

# PHYSICAL CULTURE

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

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No. IV

## Strength-Building Exercises

By BERNARR MACFADDEN

The Advantages of Shadow-Sparring as a Means of Accelerating the Circulation and Gaining Agility, Strength, and All-round Development



HOWEVER one may look upon the professional aspects of the prize-ring, it cannot be denied that boxing is generally recognized as being an exercise of great value, and taken purely for the sake of the pleasure and physical benefits to be derived from it, no more perfect form of recreation can be found than a friendly boxing bout. The exercise involved is fairly light, but fast. It calls into play nearly the entire muscular system. It makes large demands upon the lungs, and therefore develops them. It arouses the heart action and powerfully accelerates the circulation of the blood, without that strain which is sometimes an accompaniment of weight lifting and some other of the most violent forms of exercise, for the boxer will usually experience a sense of general muscular fatigue which will force him to abate his efforts before he has reached that point at which any marked exhaustion of his vitality is imminent. The benefits derived from boxing do not lie so much in the gain of tremendous muscular strength, as in the acquirement of quickness and control of muscle, improved circulation and increased endurance—which are really worth more than the mere possession of great muscular vigor, for it is true that misguided enthusiasts may sometimes sacrifice not only endurance and

speed, but even a certain degree of their vital or nervous energy, to unrestricted desire to acquire a powerful development. However, while boxing is in this respect a perfectly safe form of exercise, yet it can be relied upon in most cases to bring about what might be termed a normal development of the entire body.

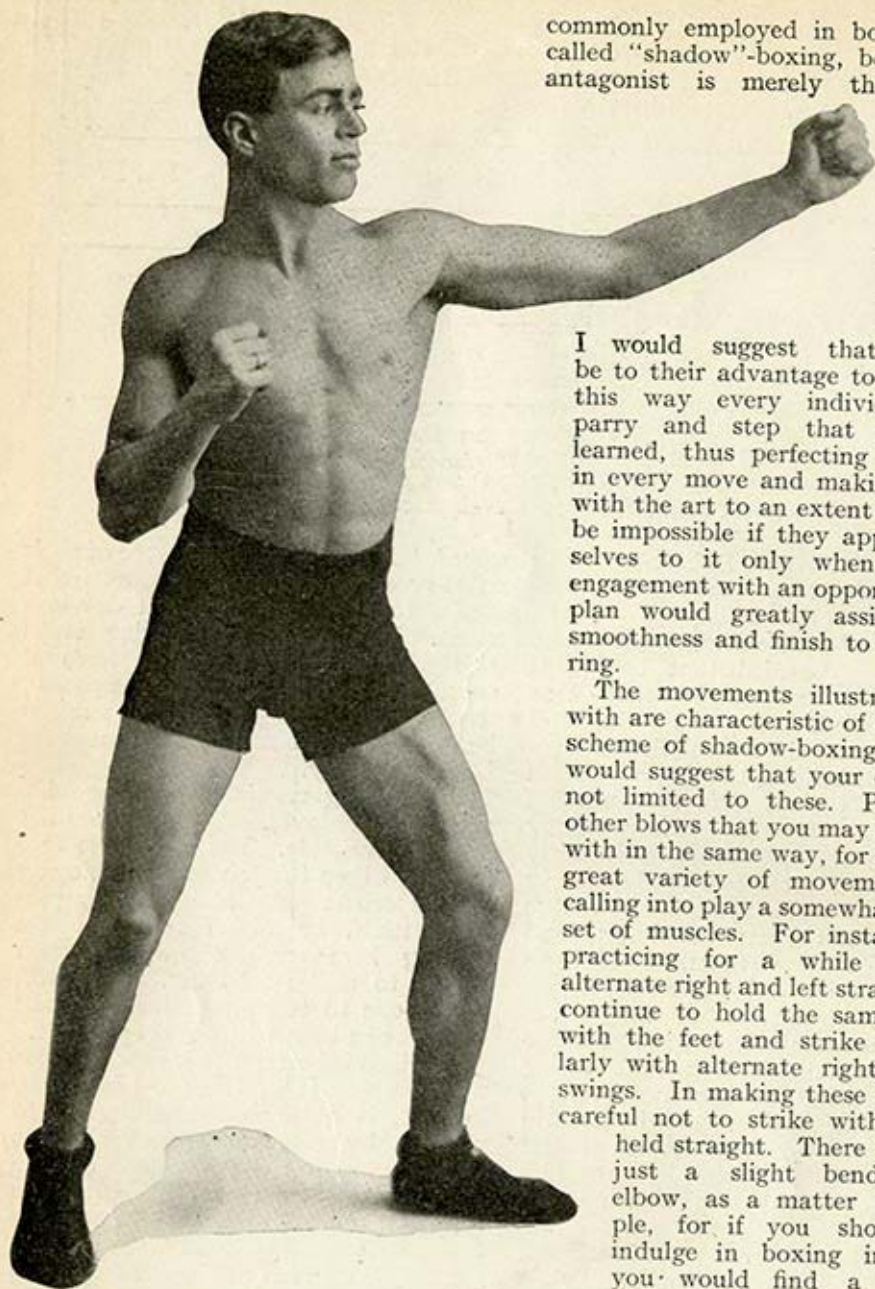
But boxing requires an antagonist, and a set of gloves. And these are not always available. Indeed, there are some to whom the privilege of enjoying this superb exercise almost never presents itself, or which reason I am offering here some suggestions with regard to solitary boxing, which will enable one to enjoy practically all the benefits of a bout with a real opponent.

The idea is by no means new to those who are versed in the art of boxing, in fact, is quite commonly put into practice by professional pugilists. It may be unknown to many of those who have never come in contact with this class of people, though it is by no means necessary to be a boxer in order to practice it. And it is just as valuable to the student, stenographer, clerk, carpenter or brick-layer, for general purposes of health culture, as to the athlete who uses it to keep himself in condition for competitive bouts.

Briefly expressed, the whole scheme consists simply in fighting against an imaginary opponent, using the various blows, parries and other movements

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commonly employed in boxing. It is called "shadow"-boxing, because one's antagonist is merely the supposed "ghost" of an opponent. And for those who have seriously taken up the study of boxing,

I would suggest that it would be to their advantage to practice in this way every individual blow, parry and step that they have learned, thus perfecting themselves in every move and making progress with the art to an extent that would be impossible if they applied themselves to it only when in actual engagement with an opponent. This plan would greatly assist to give smoothness and finish to their sparring.

The movements illustrated herewith are characteristic of the general scheme of shadow-boxing, though I would suggest that your exercise be not limited to these. Practice all other blows that you may be familiar with in the same way, for there are a great variety of movements, each calling into play a somewhat different set of muscles. For instance, after practicing for a while with the alternate right and left straight leads, continue to hold the same position with the feet and strike out similarly with alternate right and left swings. In making these swings, be careful not to strike with the arm

held straight. There should be just a slight bend at the elbow, as a matter of principle, for if you should ever indulge in boxing in earnest you would find a swinging blow with a straight arm is far more dangerous to your own arm than to your adversary. Devote the same interest to your blows as you would in an actual contest.

Next vary this blow by alternate right and left "hooks," consisting of rather short arm

Photo No. 1.—The Straight Lead. First of all, brace yourself very firmly on both feet, so that apparently nothing in the nature of a blow, no matter how delivered, could upset you. At the same time you should be poised so that you can raise your weight on your toes. Now, maintaining perfect balance, strike out vigorously with a straight left lead, lending to your blow the added force of the shoulder and the weight of the body. (See next photo.)

swings delivered with the arm bent at right angles.

After this you might try a series of straight left leads, executed in rapid

succession, continually trying, in fact, to make these blows follow each other more quickly than before. With each blow step slightly forward with the left foot. This step forward must not be taken slightly before or directly after the delivery of the blow with the fist, but simultaneously with it, the right foot following in a short step directly as the blow is being

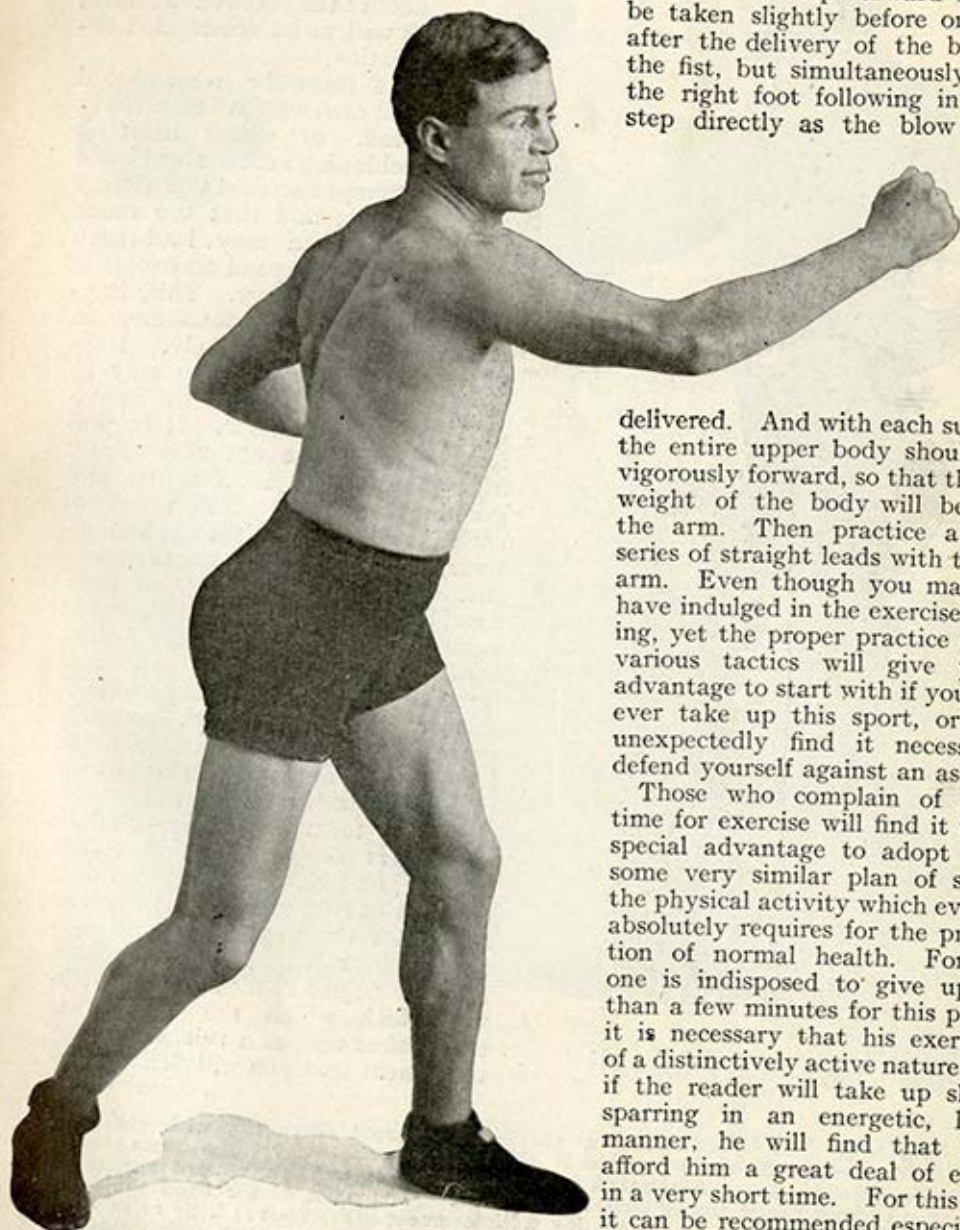


Photo No. 2.—(Continued from Photo No. 1.) Then strike out similarly with the right fist, drawing back left for another blow, and repeat, alternating left and right, just as rapidly as possible. One can also make the exercise more effective by putting great force into each individual blow.

delivered. And with each such blow the entire upper body should lunge vigorously forward, so that the whole weight of the body will be behind the arm. Then practice a similar series of straight leads with the right arm. Even though you may never have indulged in the exercise of boxing, yet the proper practice of these various tactics will give you an advantage to start with if you should ever take up this sport, or should unexpectedly find it necessary to defend yourself against an assault.

Those who complain of lack of time for exercise will find it to their special advantage to adopt this or some very similar plan of securing the physical activity which every one absolutely requires for the preservation of normal health. For when one is indisposed to give up more than a few minutes for this purpose, it is necessary that his exercise be of a distinctively active nature. And if the reader will take up shadow-sparring in an energetic, life-like manner, he will find that it will afford him a great deal of exercise in a very short time. For this reason it can be recommended especially as a means of warming up before the morning bath, in case one has no opportunity to take any complete series of movements at this time of the day. A vigorous circulation and a warm condition of the body are



necessary to properly enjoy a cold bath and even to recuperate from it, and a minute or two spent in this method of violently assailing an imaginary foe will bring about the desired warmth, as well as an accelerated circulation.

It must be remembered that one who is muscularly weak, or whose heart is feeble in action should not attempt exercises of a violent nature, and that too much enthusiasm may lead such a one to expend an excess of nervous energy. This, however, while it is a possibility in some cases, is far from likely. Happily, this solitary boxing may be as vigorous or as mild as the individual sees fit to make it. If he prefers, he can strike out very gently in beginning the movements, and gradually increase the vigor of each blow, suiting his own inclinations, for there is no relentless opponent, as in actual boxing, to force him beyond the efforts that he would voluntarily make. On the other hand, if he is strong and desirous of some strenuous and stirring exercise, then a little will power, properly exercised, will enable him to make his efforts as fiercely energetic as his physical strength will permit.

In this form of exercise—and in all others of similar character—it is of great advantage to perform the various movements with the reason for their execution held constantly in mind. It is undeniable that the degree of mental concentration with which the exercise is undertaken will, as a rule, determine the benefit that you will derive.

Photo No. 3.—The Upper-cut. This should be executed alternately with right and left hands, as though landing on the chin of an imagined adversary. The arms should be partly flexed in the manner illustrated, for the upper-cut is only an upward application of that form of blow known among boxers as a "hook." The palm of the hand should be turned in, towards yourself. In executing this movement one can put as little or as much force in it as he wishes, for there is no limit to the amount of energy with which this can be performed except the natural strength limit of the individual. Try to throw the force of the entire body into each blow. This can be done by striking upwards with the arm held as stiff and hard as possible, and at the same time raising the entire body on the toes with such an effort as would apparently enable you to lift your imaginary opponent off his feet if your blow had been delivered in an actual contest, and had landed under your adversary's chin.

# The Wonderful Weapon, the Boomerang

By H. MITCHELL WATCHET



**B**EFORE the writer obtained the data that forms the basis of this article he was somewhat skeptical in regard to the marvelous stories relative to what the boomerang was capable of doing when

some of its extraordinary possibilities. Nothing can be more fascinating than to watch a boomerang when properly handled, and the watching begets a desire to do likewise. While so doing, the thought was suggested that the boomerang might lend itself to physical culture purposes, inasmuch as it calls



The Defense Against the Boomerang. Shield is held so as to be rapidly moved from right to left



Various Shapes and Sizes of Boomerangs Used in Performing the Wonderful Feats Described in this Article

in the hands of an expert. It seemed almost impossible that a piece of wood could defy the laws of gravitation, and of dynamics, and act in a manner that would almost suggest that it was gifted with an intelligence of its own. But he now freely confesses that his doubts were without foundation, having seen the weapon in action and witnessed

for some strength, trained eyes and muscles, patience and an ability to judge angles and distances. Apart from its use, considered as an exercise, it would also lend itself to a variety of games of a novel and exciting nature.

