of course, most heartily agree with him, at least as far as he is concerned, not wishing to disagree with such an eminent scientist. The answer to his statement is, that physical age does not depend so much upon the number of years you have spent upon this earth, as it does upon how you have taken care of your machinery. Through lack of knowledge, lack of exercise and violations of the laws of health, it is possible to be physically, an old, worn-out man at forty. But, on the other hand, if the body is kept clear of clogging, worn-out matter by the simple system which I have adopted and which I beg leave to describe in my book, the walls of the arterial and venous systems may remain elastic and the body at sixty-seven present the appearance of the average athlete of half that age. This much I have demonstrated. What the limit of that condition is I do not know, but at present, the most searching investigation of an experienced surgeon in regard to myself does not disclose any sign of physical deterioration."

In other words, and if that which applies to Mr. Bennett applies to the human race in general, it would really seem as if he has discovered a method by which human lives can be prolonged indefinitely.

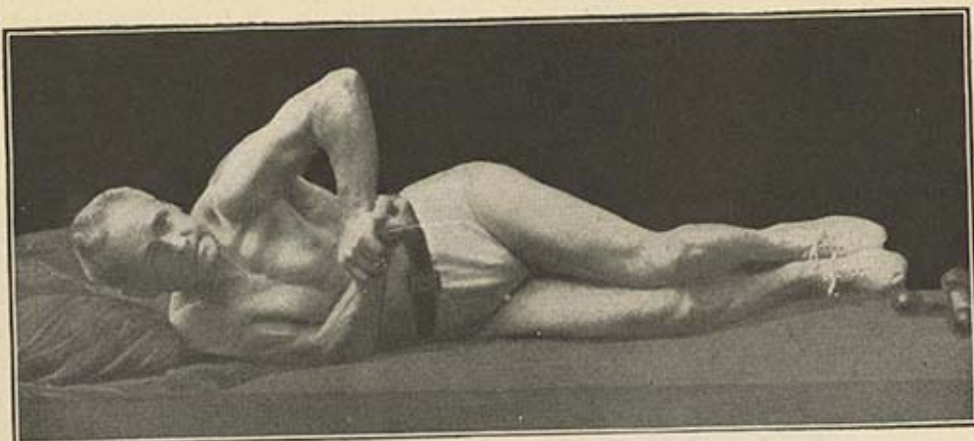
Mr. Bennett is, as intimated, more or less of a believer in the old maxim that "a man is as old as his arteries." His reason for this belief is set forth as follows:

"Upon the arterial system, which includes the largest artery and the smallest capillary, a man's physical condition depends. It is evident that the arterial system, or in other words, the plumbing and piping of the human body, must be kept free from all clogging matter. For if this is not done, the muscles and organs are not properly supplied with blood and materials for repairs, and will consequently deteriorate and show indications of what we know as 'old age.' Such a body could not be healthy or elastic; it would practically be an old body and a man or woman in such a condition would be aged even though his or her years were to number those

of youth. On the other hand, if the arterial and venous systems can be kept clear of such deposits, a person will retain the elastic condition character-



Side View of Mr. Bennett, Showing General Development



Resistance Exercise for Developing the Forearms

istic of youth, the heart will pump the blood through these elastic arteries without difficulty, the muscles and organs, being properly nourished, will retain their vigor, and the body present the appearance of youth at an advanced age."

To these statements no one can take exception, especially the consistent physical culturist. But the reader will probably ask how Mr. Bennett proposes to accomplish this cleansing process. His reply furnishes us with the very core of his book and is as follows:

"The process of cleansing these arteries, whether the largest artery, or the most microscopical capillary, can only be accomplished through the alternate contraction and relaxation of the muscles. This is Nature's method of cleansing the body of impurities. Let me repeat—it cannot be accomplished by any other means."

And again, "All muscles, all organs, grow in size, strength and elasticity when they are properly and persistently exercised, and just as certainly, all muscles and all organs of the human body lose these qualities if they are not exercised. It is Nature's unalterable law. In short, the secret of longevity is exercise; exercise persistent and methodical, from the time you toddle across the floor as an infant until the shadow falls and the vital cord that connects you with the life principle snaps and you step into the mystery beyond."

Indeed, this is true. The most perfect man, possessed of the strongest body the world has ever seen, will surely deteriorate if he does not exercise. This applies to every human being of either sex, or of whatever age. There is no exception to the law; and if you would be healthy and prolong your stay upon this earth, you must work for it. There is no other successful method. Diet as you will, stuff yourself with health foods, saturate your system with the most widely advertised preparations for the attainment of health, strength, activity and longevity, you will not succeed in your efforts unless you keep the body clear of clogging matter, and this clearness can only be obtained by exercise. There is no substitute.

But Mr. Bennett sets forth very clearly that it is for middle-aged people, or people who are past that period of life for which his book is intended, although the exercises described in it—and they are of an exhaustive and far-reaching nature—will be found of benefit to young and old alike. In this connection, he says, "For the encouragement of those who have reached or passed middle life, I would state that my experience has been that there is no period when improvement is impossible. In the cases of several aged people who have sought my advice and adopted my methods, a beneficial effect has invariably followed. I did not commence to exercise systematically with a view of the development of the

Feb. 1905

upper part of my body until I had entered my fiftieth year. And you, too, may surely succeed if you will follow the instructions that I am prepared to give you and practice in increasing your strength and elasticity of body. Indeed, you will most probably succeed to an even greater extent and far more rapidly than I have done, for I have to confess that for some years I put in a great deal of time in experimenting, and like all experimenters, I have on record a number of disheartening failures caused by wrong methods. But you may profit by these mistakes and my dearly purchased experience.

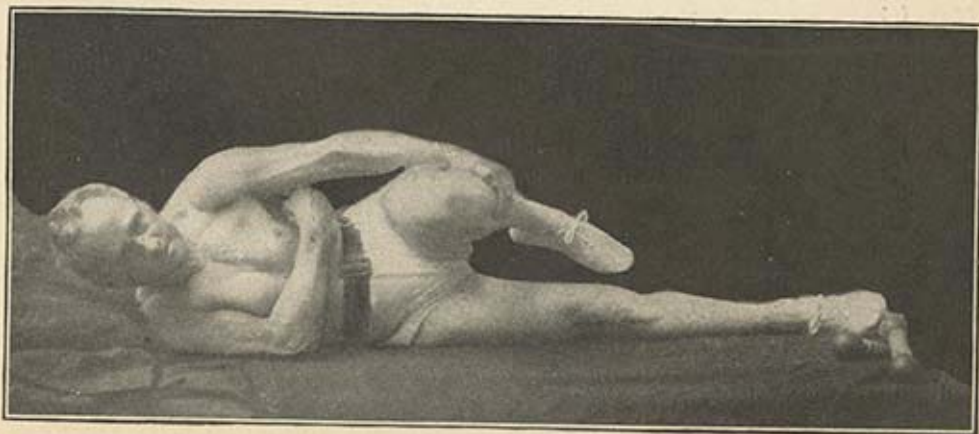
"Now you know the benefits of exercise, but the general impression is that it means joining a gymnasium, or performing a variety of violent motions at unpleasant hours which in time become distasteful and are finally abandoned. On considering these facts, and the underlying phases of them, I came to the conclusion that the alternate contraction and relaxation of the muscles was all that was necessary; that the process could be gone through without mechanical appliances if necessary, and that the whole thing could be done lying in bed, or in a recumbent position. To test this theory, I therefore invented a series of exercises which I practice while I lie in bed in the morning. These movements have been so designed as to exercise every part of the body. As a result of my theory and practice, the photographs of my present condi-

tion will give a good idea of the success of my efforts and a similar success can be yours if you will practice as I have done."

Mr. Bennett goes on to explain just why the "contractions and relaxations," of which he speaks, bring about beneficial results. He says, "These rhythmical muscular efforts really constitute a system of muscular pumping which not only eliminates from parts of the body so treated, dead cells, worn-out tissue, or other clogging matter, but also accelerates the circulation and increases the supply of blood to those parts. And with that additional supply of blood, there is an increase of that mystic power, the vital principle. Hence growth, and practically, a rejuvenation of the muscles."

It will be seen by this that while restating one of the first principles of physical culture, he is speaking from his own experience, which makes his words additionally valuable. He goes on to say:

"There is a strong sympathy between all parts of the body, one with the other, and any organ, gland or structure underlying or adjacent to the muscles exercised will be greatly benefited. I have readily demonstrated the truth of this statement in my practice and can confidently say that improvement is possible at any stage of life, at least up to the age of sixty-seven. I find that at this period of my life, development of the muscles is as readily accomplished by



Single-Arm Pulling Exercises

the methods I practice, as it was when I first commenced, nearly seventeen years ago."

This is indeed encouraging to not only middle-aged people, but to those whom the world is apt to call "old." And because this is so, we venture to think that Mr. Bennett's book and beliefs will continue to find that acceptance from the public which they have in the recent past.

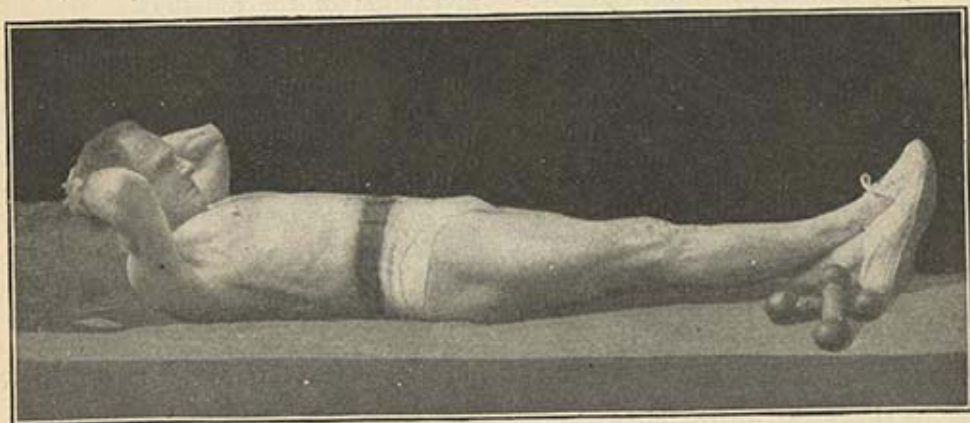
To emphasize his suggestions he adds:

"As all parts of the body can be improved by these exercises, it is evident that a general and systematic method of calling all of the muscles into action will result in an absolute rejuvenation of the system; and this is the result

shoulders. It is used as I lie comfortably under the bed clothes. In fact I perform all of the exercises mentioned in my book with or without appliances as I thus lie at my ease."