In all probability, the only aborigines with whom the boomerang is popularly identified who are now in this country,

are those with Pawnee Bill's Wild West Show. There are two of them, father and son, and they are native Australians, hailing from Queensland, their names being respectively, Joe Woorawoorabeeli, and Joe-Joe Woorawoorabeeli. The older man, so it is said, is 75 years of age, eats nothing but vegetables, drinks nothing but water and abhors tobacco. He is remarkably well preserved, and is as active and athletic as his offspring. The younger man is a magnificent specimen of savage humanity, looking like an Apollo in bronze when divested of his kilt of feathers and skins.

described by travellers, which, as the reader probably knows, is in the shape of a sickle-blade. This particular weapon, however, consisted of two pieces of wood, one about 18 inches long and the other slightly shorter. They were in the neighborhood of three inches in width and sharpened at the edges, the latter merging into the body of the wood by invisible curves. The ends of each piece was sharpened to a point forming somewhat obtuse angles. The two pieces were fastened together at right angles, the shorter piece within an inch of the top of the longer, thin

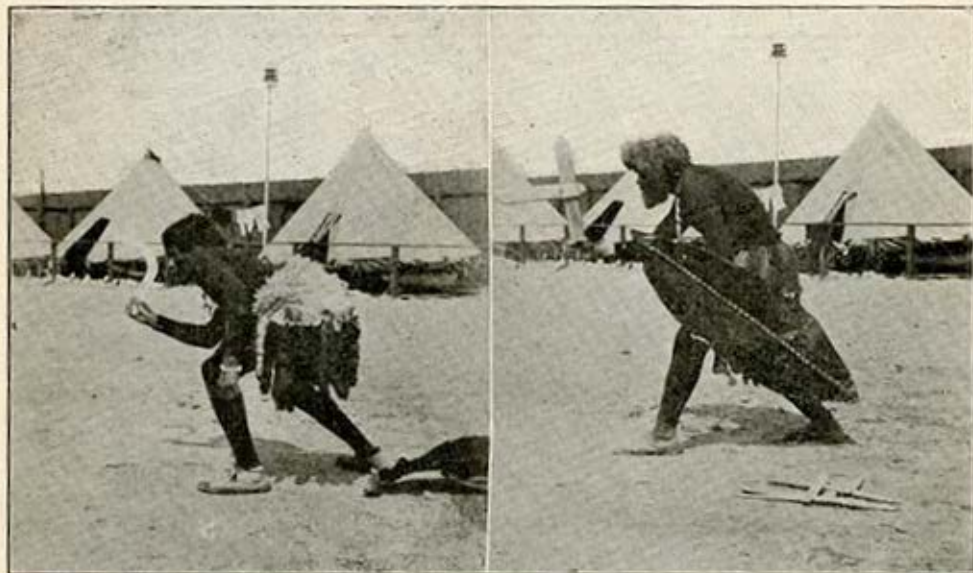


Photo of Australian Aborigine in the Act of Making the Sickle-Shaped Boomerang Skim Along the Ground

With the Boomerang Held in this Position, When it Left the Hand of the Thrower it Made a Series of Short Curves and Dashes

It is now some months since the writer made the acquaintance of the pair, and in the grounds of the Wild West Show, some portion of which, as the pictures herewith show, are dotted with Indian tepees, many of which are over 20 feet in height by 15 or 20 feet in diameter at their bases. After a few clucking and grunting words on the part of father and son, and some good-natured nods and smiles, Joe, senior, selected a boomerang from a bundle carried by the other. It was not at all like the boomerang that is usually

things of hide being employed for this purpose. Apparently the weapon weighed about 8 or 10 ounces, and it seemed almost incredible that much harm could be done with it. Nevertheless, Joe himself had a few days before, received a blow on the head from a similar boomerang which knocked him senseless and inflicted a deep gash, the accident being due to a sudden gust of wind diverting the weapon from its intended line of flight.

Placing the writer about five yards to his left, Joe motioned to him to remain

there. Immediately in front and about ten yards away, was a tall tepee towards which the Australian faced. Seizing the boomerang by the lower end of the longer stick, he threw his arm back over his shoulder until the angle of the boomerang pointed to the ground, then, with a swift clean throw, he shot it forward, but just before it left his hand, he depressed the right hand surface of the boomerang somewhat obliquely. With a noise like the fluttering of pigeon's wings the boomerang made straight for the tepee, but just before it got there, it swerved gracefully to

of a pigeon who is wheeling around its cote preparatory to settling thereon. When it finally struck the ground it did so viciously, sending up a little cloud of dust and making a hole a couple of inches deep.

The writer could not refrain from an exclamation of astonishment. Joe, with characteristic stolidity, took no notice of his so doing, but once more grunted for attention. This time when he let the weapon fly, it went away from the tepee to the right, soared upwards, paused for an instant, and then describing a long, graceful arc came once more to the



An attempt was made to photograph the boomerang in motion, but its movements were so rapid that the camera could not catch it.

In the above illustration is shown the right angled boomerang which flew around the tepee as described.

In this instance the weapon described a parabola and then a complete circle until it fell at the feet of the expert.

the right, clearing the tepee by a couple of feet, flew on with an upward flight, then began to turn and, without showing any indication of falling, circled, came around to the left of the tepee, swooped downwards, passed behind the writer and about a couple of yards away, rose once more, flew around a telegraph pole, and after an abrupt curve, came down gracefully and about a yard away right in front of Joe. It had therefore described a parabola and two circles and returned to its wielder. During its flight it revolved rapidly on the axis of its angles, the general effect being that

left of the tepee but some distance away. Again it circled around the writer and then made direct for its owner, who threw up his shield with a quick motion and stopped it in its flight. It was noticed that in this instance Joe threw the weapon with its edges horizontal to the earth. That the direction and eccentricities of the boomerang were alike decided by the angle that its blades described in regard to the earth was evident by the fact that, when his next throw was made with its flat surface incline to the left, it immediately proceeded to fly to the right, performing



The upward throw. The Australian made the weapon execute the most surprising evolutions among an imaginary flock of birds.

several swoops and dashes, coming back to earth at a point between the writer and the Australian.

At this point Joe-Joe came forward, and crumpling a piece of newspaper, placed it about 20 yards away. He then took a sickle-shaped boomerang and fixing his eye for a moment on the paper, threw the weapon so that when it left his hand it began to skim forward, a few feet above the earth, revolving as it did so. Scarcely had it gone a yard or two when it suddenly shot upwards, made three short circles and came down with a "chug!" within a few inches of the paper. Through an interpreter it was explained that this type of throw was used when wombats, rabbits or other small animals were being hunted, the eccentric actions of the boomerang preventing them from watching or avoiding it. Next, and by signs, Joe-Joe indicated that he was about to throw at an imaginary flock of birds passing

overhead. Looking straight upwards, he drew his hand containing the sickle-shaped boomerang with its concave side down and let fly. The arc of white wood shot up 20 feet or so and then began to dart hither and thither in the most extraordinary manner conceivable, but confining its evolutions to a space of probably four or five yards in diameter. Suddenly it seemed to lose "life" and ceasing to revolve, slid quietly downwards towards where Joe-Joe was standing. The thing seemed positively uncanny, so well did the boomerang obey the wishes of its owner. At the writer's request the performance was repeated. The boomerang was found to remain in the air between nine and ten seconds, another proof of the extraordinary qualities which attach to it.

Joe now stepped forward, and nodding to his son, the latter picked up the piece of paper and put it on the *further side* of the tepee. Joe-Joe then returned to the side of his father, who, motioning the writer to stand close by him, selected a boomerang of yet another shape, it being formed of two pieces of wood bound together so as to make a more or less acute angle. Please to remember that the tepee was between the object at which Joe was about to aim and consequently entirely out of sight. With a vigorous motion the savage sent the boomerang upwards, and away it flew, circling and buzzing like a gigantic beetle. Having reached a point of about twenty or thirty feet above the tepee and somewhat to the right, it suddenly shot downwards, made a single circle and disappeared.

Going around to the other side of the tepee, it was found imbedded in the earth only a few inches distant from the piece of paper. Joe's weapon had, like the proverbial gun of the Irishman, shot around a corner.

Going away from the neighborhood of the tepees, Joe-Joe took one of the right-angled boomerangs and looking at the writer nodded and grunted to his father, who slipped his left hand through the hand-hold of his shield and, tapping the visitor on the shoulder, smiled encouragingly as if he would say, "now don't get scared whatever happens." Joe-Joe glanced backward over his



shoulder for an instant, and then, bending well down, sent the boomerang a yard in front of him and at a high rate of speed. Keeping its flat side to the ground and travelling about six feet above it, the weapon sped outwards for a space of time in which one might count two, and then began to gracefully circle to the left, being some thirty, or perhaps forty feet from the thrower. Still maintaining its relative height, it flew in a complete circle around the watchers until it was nearly in front of Joe-Joe, when it seemed to hesitate for a moment and then came sharply towards the group. As it did so, Joe stepped forward and received the boomerang on his shield, against which it rattled smartly.

Other feats were performed and the exhibit ended by the younger man making his boomerang once more circle around the tepee, next swoop underneath some telegraph wires behind him, then rise upwards and come forward and over the wires right towards him. When it nearly reached Joe-Joe its flight was weak and fluttering, and with a quick movement, he caught it before it could fall to the ground. Altogether the performance was of so extraordinary a nature that, as already intimated, it almost appeared as if the boomerang was imbued with supernatural powers.

After his final feat, Joe-Joe handed a boomerang to the writer and with gestures urged the latter to throw the weapon. Before he did so, however, he drew a circle in the dust about five yards in diameter, with the point of the boomerang. Then placing the weapon in the hand of the Caucasian, the Australian, turned the former's wrist until the flat side of the weapon occupied a certain angle, and with more significant gestures he intimated that the boomerang should be thus thrown. The writer obeyed and although the boomerang did not cover much ground, it shot outwards, curved a trifle to the right, turned to the left, and finally dropped just on the edge of the circle that Joe-Joe had drawn. It would seem evident by this that, with a reasonable degree of practice, the boomerang could be used by the novice in a manner sufficient to guarantee sport, even if he could

not rival the wonderful feats accomplished with it by the aborigines.

Anyhow, the action of the Australian prompted the thought that the boomerang might be productive of a whole lot of physical culture fun and exercise. It could be used as a game, the object being to bring it back to a given point; it might be taken on strolls across country, each of the players being privileged to point out to the others a mark which they were to hit when standing in a given position. Indeed, there are a dozen of ways in which it might be used, its uncertainties and extraordinary possibilities yielding that element of chance and unexpectedness which is so attractive to human nature.

It is said, however, that the only persons capable of manufacturing boomerangs that will do precisely what an expert intends them to, are the Australian natives. This for the reason, that it is only they who know how to shape the surfaces of the weapon upon which its curious flight mainly depends. These surfaces are not only slightly wavy, but are broken by various angles which cause, so scientists say, the boomerang to behave as it does. It is further stated that the angles serve to counteract gravitation, so that even when the force imparted to it by the thrower is spent, the boomerang still continues in its flight through the air. The Australians know either instinctively or through the knowledge imparted to them by their forefathers, just what these angles and curves are, and furthermore they have a knack of using the natural grain of the wood when making the weapons, in order to obtain these same curves and angles. While no two boomerangs are in consequence ever exactly the same in shape, yet the principles involved are there, these as already stated, being trade secrets, so to speak, of the savages. Yet good boomerangs have been made by those Europeans who have given the subject study these including Colonel A. H. Lane-Fox and Mr. Horace Baker, and others. Nevertheless, even in these cases there was something lacking. The accepted theory explanatory of the curious flight of the boomerang, is, that by reason of the curves and angles

aforesaid, it flies partly on the principle of an aeroplane and partly in obedience to the laws of "unequal lines of forces" all of which is of interest to scientific people, but somewhat less so to the layman who is more interested in the result than in the theory.

The popular belief that the boomerang is essentially an Australian weapon is unwarranted. It has been found in almost every part of the world in some shape or the other, and can be traced back thousands of years. In the British Museum is to be found an ancient Egyptian boomerang very much like one of the Australian varieties in point of shape. It is also a favorite weapon in Abyssinia and other African countries. The Moqui Indians of Arizona and Mexico use the boomerang to kill rabbits, and it is furthermore found among some of the Indian tribes of California. Among the Hindoos too, the boomerang is not uncommon.

Speaking of the Moqui Indians, reminds the writer that he forgot to

say that one of Joe-Joe's feats was the throwing of a sickle-shaped boomerang in such a fashion that it skimmed the ground in a series of short dashes, and it is said that this is the way that the Moquis use their weapons.

It is even thought that classic Greece had a boomerang which was known as the *cateia*, that, in the language of the old writers was "a species of bat of wood which, when thrown with a skillful hand, returns back again to him who dismissed it."

It is perhaps needless to say that the two experts with the Pawnee Bill Show, make their own boomerangs. The writer believes that it would pay some enterprising individual to contract with the savages for a supply of the weapons and then "boom" the sport. Pictures herewith were taken especially for this magazine. An attempt was made to photograph the boomerang in its flight but failed, owing to the rapidity with which it travels on leaving the hand of the thrower.

### CHOOSING BETWEEN LOVE AND DUTY

TO THE EDITOR:

As a reader of PHYSICAL CULTURE, an earnest student of its teachings, and a young man who eagerly desires to be in the search for truth and light on all physical culture facts and theories, I am waiting to ask the advice and counsel of yourself and the readers of your magazine, about a vitally important and far-reaching question, which not only concerns me, but must be agitating the minds of a good many other young persons of both sexes. My problem is this: I am engaged to marry a young woman whom I love and who loves me, but she will not discuss or practice physical culture. I have tried to draw her into discussing the duties of wifehood and motherhood; the effect and importance of pre-natal influence and many other subjects that are so important and that should be talked over and understood by a young engaged couple. But she declares that such discussion is "immodest," and only fit for married people to indulge in. Now, shall I marry her and risk having to lower my ideals to hers, if I fail to educate and lift her up to mine? On the other hand; I have recently met a young woman whose ideals are as high as mine, who agrees with me in all my theories and who will eagerly discuss every subject bearing upon the many issues connected with married life. She is eager to bring children into the world, who will be

glorious examples of the results of physical culture. She is eager to give her children their birth-right "the perfect form and perfect functions physical and mental." She informed me that I was the only man she has ever met whose ideals and ambitions concerning physical culture matters, corresponded with hers. She loves me in consequence, and yet, I only care for her in a brotherly way. Now what am I to do? It is a question of Love versus Duty. Shall I marry the woman I love and who loves me, and take the risk of winning her over to my way of thinking after marriage, or shall I do my duty to the future generations by marrying this other woman whose ideals are perfection itself, and risk falling in love with her after marriage? I desire, putting aside the question of my own personal happiness, to do my duty towards God, humanity and the future generations. Help me to make my decision, ask your readers their opinion and advice to aid me. and, as I stated before, a good many other physical culturists, in choosing twixt a woman of my own ideals and another not a physical culturist, taking into consideration the issues at stake. I think open discussion in your magazine would shed light upon the subject.

Yours for our advancement and enlightenment,

INTAGLIO.

Buffalo, N. Y.