It may be added that such exercises are of a very thorough nature and that in one form or the other they bring into being every muscle in the body. We shall in a future issue of this magazine, touch on the majority of these exercises. In the meantime, we content ourselves with describing but one or two of them in order that the reader may understand somewhat of the principles upon which they are devised.

The pictures which go with this



Exercise for Developing and Strengthening the Neck

which I have accomplished in my own person."

While, as will be later told, a great many of the exercises invented by Mr. Bennett can be used without appliances of any kind, yet, on the other hand, he has some simple apparatus which are incidental to some of the movements described by him and of these he says: "Although not absolutely necessary, a pair of four-pound dumb-bells and a board eighteen inches long by four inches broad to which two short ropes eighteen inches in length are attached, terminating in ordinary pulley-weight handles, will be found useful. This appliance has the effect of a lifting machine in developing the loins and the

article, first of all, show Mr. Bennett as he is to-day in ordinary clothes, and again, at full length in his exercising costume. The balance of the pictures give some idea of the exercises which he has evolved. It may be said that such exercises are of a very thorough nature, covering as they do the development of every muscle in the human system. As a given muscle or set of muscles are only called into play by a certain action, it follows that they demand a specific exercise. The greater portion of Mr. Bennett's book is taken up with a description of such exercises, and as intimated, the great majority of them are possible without the aid of any apparatus, even of the simplest.

As indicative of the general run of these exercises, we are going to quote a few of them so as to give the reader some idea of Mr. Bennett's method and style. In the photograph given in which is shown "resistance exercise for developing the forearm" the instructions are as follows:

"Lying upon your side, grasp the wrist of your lower arm with the upper hand, press with your full strength downwards, resisting with upward pressure as in the illustration.

"Commence with five movements; thus alternately exerting and relaxing the pressure upon the lower wrist; increase, as your physical condition improves, to ten or fifteen movements. It is a perfectly safe exercise and will add to the strength of the forearm. It should be practiced both upon the right and the left side."

"The single-arm pulling exercise" is performed thus: "Lying upon your side, clasp one hand only around the ankle of the upper leg, as in the illustration, and in this position pull with your full strength, holding the strain for a few moments. Then relax.

"Commence with ten movements (thus alternately tensing and relaxing) and increase by degrees to twenty-five movements.

"In regard to the tension of the shoulder muscles in this effort, you will

find that the strain comes *across* the shoulders as well as *downwards*. However, the movement is a perfectly safe one; the muscles especially brought into play being those which make up the 'neck-yoke' and those immediately around and bracing the shoulder sockets. The exercise in general is designed to strengthen and generally develop the muscles of the back."

The exercise for "developing and strengthening the neck" is thus described:

"Clasp the hands firmly back of the head. Raise the head clear of the pillow, then press it backwards, exerting at the same time, a strong forward resistance or pressure with the arms. Commence with not more than five movements; thus, alternately raising and lowering the head, at the same time keeping up the full strain of the arms. At the end of a week, increase one or two movements as your condition may warrant. My own limit for movements is now twenty-five, which I find ample. By an excess of this exercise, I increased my neck measurements from fourteen to sixteen inches, which, being out of proportion to my height I discontinued for about six months, the same measurements reducing to fifteen and a quarter inches, at which it now remains."

These are but samples of Mr. Bennett's work in general and show that he has a thorough grasp of his subject.

(To be continued.)

EDITORIAL NOTE

Mrs Mary E. Teats has for the last twenty-five years been devoting her life to the work of inducing the married to assist in building a superior race. Her voice has been heard and the fruits of her pen have been read by untold thousands, and always in favor of principles that make men and women aspire to high ideals. Although she believes in "The Way of God in Marriage," and has taught the beautiful and sacred truths that lead to marital happiness, that can only fittingly be described as divine, she has also strenuously fought the alcohol evil. I am therefore pleased to announce that she

has arranged to furnish to this magazine each month, the latest and most interesting news about the Prohibition Movement. As our readers probably know, this movement has grown into mammoth proportions within the last few years. We stand shoulder to shoulder with every individual who believes in the abolition of the liquor traffic. Consequently, we are glad to be able to record and our readers will no doubt be pleased to hear the latest news on this important subject. And we ask that you lend your efforts to the assistance of this vastly important reform.—BERNARR MACFADDEN.

Professor MacDonald on Government Neglect of Men and Women

By JAMES ARMSTRONG

Famous Washington Scientist Declares that the United States Government Should Spend as Much Time and Money in Trying to Improve the Human Race As It Now Does in Endeavoring to Better the Breeds and Conditions of Swine, Cattle, Bees and Bugs.

HERE is a statement made by Mr. Arthur MacDonald, formerly criminologist in the Federal Bureau of Education of the Interior Department: "The United States Government spends hundreds of thousands of dollars every year in the studies of plants, fishes, animals of the land and rock of the soil, but not a penny for the scientific investigation of the social diseases and the physical degeneration which affect the human race. Congress will quickly give \$200,000 to find a cure for a hog cholera or to kill a pest which threatens the corn crop. But it is impossible to get even a small amount of money for the investigation of the evils which produce crime and degeneracy."

This assertion, coming as it does from a man of recognized scientific standing and earnest research, is interesting, not only because of the gravity of the charge which it embodies, but also by reason of the fact that it is a repetition, or perhaps we had better say a confirmation, of that which the editor of this magazine has repeatedly asserted in its pages. We have pointed out time and time again, that there is as pressing a necessity for the authorities at Washington to investigate the causes which lead to moral and physical degeneracy, as there is for them to ascertain the means of getting rid of a destructive insect pest, or a cure for a hitherto unnoticed disease of cattle.

The world is getting wiser. It is certain that in the days to come, the study of humanity on the part of the rulers of the nation will be considered as a duty which cannot be shirked or neglected. When this period arrives,

the past generations that neglected the work, will be looked upon as semi-barbaric. Civilization of the truest and highest type, is that which recognizes not merely the right of the individual to the best moral and physical environments, but the rights of the community in this respect also.

The treatment accorded to Mr. MacDonald,—he is in reality, entitled to "Professor" though prefers to be called plain "Mister"—by the Federal authorities, is of a somewhat characteristic nature. Mr. MacDonald has the courage of his opinions and while holding office as criminologist, did not hesitate to express himself frankly and fully in his official reports. In the words of an authority on the matter he "issued some spicy publications which made the usual run of Government reports look about as dull as the stock market on Saturday." Whereupon a Committee of Congress, with no appreciation of the work which Mr. MacDonald is doing for the uplift of the degenerate and criminally inclined, seemed to look upon the reports as reflections on Federal methods. So they cut out the annual appropriation for a criminologist, Mr. MacDonald was ousted, and since then, the Government has been without an expert in these matters.

But being dropped from the Blue Book, did not kill Mr. MacDonald's interest in moral and physical unfortunates. For the past two years he has been laboring to create public interest in the establishment of an institution for the study of the criminal, the pauper and the generally defective classes.

While it is true that like a good many

Feb. 1905

other men of similar training, he is apt to look upon the subject from a purely scientific standpoint—yet on the other hand, he is not by any means lacking in practicability. For instance, he believes that "a government which expends an enormous amount of money every year in the maintenance of a big staff of scientists might well afford to devote a little cash in determining why so many children find their way into reformatories, and why the jails and penitentiaries of the country are so crowded."

Mr. MacDonald believes that many a man becomes a criminal through no fault of his own, in other words, that he is forced into a life of evil-doing because his moral sensibilities have been blunted and perverted as a result of inherited physical defects and unhappy environment. He further believes that the tendency toward crime, pauperism, alcoholism, defectiveness, degeneracy and other forms of abnormality may be reduced to a minimum by organizing a government laboratory to look after the moral health of the people.

His beliefs are summed up by him as follows:

"The greatest of all studies is that of man himself as he is to-day. A scientific investigation of man must be based primarily upon the individual, who is the unit of the social organism. If we are ever to have sufficient definite knowledge of living human beings that may become a science, it can only be done by the careful study of large numbers of individuals. The more thorough the study and the larger the number, the more useful such investigation can be made to society.

"As in machinery we must first repair the wheels out of gear, so in society we must first study the criminal, crank, insane, inebriate or pauper who can seriously injure both the individual and the community. Thus, a worthless crank, by killing a prominent citizen, can paralyze the community. The injury from such action is often beyond calculation. Governments pay out millions to catch, try, and care for criminals, but give very little money to study the cases that lead to crime.

"The study of man, to be of most

utility, must be directed first to the causes of crime, pauperism, alcoholism, dietetic degeneracy, and other forms of abnormality. To do this, the individuals themselves must be studied. As the seeds of evil are usually sown in childhood and youth, it is here that all investigation should commence, for there is little hope of making the world better if we do not seek the causes of social evils at their beginning.

"The most rigid and best method of study of both children and adults is that of the laboratory, with instruments of precision in connection with sociological data. Such inquiry consists in gathering sociological, pathological and abnormal data as found in children, in criminal, pauper and defective classes and in hospitals. Such experiments of measurements should be made as are of great interest not only to sociologists, psychophysicists and anthropologists, but also to physiologists and pathologists.

"But it may be asked, what as to the utility of studying such questions? I think it is not only useful, but there is a great need of such investigation. I should like to inquire, for instance, as to the utility of studying rocks and plants, arranging them, making chemical analyses of them, etc., if it is not to gain a deeper knowledge of them and thereby learn more about our planet? So the patient and extended study of man, especially children, is to gain more definite knowledge about him and a deeper insight into his nature. The time has certainly come when man as he is should be studied as much as Nature is."

Mr. MacDonald believes that the production of facts regarding normal man is necessary for purposes of comparison with abnormal man. In this way it will be possible to differentiate between those who are forced into crime as a result of unfortunate and anti-physical culture surroundings and those who are criminals by instinct and nature. While Mr. MacDonald was in the Government service, he conducted a series of original investigations among Washington school children. One was with a set of instruments designed to indicate the degree of sensibility to pain. As a result of those experiments Mr. Mac-

Donald reached the following conclusions:

"In general, the sensibility of pain decreases as age increases. The left temple is more sensitive than the right. Girls in private schools, who are generally of wealthy parents, are much more sensitive to pain than girls in the public schools. It would appear that the refinement and luxuries tend to increase sensitiveness to pain.

"University girls are more sensitive than washerwomen, but less sensitive than business women. Self educated women, who are not trained in universities, are more sensitive than business women. Girls in the public schools are more sensitive at all ages than boys."

No one will take exception to his beliefs in the following regard:

"The prison should be a reformatory and a reformatory a school. The principal object of both should be to teach good mental, moral, and physical habits. Both should be distinctly educational.

"It is detrimental financially, as well as socially and morally, to release prisoners when there is probability of their returning to crime; for in this case the convict is much less expensive than the ex-convict.

"The determinate sentence permits many prisoners to be released who are morally certain to return to crime. The indeterminate sentence is the best method of affording the prisoner an opportunity to reform without exposing society to unnecessary dangers.

"The ground for the imprisonment of the criminal is, first of all, because he is dangerous to society. This principle avoids the uncertainty that may rest upon the decision as to the degree of freedom of will, for upon this last principle some of the most brutal crimes would receive a light punishment. If a tiger is in the street, the main question is not the degree of his freedom of will or guilt. Every man who is dangerous to property or life, whether insane, criminal or feeble minded, should be confined, but not necessarily punished.

"The publication in the newspapers of criminal details and photographs is a positive evil to society on account of the law of imitation, and, in addition, it makes the criminal proud of his

record, and develops the morbid curiosity of the people; and it is especially the mentally and morally weak who are affected."

It is said that Professor MacDonald insists that plain and practical talks to members of Congress are resulting in the latter being slowly converted to his views. Two years ago, he was explaining the purposes of his beliefs and schemes to a certain influential Senator who listened to him with ill-concealed patience. After the criminologist departed the Senator growled out, "These bugologists will bankrupt the Government if you let them have their way. I have no sympathy with fads of this kind. The world will roll on as it has done in spite of so-called physical culture scientists." To-day, however, the same Senator is one of the strongest supporters of a bill which has been drafted at the instance of Mr. MacDonald and his friends in Congress, which will be presented for passage in due course.

The conclusions reached by Mr. MacDonald are to all intents and purposes the same as those held by the editor of this magazine. These are in brief as follows:

That physical and moral degeneracy is to a very great extent the direct result of conditions which seem to be inseparable from so-called civilization.

Such conditions include the herding together of the poorer classes in our large cities.

The disregard of dietetic law, due to the struggle for existence and the environments alluded to.

The criminal greed of manufacturers of food products, which leads to the latter being to a very great extent food in name only, which proposition includes the use of adulterants or so-called preservatives.

A neglect of hygienic law on the part of the masses, the same being the outcome of the conditions already alluded to.

The failure of the Government to recognize its duty in regard to the people in the respect cited. It need hardly be said that this magazine endorses Professor MacDonald's views and he has its best wishes for that success which will be sure to wait on his efforts.

Physical Culture Readers and the Verdict of the Trenton (New Jersey) Court

By BERNARR MACFADDEN

THE flood of communications relative to my recent conviction in the United States Circuit Court of New Jersey, continues unabated, in point of numbers, friendliness of expression and protestation against the laws on the strength of which I was condemned. In this connection, I do not believe that I can do better than quote somewhat from the editorial note which preceded a recent installment of these letters and which was to the following effect: I was aware of the fact that I had many sincere acquaintances and warm friends who were such, because of the nature of the work in which I had been engaged for several years past. But I must confess that I did not know how profound was the sympathy and how real were the ties that bound my readers to me, until the knowledge was spread broadcast over the country that I was suffering for conscience sake—for the right of free speech, and for the privilege vested in every American citizen and in every honest man, of raising his voice against the evils which are sapping the manhood and womanhood of the nation.

The letters which are now published form a very small proportion of those received. But they are characteristic of the whole in the matter of loyalty to myself and the cause which I represent. They are, furthermore, significant as to showing the social and personal calibre of the writers and the whole-heartedness with which these last put themselves on record against laws which strike at the very foundations of the freedom guaranteed by the Constitution to all citizens of the United States.

From time to time I shall continue to publish selections from these letters. And I need hardly add, that I shall be glad to hear from any of those who believe that in striking at myself, the

Federal Courts have struck at a principle in a manner which threatens the freedom and the well-being of the community at large.

MR. BERNARR MACFADDEN:

I hope that you may have a more favorable decision in your next trial. However, if you still obtain an unfavorable decision, you can comfort yourself with the thought that there has hardly been an advocate of any great reform or new idea in the history of the world that has not suffered at the hands of the very people whom he was trying to benefit. It is a matter of history that the greatest results are obtainable only through the greatest sacrifice on the part of the reformer. The best of our present knowledge was a matter of heresy and crime a few hundred years ago. And so, the principles that you stand for and have to suffer for, will be generally recognized a hundred years hence and your name will go down in history with those of others who have labored for the advancement of humanity and have suffered the ridicule, pain, and ill-will of those whom they labored for.

Humanity is very loth to leave the narrow rut which it has worn for itself and in which it is buried so deeply that it cannot see the top and so believes that there is nothing beyond it.

May the time come when all men will judge a thing by its merits and in a logical manner, instead of by their own crooked and warped nature and ideas. This time will mean the period of the greatest advancement of humanity.

R. S. FRENCH.

Y. M. C. A. Building, Orange, N. J.

MR. BERNARR MACFADDEN:

I write to express only in a very few words, my very sincere and high appreciation of you and your splendid efforts in publications you have been sending out. For about five years I have taken your magazine, *PHYSICAL CULTURE*, and only a week ago, sent on money for another year. I would not want to be without it and its monthly budget of wholesome and cheering messages.

Being a minister of the gospel, I am, of course, expected to be an advocate of all that is pure and uplifting, and to show you that I have not feared the influence of your works, it has been read all these years by all the members of my family with equal interest and profit, as well as satisfaction. My three sons now grown, and a daughter seventeen,

have all enjoyed its stories and stimulating facts. I did not read the serial story for which you were arrested and tried, but I am quite sure you meant it for good only. I have been very sorry for you in your trials, but you are philosopher enough to know that every reformer has had to pass through the fire to gain a hearing and sometimes, a real martyrdom before his subject gets a firm standing. It may be that this very important subject needs that you get some facts in the jail not yet known to you. Do not fear, for I believe that such stuff as you are made of will not falter, and will come forth with greater zeal and a wider and better field than at the present time. I have recommended the magazine to many.

Personally I have gotten much benefit from suggestions from time to time in the way of health hints. I never did believe very strongly in the indiscriminate use of medicines and drugs, and therefore your line of suggestion and treatment met with my approval. By following them, I have gotten rid of some long standing ills. For many years I was annoyed with constipation, but by following a number of the treatments published, I got entirely rid of it and am now healthier than for years.

I eat scarcely any meat and no pork and am not addicted to drinking anything, using only water, and am careful not to overeat. For over a month, have cut out breakfast which I have found satisfactory.

Wishing you success in all your laudable undertakings, I am yours most sincerely,

(REV.) ALBERT BELL

Pastor St. Luke's Lutheran Church,
York, Pa.

MR. BERNARR MACFADDEN:

I regret to learn your case has gone against you. It is discouraging to try to do anything out of the ordinary for the benefit of humanity, and I am in hearty sympathy with you and your methods. If the worst comes, and you are compelled to go to jail don't let it overcome you. Your associates can surely carry on the business for a while. It is an outrage that a man's motives are never considered—unless he is a millionaire.

Hoping the Supreme Court will reverse the decision, I am,

IRVING WESSELLS.

Camden, N. J.

MR. BERNARR MACFADDEN:

I do not know of any words in the English language that would nearly express my disgust for those who have been instrumental in securing your conviction. Money, "patent" booze and the like are back of the movement, and ignorance makes it possible. I know you are right. I have been a steady reader of *PHYSICAL CULTURE* for several years and have followed out a number of your ideas and secured good results. Following your advice on catarrh cured me of very stubborn and long-standing case.

I am a subscriber to *PHYSICAL CULTURE* and shall continue to be. I also own several

of your books. I say "own" and not "have," as they are usually away from home, as I often loan them to help "back up" my arguments for physical culture.

If you will kindly send me some of your literature I shall be pleased to distribute it where I think it will do the most good. Would especially like to have at least twenty-five copies of "Is it a Crime to Expose Crime?"

I sincerely hope and trust that you will not only be able to have the sentence set aside, but annul the law and put your accusers in the light where all may see the rottenness of their methods. If I can be of further aid, please advise.

Wishing you success and ultimate triumph over your accusers.

W. S. CHAFFIN.

Akron, Ohio.

MR. BERNARR MACFADDEN:

A friend a few days ago brought to my notice one of your blanks for signers, i. e., the petition for your liberation, with the little pamphlet, which I have read with interest.

This writing is to tender you my cordial sympathies, as well as assurance of interest in your work. I was able to get some dozen signers to your petition, and may possibly get still more.