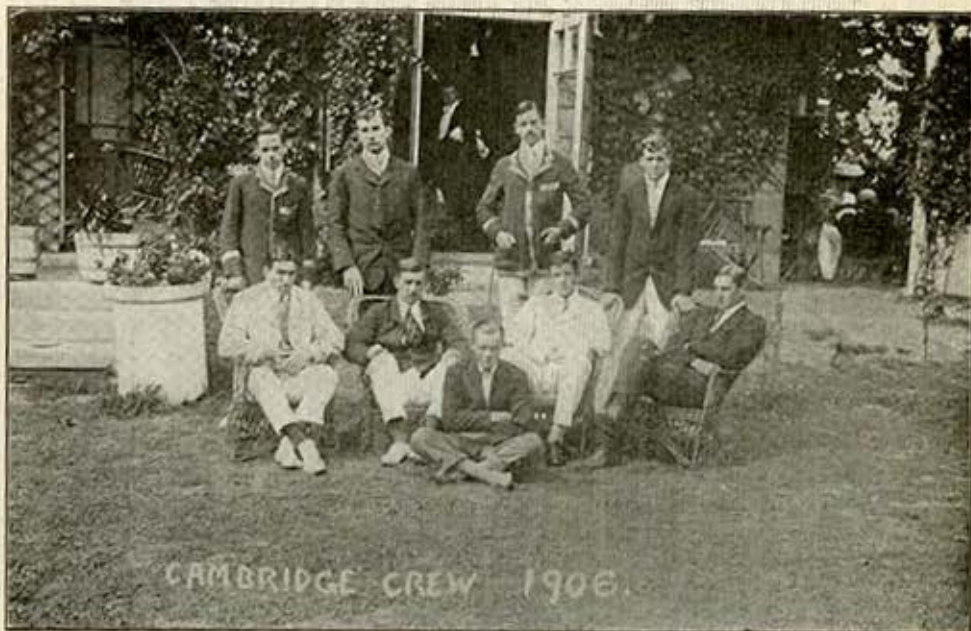
# My Lecture Tour Through England

By BERNARR MACFADDEN

(Continued from March Issue)

TRUST that my American friends will not be displeased with any statements I may make in this series of articles. I am simply trying to tell the truth from an entirely unprejudiced standpoint. If it were not for that

of not being able to "get along" satisfactorily at home. They are rarely the best types of their country—they are often the worst. I try to look at everything without prejudice—in fact I think it is a good plan to carry this particular



A Group of Typical English Oarsmen

almost universal instinct that seems to make one cling to his home, I am very much inclined to think that I would prefer England and the English people to my own country and countrymen. We represent an amalgamation of all nations, and I am sorry to relate, the human material that we have had to absorb from the various foreign nations for the last generation, has often been of a low order. The immigrants that in more recent years have come to us from the various foreign countries, have in many cases sought this land, because

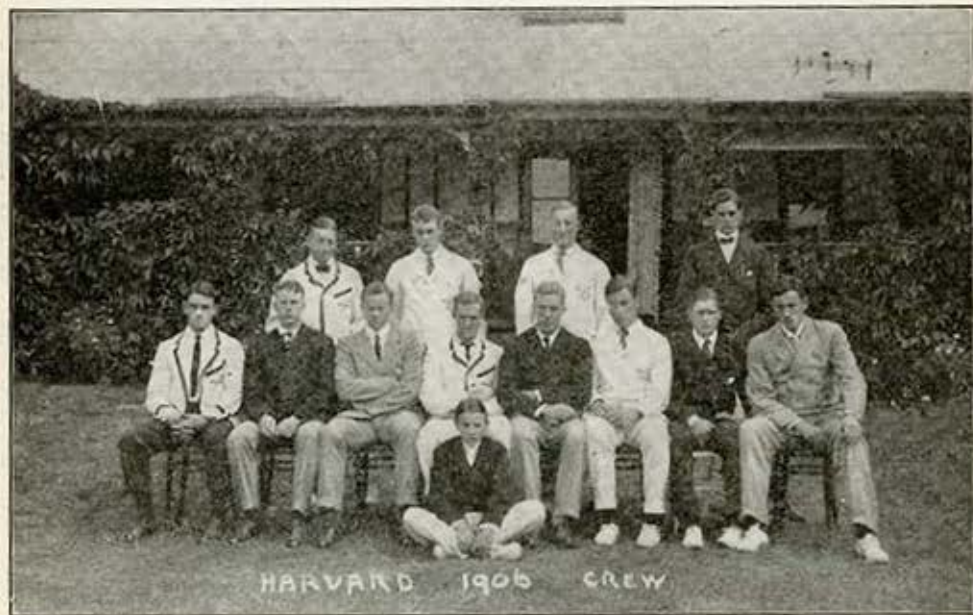
characteristic so far, on occasions, as to even critically examine your own personality—but I am forced to the conclusion that we have not been highly successful in the herculean task of improving and assimilating these myriads of human lives.

In my former article I said that I was surprised at the conditions I found existing in England. I might go even further and say that I was amazed. I thought we were the only free country and to find that England was really more free, that the public was more

carefully considered, that injustice was less frequently met with, was more than surprising. Then, too, the English people seem to like Americans, especially if they are not inclined to boast. Some of my countrymen when visiting foreign shores, spend most of their time talking about the advantages of America. When they strictly adhere to the truth, they are not objectionable. But quite frequently they are "monumental liars." On a few occasions it was my misfortune to come in contact with Americans of this type. No matter what they see in England, they are

You have to keep an open mind to secure the advantages that come from traveling or even to advance by increasing your store of knowledge. I hardly blame some Englishmen for "poking" fun at Yankees of this type. They have had a most excellent excuse for the adverse opinions that they have at times formed of Americans. I hope this type of American will some day become extinct. As a rule they are of no especial value to us at home, and they certainly do us a vast amount of harm abroad.

About the most pleasing difference



American Oarsmen who Competed for Aquatic Honors in England Last Year, and were Defeated by the Cambridge Crew

immediately reminded of something so much better in America and I heard more of the advantages of my own country while listening to the conversations of these talkative gentlemen, then I had ever even dreamed of before.

I do not mind hearing the praises due my native land properly rendered, but when one is unable to see good in anything unless it is American, and gives credit to no one unless he came from America, then prejudice of the rankest kind is his sole guide. Such individuals never learn anything.

between America and England is found in the courteous treatment you receive everywhere. If you have occasion to make an inquiry, most anyone will stop and take a great deal of trouble to give you the needed information. The policemen seem to realize that they are public servants. They are actually polite! This would be difficult for an ordinary New Yorker to understand. It is supposed to be the duty of policemen to courteously answer inquiries they may receive—but this is a mere supposition on this side of the water.

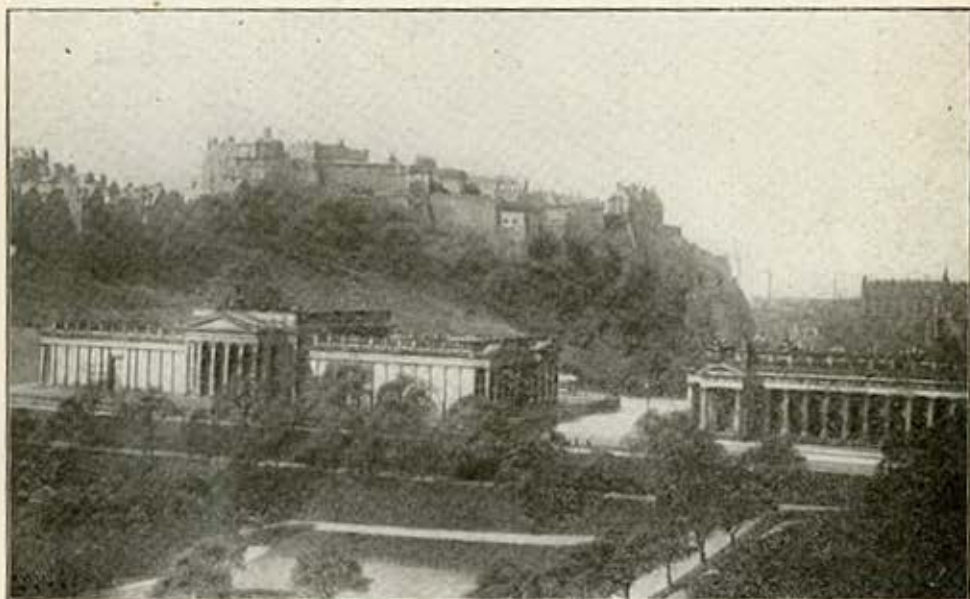
If you ask a policeman to direct you to a certain place and you fail to understand his reply, he is liable to tell you to go to the devil, should you ask him to repeat it. A short time ago the president of the common council of Newark, N. J., at that time acting-mayor of the city, was arrested by a policeman because, forsooth, he asked too many questions.

Acting-mayor Sinnott had inquired of the policeman what car to take to get to a certain portion of the city.

"Take the Kinney Street or any old line," replied the policeman with something of a smile.

the club and struck his strenuous opponent on the side of the head, knocking off his hat. Mr. Sinnott is a gray-haired man and the policeman was young and stalwart. The crowd tried to interfere for Sinnott, but the policeman would have none of it. He and Sinnott wrestled with the club for fifty feet. Then the valiant minion of the law twisted his fingers under the acting mayor's collar and ordered him to accompany him to the police-station.

You can imagine the surprise of the policeman when he found out whom he had arrested. This is an exaggerated sample of the fate in store for us



The Castle, Edinburgh, from Sir Walter Scott's Monument

"I don't want any old line. I want the car that will take me to my destination," angrily replied the acting-mayor.

"Well, I ain't here to answer foolish questions. Move on, you are collecting a crowd." He thrust his club at the persistent inquirer, then jabbed him in the ribs and took him by the shoulders to hurry him on his way. The acting-mayor was too enraged to care to make known his identity. He seized the club of the policeman and tried to wrest it from him. The policeman drew back

if we annoy some of our American policemen by too many inquiries.

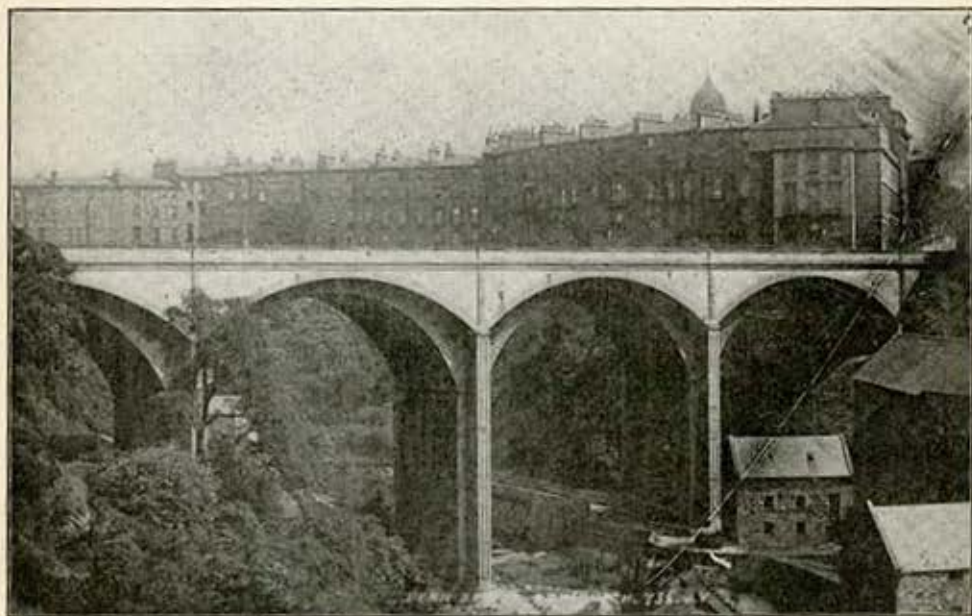
The difference in the conduct of the officers of the law throughout England was very marked. The policemen take the greatest amount of trouble to direct you. I have had a policeman walk a block or more with me to show me the location of a place for which I had inquired. Of course you may say they were looking for tips, but regardless of what might have influenced their attitude, they have acquired the habit of treating everyone with great courtesy.

Then, too, they seem to realize their duties towards the public. Green policemen in New York and other large cities, usually forget that they are employed by the public, that they are the servants of the public. They seem to acquire the impression that they are a sort of general boss over everyone on their particular beat.

Many of my American friends would, perhaps, object very seriously to the almost universal habit of tipping which exists throughout England. It might be termed almost a national custom,

a railroad employee or restaurant waiter in one of the high-class restaurants in America, with a five cent-piece or even ten cents in some cases, he would not infrequently look upon it as an insult. Two or three pennies, equivalent to four to six cents in our money, is proportionately almost as large a tip as twenty-five cents would be considered on our side.

The tipping habit is undoubtedly gaining ground in America, and will no doubt ultimately be as bad as it is now in England, but in America, the tips are



Dean Bridge, Edinburgh

and the habit may account for the polite attention which one meets on many occasions. Though I do not by any means commend the tipping habit, I must admit that I would prefer to spend a few pennies to avoid the lack of courtesy that is not at all unusual when one is travelling among strangers in this country. Railroad employees in England are always looking for tips. To be sure, they do not get them in every case, but this desire on their part, no doubt accounts for their politeness. The tipping habit in England, after all, incurs but little expense. If we were to tip

all larger in amount, while the customary tips given in England, form a very minor part of your expense. As far as I am personally concerned, I feel that I secured far more than the worth of my money in courtesy or additional services, while abroad, for whatever expense was incurred in this way. In many places in England, and in fact in many of our own large hotels and restaurants, the employees must depend entirely upon tips for their salary. Therefore, under such circumstances, you are really paying them wages for the services they render you.

# Bee-Keeping for Health and Profit

By EDWARD IRVING

The Apiary Affords Congenial Occupation to Semi-Invalids and Women, and is at the Same Time a Money-making Adjunct to the Country House or the Farm—Bees and their Habits—Swarming and why it Takes Place—Italian and Black Bees and Their Respective Peculiarities—Constant Demand for Pure Honey—A Typical Physical Culture Industry.

**J**OHAN P. COBURN, of Woburn, Mass., at the age of 73 years is an excellent example of how healthful an occupation is bee-keeping. At an age when many men spend their time in arm chairs, dreaming of the long past years, Mr. Coburn, during the busy season, works several hours daily in his apiary of fifty colonies. The work itself is light, but it necessitates a regular amount of exercise and the bee-keeper is in the open air during many hours of the day. Hence the health-inducing nature of the business.

All over the country there are semi-invalids and delicate women who are finding bee-keeping not only a health-restoring, but a decidedly profitable industry as well. One of these, Miss Frances E. Wheeler, formerly employed as a stenographer until forced to give up the work, is for example, now producing over a ton of honey annually at her apiary in a little New York State town.

Bee-keeping can be made successful and profitable with but a very small initial outlay provided that one is willing to study the business in order to work at it intelligently. The bees will do most of the work, but good management is necessary in order to turn their labors to profitable account.

One does not need to live in the country in order to keep bees. Many apiaries, small in numbers, of course, but yet entirely successful, are to be found in city back-yards. If there are flowering trees, plants or vegetables in the vicinity, the bees will be able to secure nectar and make honey. Bees often roam several miles in search of

nectar, so that their food need not be in the immediate vicinity.

A colony of bees consists of several thousand females, a few hundred male bees and a queen. The females are



Veil Worn to Protect Face from Stings of Bees

called workers and store the honey. The male bees are called drones and have no purpose in life except to propagate the species. The drones are not able

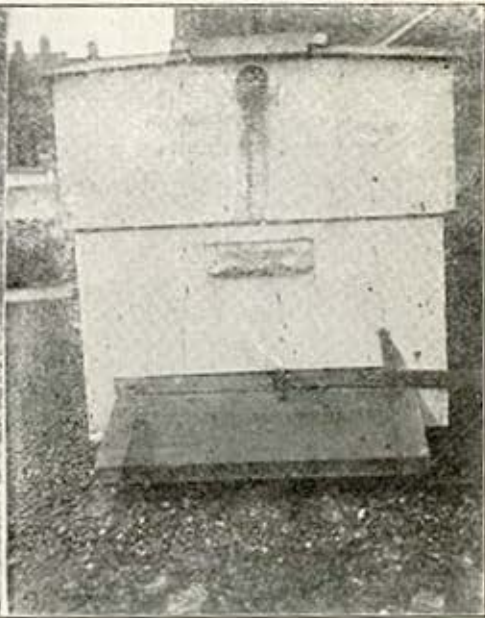
to gather nectar and subsist on the honey made by the workers. The drones are driven from the hives in the fall and perish, only the workers and the queen remaining. The queen bee lays all of the eggs from which the new bees are hatched; she is exceedingly prolific, sometimes performing prodigious egg-laying feats. It is estimated that a queen bee in some instances lays twice her own weight in eggs in a single day and during her life time may deposit as many as 500,000. Each egg is laid in a little wax cell, and, curiously enough, the queen appears to know which egg is to produce a drone and which a worker

ony, the old queen, with a large delegation of the other bees, sallies forth in search of a new home. After circling about for a time, the bees alight in a cluster on a tree or bush and the bee-keeper quickly captures them and places them in an empty hive. This is what is known as swarming and by means of this instinctive action on the part of the bees, it is possible to build up a large apiary in a few years at little expense.

Affairs in the old hive go on as before; meantime the apiarist has two colonies instead of one, storing up honey for h m. The instinct of the bees leads them to manufacture enough honey to carry



A Swarm Preparing to Enter a New Hive.



A Good Hive for a Cold or Rainy Season.

bee, for they are laid in cells which differ slightly in appearance.

Queen cells, again, are very much different in appearance from either drone or worker cells. The occupants of the hive select certain embryonic bees in the early stage of the life of the latter and give them special care and attention, so that they develop much faster than the others and assume different characteristics. These are the future queens. When mature, they are much larger than the other bees. When the young queen comes to take possession of the col-

them through the coming winter. They take the nectar and the pollen from the flowers and pack it away in the little cells in the combs. The pollen is carried in tiny baskets on their legs; the nectar is taken into one of the two stomachs which the bees possess. In the first stomach it is partly transformed into honey. The small amount needed for food at the time, passes on to the second stomach; the rest is emptied from the first stomach into the comb cells, where it is fanned until the moisture it contains has been evaporated.