The cry (and the act following) of "crucify him," still sounds and manifests, pointed toward whosoever steps a bit aside from the beaten rut in an effort to educate and uplift, so you, brother, are in goodly company. Be assured that whatever I can do to aid both you personally and the work you are so bravely and efficiently doing will not be neglected.

My own work in the line of educating, including purity of life, pure, wholesome (anti-meat eating) living, etc., has covered a very large personal correspondence over many of the States, but has been so largely without financial recompense that I find myself much handicapped in doing the kindly as well as good things I would were it possible.

I am impressed that you shall not serve that sentence nor pay that fine to which you have been sentenced, and to that end shall each night (and daily) add the might of my "spoken word," that God "is our defense and your deliverance." And this God is the power alive and active in your heart and mine, in your soul and mine, that ever makes for justice. And, thus it shall be accomplished. "The Lord thy God in the midst of thee is mighty." In the *midst of thee*, is that invincible *One* who will never fail. "No weapon that is formed against thee shall prosper."

Most sincerely, in the faith of a mighty work for humanity.

(REV.) J. GILBERT MURRAY,
School of Divine Metaphysics and Bible Interpretation, Rochester, N. Y.

MR. BERNARR MACFADDEN:

You have our sincere sympathy and best wishes. Nothing ever made me feel more indignant. How sorry I am for those who

cannot see the value of your work and do not appreciate what is done for their good.

That you may come out conqueror in the end is the wish of

MRS. D. R. AKIN.

Birmingham, Ala.

MR. BERNARR MACFADDEN:

It was with extreme regret that I learned of your conviction in the Federal Courts. I cannot comprehend how intelligent men having any knowledge of the matter in question, and of the good it has done for the human race, could arrive at such a verdict, except they considered only the story in question, and not the purpose for which it was published.

I sympathize with you in your present trouble and will do what I can to help you. I enclose herewith a petition from myself and friends, for your pardon, and hope that you may receive many such petitions and ultimately be granted a pardon which justice demands.

I regret that the enclosed petition is so worn, this being due to the fact that I carried it with me for some time, so as to present it to my acquaintances I might chance to meet.

With best wishes for the success of your efforts, I am,

V. W. HAVERSTICK.

Altoona, Pa.

TO WHOM IT MAY CONCERN:

I have read every physical culture publication of Bernarr Macfadden's monthly over seven years just passed, and have bought several of his works, and have found the information obtained from them very valuable to me, more so than anything I have ever read in regard to health, and by following their teachings, I have been brought from a condition of weakness to one of fair health and strength with hopes of further improvement.

I read in part the serial for publishing which he was condemned to pay a fine of two thousand dollars and to be imprisoned, and I found nothing in the language employed that was immoral; and it could be seen that the purpose was to expose depraved and vile acts, to improve the moral tone of the community and to bring to punishment the perpetrators of such acts through public opinion.

I believe that Bernarr Macfadden is doing more good to the human race than any other living person, as leader and guide to reform from prudishness, by natural and reasonable ways improving health and morality, although it is doubtful if natural strength can be imparted. I find the exercises must be kept up constantly or the strength is deteriorated. I do not have the opportunity to live fully up to hygienic methods. I need encouragement and an agreeable occupation.

JOHN KLEIN.

New Orleans, La.

MR. BERNARR MACFADDEN:

I am exceedingly sorry to hear of your harsh treatment, one wonders if the Stars and Stripes really mean "Liberty" after all. Evidently those who condemned you have never read "Adam Bede," by George Eliot, or "The Heart of Midlothian," by Scott, or a host of others that contain similar stories to that which has caused you trouble, and which have been read and quoted by the finest people the world has ever seen. The fact that I live in a very reserved sort of life makes it impossible for me to do you any good in the matter of the petition. But I have done what lies in my immediate power.

Trusting that all your clouds will soon disappear before the light of truth, and as a prospective student I speak feelingly, and that you will not only win out, but will profit by this affair.

M. HALE.

Calgary, Canada.

MR. BERNARR MACFADDEN:

I am very sorry indeed to learn the news of your predicament. I think it a shame that men will "strain at a gnat and swallow a camel." I have watched your career almost from the start and have kept in pretty close touch with you through your magazine, and I have always found that you were for the upbuilding of the moral as well as the physical man, and that you are against vice in any form.

I have also taken a few notes of other publications, to wit, some of our big dailies. They can publish any kind of scandal and no one says nay. This goes to prove that the people are to-day very much like they were in the time of Christ, they are ready to say of the man who stands up for good morals: "Away with him, crucify him; deliver unto us Barrabas." The same thing could be said in this case. "We don't want a man who tries to teach us clean things, we want to know all the vile, but we do not want it laid at the door of 'Society.' We don't want a man who is bold enough to tell us of our faults."

On the other hand, the vilest kind of fakir can foist his wares on the world in flaming headlines, and beguile the unsuspecting public into all kinds of snares, and yet they are eulogized as public benefactors. I think, Mr. Macfadden, there is truly "something rotten in Denmark,"—"something very dead up the branch," when our highest courts wink at one thing that is damning the people, and descend like a hawk on the man who is trying to warn the people that it is time to stop and examine themselves and see why these things exist.

As for myself, I bid you Godspeed, you cannot talk too plainly. The people need to get awake, there are far too many "Rip Van Winkles" now.

Hoping to hear, and what is better, to know, that you have been pardoned, I am,

WALTER D. PARKER.

Rome, Ga.

Halle recognizes fine shades of expression, harmony and tastefulness in the playing of an orchestra that but few can appreciate. Browning in "Rabbi Ben Ezra" speaks of things that God takes note of in measuring the man's account that men ignore:

"All instincts immature,
All purposes unsure;
Thoughts hardly to be packed
Into a narrow act.
All I could never be,
All men ignore in me,
This I was worth to God."

We may not be able to discern these "instincts immature," these "facts that break through language and escape," but we can assuredly discipline our minds and souls to see, hear, feel and touch many beautiful things in our fellows which we too often ignore.

CHAPTER II.

A PERSONAL QUESTION.

Reader, what are you radiating? I cannot answer that question. Your friends and your enemies may tell in part. You alone can tell all. Therefore I leave you to write this chapter

(To be continued)

ONE WOMAN'S OPINION

MR. BERNARR MACFADDEN:

I am not surprised to hear that you are sentenced to the full extent of the law, because you stand for all that you think is for the ennobling of the human race, and because there are few who understand, or rather few who grasp the truth of how strong is the curse that comes from ignorance of the laws of sex.

If your story "Growing to Manhood in Civilized (?) Society," had been published simply as a good story to read, and you had known that almost every child in the land from eight or ten years up, would talk of it and hear their older folks talk it over, I should have felt that you were a dangerous man. But when I know that you published the story that people might awaken to the truth—and I know the story states the truth—I believe in you more than ever. I trust you more and feel that when you are working for a "cleaner, stronger and nobler manhood and womanhood," you mean what you say. Though you are not counting the cost, I believe that if the cost be your own life, you would pay it and count it gain.

You knew when you published the story, as I know, as most of the readers of PHYSICAL CULTURE know or should know, that your magazine is not read by children unless they are allowed to do so by older members of the

family. One would not think of giving a quart of cow's milk, though sweet and rich, to a new born baby, nor can we give to minds too young, the truth that only mature minds can understand. But let me say that every promoter of a good work has had to suffer for his efforts, even the Man of Galilee.

Often the hand that binds the wound is bitten by the wounded. Remember that though you may be harmless you must also be very wise lest you become trapped, for mark you, the prudes, fakes, tobaccoists, druggists and many other "ists," have traps set for you.

Though I have not made a business of sending in subscriptions I have caused several to be sent in and shall still do so, and among many who have not the "wherewithal" to send I shall send my own copy, and they shall know that the editor of PHYSICAL CULTURE has helped me to be a better woman and has helped others whom I know to be better women than we would have been without the reading.

Now another word—if this letter is useful to you in any way, use it as you like and if my name will help it I give it in full to the service I have read PHYSICAL CULTURE for more than five years.

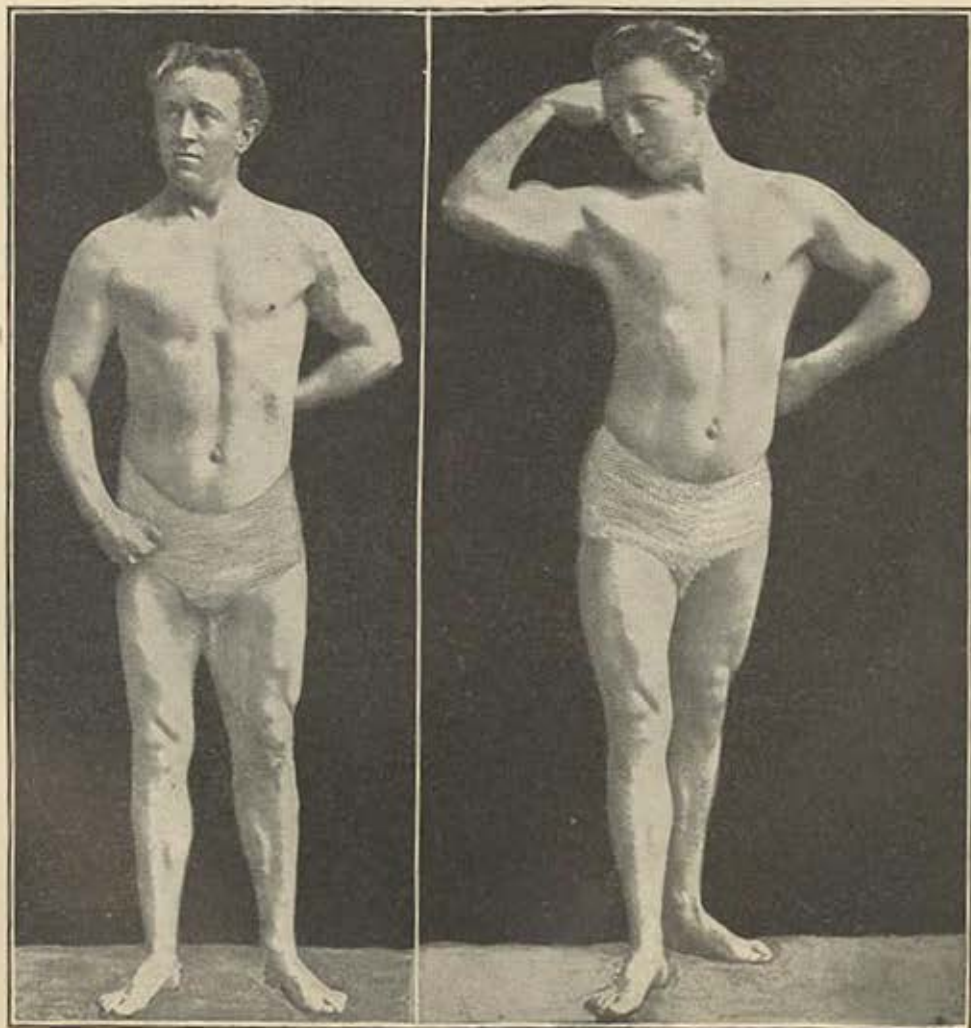
MISS LEONA HUNTZINGER.
5220 N. Second St., Phila., Pa.

A Physical Culture Miracle

Emaciated, Weak and Hopeless, Marquis P. Moore Was Actually Dragged From the Grave by Our Methods.—His Own Physique and that of His Two-Year Old Child Prove Permanent Recovery.

THE June issue of PHYSICAL CULTURE of 1904, called attention to Mr. Moore's remarkable recovery. It is now nearly four years since his interest was first aroused in physical

culture methods. We are referring to his case again to prove that once you recover by physical culture methods, your cure is permanent, and furthermore, to call attention to the beautiful



Marquis P. Moore After a Course of Physical Culture



Mr. Marquis P. Moore Before He Tried
Physical Culture Methods

little two-year-old boy that came to bless the home of he and his wife. This child is a physical culturist through and through. He is a happy little marvel.

For those who failed to read our previous article about Mr. Moore, whose comparison photographs appear herewith, we would state that he was a poor, emaciated, physical wreck before his attention was attracted by this magazine. He had tried all the various medical methods recommended for the cure of his trouble, without result. He suffered for seven years with insomnia and nervous prostration. His face was pale, his eyes sunken, his

memory almost useless, and though a vocalist by profession, he had lost his singing voice entirely. He seemed to grow weaker day by day.

In the space of about two or three months from the beginning of treatment, his voice was completely restored, his memory returned, and he increased his weight from 69 pounds to 120. His skin was clear, and his color rugged.

All this was nearly four years ago, but now note the result of his physical culture life. From a hopeless, useless specimen of humanity, he was changed into a strong, finely developed young man, and this, which might be properly termed a return to life, has resulted happily in every way for him. He has a two-year-old boy who is a rugged specimen of health and strength, who has been raised physical culture style. He is active, supple, and is put through his stunts with daily regularity. He is fed according to the principles advocated in this magazine.

Mr. Moore emphasizes in a most wonderful manner the marvelous power of physical culture theories.



Mr. Moore's Young Son

Comment, Counsel and Criticism by Our Readers

If, at any time, there are any statements in *PHYSICAL CULTURE* that you believe to be erroneous or misleading, or any subject discussed regarding which you take issue or upon which you can throw additional light, write to us, addressing letters to this department. We intend to make this a parliament for free discussion. Problems that you would like to see debated, interesting personal experiences, criticisms, reminiscences, odd happenings, etc., are invited. We shall not be able to publish all letters, but will use those of greater interest to the majority of readers. For every letter published we will present the writer, as a mark of our appreciation, with a subscription to *PHYSICAL CULTURE*, to be sent to the writer or to any friend the writer may designate. For the convenience of our office kindly write us after the publication of your communication, giving name and full address of the person to whom you wish subscription to be sent.—Bernarr Macfadden.

The Poison in "Pure, Fresh," Meat

TO THE EDITOR:

In your columns there has been much (but not enough) discussion of meat as a food. The aim of my letter shall be to show just *why* meat is not only a *poor* food but an *impure* food and a *poison*. At this assertion those who have neither read nor thought upon this subject will, no doubt, be somewhat startled. It is easy to induce nearly anyone to admit that *too much* meat is not good, but I wish to show that *no* meat is good—it is all bad, whether fish, fowl or brute, no matter how carefully reared, fed, slaughtered, inspected and cooked.

Meat is a *poor* food because when we look through the vegetable kingdom we find an almost endless list of foods vastly superior to it in nourishment and in assimilable qualities, nuts in an infinite variety which makes monotonous the meat-eater's weekly menus of beef, pork, mutton, fish and chicken, peas, beans, lentils, ripe olives—a thousand and one dainty and palatable things easily obtained, reasonable in price, tempting without condiments as Nature intended. So much for meat as a *poor* food; it is poor by comparison if it were good in itself. But this is, however, not the case.

All of us from our public school days on have known that the body is supplied with a system of fine blood vessels, capillaries so closely interwoven that the finest needle cannot be passed between them, and that each tiny vessel is filled with blood—the flesh is, as it were, saturated. Meat is red because of the blood it contains and red it remains, be the dying animal ever so well bled by the skill of the butcher. Therefore it is still saturated, so to speak, with blood.

Now the blood is loaded with nourishment which it supplies to each muscle and nerve fiber, *but* it is also loaded, heavily loaded with waste matter from these same fibers to be given off by the skin, lungs, kidneys, and other excretory organs. Thus when we eat meat we take into our systems the very poisons and waste matter which *our* blood is constantly striving to throw off through *our* skin, lungs, kidneys, and other excretory

organs. To our own poisonous waste products we have added those of the animal whose flesh we have eaten. The thought is disgusting and even nauseating, and the fact that the flesh may be that of a fish or fowl does not in any way change matters, nor, as I have said, can the most careful rearing, feeding, slaughtering, inspecting and cooking eliminate these active poisonous elements which not only encumber our system unnecessarily but poison it by degrees, bringing cancer, scrofula and its various manifestations and nearly every other ill to which human flesh is heir (?).

GURDON A. FORY.

Chicago, Ill.

Other Kinds of Reforms

TO THE EDITOR:

As a constant reader of your magazine I am venturing to offer a few words of criticism and suggestion, relative to a certain statement in a recent issue of this publication. Editorially you state: "The changes for which I am contending are infinitely more needed than are the combined reforms of all who are striving for a superior humanity." While I am in hearty sympathy with your work and with the general policy of the magazine I must take exception to that statement. There is a large and increasing number of intelligent people who believe the various ills from which humanity suffers to be due to the present social order (or disorder), who hold that if our iniquitous industrial system was abolished, if Capitalism was made to give place to Socialism then indeed it would be possible for the race to develop along all worthy lines. What is the use, Mr. Editor, of teaching physical culture principles to the thousands of stunted, and dwarfed children, who are offered up to the god Greed in our factories, mines, and mills? Of how much value is the knowledge of the importance of prenatal influence, to women who are forced by stern necessity to stand by machines or to work long hours in sweat shops until almost the day the child is born?

I am a Socialist because (like thousands of others the world over) I believe that Socialism

is doing more to uplift the race than any other movement; more for the cause of purity than all purity societies; more for temperance than temperance advocates and prohibitionists; more for the cause of universal brotherhood than Hague conferences and peace societies. When girls and women are surrounded with decent conditions they will be no longer forced into lives of shame. When men have comfortable and beautiful homes, few will care for the saloon. The remedy for the ills and sufferings of humanity does not lie alone in physical culture, important as that may be, but in the awakening of the people to the fact that what is socially used should be socially owned. The resources of the old world should be controlled and used for the benefit of all, instead of as now for the profit of a few. The dawn of a new day is breaking, and more rapidly than many think is coming the reign of Brotherhood.

GEO. E. HENDALL.

Goldfield, Nev.

Hygienic Conditions on the Farm

TO THE EDITOR:

I have taken especial interest in some articles in this department concerning the hygienic condition in which farmers as a class live, as opposed to those of city dwellers.

Having lived for some time among farmers in Western North Dakota, I think I can shed some additional light on this subject, and can speak with a considerable degree of accuracy. I should state, however, that the facts which I mention are not all necessarily true of farmers throughout the country, but are, I believe, of those living in northern latitudes. Particularly in this section of the country of which I shall speak, the climate is admittedly rigorous. Fuel is also a considerable item and the houses are all very small, containing from one to three small rooms, and hereabouts, I should add usually only one. Each house has from one to three small windows and these are almost invariably put in in such a way that they cannot be opened, and those that can be opened never are except in the hot weather of summer.

The season of at least comparative cold here lasts at least six months in the year. During this time everything possible is done to make the house literally air tight. For to the typical resident the admission of any outside air is a thing to be religiously avoided. It is a misfortune to be grimly endured that the only means of ingress and egress is through an opened door.

Imagine one or two persons and sometimes a family of three or four living in such an enclosure, twenty-four hours per day with only a chance communication, and this very rare, with the outside. And consider this with the fact that probably ninety per cent. of the population are inveterate smokers, and you may appreciate to some extent the interior of a typical North Dakota residence.

The larger part of the population of the Northwest is, of course, Scandinavian. During the summer season these people are by

no means slothful. On the contrary, the period of seedtime and harvest is one of great activity, and perhaps to this fact is due the mediocre health which most of the rural people do possess.

I believe we can little conceive what a rugged and healthy type of mankind they might be in a few generations with even a reasonable observance of healthful habits of life. For their aversion to ventilation is not their only characteristic within the bounds of criticism. Few recognize a bathtub by sight and few indeed were ever introduced to me! Water has three uses: to moisten the earth for the growing crops, to water the stock and to constitute one of the ingredients of man's natural beverage—coffee. The teeth were made chiefly for the mastication of tobacco, and the lungs to inhale its smoke. Food is chewed sufficiently when it can be swallowed. Fat meat, white bread, and strong coffee are the three essentials of a well provided table. The chief recreation is card playing, and always in a tight, hot, smoky room.