The bee-keeper makes no attempt to secure the honey which the bees lay up for themselves, for he understands that it is needed to sustain

stores, but they are also, more vicious and not so handsome as their golden comrades.

A hive complete with a colony of Italian or black bees and including a queen, may be purchased for from six to twelve dollars. There are other varieties of bees but they are not found to a large extent in this country. Many colonies, however, consist of crosses which give good results. A colony of common honey bees of no particular breed may be sometimes secured for much less than the amount mentioned.

The bees should have a quiet location where the hives will be shaded in summer



Preparing to Colonize a Hive

the life of the bees during the winter. On top of the hive, however, he puts a frame arranged for honey storing and the willing little workers proceed to fill that, too. The bee-keeper disposes of this honey as he sees fit, with a free conscience.

The most popular bees in this country are the Italian. They are very gentle, quiet and easy to handle. They work best on large combs. The common black bees are more valuable commercially, perhaps, when it is desired to produce the little one-pound box so frequently seen in the



Mr. John P. Coburn, aged 73, in his Apiary

and the entrance should face the southeast. The hive should be elevated a little from the ground—on, say, a soap

box, and a broad piece of board should reach from the entrance of the hive to the ground. Sometimes bees return so loaded with honey and pollen that they are unable to enter the hive.

For the greater part of the time, the bees thrive best when they are not interfered with. The bee-keeper should watch them carefully, however, in order to learn their habits and know when any thing goes wrong. He will learn to detect the robber bee's invasion and to note the signs which indicate that swarming is about to take place. He should keep the grass quite short in front of the hive, too, in order that the returning bees may not become entangled in it.

About the first of July, if there has been a good spring, the bee-keeper may open the top of the hive and remove some of the surplus honey which the bees have placed in the superstructure. The beginner should have provided himself with a veil and a pair of gloves in order to avoid stings, especially if working among black bees. His motions

should always be as quiet and regular as possible, in order to avoid irritating the bees. The bee keeper may hope for about fifty pounds of honey a season from each hive. Sometimes the yield is much greater, and sometimes, too, it is less. It is evident, however, that fifty pounds a year insures a good profit on the investment when it is remembered that very little time is demanded and that the number of colonies will increase every year without additional expense, except for hives and accessories. In some localities, there is more profit from the extracted honey than from comb honey. This will necessitate the purchase of a few additional utensils and a little different arrangement of the hive.

Bees are of much value in an orchard, often naturally increasing the yield as the result of their work of carrying pollen from blossom to blossom. Greenhouse men, too, often find their presence of much value. Indeed without the bees, flowering and fruitage in general would be more or less impossible.

### GOOD WORK OF THE MASSACHUSETTS BOARD OF HEALTH

It would be very gratifying if we could see indications of activity on the part of other Boards of Health similar to that of Massachusetts. A recent monthly bulletin of this very efficient organization contains a report of the investigation and prosecution of the Board for violators of the law relating to food and drugs. The convictions were many.

In the list of foods, etc., that the state chemists found were adulterated, diluted milk constituted the chief item, among them being four samples of "evaporated cream," whose analysis proved them to be merely milk evaporated to almost one-half its volume. "In no sense are they cream," say the chemists. The brands were the "Gilt Edge," of the Scranton Condensed Milk Company, New York; the "St. Charles," and "Silver Cow," of the St. Charles Condensing Company, St. Charles, Ill.; Borden's "Peerless," Borden Condensed Milk Company, New York.

There were seven items taken from

the Henry Siegel Company, Boston, known as "Hazel Brand." These included "Buckwheat flour," which proved to be an admixture of corn and wheat flour; "piccalilli pickles," "chili sauce," "tomato catsup," and "apple butter," which were preserved, according to the chemists, with benzoic acid.

The Importers' Tea and Coffee Company's "Challenge" brands were found to be adulterated, their "lunch cocoa" showing an admixture of sugar; their "strawberry extract," being declared artificial, their "challenge cloves" being "chiefly stems. A trace only of lemon oil," was found to exist in the Eagle Extract Company's (Boston) lemon extract and also in the "Continental lemon extract" of the Continental Tea Company, Chelsea.

We make no charge for this advertisement of the goods above mentioned, and will add that for the people who want this sort of thing, this is probably just the sort of thing they want.—*Mixed Stocks.*

# A Strong Man's Diet Made to Fit a Poor Man's Purse

By BERNARR MACFADDEN

## SECOND INSTALMENT

TO the rational student of human life, there can no longer be any doubt that one of the most important factors in arriving at an ideal diet is simplicity. Especially is this true in the case of the man whose means are limited. No matter what phase of life may be considered, simplicity is one of the great secrets of attaining success and progress, and of making the most of everything with which one has to deal. Simplicity eliminates everything in the nature of waste and superfluity, and enables one to get more out of life—more that is real and substantial. And if this is true of us as individuals, it is more than ever true of the human stomach, for aside from the mere question of financial economy, it is a fact that the stomach will be more healthy and vigorous, and the assimilative processes carried on more perfectly, if the diet consists of a few simple but adequate foods than if it contains an extravagant variety of complicated and fancy dishes.

It is probably needless to do more than remind the reader here that the vital qualities of the blood are derived from the life-building tissues contained in it, these depending upon the condition of the digestive organs, their normal functioning and the character of the food supplied to them. So that health, muscular strength and general constitutional energy to a great extent depend, primarily, upon what goes into the stomach, this being the very material out of which the living body is constructed. This consideration, followed to its logical conclusion by one who had a natural degree of respect for his person, would cause him to exercise the greatest care in the selection of his diet.

There is another advantage in that simplicity of diet with which we shall be here concerned. That advantage

lies in its freedom from those adulterations and impurities with which a great variety of the foodstuffs of the present day are impregnated. The up-to-date reader is by this time well aware of the extent to which such adulteration is carried on by nearly all food manufacturers, for since the various revelations recently made through the magazines and newspapers in regard to the use of poisonous preservatives, the intelligent consumer scarcely knows what to buy, because of the fear of swallowing wholesale quantities of chemicals that were never intended for food for any living creature. It is true that recent pure food legislation will affect this condition of affairs in some measure, but just to what extent, no one can even guess. In this age of commercialism and political graft it is hard to believe that the provisions of the new enactments on this subject will have any more than a slightly modifying influence on the tremendous business of food-adulteration.

But there are foods, and these among the most valuable, which are practically beyond the possibility of adulteration or of being treated with preservative chemicals of a poisonous nature. It will be the writer's purpose to make the most of these particular foods in this discussion. For instance, canned goods among other things, will be practically eliminated from the diet which we will consider, for these, if used extensively will be found to be rather expensive, and on this account, poorly adapted to the purses of the poor. We will also eliminate baking mixtures, powders, spices and other articles very commonly used, which have little actual food value and which are almost invariably adulterated.

Last month I offered some sugges-

tions as to what may be accomplished in the way of inexpensive living and building strength with a diet consisting chiefly of uncooked cereals. In future issues I will give further attention to the possibilities of using grains in their natural state. For the present, however, I will take up some foods with which the reader is more or less familiar, and which can be adopted immediately, without any of the inconveniences usually experienced when one makes a sudden and radical change in the nature of his food. I would not advise anyone to attempt to make any hasty, revolutionary alterations in his diet, but to gradually make such improvements as are advisable. Thus, for instance, irrespective of the value of uncooked wheat or oats, an effort on the part of one who has lived on the conventional mixed diet of the average table, to break off his old habits abruptly and attempt thenceforth to live on raw grains, would probably entail more or less hardship. He would, in most cases, experience a great craving for his former foods, and when necessary to avoid discomfort should satisfy that craving. Habit is a powerful factor, and human digestive apparatus is subject to its stringent laws as much as the individual in his ordinary activities. Oats and corn are both natural foods for horses, yet it is a common experience with farmers that after a horse has been fed through the winter on a diet of corn and hay, a sudden exchange of the corn for oats will disagree with him and temporarily upset his functional system. Then, after having been adjusted to the diet of oats, a sudden return to the use of corn will again produce a similar derangement of the digestion. So with the human stomach. The diet of oats and other natural foods referred to last month was intended rather for those who have already followed the vegetarian and natural diets, which has been the case with many of the regular readers of this magazine, most of whom have already learned to use uncooked cereals to some extent. All changes in diet should be made very gradually, at least if they are of any importance. Of course some minor improvements might well be made suddenly. For instance,

no one would suffer by the sudden discontinuance of the use of pie—unless perhaps, a resident of New England.

I wish my suggestions this month to apply to those who have never before attempted to improve or simplify their diet and who have been accustomed to the ordinary table, with its combination of meat, white-bread, pastries, potatoes and a few other vegetables. I therefore will call attention chiefly to those foods which are already known to everyone, and which are the most valuable of those that enter into their present unnecessarily large variety of dishes, excluding those that are either injurious, lacking in nutritive qualities or exceptionally expensive. This will enable anyone to follow my suggestions right from the very start, for there will be little or nothing that is decidedly new to his stomach—merely an intelligent selection of the best that he has formerly used, and the elimination of most of those food abominations and superfluities which have heretofore taxed his digestive energies and drained his pocket-book.

I will begin with the subject of bread. Inasmuch as bread enters very largely into practically every meal, its character is naturally an important factor in the consideration of this problem. And let it be said just here that white bread and all fine white flour products are hardly fit for food. There has been some attempt in recent years to make public defense of the use of white flour for food purposes. The manufacture of white flour represents a tremendous commercial industry, and naturally it is to be expected that those financially interested would do their utmost to encourage the continued use of their product, however inadequate it might prove to be as human food. But in sifting out the most precious elements of the wheat and consuming only the finely powdered, though devitalized, remains, we can hardly hope to improve on Nature, especially when we know that wheat is a quite perfect food just as it grows. Lack of space will not permit me here to go into an exhaustive discussion of the white flour humbug, but it is sufficient to say that both experience and science have demonstrated

that whole-wheat bread is far superior to that made from white flour. One could sustain life and faultless health on a diet of nothing but whole-wheat bread, while an attempt to live on white bread alone would be disastrous in a short time. Experiment will verify this. But be sure that your whole-wheat bread is truly what it pretends to be, for there are many frauds on the market, sold under this name, consisting sometimes merely of a little bran or graham flour mixed with cheap white flour. Those who do not care for the uncooked cereals will, at least, be able to appreciate the whole-wheat bread, which even in flavor and palatability, is infinitely superior to the emasculated white product of our great flour mills. And so important a place does the so-called "staff of life" occupy in the diet of the ordinary individual that whatever else is selected to make up a bill of fare, whole-wheat bread when included in the menu, is certain to give the meal at least a somewhat substantial nature. And it should be remembered that the title of the "staff of life" had been bestowed upon bread in the good old days before our modern machinery had made it possible to produce the finely ground and bolted article which is commonly used to-day.

To come back to the subject of simplicity in diet, this is without doubt the first and most important of all lessons to learn. It is true that this applies to everyone, rich and poor alike, so far as it affects the individual's health and strength, but there is additional reason for its consideration in the case of one obliged to perform hard bodily toil for a comparatively low rate of wages, and for whom every dollar saved may be termed another dollar earned.

The average table contains too great a variety of foods. Note this. Probably it is true of your own table. Even if each individual dish were faultless in itself, nevertheless so great a mixture would be somewhat unwholesome, simply by reason of its heterogeneity, while the very presence of so many tempting, appetizing foods will usually induce one to overeat, to a greater or less extent. But as a general thing many of these

dishes are either valueless or positively unwholesome in themselves, which makes matters just that much worse.

Almost invariably those who have tried the simple life insist that they secure better satisfaction from the use of one or two articles of food at a meal, provided these are thoroughly satisfying and adequate. Those who have been accustomed to a great variety of dishes at one meal, especially when they have been generously treated with condiments and spices, perhaps accompanied by stimulating drinks, will feel that there is something lacking. This is only the result of habit, and if they will gradually lessen the variety they will soon find the simple arrangement alluded to here quite satisfactory. Perhaps the meal will include one cooked dish, of which there should be a very liberal quantity, added to which there will naturally be such an amount of bread and butter as the individual may desire, making as complete a meal as a healthy, normal human being might well desire, especially if a simple, light dessert and a drink of some kind are added. On general principles, of course, it is not wise to drink anything at meal-times, and this drink is intended mainly for those who have not foresworn the habit of indulging in hot drinks while eating.

There is a variety of cheap, but nourishing and delightful soups, which can be easily prepared, any one of which would make a satisfactory meal when combined with bread and butter. The bread, by the way, should be eaten and masticated independently in such cases, and not soaked in the soup. These will be referred to in future instalments of this series. Baked beans, properly prepared, with whole wheat-bread, will provide one whose work is laborious or exhausting with a meal that could not be surpassed for its strength-giving qualities.

The writer has dwelt insistently, in this issue, upon the necessity for simplicity, because that idea is fundamental in effecting desirable changes and improvements in diet.

The following may be considered as a characteristic menu, from this point of view. As might be best adapted to the needs of a manual worker, the hearty

meal is the dinner eaten in the evening, with a light lunch. Remember, however, that ordinarily two meals a day are more satisfactory than three.

### Breakfast

One Apple.  
Buttered Oatmeal  
One Ounce of Dates.

### Lunch

Two Whole-Wheat Date Sandwiches.  
Two Apples.

### Dinner

Whole-Wheat Bread and Butter.  
Baked Beans.  
Prunes (Soaked in water over night,  
not stewed)  
Oated-Milk (Described last month).

*Buttered Oatmeal* is oatmeal served with a little melted butter, instead of sugar and cream or milk.

*Date Sandwiches* are made of whole wheat bread and butter, with pitted dates.

*Baked Beans* may be prepared according to the usual recipes, but with olive oil or butter substituted for the pork. One does not need a great quantity of these for one meal, since they are rich in nutritive qualities, and there is danger of them being eaten in excess.

A man can do the very hardest physical work on rations of this kind more successfully than on the conventional workman's diet.

In the future we will supply various menus in which uncooked cereals will figure largely.

## My Special Recipe

By BERNARR MACFADDEN

Under this heading frequently hereafter, I intend giving my readers a recipe for a cooked dish that I can especially recommend, not only as a wholesome article of food, but which I can guarantee, will be delicious. I was always fond of experimenting with cooking, and never confined my diet to the recipes furnished by others. As a result, I have originated a large number of combinations, or special methods of preparing foods, that I think will be of great value to my readers. Of course, the experimentations which have enabled me to originate the dishes that I will present from month to month, are still being carried on and when the stock I have on hand is exhausted, I will, no doubt, have others ready. The dish that I will present this month, is made with a combination of onions and tomatoes.—Bernarr Macfadden.

### ONIONS AND TOMATOES

Take an equal quantity each of chopped onions, tomatoes and whole-wheat bread cut into small squares. Mix the onions and tomatoes together in a vessel, and allow them to cook at a temperature just below the boiling-point for about an hour. Moisten the square pieces of bread with olive oil or melted butter, though olive oil will be much preferable. Use as much of the oil as the bread will absorb. A few minutes before you cease cooking the

onions and tomatoes, put the bread in with the mixture. The moistening of the bread with the oil or butter, as suggested, will prevent it from becoming soft and mushy, and will render it more appetizing. The onions and tomatoes can, of course, be cooked in fifteen or twenty minutes, if boiled, though I think the flavor will be retained better if they are allowed to cook at a somewhat lower temperature, as I have suggested.