I certainly do not wish to be construed as coming to the defense of the city dwellers to the disparagement of the rural residents. I have lived in the city also and believe that both the rural dweller and his urban neighbor live in glass houses, but that, in this respect, both may project missiles with salutary effect.

J. B. REES

Meat Packing Corruption in Canada

TO THE EDITOR:

I visited Chicago a week ago and went all through the stock yards to satisfy myself on some points. Since then I have been talking to one of our chief inspectors in Canada, and I have found out a good deal about conditions in our own stock yards that I never knew existed. The Canadian public will have an awakening in the near future, as our Government inspectors for some months have been gathering facts to make public about March 1st, 1908.

Only a week ago they found a packer selling "dyed hams" as "smoked hams." It was very difficult to tell the difference.

W. L. RICHMAN.

Norwich, Ont.

The Vaccination Farce

TO THE EDITOR:

I have been vaccinated twice and yet I took the smallpox. I was sent to the St. Louis Quarantine, at Bozan, St. Louis Co., on the 27th day of April, 1901. While there I made friends with the nurses, and they told me vaccine was not worth thinking of.

The majority of the people who died six out of every hundred were vaccinated, one in particular had been vaccinated one month before he was sent down and he died with black smallpox.

Out of about twelve employees there was three who had been vaccinated. The preventative is worse than the disease.

St. Louis, Mo. WALTER J. REUTER.



THE VIRTUES OF OUR METHODS PROVEN

What a Magazine Did for One Family

TO THE EDITOR:

Your magazine came into our home as a great blessing three years ago while my husband was suffering with tonsilitis, which he had been subject to for years. We thought he must not step out of the house or let the air blow on him, so while he was bundled up in warm blankets by a big hot fire with every door and window closed, I started out to the corner drug store to get more drugs to be used for his throat. There being a small news stand combined with the drug store I thought I would buy him a book to read, and knowing him to be fond of athletics my eye fell upon a magazine with a picture of a strong looking man on the cover. I bought it and took it home. He read it and from that day he began practising your teachings and never had but one light touch of the throat trouble since we started then and there to live a new life. Meat had been served on our table three times a day so we discontinued its use and discarded the white bread for entire wheat. We had plenty of fresh air, sunshine, exercise and bathing, also sleeping with wide open windows winter and summer. Mr. Davidson has taken long walks, air baths and the cold plunge for the last year and is enjoying better health now than he ever did in his life. We can't thank you and your good magazine enough for the benefit we have received from it. It is worth its weight in gold to anyone that will read it and live up to its teachings.

May you live long and your good work go on for years to come is the wish of

MR. AND MRS. S. B. DAVIDSON.

Young and Athletic at Seventy-four

TO THE EDITOR:

I have taken your magazine for quite a number of years and I believe in its general trend and practice its teachings. I have not eaten a breakfast for more than nine years nor meat for five years. Am seventy-four years young, vigorous and athletic in body, in perfect health, and clear and sound in mind and spirit. JAMES M. LARRABEE.

Gardiner, Maine.

Work and Raw Food

TO THE EDITOR:

I have been unable to make a satisfactory test of corn husking on raw food as other work has prevented me from doing so, but have husked corn nineteen days, and performed five days of other work which was equally as hard in the past four weeks, turn-

ing out a good fifth more than I did at the same work a year ago on cooked foods, and have held my weight. I am fourteen pounds heavier than I was before I fasted at your Sanitorium, Battle Creek, and my test of the past four weeks of working to my limit has convinced me that any man can do more on raw food than he ever did on cooked foods.

ARTHUR PLISKE.

Green Valley, Ill.

How a Teacher Spent His Summer Holidays. —A Suggestion.

TO THE EDITOR:

I have been a constant reader of your magazine for five years, and am ranked among the thousands who can testify to the vast amount of benefit derived from its teachings. I have read with interest the letters written in account of various ways of spending holidays, and will give my experience in that respect.

In the spring of 1907, as my school term was drawing to a close, I felt that it was time to make plans for my eight weeks' of summer holidays. I disliked camping out on account of finding it difficult to keep myself constantly employed. Teachers have not a large bank account on which to draw for an expensive trip, and usually expensive trips are the least valuable as far as physical benefit is concerned.

Remembering a former friend of mine, Mr. B——, who has a magnificent farm in one of the most fertile sections of the Cornwallis Valley, I wrote him a letter to the effect that, if he had a large hay crop, and desired valuable assistance, I should be pleased to make myself sufficiently useful to compensate for my board and that of my little boy, aged seven years. My friend replied that he should be pleased to accept my offer.

We arrived at the farm July 7th. The hay was not quite fit to be harvested, but it was just the commencement of the wild strawberry season. My little boy and I roamed the pastures and meadows daily in search of the luscious fruit. We found a sufficient quantity to supply the supper table regularly for a period of three weeks. Just picture what a delicious feast that was, with the rich yellow cream direct from the fountain!

When the hay was fit to cut, I purchased a pair of cheap gloves to protect my hands from blistering. I did not wear any hat, except when the sun was intensely hot. My diet consisted of lettuce, green peas, green beans, eggs, oatmeal, potatoes, butter, cream and fruit. I avoided meat, also tea and coffee. I seldom ate more than two meals a day.

Three of us harvested about seventy-five tons of hay, and I helped to pitch on the entire crop; yet I gained in weight over six pounds. This was quite a surprising matter to the people of that locality, who considered meat essential to muscular strength, and that to work "on an empty stomach" was an indirect form of suicide.

My services as a farmer were so highly appreciated by my friend, that he was un-

willing to abide by our original agreement; and presented me, on the day of my departure, with a greenback of substantial value.

Here is an opportunity of receiving inestimable physical benefit without cost—yes, even with financial benefit added. This may seem unseasonable, but now is just the time to plan for the coming summer's vacation.

Shelburne, N. S.

F. H. SPINNEY.

Physical Culture Nurses

A. New School Opened for the Purpose of Educating Men and Women To Treat the Sick According to Physical Culture Methods

THE demand for nurses who are familiar with physical culture methods of treatment, is far in excess of the supply; in fact there is no school to-day which thoroughly trains men and women in the science of caring for the sick who are confined to their bed.

The Bernarr Macfadden Institute has a very thorough course for teaching the principles necessary in the case of a Health Director, that is, one who is possessed of the knowledge essential to the building of strength and health, in those who are able to be "up and around."

Graduates of this school, however, are not fully informed in the science of caring for those suffering from acute or chronic diseases of a serious nature.

A school for physical culture nurses has, therefore, just been formed, which will give every enthusiastic young man or woman, anxious to take up a career of this kind, an opportunity that should be beyond price to them.

Graduates of other schools will, of course, be able to complete the course in less time than those not familiar with the care of the sick; but ordinary students can graduate in from twelve to eighteen months, according to their efficiency.

There are no fees in connection with the course, though each student is expected to deposit ten dollars when making application for entrance to the school in order to show the earnestness of his or her intention.

The school will be conducted at the Macfadden Health Home, located in Battle Creek, Mich. Students will pay for their tuition and board by whatever work they may be required to do. In the beginning of the course, this work will take the form of the ordinary duties of the house. Then, later, as they begin to learn something of nursing, they will assist trained nurses. Thus they will "learn by doing." There is no knowledge that is so valuable as that which is acquired by actual experiences, and the general policy of all hospitals in training nurses will be followed. In other words, the prospective nurses will secure most of their training from the actual care of patients under the directions of skilled nurses. Of course, certain studies will be given them, and they will be required to attend lectures, and recite at frequent intervals. At regular periods, examinations will be held and students will be advanced in accordance with their merits.

The only expense that the student will have to assume while going through this school will be the moderate cost of books and clothing. After from four to six months' service, a small compensation will be given them with which expenses of the kind can be met. The ten dollars originally deposited, is in all cases, returned after students have proven their merit. Those desirous of entering a profession of this kind can secure further information by addressing the Battle Creek Health Home.

General Question Department

By BERNARR MACFADDEN

In connection with the subscription department, there has been organized a competent staff, including the editor, for the special treatment of ailments in accordance with the theories we advocate, and each applicant will secure the same individual attention as he would if he applied to a competent physician for treatment. Write for full particulars and refer to "Offer Q." If you are willing to solicit subscriptions you can secure our treatment free in return for your services.

The Use of Fish

Q. Kindly give me your opinion in reference to the use of fish. Is it as objectionable as the use of ordinary meats?

A. If one wished to secure the most ideal diet, he would adhere strictly to a vegetarian regime. Of course, an occasional deviation in the way of fish or fowl would not bring serious consequences, but it is better to avoid all such foods. It is true, however, that fish and fowl are not as objectionable as most forms of meat, and that fish is even less objectionable than poultry. It is cleaner and less stimulating than the others, and if it were necessary to make a choice between flesh, fowl or fish, one would usually do best to choose the latter, providing it is fresh. Salted, smoked or dried fish is to be generally condemned. Oysters are particularly objectionable. The only occasion for resorting to the use of fish is when one is compelled to dine at restaurants, hotels or with families where a satisfactory meal could not possibly be secured except by deviating from vegetarian principles.

A Partially Dislocated Jaw

Q. Sometimes when I arise in the morning and when eating my jaw sets itself, as it were, on the left side, so that my mouth can be opened only half way. This condition generally continues for a day or two and then disappears. There is no pain, but it is very annoying. Can you state cause and remedy?