# The Most Well-Developed Man in England

By BERNARR MACFADDEN

Result of Competition, held during my Lecture  
Tour of Great Britain, for Selecting the Most  
Superbly Developed Man

VERY few competitions in the field of physical culture have aroused the interest that was apparently taken in the contest held during my lecture tour throughout Great Britain. In nearly every city I visited there were from ten to twenty competitors. In a few cities, the number fell below this, though even where the number of competitors was small, quality usually compensated for lack of quantity. The final competition at Birmingham brought together the finest lot of well-developed men, I think, I have ever seen together at one time. There were about thirty competitors there, representing the various cities in which they won first or second prizes. The original rules under which the contest was to be held, had to be changed in some details, in order to be just to all concerned. We found that it would be hard to follow the method of judging originally proposed, and secure a fair decision in every instance. It is an extraordinarily difficult matter to please everyone when acting as judge. In fact, not infrequently one has to meet with considerable unpleasantness when filling such a position. I was, therefore, naturally desirous of avoiding such responsibilities if it were possible. I contrived a plan which seemed satisfactory to all concerned, and personal responsibility was eliminated. In one or two instances, the local contestants objected to this plan, and I had to assume the duties of referee, though I must admit that I only agreed to assume these responsibilities after considerable insistence on the part of the competitors. The plan that I proposed, and followed with great success in all the competitions which were held, was to

make the audience the referee. The various contestants were each allowed a few moments to pose in whatever



Mr. J. Briggs, of London, Winner First Prize  
All-England Perfect Man Competition



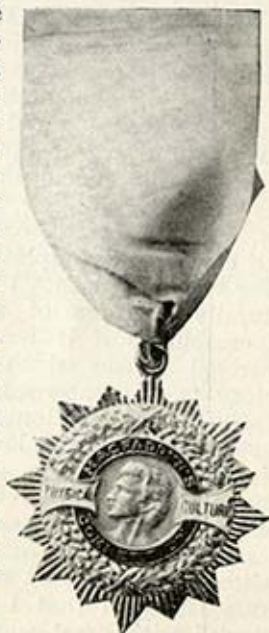
Mr. J. Mackie, of Edinburgh, Winner of Second Prize

positions that showed their development to the best advantage. I would request the audience to carefully look over the physique of the various competitors, and select the one he or she considered to be the most perfectly developed. Following these exhibitions, each contestant would in his turn come forward, and those in the audience would have an opportunity to vote for their favorite by holding up their hands. I would always select one or two persons from the audience to assist in the refereeing, by counting the votes for each contestant. In some cities the contests were rather close, though as a rule, it was quite easy to determine the selection of the audience.

A great number asked me if this method of selection was to be considered a fair decision. The decision, in nearly every instance, was just about the same as it would have been if I had been

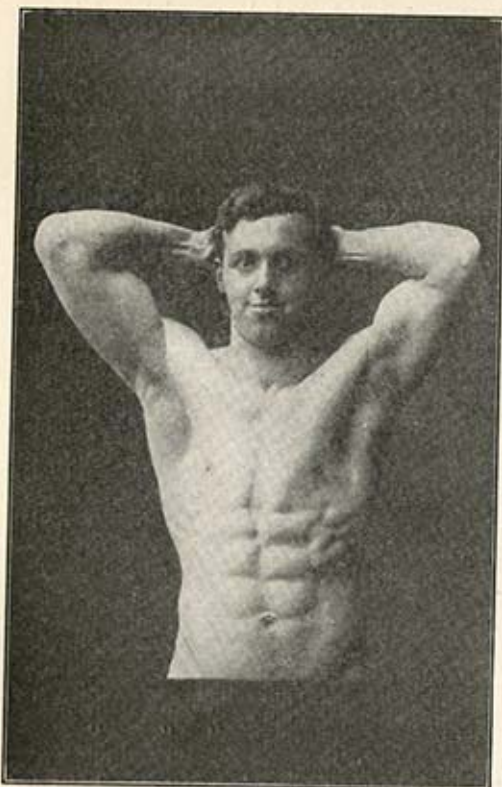
doing the judging myself. An audience of physical culture enthusiasts have a very clear idea as to what constitutes physical perfection, and they rarely make a mistake. Of course, in following a method of this kind, there is always a possibility of favoritism being shown to a well-known local athlete, but from my experience in competitions held in these various cities, I would say that such favoritism rarely occurs. In nearly every instance, the decision was fair to every competitor. The final competition at Birmingham was well attended, and the competition between the various contestants was so close that the selection of the winners had to be determined after the audience was dismissed. The stage was not large enough to hold the large number of competitors, and enable the judges to fairly compare the development of each. I had not expected so many contestants, and was hardly prepared for the large number that appeared. The magnificent types of manhood that represented the various sections clearly indicate that there is plenty of material for the regeneration of England, if it will simply

awaken to the value of physical culture in the development of rugged physiques. The young men appeared on the stage, and were required to pose in groups of four, to display their development to advantage. In the event of our inability to render a decision, each young man had an opportunity to display his development for half a minute, in the posing cabinet. Specially arranged



Design of Medals Awarded in the Competition





Mr. Wilfred Harwood, Winner of Third Prize

lights emphasized the development of the wonderful physiques of these young men, and won for them rousing applause from the audience, in many instances. After dismissing the audience, the competitors were then lined up in the main hall, and with the assistance of the two judges, we were finally able to make our selection. Six prizes were offered in this final competition. First prize, a very large handsome gold medal, of which the medal illustrated in this article formed the centerpiece. Around this medal were two large gold wreaths and it hung from two gold bars. Second prize was a similar medal, with one wreath, the medal hanging from a single gold bar. The third prize was the gold medal shown herewith. The fourth prize was a similar medal. The fifth prize, a silver medal, and the sixth prize, a bronze medal.

From the large number of competitors, we were finally able to select ten that we considered the most perfectly

developed and from these ten, we were finally able to select the six winners. The first prize was won by Mr. J. Briggs, of London, whose measurements are as follows:

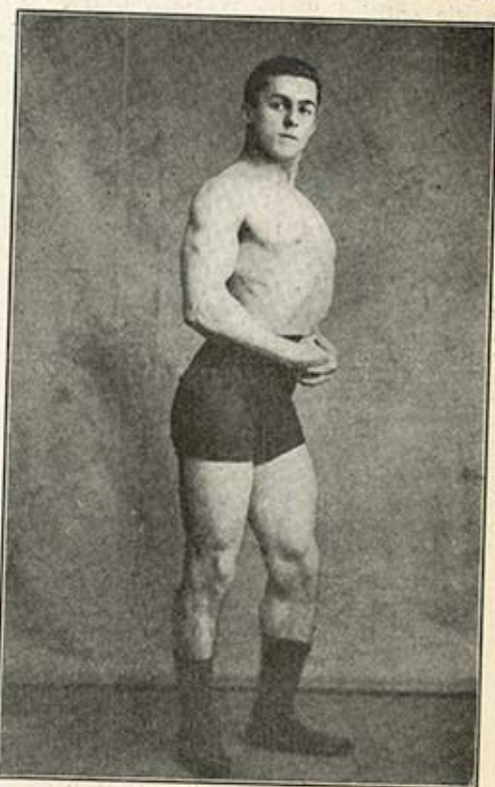
Height, 5 ft. 8 in.; weight, 168 lbs.; neck, 17 in.; chest relaxed, 40 in.; chest expanded, 45 in.; waist, 30 in.; biceps, 13 in.; biceps flexed, 15½ in.; forearm, 12 in.; thigh, 23 in.; calf, 16 in.; wrist, 7¾ in.; ankle, 9½ in.

The winner of the second prize, was Mr. J. Mackie, whose measurements are given below:

Height, 5 ft. 9 in.; weight, 168 lbs.; neck, 16 in.; chest relaxed, 40 in.; chest expanded, 46½ in.; waist 30 in.; biceps flexed, 15¾ in.; forearm 15 in.; thigh, 24 in.; calf, 16 in.; wrist, 7¼ in.; ankle, 8¾ in.

The winner of the third prize was Mr. W. Harwood, of Haworth, near Keighley. Measurements:

Neck, 15¾ in.; chest relaxed, 39½ in.; chest expanded, 45 in.; waist, 30 in.; biceps relaxed, 12 in.; biceps flexed,



Mr. T. Downs, Winner of Fifth Prize



Mr. J. R. Hannam, Winner of Fourth Prize

14½ in., forearm, 11½ in.; thigh, 22½ in.; calf, 15½ in.; wrist 7½ in.; ankle, 8½ in.

The winner of the fourth prize was Mr. J. R. Hannam, of Hyde Park. Measurements:

Height, 5 ft. 5 in.; weight, 150 lbs.; neck, 16 in.; chest relaxed, 41½ in.;

chest expanded, 42½ in.; waist, 30 in.; biceps relaxed, 13 in.; biceps flexed, 14½ in.; forearm, 14¾ in.; thigh 22½ in.; calf, 14¾ in.; wrist, 7½ in.; ankle, 8½ in.

The winner of the fifth prize was Mr. T. Downs, of Wombwell. Measurements:

Height, 5 ft. 4¾ in.; weight, 146 lbs.; neck, 15¾ in.; chest relaxed, 38½ in.; chest expanded, 41 in.; waist, 29½ in.; biceps relaxed, 11¾ in.; biceps flexed, 13¾ in.; forearm, 10½ in.; thigh, 21½ in.; calf, 14¾ in.; wrist, 6½; ankle, 8½ in.

The winner of the sixth prize was Mr. James Osborne, of Burnley. Measurements:

Neck, 15½ in.; chest relaxed, 37 in.; chest expanded, 40½ in.; waist, 28 in.; biceps relaxed, 12 in.; biceps flexed, 13 in.; forearm, 11½ in.; thigh, 21 in.; calf, 15½ in.; wrist, 7½ in.; ankle, 6½ in.

## BEER-DRINKING IN GERMANY AND ELSEWHERE

### TO THE EDITOR:

Permit me to voice my opinion on an article entitled "Beer Drinking Cause of Continental Athletic Degeneracy" by Frederick Carrington, which appeared in a recent issue of your magazine. Mr. Carrington attributes the cause of the Continental athletes' inferiority to the fact that they indulge in alcoholic stimulants. To some extent this may be true, but I think it is mostly due to their lack of interest in our style of athletics. As you will no doubt know, they take considerable pride in their "Turn Vereins" and the American and English athlete is in consequence left in the shade at this game. Mr. Carrington claims that beer tends to grossly fatten and thus decrease the wind, speed, etc., of the athlete, which is too true. But do not tobacco coffee and tea produce a similar evil effect upon the athlete? These three poisons are an obstacle in the path of physical perfection in the American and English athlete. The following statistics will show that we exceed in per capita consumption of these things any one of the liquor-drinking nations.

In 1900 the per capita consumption of tobacco was as follows:

United States	4.40	lbs.	per	capita
Germany	3.00	"	"	"
France	2.05	"	"	"
Spain	1.70	"	"	"
Great Britain	1.41	"	"	"
Italy	1.34	"	"	"

### Consumption of Coffee:

United States	10.79	"	"	"
Germany	4.62	"	"	"
Italy	0.98	"	"	"
United Kingdom	0.72	"	"	"

### Consumption of Tea:

United Kingdom	5.8	lbs.	per	capita
United States	0.90	"	"	"
Russia	0.75	"	"	"

and would not it surprise Mr. Carrington to learn that the consumption of beer in Great Britain exceeded that of Germany by four gallons per capita, Switzerland by fifteen gallons per capita, United States by eighteen gallons per capita, and is not the following report of the Commissioner of Internal Revenue of the United States alarming?

"Figures just made public here show that Americans are fast becoming a beer-drinking people.

"The Commissioner of Internal Revenue reports, for the fiscal year just ended, that 160,000,000 more gallons of beer were consumed in the United States than during any other year in the history of the nation. About 7,250,000 gallons more spirits were consumed. No explanation is offered by the officials of the Internal Revenue Bureau regarding this increase."

I do not wish to attack or criticize Mr. Carrington's splendid article, but simply point out some of our own flaws and errors; this for the betterment of the neglected human race.

"People who live in glass houses should not throw stones." We are not perfect, therefore let us strive with might and main to become so.

Hoping you will find space for this little supplement to Mr. Carrington's article, in your reform-spreading, nature-restoring magazine, and wishing you and your staff the best of luck and success.

CHARLES A. MAUS,

New York City.

## Rounding up the Quacks

There are, at the present day, so many charlatans—medical quacks, fortune-tellers, get-rich-quick concerns, proprietary medicines, mail order swindlers, and scoundrels of a similar sort—enriching themselves at the expense of the sick and the ignorant, that it would be impossible for us to expose and dissect each individual fraud, even if we had the space of a dozen magazines at our disposal. We propose, however, to do the best we can in this direction, within the limitations of this department. In most cases, the impostors upon which we have turned the search light of inquiry in the past, were representative of a given class of frauds. This same policy will continue in the future, and hence our readers may know that for one "Sure Cure" or "No Pay Until You are Cured" or "Nerve Force" humbug spoken of in these columns, there are hundreds of others of a like type that we would like to flay only we lack the space that we would gladly devote to the process.—Bernarr Macfadden.



OUR installment of this series, published in September last, made reference to a Mr. and Mrs. Geo. A. Corwin, the proprietors of "Nerve-Force Hall," Atlantic City, N. J., in which it was intimated that it was entirely in order to include these people in this department. Subsequently, a communication was received by Mr. Bernarr Macfadden from Mrs. Corwin, who is apparently the active individual in the affairs of Nerve-Force Hall, in which she stated amongst other things that "We have carried 8,530 helpless human beings in absolute charity with our Unguent, in many instances feeding as well as healing the sufferers." One of the first rules of logic is, that an assertion is no proof. Mrs. Corwin, might just as easily have made it 8,800,530 helpless human beings as far as the proof is concerned. She also remarks, "That our Unguent will lift a dying man or woman back to life, cure total paralysis, and remove the most determined of tumors." Of course an individual who will calmly allege that the rubbing of an ointment on the skin, will bring a dying person back to life, etc., is to be believed—or otherwise. She ends up her letter by stating that "Mr. Corwin is an Elk, and a K. B., and also deserves the respect of mankind." It will be seen by this that this estimable lady infers that if the editor should happen to be either an Elk or a K. B., he will allow that fact to prevent him

from doing his duty to the public in regard to showing up quacks. She evidently does not know Mr. Macfadden. As to Mr. Corwin "deserving the respect of mankind," this is a somewhat broad statement, as we shall presently show.

In a still further letter, she states that, "We wish to advertise our booklet in PHYSICAL CULTURE if it pleases you, making a contract for twelve one-quarter pages. It is a strange coincidence that we should have talked of this matter and the purchase of lots from you, the very day your September number came to hand." The clumsy attempt to bribe Mr. Macfadden into silence through the medium of the bait of advertising in PHYSICAL CULTURE and purchase of lots, is as obvious as it is insulting. It doesn't seem to occur to Mrs. or Mr. or both the Corwins, that the proprietor of this magazine is not in the blackmailing business, as she apparently infers, and therefore cannot be bought over either by advertising or lot-buying. She further states, "Your writer has gotten hold of a mere tabule folder, not our booklet, which has our full data." And she infers that it was on the basis of this "tabule folder," whatever it may be, that the article that has already appeared in PHYSICAL CULTURE was based.

It would seem that the said tabule folder, is confessedly a misleading document. As a matter of fact, the booklet itself was read and studied, and it may be added that of the vast mass of quack literature that comes under the notice of the writer, this Corwin's stuff is about

the worst. The average quack sends out books that no—matter how misleading their claims—are at least intelligible. But the Corwins' pamphlets are a jumble of utter nonsense, either through the ignorance of the authors of them or for the express purpose of befogging the reader's intelligence. This is saying nothing of the absolute misrepresentations which they embody. For example, they state that "Nerve-force is an outwardly applied remedy, its office being the re-establishment of the circulation of the blood." Any person who makes an assertion that a poor circulation of the blood can be remedied by rubbing a something or the other on the skin, is guilty of a physiological untruth which is most apparent. And when that untruth is put into circulation for the financial benefit of its maker, the inference is quite plain.

And now, will anybody be good enough to say what the following extract from the booklet of the Corwins' means. "It (nerve-force) accomplishes its purpose by penetrating the battery cells (*sic*) which control the venous circulation. It is founded upon the principles that suffering and premature decline and premature death are born of dormant circulation. That the manner of attack upon this ravager of health must not be by stomach-drugging \* \* \* to spur the overworked and enfeebled vitalities to still greater consuming effort." (We are not responsible for the spelling of the Corwins, be it remembered). "But rather" (we ask PHYSICAL CULTURE readers to pay especial attention to this beautiful passage), "the preparation for the Controlling Batteries of as exact an imitation as possible of the Electric-emulsum (nerve-force) a healthy and but normally burdened Liver would have manufactured for their purpose from the fat-foods. Sending it to them upon the Blood-tide that they may, by their power of attrahence, charge themselves and be ready to respond with normal emphasis and promptitude to the mandates of Nature in her dominion over Venous Blood." Will any one kindly translate this into understandable language? We shall also be glad to know what "attrahence" is.