A. The difficulty you mention is what may be called a subluxation of the jaw. This is really a partial dislocation, and in your case is probably due to weakness and laxity of the ligaments. Naturally the most important part of the treatment would be of a preventive nature to the end of strengthening and contracting the ligaments referred to. Alternate applications of hot and cold water would be valuable for this purpose, always making cold water the last application. Some gentle massage and manipulation with the tips of the fingers of the jaw immediately in front of the lower part of the ear, would probably be of some aid. I would not suggest exer-

cises of the jaw in a case of this kind, inasmuch as it might aggravate the trouble and tend to stretch the ligaments, which really should have rest. A subluxated jaw can be reset the same as a dislocated jaw. The proper method is to place a short clothespin or similar piece of wood far back in the mouth between the wisdom teeth, thus acting as a fulcrum, with the jaw serving as a lever. Then the operator should place the thumbs well back on the teeth of the lower jaw and with his fingers press upward on the point of the chin, pressing downward and backward meanwhile with the thumbs until the jaw comes back into its normal position, usually with a snap. It is well to protect the thumbs by wrapping a handkerchief around them.

Vegetarian Heart Beat

Q. Will you kindly tell me the average heart-beat of vegetarians as compared with those who eat meat? I recently saw a statement from a newspaper, ostensibly from the note-book of a scientist, to the effect that the heart-beat of a meat-eater number seventy-five to the minute, as compared with fifty-eight in the case of vegetarians.

A. It would be very difficult to accept the figures which you mention without knowing definitely the means of obtaining them. To attach any value to statistics of this kind, it would be necessary to know the manner in which the tests were made, the kind of people upon whom they were made, and the number of cases of each that came under examination. Personally I cannot believe that the figures referred to are reliable or well founded. There can scarcely be any difference in the average heart-beat of vegetarians and carnivorous persons, except three or four beats, as the result of the stimulating influence of the flesh diet. This, however, would indicate nothing in the way of health or strength. The heart-beat of habitual users of alcohol would likewise be considerably higher than that of abstainers. The use of stimulants of any kind, either in the way of drink or food would result in a higher average heart-beat throughout twenty-four hours, than would be the case if no stimulating

foods or drinks or drugs were used. It should be remembered, furthermore, that the heart-beat is, to a certain extent, determined by the nervous temperament of an individual. Judging from the manner in which people sometimes refer to vegetarians, one would imagine that the latter are a different species from the rest of the human race. As a matter of fact, seven-eighths of the human beings on the earth live on a vegetarian diet, and the chief distinction between the vegetarian and the meat eater is one of health rather than of kind, in so far as a rational diet is conducive to better health than a diet which contains the waste matter, impurities and stimulating properties of dead animal flesh.

Liquids at Meal-Time

Q. I have been told that one should never drink liquids at meal-time except in case of positive thirst. I wish to ask if this question applies to milk, which I regard as a food, even though it is a liquid?

A. The objection to the use of liquids at meal-time lies in the fact that they tend to dilute the digestive fluids, and thus impair the work of digestion. Furthermore, it is the habit of many to "wash down" their food by means of the beverages used at meal time, and thus prevent the proper mastication of solid food, which should be so treated with the saliva as to become capable of easy and rapid digestion. If one drinks sufficient water between meals, there should be no thirst at this time. You are correct, however, in regarding milk as a form of food. It is better, however, in using milk, to leave it until the end of the meal, or until all solid foods have been disposed of, in order that you may not have the inclination to wash down the other foods with it. It is understood, of course, that when raw milk is mixed with other foods, it will be properly masticated.

Warm Baths, Cold Baths and Warm Rooms

Q. Is there any danger in taking a warm shower bath, followed by a cold one? I have been told that a cold bath should always be taken in a warm room. Is this true, and why?

A. There is certainly no danger in taking a warm shower bath followed by a cold one. In fact, a hot bath of any kind should always be followed by a cold bath, in order to obtain the best results. The time when one can

most enjoy a cold bath, and most thoroughly recuperate from one, is when the body is already thoroughly warm, either as the result of exercise or from any other cause. In such an event, the cold water will produce a very grateful and delightful sensation, and the individual will recuperate from it easily and perfectly. For those of weak vitality and poor recuperative powers, I might advise the taking of cold baths in a warm room in the winter time. For such individuals to take a cold bath in a cold room in severe winter weather, would involve a considerable tax upon the vitality of the body, and perhaps make it difficult or even impossible to recuperate properly. For one in normal health, however, this should not be necessary, for after being properly warmed by exercise, he may take the bath in ice water, and in a cold room, or even take a plunge in the icy waters of a river in winter, without any detrimental effects. His circulation will be so vigorous that he will be able to respond to the action of the cold water. So that finally, the question as to the necessity for a warm room for a cold bath, will depend entirely upon the recuperative powers of each individual.

Development After Twenty-five Years of Age

Q. I have frequently been told that no considerable muscular development is possible after the age of twenty-five. Is this true? If so, it would be very discouraging.

A. There is absolutely no foundation for the notion that you cannot acquire a satisfactory muscular development after the age of twenty-five. Of course, if you have already acquired a normal muscular development, it is not to be expected that you would make any material increase either after or before the age of twenty-five, though in either case an exceptional muscular development could be acquired by forced methods. An abnormal development, however, is not to be desired by any person who values health. If you have never attained a proper degree of physical vigor, or in other words, never reached complete physical maturity, then I would advise you to begin physical training no matter if you are forty or fifty years of age, and you can hope to acquire an approximately normal development, providing you are not so reduced in vitality as to be unable to respond to treatment or exercise. It is one of the first duties of every individual to make himself or herself as nearly perfect an animal as possible, and it is better to begin late than never, to realize this ideal.

The display of life force may be low, as in the street corner agitator; or fine and clear, as in a Wilberforce or a Bryant, a Longfellow or a Tennyson; but it is always abundant. It is vitality that moves the world.—Dr. Robert Walter.

Death, formerly the end of health, is nowadays the end of disease. Dying a natural death is one of the lost arts.—Dr. Felix Oswald.

The Organs and Their Purposes

This is one of a series of articles having to do with the various organs of the body, the part that they play in the total scheme of the system, and the manner in which they perform their work. In these articles will be told tersely but intelligently, the story of the organs.—Bernarr Macfadden.

No. 14.—THE EAR

THE human ear, the special organ of the sense of hearing, is, like all the other organs of special sense, double, one being situated on each side of the head. Anatomically considered it consists of three parts, viz., the external, middle, and internal ear.

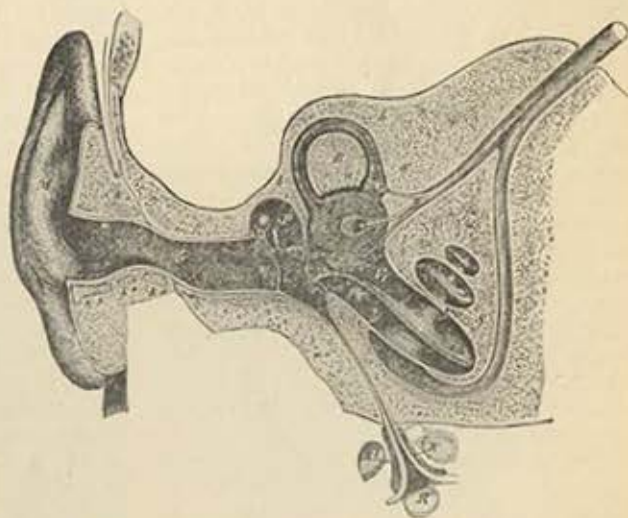
Sound being the result of vibrations of air, the mechanism for hearing is so constituted as to receive these vibrations, concentrate them and transmitting them into the deeper portion of the skull, communicate them to the end organs of the special nerve of hearing which carries them to the brain, there to be recognized as sound.

With this understanding we can more clearly comprehend the different portions of the mechanism of hearing.

The external ear consists of that portion which we see attached to the outer side of the head and the canal which leads from it inwards. The outer portion consists of the well-known shape attached to the surface of the head. This is composed of cartilage, more or less trumpet-shaped, and more or less convoluted and covered with skin. This apparatus is fastened to a bony ring on the surface of the skull, which is the outer limit of a bony canal, extending inward and forward for about three-quarters of an inch to terminate in a blank wall, formed by the drum-head. This canal is lined with skin continuous with the covering of the outer ear, but specialized by having glands in it for the production of so-called wax.

Around the margin of this opening, one finds a number of stiff hairs forming a perfect screen over the opening. The object of this waxy secretion and the hairy screen is the prevention of the entrance of insects and other foreign material into the canal.

The trumpet-shaped cartilage is called the *auricle* and is for the purpose of collecting and directing the waves of sound into the previously described canal, which is known technically as



Front View of Section of Right Ear

the *external auditory canal*. Surrounding this auricle and attached to it are remnants or relics of muscles, which in the lower animals are freely used to give motions to this part. As an example, notice the motility of the ears of the horse. The middle ear consists of an irregular, bony chamber situated in the temporal bone, having five walls of bone, and one of membrane. This

membrane, the drum of the ear, is known as the *membrana tympani*, and forms the inner wall of the external ear and the outer wall of the middle ear. In the anterior wall of the bony cavity is an opening, from which a trumpet-shaped cartilaginous tube leads to the throat, the broad end of the trumpet being in the throat. Through this tube the mucous membrane lining of the throat extends to and lines the middle ear. This tube is called the *eustachian canal*, and is for the same purpose as the small round hole which is placed in the side of a bass drum, that is, in order that the air pressure in both sides of the drum-head shall be equal and allow of proper vibration when this drum-head is struck. In the inner wall of this cavity are two small openings, one oval in shape, the other circular, and both covered with membrane. Thus we see that this middle ear has one communication with the outer air, viz., through the station canal to the throat and is, therefore, filled with air. Crossing this cavity of the middle ear from its outer to its inner wall is a chain of minute bones called *ossicles*, attached loosely to each other. These ossicles are given names according to their shape, namely, the hammer, the anvil, and the stirrup. The hammer is attached at one end to the drum-head, at its other to the anvil, while the anvil is attached also to the stirrup and the stirrup to the membrane covering the oval hole in the inner wall. To these bones are attached minute muscles, which make tense or relaxed this chain of bones, tensing or relaxing at the same time the drum-head.

The internal ear, or the innermost portion of the organ, consists of an irregular bony cavity—divided into three parts, the first portion, known as the *semi-circular canals*, three in number, occupy the rearmost portion. They are three tubes, half-circle in shape, about one-twentieth of an inch in diameter, placed at right angles to each other and one end of each joining with one end of another in a common opening.

The second portion of the internal ear is known as the *cochlea*, and forms the most anterior part of this cavity.

It is somewhat similar in shape to a snail-shell, and consists of a circular gallery, which makes two-and-one-half turns in rising from the base to the peak of this snail shell-like cone. In this cavity, we find multitudes of fine nerve fibers, the end-organs of the nerve of hearing.

The third portion of the internal ear is a more or less oval-shaped cavity situated between the two spaces previously described, and connecting their cavities. This is known as the *vestibule*.

Lining the vestibule and the semi-circular canals is a closed membranous sac, of identical shape with the cavities, but much smaller in dimensions, so that there is a space left between the outer cavity. Within the membranous sac is a fluid, known as *endo-lymph*, while without the sac and surrounding it is a similar fluid, known as *peri-lymph*. This latter fluid extends also within all the spaces of the cochlea. Running in from this internal ear to the cavity of the skull is a small bony tunnel which gives passage to the auditory nerve or nerve of hearing, on its way from the ear to the brain.

When waves of sound impinge upon the auricle, they are first concentrated and then guided into the opening of the external auditory canal. Passing through this tube they pass upon the drum-head, causing it to vibrate in unison with them. The vibrations of the drum-head, the latter being connected to the chain of ossicles, cause them to move at the same rate and thus communicate identical motion, to the membrane covering the oval hole in the inner wall of the middle ear. The vibrations of this membrane are communicated to the peri-lymph of the internal ear, are picked up by the nerve-end-organs in the cochlea, carried by the auditory nerve to the brain, where they are recognized as sensations of sound. The semi-circular canals are the special organs of the sense of equilibrium or balance and are concerned in every change of position of the human body. The disturbance of these organs, combined with that of the sense of sight is mainly responsible for seasickness.

Jumping Exercises for Boys and Girls

WE are presenting this month some novel jumping exercises for our young friends. They call for a great deal of activity and agility, and for this reason the practice of these movements is calculated to develop activity and agility.

Of course everyone knows what it is to jump in the ordinary way. There are a great many ways of so doing and all of them naturally can be recommended in so far as they develop strength, activity, and arouse a vigorous circulation of the blood throughout all the veins and arteries of the body. We are all quite familiar with the so-called standing broad jump and also the running broad jump, which is simply a jump for distance. The competitors in a contest of this kind, make an effort to jump farther than their fellows. There is also the high jump, in which one endeavors to spring over a bar or string at a certain specified height. There is even a backward jump, likewise furnishing a very good form of exercise. It was illustrated a number of months ago in these columns.

But this month we have something different in the jumping line to offer, although our young friends will readily see that the idea involved in each case, is really very simple. In the first illustration, the boy is pictured in the act of jumping in the air. He is getting ready to jump as high as he possibly can. In doing this, we would suggest that you first raise your hands above your head, then swing them down and back as you bend the knees. Next, as you swing your hands forward again, straighten the legs energetically and jump vigorously upwards. I would also call your attention to the importance of jumping always from the toes. Stand on the toes of the foot, or ball of the foot, never on the heel, when you are getting ready to jump. The object in this case, is to clap the heels together when you are up in the air and then separate the feet before you come down.

You will find it a very simple matter to touch the heels together once, but it will require considerable dexterity and agility to clap them together twice before coming to the ground. It is simple, however, and easy after you have practiced it considerably. Having acquired the ability to do this, you can even make an effort to clap the heels together three times, but this is very, very difficult and will require a very high jump.

The second illustration represents the little girl jumping in the air. Note the position of her arms. The purpose in this case is to swing the arms around in a complete circle either once or twice while in the air and before the feet come down to the floor. Start with the arms at the sides, and as you jump, swing them forward and upward and



Photo No. 1. Jump high and clap the heels together twice before reaching the ground.



Photo No. 2. Jump high and swing the arms around in a circle once, or even twice if possible, before alighting.

around in the manner shown in the illustration, and back down to the sides. You will find it very easy to swing them around once in the course of a single jump, but it is the effort to swing them around twice before you come down to the ground that will provide you with the vigorous exercise that we wish you to get in this particular movement. You will find it necessary to make a very high jump in order to swing the arms around twice or more, and you will find that a few of these energetic jumps will force the blood to circulate very freely and have a very enlivening and beneficial effect upon the muscles that are used and also upon the entire body.

One thing that I wish particularly to emphasize is the importance of enjoying all exercises as much as possible. Because the more pleasure you experience in games or sports, or exercises of any kind, the more benefit will you derive from them. And for this reason, it is better to practice such exercises and games in the company of other companionable children; the more the merrier. Of course, the exercises referred to above, may seem to be intended chiefly for the muscles of the legs, and it is true that these parts will be affected most by these movements; but at the same time, they will so improve the general health and increase the supply of blood to all parts of the body, that the entire system will be affected favorably.

DR. ORISON SWETT MARDEN ON THE CIGARETTE

One of the most deadly influences of cigarette smoking is the gradual killing of the power of decision. The victim begins to vacillate, to waver, and to ask everybody's advice. He cannot make up his mind about anything. He loses the power to say "No."

The symptoms of a cigarette victim resemble those of an opium eater. A gradual deadening, benumbing influence creeps all through the mental and moral faculties; the standards all drop to a

lower level; the whole average of life is cut down; the victim loses the power of mental grasp, the grip of mind which he once had. In place of his former energy and vim and push, he is more and more inclined to take things easy and to slide along the line of the least resistance. He becomes less and less progressive. He dreams more and acts less. Hard work becomes more and more irksome and repulsive, until work seems drudgery to him.—*Success Magazine*.

Our Endurance Prizes

This is the Third Notice of those Tests and Various Exercises for which we Offer Prizes—Both are of a Novel Nature, and what is more, will Assist Would-Be Contestants in Obtaining Health and Strength

AS we stated in our last issue, we are instituting a series of contests in order to determine what is the best system of diet, and, to a certain extent, to secure some information in regard to the vital building value of various exercises that can be used as a criterion for future work. To insure interest in these exercises, we are offering a number of prizes, and one of each will be given to the individual who performs them the greatest number of times without a rest. It will be seen by this, then, that such exercises are of an endurance nature, and hence the name given them.

The test must, if necessary, be taken before witnesses who are prepared to make an affidavit as to the performance of the feats, including the number of times that the exercise has been done. Each movement or exercise is clearly described and illustrated herewith.

This competition will remain open until May 1st, 1908. We shall be glad, however, to have our readers send in the result of their attempts in one or more of the exercises to our publication forthwith, to the end of encouraging others who may be endeavoring to see how many times they can perform the feats in question.

Please note the following when entering this competition. Three prizes will be given for each exercise. The first prize will consist of a gold medal; second, any one of Bernarr Macfadden's books and a year's subscription to this magazine; third, a year's subscription to this magazine.

It is understood that no one person will be considered, under any circumstances, a competitor for more than three of the exercises, and each winner may be required to publicly repeat his performance in case the latter be questioned, or in the event of some other contestant very closely approximating it. You will also please observe that each exercise must be taken exactly as described, and no deviation therefrom will be allowed.

Test No. 1. Raise on the toes, as high as you possibly can, return heels to the floor.



of its endurance before beginning the exercise with the other leg.



side to the other, standing with both legs straight as you rise.



endurance before change.



Test No. 2. While standing, grasp the toe of either the right or left foot as shown in the illustration. Bend the other leg and touch the knee of the leg to the floor. Return to original straight standing position. In this test the exercise must be taken with both the right and left leg, continuing with each leg to the limit

Test No. 3. Stand with the knees straight and legs far apart. Bend far over to the left, keeping the right knee straight and rigid, bending the left knee as much as possible. Straighten the body in the same exercise to the right, continue, alternating from one

Test No. 4. Stand with the left leg far forward and the right leg far backward. Go forward, bending the left knee as much as possible. Take the same exercise with position of legs reversed and continue exercise in one position to limit of

Test No. 5. Lie flat on the back with the hands under the head; with the legs rigid rise to a sitting position as shown in the illustration, return to first position. A weight can be placed on the feet as a brace if desired.



Test No. 6. With hands on the floor and feet in the position shown, throw the weight forward on the hands and shoot the legs out straight backwards, stiffening the body, then return.



Test No. 7. With knees rigid, touch toes with tips of fingers. Keep elbows rigid and swing arms upward as high as you can reach and as far backwards as you can bend the body. Return to position as illustrated.



Test No. 8. The body in position as illustrated, bend the left arm and touch the chin to the back of the left hand without touching hips to floor. Test right hand.



Test No. 9. Lie flat on the back with the hands behind the head. Raise the legs, with knees straight, to a vertical position, as shown in the illustration. Return to position.



Test No. 10. The body in position as shown in the illustration, bend the arms and allow the chest to touch the floor. Hips must not touch floor. Return to position.

A STRIKING TESTIMONIAL TO OUR METHODS



Mrs. A. J. Hankins, who furnishes a striking illustration of the benefits which arise from our methods.

There are no other diseases that seem to yield so quickly and so certainly to the effects of physical culture methods as do those affecting the nervous system. Where the complaint is really serious, drugs in practically all cases, merely modify the symptoms. Mrs. A. J. Hankins, of Elsie, Mich., furnishes one of the very remarkable examples of the value of physical culture methods in the cure of nervous troubles. For twelve years, she has been trying to secure health. Every conceivable remedy offered by the medical profession had been tried by her. She had consulted physicians and eminent (?) specialists by the score, but health seemed to be as far away as ever. She was finally attracted by the theories advocated in this magazine and she determined to give them a trial. In a short time, she realized that a cure was within her reach. In a little over two months, she gained nearly twenty pounds in weight and her troubles has practically disappeared. She is now a healthy, satisfied woman.