Here is another lovely bit of "physiology according to the Corwins." "Fat foods are stubborn and remain in their original form until acted upon by Bile of such chemical potency as will saponify them into a subservient emulsum, that will mingle with the bowel congeries freely, and become a graspable, practical principal of the bowel mass, from which are to be drawn the different elements of control and sustainment." Again, Mr.—or is it Mrs.?—Corwin also makes this remarkable assertion, which is not found in any book on physiology: "Nature overcomes it by fortifying the veins with valves, (like beads upon a string) and connected Battery Cells of which, with their Controlling Battery wires in the brain by hollow wires (nerves) through which to plunge the nerve-force they contain to compel the valves to open to admit and close behind each drop of rising blood." The mere fact that the nerves are *not* hollow, and the blood does *not* flow through the veins drop by drop, but in a continuous current, doesn't matter in the slightest to these people. And what on earth do they mean by "Controlling Battery wires in the brain?" And yet in the face of this farrago of nonsense and mistatements they have the audacity to protest against their being placed amongst others in this department. Remember that the foregoing are extracts from the booklet and not the "tabule folder," to which Mrs. Corwin calls attention as correctly telling about their nerve-force.

The "nerve-force treatments" include an "Unguent," as well as constipation, food, sexual and spray tabules. And either one or the other nerve-force is "guaranteed to cure" every disease known to afflicted mankind from impotency to checking the growth of superfluous hair upon the face of a woman. With characteristic honesty, Mrs. Corwin declares that it will not remove such hair but will check its growth and advancement. Of course the intelligent reader can easily draw his own conclusions in regard to any one remedy that is alleged to cure a few hundred maladies. The only marvel is, that these cure-alls are not recognized by the medical profession the world over,

instead of being in the hands of Mr. and Mrs. Geo. A. Corwin, of Atlantic City.

"Nerve force" is an artificially prepared electric emulsum imitating Nature's blood constituents produced by her digestion of fat foods. It is so nearly analogous as to properly convey messages to and from the brain and the valves of the venous tubings," allege the Corwins. One may with some difficulty gather from this befogging sentence that you need not eat any fat foods at all if the Corwins are right, but simply rub the "nerve-force" unguent on the skin instead, for they declare that it is so used "by rubbing if the flesh will endure this, or merely spreading over accessible surfaces and kneading in." Also this marvelous ointment in the case of children "will cause them to develop perfectly in bone, sinew and flesh." Exercise, proper food and cleanliness are, therefore, not of the slightest consequence in the case of little ones, but all you have to do is to buy a box of the Corwins' ointment, rub it in, and the children will grow up as the Corwins allege, if you like to believe the latter. The individual who states that a remedy of his is "an absolute remedy for sexual troubles in men, no matter what form this appalling symptom of premature decline of the parts and functions may assume," is simply a plain ordinary quack, no matter what his or her alleged personal standing may be.

In this connection it may be remarked that the Corwins in their books are continuously harping upon the evils of "stomach-drugging." Nevertheless, and as will be seen, outside of the unguent, they prescribe tabules, which are, of course, taken into the stomach. To be sure they declare that these tabules contain neither drugs or minerals, but just what is meant by this it is hard to understand, for if the tabules contained nothing that does *not* affect the system, they must, of necessity, be of a neutral and inoperative nature. Whatever is taken into the stomach must have a definite effect on it one way or the other. If these tabules are not drugs in some form, it follows that they must be as harmless as the bread pills administered by doctors in order to

obtain the incidental fees from the confiding, if duped patient.

The publication of the September article brought forth a letter of protest from one W. M. Draffin, of St. Albans, Vt., who, amongst other things, asserts that the Corwins' remedy would accomplish more in a few months than years of physical culture. Mr. Draffin omits to state whether he had tried years or days of physical culture, but the inference is that he has not, or he wouldn't write in the manner that he did. On the other hand, letters such as these have been received.

#### TO THE EDITOR:

Your article under the heading of "Rounding up the Quacks" referring to the Corwins and their Nerve Force Remedy, was absolutely too mild. They are frauds of the deepest dye.

This very party when I showed her your article, informed me that she fed you for weeks at a time before you started your Magazine. This was more than I could swallow.

When I informed her that I was a stockholder in the Physical Culture Restaurant Co., and also owned several choice lots in Physical Culture City, she let loose.

I have seen the letters she sent to you and am near enough to hear every word she says when diagnosing a case.

This woman has frightened scores of poor credulous creatures into taking her treatment by telling them that they have cancer of the womb or are on the verge of a stroke of paralysis. She has a lecture room on the boardwalk where she lands her suckers.

I am positive that this woman is doing much harm to those who don't think for themselves. So don't think for a minute that you have wronged the just. They are doing a large mail order business and seem to have dupes all over the country.

Any further particulars you wish to know I shall be glad to furnish.  
F. P.  
Atlantic City.

#### TO THE EDITOR:

I wish to say a few words in commendation of your untiring efforts in exposing the nefarious quack doctors who infest the country, and impose untold misery and distress upon a suffering and unsuspecting people.

I was particularly glad to see you round up the Corwins of Atlantic City in September PHYSICAL CULTURE. I have had experience with these people and paid a good price for it too. Their preposterous claims and miraculous cures (?) surpass human understanding. I was led to take a course of their treatment by the claim that it was not stomach drugging. One-third of the shipment was lost in transit through leakage. They promised to make it good, but I would have to send for another month's treatment first. So the truth is, I was cheated both as to quantity

and efficacy. Of course it never benefited me, and I believe vaseline rubbed into the skin would possess as much curative value as their wonderful Nerve-Force unguent.

May success multiplied attend you in the great work you are doing.

Very respectfully,  
Fresno, Cal. T. W. C.

Some time since, this department paid its respects to a particularly impudent charlatan who posed under the fictitious name of "Dr. NaMorg," and who swindled his victims from Jackson, Michigan. The fellow, through the medium of a thick little pamphlet, told a long yarn of his having become



Quack "Doctor" Frederick Main, who is the second Charlatan to discover the fake Nostrum, Vitala

acquainted with a United States soldier who had served in the Phillipines, and who, while so doing, had been captured by a tribe of natives. These natives, so the alleged soldier is said to have declared, "were magnificent specimens of manhood and womanhood in a sexual sense," which fact was due to their use of a certain plant or root, the knowledge of which was a tribal secret. However, and according to Dr. NaMorg, the soldier managed to worm the secret out of them, which secret he let the doctor have. The truthful NaMorg, if ever there was such a person, went on to state that he managed to get hold of a quantity of the plant from which he

prepared a nostrum called "Vitala," which was guaranteed to do for anybody all that it had allegedly done for the artless natives, and much more.

NaMorg went out of business, and his successor was an individual named Dr. Frederick Main, who can be found at the same old stand in Jackson. But on his letter-heads he in turn declares himself to be the "Discoverer of Vitala, the Wonderful Philippine Restorative." With the typical honesty of his class he omits to give any credit whatever to the mythical NaMorg for the "discovery." Subsequent to PHYSICAL CULTURE showing up NaMorg, one of the dupes of Main named Seger on reading the article, wrote to the latter and insisted upon his money being returned to him. The quack's reply was in part as follows.

MILTON E. SEGER,  
Webster City, Ia.

MY DEAR SIR:

Your notation on the back of my last reply to you is received. I enclose check for \$2.50 which you say will be accepted in settlement. I have filed all your correspondence for future reference should you see fit to reopen the case at any time.

The clipping you enclose is quite amusing to one who knows the facts. I do not know just when this issue of the "Physical Culture" appeared, but infer it is a recent issue as this is the first it had come to my notice. The fellow that wrote the article evidently worked overtime in his effort to protect the public. His subject has been dead and buried two years. Anyway, his story helped to fill space in the "Physical Culture" and that helped the Editor along some. Some people like just such sensational stuff as this and, of course, the Editor has to satisfy them.

So far as making an explanation is concerned, I have nothing to explain. The article does in no way concern me. Even if it did, you would not be obliged to resort to threats of blackmail to get a fair and honest deal. Had you, for one, never seen the yellow article referred to you would be better off to-day, for it had its effect in exciting your suspicion of me.

I hope you will not relax in an effort to regain your manhood. It is a duty you owe to yourself and to your country to be a man. Be true to yourself. Get cured before it is everlastingly too late. I don't expect you will ever come back to me for a cure, deeply as I regret it. But I do hope you will find some other treatment that would do as much for you—that will positively cure you if you will stay with it, which you must expect to do if you are ever cured.

FRED'K MAIN, M. D.

Notice the "Doctor's" deep regret that he has lost a patient!

## 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.

### Wanted: Men and Women of High Ideals For Parenthood

TO THE EDITOR:

In my opinion there is only a small percentage of the human family that are fit to become parents. There are both men and women that are not blindfolded by ignorance and are living pure and wholesome lives, but they are comparatively few, and a person of this kind might have to look for a long time before they find another such one.

But I say to both young men or the young women that you had better stay single than accept your inferior for a life companion, and if you pledge yourself not to degrade your mind and body by an unsuitable mate, you need not worry, your chance will come to get a worthy partner in life. Nothing is so admirable as a pure manly man or a pure womanly woman, both of perfect health and temperament, as they cannot be manly nor can they be womanly without good health and a kind aspect. And it is only such that are fit to propagate their kind.

You can't make a manly man of the cigarette fiend, nor can you make a womanly woman of one who has patterned her body after the shape of a wasp. Away with the corset, the foundation of woman's woes! Away with the poison of tobacco and strong drink; which, depriving humanity of will-power, leads on to destruction of all that is pure and wholesome in this life.

I say don't stop, because you are as good and as clean as the other fellow, but go beyond him; show him the way, and in time he will follow in your footsteps.

Man and woman stand on an equal footing when it comes to this subject.

"No man can rise above his own aspirations." So in the name of humanity let us aspire high! This is the only way we will ever be able to out-general that one curse of civilization, *ignorance*.

I don't want the reader to imagine for a moment that I am not alive to the fact that there is many a noble-minded man and woman who is interested in the uplifting of humanity. Let us show the way, for we can't abandon ignorance too soon!

The human race is not as healthy by far as our forefathers. So let us work for the betterment of this generation as well as the ones to come.

"We are all subject to mistake, but he who fails to rectify his mistakes, makes the biggest mistake of all."

E. M. J.

### Early Marriages

TO THE EDITOR:

I have read with pleasure, the varied and interesting topics discussed in PHYSICAL CULTURE, and think your common sense views concerning development of the body, and preservation of the health, should be read and known, by every child and adult in the land.

The subject of early marriages, is too commonly overlooked, much to the physical degeneration of a large part of the population. It is a pity that the subject is not looked into more, so that those in authority would pass a law to prevent the marriage of a boy or girl, and especially the latter in their teens.

Physiologists tell us that the human body requires on an average, and under the conditions of modern civilization, about twenty or twenty-one years to fully mature.

Four instances of marriages of girls, at the age of sixteen, have come under my notice, and but one of them lived to reach the age of thirty years. Hence the old saying "Early wed, early dead," is a true proverb.

All of them were mothers before they were eighteen, and all of them were physical wrecks, before they were twenty-five.

One of them has reached the age of fifty-eight years, and is the mother of sixteen children, and she is old beyond her years, burdened and over-taxed. When the change of life came on, she went insane, but recovered and has some prospects of now having a few years of comparative health.

Farm journals occupy many columns, explaining that while there may be an advantage financially in early propagation of the species in animals; yet their offspring is lacking in vigor and vitality. Therefore, why should not every interest be taken in having

the human race, not over-taxed, but strong and healthy?

Psychologists and those in charge of hospitals for the insane, tell us that the majority of patients, are the children of parents, who were married too early in life. There should be more widespread knowledge, concerning the subject for the further betterment of the human race.

BZZ LIBERTY.

### Is Salt a Necessity?

TO THE EDITOR:

I have just been reading the letter from H. M. Lome in regard to salt.

He says the saline taste of the blood will explain why the average man craves a fair degree of salt in his daily food. but I fail to see that this proves the necessity for the use of salt as it is generally used—or that so much salt is necessary in the blood. To my mind the presence of salt in the blood is simply the result of the intemperate use of salt as food by humans of civilized condition for many generations. No wonder the blood is impregnated with it. Did Mr. Lome ever taste the blood of a South American savage? Travelers tell us these savages never eat salt. Salt is an antidote to the famous Wourali poison. White men, salt-eaters, do not fall a victim to this poison. The savages who do not eat salt succumb to its effects.

It would seem, therefore, that the savage manages to exist without salt in his blood, nor does he crave for it.

Mr. Lome says all herbivorous animals crave salt. Because they crave it, is that a sign that it is a necessity, or good for them? Humans are wiser and have more knowledge than beasts—yet they often crave things that are injurious because they taste good. Is it not possible that animals may like the taste of things not necessary to their existence? Shall we go to the beasts to learn to live? Even if salt were necessary to animals, does that prove that we require it? A cow naturally craves grass, clover and such things. Does that prove that we need them? Blind instinct is not *always* safe to follow. Some humans crave whiskey, morphine, tobacco. The craving does not prove the necessity. Instead of learning from the beasts let us rather listen to our higher intuitions. It is only by study, thought and experiment that we can find the best diets. And no two can live alike. But we should try to learn what food will give us good, clean blood, nerves that are steady and harmonious and a brain that can receive clear, strong impressions.

Because we have done a thing for centuries, is no proof that it is the best thing to do. Let our higher ideas prevail, not our lower instincts.

EDWIN MAYNARD.

918 Crotona Park, South, New York City.

### The Unhealthy Side of Tent Life

TO THE EDITOR:

Why do doctors advise patients to live in tents, when it is unhealthy, if you live as most people that I have seen in tents do? I lived in Albuquerque, New Mexico, where doctors

sent people by the hundreds to live in tents. Well, a man and wife would come, perhaps with little means, and go into a 10x12 tent in which they would eat, sleep and live. A bad change in the weather would mean the tying up of the tent. What kind of air would they breathe in there before morning. Do you think it would be healthy air? The truth is that they are worse off than in a less favorable climate, if they had a room with windows through which the sun shines, and a door that would be left open part of the time at least. I helped a lady take care of her husband, who died, in a tent 10x12. He had tuberculosis and she cooked, ate and slept in that tent. When I went in I told her she would have to have a window put in the back part of the tent so that we could have air, for it was very hot and close during the day. When we got the window he would not have it open, for he said the doctor told him not to have draught as he would get cold. Now, that tent was the most unhealthy place I ever stood in. Tents to be healthy should be provided with windows, for they need the direct rays of the sun to keep them dry. My husband went to Nestor, Cal., to work for two or three weeks and he took a small tent to live in. After he had been gone a little over a week I went down there to see how he was getting along. I got there in the forenoon on a lovely sunny day and when I opened the tent it was hot and musty-smelling, for he went to work in the morning, tying up his tent and didn't come back until night so he could not open it to let the sun in. Had there been windows in the tent, the sun would have shone through and dried up the dampness. I opened the flaps and rolled up the sides and moved his bed, and on the blades of grass below it were drops of water!

I have given tent life a little study for I lived five months in a tent at Grand Canyon, Ariz., and I had fresh air all the time and my door open for sunshine. I am living in a tent now and have been all through the rainy season. My tent is 14x24 with two doors one on each side; it has a floor in it and the sides boarded up, but no windows as we are building a home and did not want to lay out any more money on our tent. Our doors are open all the day, and when they are closed at night, there is a six-inch space open over both doors, yet it is not really healthy for all that, for it needs windows in the ends to let the sun in to keep it from becoming musty. I wish the doctors would tell their patients that fresh air and sunshine are the best medicine. Doctors, tell your patients how to live in a house before you advise them to go in a tent. God has given fresh air and sunshine free to his children and they are so ignorant that they shut out these, that mean life, and then go to the doctor to see what is the matter with them.

ANNIE S. HANSON.

National City, Calif.

### Experience With Exclusive Milk Diet

TO THE EDITOR:

I notice in a recent number that you refer



to the milk diet for gaining flesh, so I will write you my experience in that line. Last July I had lost about ten pounds in weight and the least physical exertion caused me to be very weak and made me unfit for work, so I decided to enter a milk and rest cure sanitarium. I was required to go to bed and stay there, only being up long enough to take a bath every day of one hour's duration, the water being tempered to 96°. I drank a glass of milk every half hour until I had consumed six quarts a day, and the last two weeks I was there I drank seven quarts a day. At first the diet caused constipation, but a little olive oil taken three times a day remedied that. However, some of the patients were affected by dysentery. The milk was rich and of very good quality, and I ate no other food and had no desire for other food. As I had always led an active life the confinement in bed caused me to be very restless, but after the first week this gradually wore off.

The first week I had gained four pounds and the next two weeks I gained seven and one-half pounds, and so on, and at the expiration of six weeks I had gained seventeen and one-half pounds. Some of the patients gained over twenty pounds in that space of time and one gained nine pounds during the first week's treatment.

There were some eighteen patients, no two afflicted alike, and all received the same treatment except that some were given massage treatment. A few days before I left, I was allowed to exercise a few hours each day and at the end of six weeks, when I left, I was weak and very nervous, and had no appetite. It was several weeks, before I regained appetite and the nervous state left me; the weakness did not begin to leave me until a few weeks ago, when I began to take exercise, thanks to PHYSICAL CULTURE and your efforts in that line.

I have seen several of the patients lately and not one of them claim to have received any benefit from the treatment except the extra weight in flesh.

However, I think that this diet, with the proper amount of exercise and cold water baths instead of the long hot water baths is excellent for increasing weight. But in my case as soon as I went to work again, I lost nearly every pound that I had gained during the treatment.

SUBSCRIBER.

Los Angeles, Cal.

#### Physical Culture and Industrial Conditions

TO THE EDITOR:

I have seen much discussion in PHYSICAL CULTURE magazine of late relative to the stand that you should take towards Socialism. Though a Socialist myself I do not believe that your magazine should support the Socialist movement as a whole, as it should be purely a health magazine. But I believe it should take issue against those industrial conditions that directly affect the health of those employed thereat. Some of these conditions are: Child labor, working in

poorly ventilated and unsanitary shops, long working-hours, especially for those employed at unhealthy occupations.

The above named and other industrial conditions that are detrimental to the health should be taken issue against by your magazine. The causes and their effect upon humanity, should be shown.

Though physical culture cannot be adopted and appreciated by all the people under our present form of government, owing to our industrial conditions, it can teach those who are in a position to take it up to lead clean and healthy lives—not the life of the average church-member, who considers the drinking of whiskey a sin, but fails to see the harm that pork and many other unhealthy foods have upon the human body.

By teaching men to lead proper lives, physical culture will help to improve industrial conditions, because when men are once imbued with its teachings, they will rebel against those conditions that tend to stop man from reaching his greatest height. The people will have to depend upon such men, to help them out of their present difficulty, for it is unlikely they will sell themselves, that they may enjoy the so-called luxuries of our present day civilization.

HARRY POLGLASE.

Lake Linden, Mich.

#### Farmers and Their Surroundings

TO THE EDITOR:

I have been an interested, and in some instances amused, reader of the different letters in your magazine in regard to the farmer and his foul surroundings. I think it safe to say that the people who wrote the letters in question were neither farmers, nor did they know anything about the subject beyond a casual view of it. I am a farmer myself, and therefore, as any other ordinary farmer would, take issue upon the subject. I might even write upon the surroundings of the city people, but will not do so beyond using them as a comparison to the "foul" surroundings of the country people.

I would in particular speak of a certain letter published in the June number of your magazine. Here the writer of the article in question states "I have known (looks as though he was not very familiar with the subject) them (the farmers) to close and batten up their houses in November or before \* \* \* \*". But does he stop to consider why? It is safe to believe that he is sitting at the side of a gas burner in some residence in the city and is not forced to "batten up" his house to keep from freezing during the long cold winter. Is it any worse to "batten up" a farm-house for winter than to live in a city house the year through that is much tighter than "battening" could make a farm-house? I think not.

This is the difference: on some cold morning in January the city chap lies in bed until about ten o'clock, when he arises to find the atmosphere of his room somewhere about summer heat regardless of the state of the outside air. Heavy curtains cover the tightly

closed windows of the room in order that the occupant may not be disturbed by the bleak view without. He can take his hot bath and dress in his immaculate clothing, and descend to his breakfast in the most leisurely fashion and reflect how unhealthy the farmer is in his closely-battened house, where no fresh air is admitted from November to April, and where the family live over a garbage barrel, eating pork and drinking cheap coffee amid the foul gases of two stoves and half a dozen oil lamps. He can then, some time in the day, if his courage holds good, don his fur coat and other paraphernalia and ride in a heated car down to his warm office.

Out in the country an hour or two before daylight and three or four hours before the man of the city thinks of awakening, the farmer opens his eyes to see the frost so deep on his window as to exclude all view outside, and little drifts of snow that have sifted into the room through every little crack and crevice and perhaps even falling on the bed. But the farmer has no time to reflect upon the healthy surroundings of his city brethren. He springs out of bed, hurries on his clothes as best he might, and starts the fire to raise the frigid temperature of the room. He must then awaken the rest of the family and with the help of his sons, if he should be fortunate enough to have any, he must set out to do the chores no matter if the snow is up to his neck with the wind blowing it in dense clouds with indescribable fierceness. When the barn is reached, they must work an hour or two at stock feeding and other chores with the thermometer perhaps twenty degrees below zero before they have a chance to wade back to their death-trap and eat pork washed down with cheap coffee. He expects to have this operation finished by daylight, when he must shovel out his doors, get out his team and away to the woods to cut wood to keep his family warm. After he has cut down a few trees he forgets the bitter cold; his cheeks are red, his eyes sparkling, and when he sits on a snow covered log for rest he can gaze upon the mighty forest, now white with snow in its winter slumber, the long stretches of white glistening like a thousand diamonds in the sun, he can watch the playful rabbit sporting in the bushes, the chattering squirrel in the tree, and reflect on his unhealthy surroundings and ultimate end amid the gases and foul air, while his healthy city brother is still snoozing in the summer heat of a room—and envy him if he will.

I believe this is enough for the consideration of your readers for this time, but I may come again in the near future to support the farmer who furnishes the wealth and brains of the nation—and feeds it with the great men and the sprouting, rotting vegetables the city chaps like so much to get.

R. L. KING.

#### Views of a Meat Eater

TO THE EDITOR:

I believe that you are doing the live stock industry an injustice by agitating this ques-

tion so much in your magazine, for you are not only hurting the cattlemen, but the poultryman who must sell his cockerels and old hens, or all profits are gone. The same applies to the dairyman, who must sell his old cows that are unfit for service or else lose all profit. You admit that these—dairying and poultry-raising—are physical culture occupations and do you want to stand in the way of them? The American meat export trade was \$180,000,000 in eleven months. If you hurt the packer by your articles you hurt the farmer, poultryman, and whole country.

The only way in which you can find fault with meat is that it is so subject to disease. But you must remember that plants have diseases also. As far back as Bible times, or as far back as history relates, people ate meat and lived longer and healthier than now. So why change now?

JOHN FRANKS.

Kansas City.

#### Civil Engineering as a Physical Culture Occupation

TO THE EDITOR.

To the lover of outdoor life and the person desiring perfect development, I could suggest no better vocation than that of Civil Engineering. There is surely no work which develops the entire physical being as this profession does.

Perhaps railroad work is the most pleasant branch of the business and affords the most benefit. The long walks in the early morning tend to strengthen the lungs and invigorate the whole body. The morning air, pure and fresh, the birds singing, and the city with its noise and strife far behind give to the engineer feelings which others less luckily placed never experience. He receives daily the vigor of a new life and the faces the world with a determination that means success.

His morning's work of driving stakes, cutting away trees and climbing the hillside passes quickly away and he eats his lunch with a keen appetite born of his healthy labor. His work continues throughout the afternoon much the same as in the morning, every duty developing some muscle of his body, while the work is always in the open where there is plenty of air to develop a strong pair of lungs. The taking of sights develops the eye and the giving of sights develops a set of nerves to be proud of—for to hold a plumb-bob steady in a high wind is no easy work for a nervous man.

Structural engineering while not so pleasant as railroad work develops a man faster, perhaps than the former. His muscular development is more rapid and his nerves are also developed to a great extent, as it requires a great amount of daring to perform all one's duties.

To the college football player, who desires to keep in training through the summer, to the man who has been penned up in an office and to the man who desires health and a good remunerative position I say take to the woods with an engineering crops. CHAS. PEASE, Cleveland, Ohio.

# General Question Department

By BERNARR MACFADDEN

The subscription department has organized, in connection with it, 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.

## Consumption in Family

Q. Would it be advisable for me to marry a young lady whose brother is a consumptive? Is she likely to have the disease in its incipient stages now, or is she likely to contract same in the future?

A. I would suggest that you dismiss from your mind all consideration of the condition of the young lady's brother, and concern yourself only about the young lady herself. If she is in good health and lives a wholesome, natural life, you need not have any fear on her account. She may contract consumption, just as any one else, even though not related to a consumptive, might develop the disease, but it would be due chiefly to her perverted and unhygienic habits of life rather than to the supposedly contagious nature of the malady, or to the fact that there is consumption in her family. If her manner of living insures her a proper amount of physical activity, pure air and a wholesome diet, there is nothing to fear, even under the circumstances mentioned.

## Catarrh of the Bowels

Q. I have had catarrh of the bowels, accompanied by constipation, for twelve years. Activity of the bowels can be maintained only by use of drugs. Many doctors have failed utterly to give any relief. Can this condition be remedied?

A. Most certainly your ailment can be cured by physical culture methods. If a hundred physicians, using "regular" methods, had failed in your case, it would signify nothing in regard to the possibility of a recovery by natural methods. Stop using drugs at once, and if positively necessary, use the colon flushing treatment until a normal condition of the parts can be established. The free drinking of water, the use of proper food, including raw cereals or whole wheat bread and suitable exercise would doubtless accomplish the desired results. If catarrh of the bowels is in evidence in a severe and aggravated form, a fast of from one to three weeks could be recommended to insure a radical cure. The cold sitz bath and abdominal massage would also be beneficial.

## Bad Taste in Mouth

Q. Occasionally through the day and nearly always in the morning on arising, I experience a bad taste in my mouth. During a recent three-days'-fast it was very much worse. I follow the two-meal-per-day plan, masticate thoroughly, exercise and take cold baths. Kindly state cause and cure.

A. The cause of your complaint is an unwholesome state of your stomach and imperfect digestion, and may be due, in your case, to the use of unsatisfactory foods or to an excess of food. The fact that one's meals are limited to two each day does, of course, not give him a license to stuff at either of those two meals. If this applies to your case, the remedy is obvious. The use of concentrated sweets may be responsible and they should, therefore, be avoided. The use of sugar, rich preserves, jellies and many desserts should be considered with caution. An excess of any heavy food, such as eggs or beans, may induce the unpleasant symptom. Even milk, used in connection with a full diet of other substantial foods, may aggravate it. Knowing this you should be governed accordingly. The free use of pure drinking water or of fresh fruits, or both, would benefit you greatly.

## Competitive Athletics

Q. I am confined to office work, and am a little under normal weight. I am fond of competitive athletics, and do much long distance running. I am advised to discontinue it, being told that it consumes too much of my vitality. Is this true? I usually feel good after a race, though I sometimes overexert myself. Should I stop running?

A. As long as you feel well after a race, or feel that you could soon run the distance again, you can be satisfied that it is doing you no harm. But you should avoid those races in which you feel that you over exert yourself. If you feel exceedingly nervous or your stomach appears upset, after a race, then you have consumed too much vitality. In your individual case, it appears to me that

you draw too heavily on your strength, judging from the fact that you are below your normal weight. Athletics, even competitive athletics, within natural limits are beneficial. Try to govern your efforts in future with more intelligence, or discontinue competition, though you might continue to run for pleasure. On the whole, however, I believe that the athlete who injures himself by excessive athletic activity is the exception to the rule. If one can maintain his normal weight, enjoy the best of health, and avoid that "tired feeling" which is experienced by overtrained athletes, then he can rest assured that his efforts, even in competition, will result in nothing but physical benefit. This is a simple, reliable test that every enthusiast should keep in mind.

#### Sleep in the Morning

Q. I dread to get up in the morning, always feeling more tired and sleepy than when I went to bed, in spite of the fact that I secure nine hours of sleep each night. Why is this, and how can I remedy the condition?

A. It is obvious that you secure a sufficient amount of sleep for ordinary purposes, and it is apparent that your system is in a more or less depleted condition. There must be something in your mode of life which exhausts your vital forces faster than you can rebuild them. An extreme amount of overwork, either mental or physical, might be the cause in your case. Sexual excesses or perversions will produce the weariness of which you complain. An unventilated sleeping room will induce it, or it may be the result of overtaxation of the functional system, due to overeating, the use of unsuitable foods, stimulants or some other violation of health laws. Try to ascertain the cause or causes in your case and then eliminate them. Eat only two meals a day. Masticate very thoroughly. Sleep out of doors, or as nearly so as possible. Avoid excessive work, especially mental. In other words, live a true physical culture life. The stagnant, sluggish condition of the body which is the result of a lack of exercise, will also induce the symptom of which you complain, though naturally the writer cannot state the exact cause in your own case.

#### Circumcision

Q. Kindly advise us what you think of circumcision? Some friends have advised us to have our baby boy circumcised, but we are doubtful of its benefits.

A. Circumcision is practiced by some races as a religious rite, rather than because of its supposed hygienic value. But among those who practice it for the latter reason, its influence as a sanitary measure has been at least greatly overestimated, if not entirely mistaken. I do not recommend circum-

cision. I earnestly advise that Nature be let alone, as being far better qualified to provide for the health and welfare of the individual than the meddling hand of man. The claims made in reference to the benefits of this operation are unwarranted, and it should be resorted to only when some deformity of the affected part seems to require it, and this is almost never. My book, *Diseases of Men*, contains a discussion of this subject.

#### Milk Punches

Q. Recently I have been taking milk punches in the morning, believing that they will fatten me somewhat. The "punch" consists of a glass of milk, the yolk of an egg, a small wine-glass of cognac and some sugar. Is this advisable?

A. The milk and egg might be beneficial in your case without the addition of the cognac, if you find it palatable, but the "punch" cannot be recommended. Alcohol, a positive poison and a detriment to health, cannot be made beneficial or even harmless by mixing with anything else, no matter how wholesome in themselves the other ingredients may be. Alcohol is at best nothing more than a stimulant, no matter how administered. Furthermore, if you are run down in health and in weight, as a result of perverted habits of life, overeating, excesses of other kinds, dissipation or lack of exercise, then it is too much to expect to rebuild your strength by the aid of a stimulant, while the bad habits which caused the decline in health are continued. See the articles in issues of this magazine for November and December on gaining weight.

#### Change of Underwear

Q. At what time in the spring should one discard his winter underwear and resume that intended for summer wear? Should an anæmic person and a warm-blooded individual wear different kinds of underwear?

A. One should always wear as little as possible and yet retain warmth. Clearly, the full-blooded individual will get along with less protection against cold weather than the anæmic one. Many people are able to use underwear of the same weight throughout the entire year. If you usually make some change, however, I would suggest that you do not try to make one complete change on any certain date. Suit your clothing to the day rather than to the season. There are warm days in winter, and there are often cold days in late spring and even summer. Cold weather clothing on a warm day in winter is as uncomfortable as wearing almost no clothing on a raw, chilly day in summer. Though, of course, one who is very vigorous may be more or less comfortable with little clothing at almost any time.



# THE VIRTUES OF OUR METHODS PROVEN

## Just Two Months of Physical Culture

TO THE EDITOR:

Two months ago I wrote the *Journal of the American Medical Association*, at Chicago, to inquire as to the credibility and integrity of Bernarr Macfadden, and **PHYSICAL CULTURE**. Receiving a reply to the effect that Mr. Macfadden and his work were worthy and reliable, I became a reader and practitioner of physical culture ideas, with the result that from having come from the university physically weak and thin from hard study of law, I have gained about twelve pounds, and am strong and well.

A pair of six-pound dumb-bells and a cold morning bath have done the work. With little or no method I have read carefully two or three issues, and with my own ideas, I have seen the benefit. When I become familiar with the details of the work more fully, and get a method in force, I expect greater results. I write this not for the editor, but for the encouragement of any into whose hands it may come.

The editor knows the value of his work—others have to learn. At my age, thirty, I consider that by right application of correct principles, and careful attention to habits of life, my ordinarily rugged physique ought to be well and strong, able to work and enjoy life, long after the proverbial "three score and ten."

It is strange that the renaissance in physical education should have been so long postponed.

CARL ARMSTRONG.

Mingo Junction, Ohio.

## Rupture Dating From Babyhood Cured

TO THE EDITOR:

After reading the articles in **PHYSICAL CULTURE**, under the heading "Virtue of Our Methods Proven." I thought it would be of interest to you to record another case in which the methods advocated by **PHYSICAL CULTURE** cured where doctors and drugs had failed. That's me!

When only a few weeks old it was discovered I had a double rupture, and the regulation truss was put on, and a harmless and helpless salve used at intervals. I wore a truss every since then up till three years ago. Tried all sorts of trusses, drugs and every kind of application but to no effect. I could not walk and could hardly stand without my truss on, and of course hard work was out of the question as the rupture seemed to weaken my back. Then a copy of your magazine came to my hands in the fall of 1903 and after

reading it and other copies month by month I soon decided to give it a try anyway. On Thanksgiving, 1903, I began to follow the Physical Culture treatment for rupture, on Christmas, 1903, relegated my truss to the "has-beens," and in March 1904, was pronounced *cured*, with no signs of a rupture remaining, by a prominent gymnasium director of this state.

It is hardly necessary to say I am interested in your magazine and its treatment of disease in a common sense manner.

Physical culture is valuable to everyone, even a farmer. Hoping these few words will not be out of place, I remain,

A physical culture advocate from the farm.

IRWIN S. COGSWELL.

Locust Farm, Lynn, Pa.

## Exercise Dissipates Sciatica

TO THE EDITOR:

Your magazine comes to our home every month, and each time it receives a hearty welcome. We have learned to search our Physical Culture books when we are troubled with aches or pains, instead of our medical book. By doing so, we have saved doctor bills and hours of suffering.

I have had sciatica and suffered untold pain. The last time I felt an attack coming, I thought immediately of the exercises I saw in your magazine. Raising my hands high over my head, and bending at the hips, touching my fingers to the floor, at first seemed like breaking the cords in my legs. Determining to give the exercise a fair trial, I shut my teeth hard and kept repeating the movement. The sciatic pains left me. This was last July and I have not had an attack since.

A SUBSCRIBER.

Kennewick, Wash.

## Benefits of a Boys' Athletic Club

TO THE EDITOR:

About a year ago, before I saw your publication, I used to "hang around a corner," in fact, I was a common street loafer. Then a friend gave me two copies of **PHYSICAL CULTURE** and after reading them I began to see I had not been using myself right, as I was already the victim of alcohol, tobacco, etc. So I determined to reform myself and also "the gang" with which I loafed. So one night when they were all gathered at a favorite corner, I appeared with a couple of **PHYSICAL CULTURES** and told them my resolutions. They looked at me scornfully, then one said, "I guess de next ting youse'll be doin' will be joinin' de church." Then they

looked at the books and passed remarks on what they thought were obscene pictures, I saw I had failed in the first attempt but resolved not to give up. Then one night I proposed the idea of a club in which there would be running, skating, baseball, etc. This idea was readily agreed upon. Well, the club drew them away from our old haunts and they began to see the error of their ways. They all cut out tobacco and liquors and other vices, and agreed to come to the club-house each night and take systematic exercises. Now we are all improved in health, strength, and morals and we owe it all to Mr. Macfadden. Now I will close wishing long life, good health, and happiness to the Editor.

A PHYSICAL CULTURE BOY, (Age 15.)  
Johnstown, Pa.

### Pain in the Breast

TO THE EDITOR:

I find your magazine very instructive and helpful, and wish to tell you of my experience. In the fall of 1905 I was taken with a pain in my left breast so severe I could not stand any pressure brought against it and was afraid it might be a cancer. By means of massage and the use of fruit, finally overcame or conquered it, though it hung about me for several months. Every morning I ate an apple or two and some nuts and took an injection of warm water several times a month. There have been several cases of persons dying from cancer in this neighborhood.

I write this merely to let you know that I was cured without drugs.

Bristol, Conn.

T. C. R.

### Satisfactory Experience With the Fireless Cook-Stove

TO THE EDITOR:

One day, while in a book-store, I happened to pick up a PHYSICAL CULTURE magazine, and idly glancing through it, I became interested in two or three articles and so purchased a copy. I became so interested in this number that I subscribed for the magazine and now look forward with expectancy to each new issue.

From a child, I had been troubled with catarrh of the stomach and bowels, and had never been in robust health; and—though I was able to be up and around—I was far from being a well man or able to do a full day's work.

I carefully noted the different articles written on exercises, and tried the ones I thought most adapted to my case. After the first lame effects wore off, I commenced to feel a great benefit from them. I now keep up the exercises every morning and night.

I have always had more or less trouble with my stomach; I could find scarcely anything that would agree with me. One of the articles in PHYSICAL CULTURE on "Raw Foods" attracted my attention and so I tried the foods in almost every shape and manner, but they did not prove to be all that I had expected. I then made a box, after the description and illustration of the fireless

cooker, given in a former number of this magazine; thoroughly lining the same with asbestos. I now put my food to soak at night, (such as whole-wheat, corn, hominy, or raw peanuts, sometimes adding a handful of peas or beans). The following night, I put this over a slow fire in a double cooker, leaving it there until it comes to the boiling point, when I put it in the cooker (or box, above mentioned) where it is left all night and the following morning I find it cooked to just the right consistency. This agrees with me, better than anything else I have found, and I have no desire for anything else to eat, with the exception of fruit. I am gaining in weight all of the time and feel better than I have for years.

We use this double cooker in my home for cooking various things, and find it a great labor-saver as well as a saving in expense.

Los Angeles, Cal.

ALLEN J. BELL.

### How One Woman Regained Her Health

TO THE EDITOR:

Being constitutionally frail, improper living, such as errors in diet, lack of fresh air and sedentary habits, made me a physical wreck. Then I thought all I had to do to regain my health was to take a course of medicine, so drugs were resorted to, until I had gone clear through the mill; the more medicine I took the worse I felt and my poor crippled stomach could not digest anything—I thought I would die from utter starvation. I went to different climes in search of health, but to my great disappointment this proven to be a delusion and a snare.

One day I happened across a PHYSICAL CULTURE magazine and after scanning its pages I began to awaken to a sense of realities, and as my motto always was to "Never say die till I am dead," I set to work. I had been eating three meals of unsuitable food each day, though I had so little strength to digest them. I began the new regime by taking a glass of water in the morning without any other food, and later, when I began to feel better I followed this with a cup of malted milk or a little sweet fruit. I left off pork, sweets, soups and all fried stuff, and ate very little until my stomach got stronger and I had a craving for food. I eat for my fatty foods pure cream, butter, and olive oil and I eat plentifully of nuts and nut preparations. I masticate every mouthful of food from twenty-five to thirty times, so I learned to "chew and chew and chew, and keep my stomach good as new."

I outlined a course of exercises suited to my case, such as waist bendings and twistings, to increase stomach and liver action, and also massage of these organs night and morning. I added to this daily walks in the open air, and wide open windows at night, and by such living cured myself of very disagreeable headaches.

One other thing I did was to forget self—the very first essential to recovery from invalidism. I found that health and strength can be derived from care and knowledge.

A. M.

## Boxing Lessons for Boys

**T**HIS is the concluding lesson of the series on boxing. The writer would say that after studying all of these, any boy of ordinary health and intelligence should be able to make a first-class showing in this form of sport. And if anyone has given these instructions attention from month to month, and yet has not learned to use his

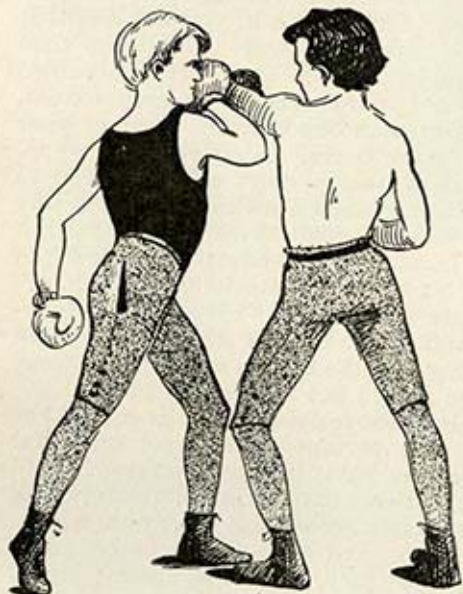


Illustration No. 25.—The boy with the black hair has just made a left lead for the other's head, but it is parried by the right hand pushing it off to the left, as illustrated. This method of blocking may often be done more effectively by side-stepping or inclining slightly to the right. It is a very reliable method of blocking, and is particularly valuable because it nearly always gives one a splendid opportunity to return a quick, swinging blow with the left. This is because you will usually turn him part way around by this parry. For instance, the student will see at once what a good opening is shown for a left swing to the body by the boy on left of the illustration. Practice this over and over again. Similar parries can be made with the left hand, in this case pressing the opponent's blow to the right, and landing with your right.



Illustration No. 26.—The boy on the left in this instance leads with his left for the head. The other inclines his head slightly to the left, at the same time raising his right shoulder and right forearm until his glove is on a level with his antagonist's head. The effect of all this will be that the left lead will go over his right shoulder, as shown, which gives him the opportunity to strike a quick short blow with great force to the other's head. Have the left hand ready, meanwhile, to block your opponent's right. If you can catch hold of it for an instant and hold it down, then there is nothing that can save your friend from your right. Don't hit him too hard.

hands cleverly and quickly while engaged in boxing then it is his own fault. We can give you the lessons and the instructions and the cautions, but we cannot make champions out of you unless you do your share. We can show you how, but we cannot do your boxing for you. One cannot master the art of good boxing in a day, or a week, or simply by reading about it. It requires month after month of earnest, persistent practice, and especially care-

ful practice of each individual movement time after time until it is perfected so that you can execute the blow, parry or whatever it is, quickly and certainly, even with your eyes shut. It is upon such a foundation that the making of a scientific, successful boxer depends.



Illustration No. 27.—Suppose yourself in the position of the boy on the left. Now when your opponent either feints with his left, or makes a left lead, move quickly to the left, thus getting "inside" of his arm, and deliver a right handed punch to the body in the manner illustrated. In doing this, however, be sure to carefully protect your face with your left hand and forearm. It is sometimes advisable to let an opponent land on the body in this way, for the sake of getting a chance to land a right uppercut to the face in return. Nine times out of ten your antagonist will permit his face to be exposed when landing such a body-blow. If you tense or harden your muscles the blow on the body will not hurt much.

There are a number of general points that I wish to emphasize in this final lesson, which are of such importance that it would even be a good plan for the enthusiast to commit them to memory, word for word, as I write them. And try to remember them when boxing.

One of the first things to remember is to keep your mouth tightly shut, breathing through the nose. When

your mouth is shut, you are less likely to be stunned or shocked by a blow on the jaw. Furthermore you will escape the unpleasant experience of having your lips cut on the inside by being struck against the open teeth.

Keep your chin down, braced against your chest. This will make it almost impossible for your opponent to strike you squarely on the jaw. Don't stretch your neck and thrust your chin upward and forward. You are then liable to injury.

Protect your face, and especially your chin by keeping the left shoulder high up, so that a right hand swing from your opponent can land on your shoulder only. Try it. Thus, you will find that your right shoulder is much lower than your left. Keep your left side turned toward your opponent to a great extent, rather than exposing the front of your body too much. Keep your elbows in. That is, to say, don't raise your elbows or throw them outward in such a way as to leave great space between them.

In all friendly bouts be careful not to hit too hard, especially on the jaw—there is no sport in the game if the contestants attempt to stun or hurt each other. If the bout is not a friendly one, you should not be engaged in it.

Practice feinting, for it is one of the most important elements of successful sparring. As in the warfare carried on between large armies, trickery will very often accomplish what pure science will not, and each should be on guard against feints, as well as against blows. Pretend that you are going to lead for the head and then quickly deliver a body blow, and *vice versa*. Feint with one hand and then quickly strike with the other.

Another most valuable hint is to follow up one blow with another, in other words to deliver such a quick succession of blows, preferably with the same arm, that your opponent will be surprised and overwhelmed.

Boys, this is a grand exercise, but keep your tempers when practicing it. Do not fight in earnest if you can help it, for it is cruel and barbarous. But be ready to fight for a good cause. And remember that to be able to fight well is a good way of avoiding such trouble.



## A Comedy Contest

**T**HE little game here illustrated takes on the nature of a contest, but is really nothing more than a means of furnishing fun and provoking laughter. And it is healthful to laugh. Let each of the two contestants bend down and seize his ankles with his hands, as shown in the photograph and then, keeping this hold, let each attempt to bump against or to push the other, until one of them falls. If one lets go with his hands, this counts as a fall. Select a soft carpet or soft grass for the purpose. The way in which the two tumble about in some cases will be very amusing, as well as furnishing good exercise. It is very difficult to get about on one's feet in this position, and if one practices walking in this



manner, he will have the advantage of knowing how to handle himself.

### KNUCKLE DOWN



It is very easy to go down on one knee and even both knees at one time, if you can take hold of something with your hands, as you do so. But it requires careful balancing, strength and steadiness of nerve to go down to a kneeling position with both knees at a time, without the aid of the hands, and to arise without moving either foot. Take the position illustrated herewith and try it. You will be able to balance yourself better by holding the arms out in the manner shown. Bend the knees and go down slowly and smoothly until both touch the floor at the same instant. Then rise to standing position. Naturally, it is easy to do this if you drop down quickly, but you are likely to get a hard bump on the knees in that case, and even then, you have to face the problem of getting up again.

# Club-Swinging for the Little Ones

By HARRY WELLINGTON

**W**E publish herewith a photograph of Master Detmer Wolfgang Kluegel, who is said to be the world's champion club-swinger of his age. He



Master Detmer Wolfgang Kluegel, Expert Club-Swinger at Six Years of Age

is six years and three months old, weighs forty pounds, and lives at Lamberton, Minn. He is the son of Mr. and Mrs. George R. Kluegel, of that city.

Little Detmer has been taught physi-

cal culture since his birth, by his parents, according to the principles of this magazine. As a result of this, he has never been sick in his life. Neither has he taken any medicine. He is a very strong and active little man, and is a source of surprise to all who see him perform with his Indian clubs.

This is a form of exercise which is usually practiced only by those who are much older, but this little physical culturist has proved that it can be taken up by boys and girls at a very early age. Of course the size and weight of the clubs used should depend upon the age and strength of the boy or girl who uses them. Probably a pair of Indian clubs weighing one pound each would suit the needs of most boys and girls under twelve years of age.

The use of Indian clubs can be recommended for the development of the chest, shoulders and back. These parts are more directly affected than the rest of the body in club-swinging, though when the student advances with the art, and includes in his daily exercise the various bending movements which are sometimes executed, he will find that he can also strengthen the muscles of his sides, stomach, abdomen and legs by this means.

There are very few forms of activity which present so beautiful an effect as fancy club-swinging, when it is well done. There are some who attain such a mastery of the art that it is almost bewildering to watch them.

We will not try to give any lessons in club-swinging here, for it is a form of exercise that is very difficult to illustrate and describe clearly, though it is very easy to teach in person, as one individual can show another just how the various movements are performed. Any teacher of physical culture can give instructions in club-swinging, and we take this occasion to recommend it as a beneficial as well as a most pleasurable exercise.

# The Organs and Their Purposes

## No. 3.—THE LUNGS

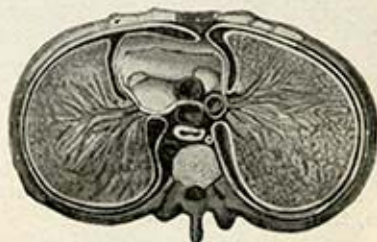
This is the third of a series of articles having to do with the various organs of the body, the part that they play in the total scheme of the system, and the manner in which they perform their work. It is a curious and lamentable fact that although a knowledge of the machinery of our bodies is of prime importance to us, yet as a rule, we are more or less ignorant of it and its actions. One of the fundamental laws of health and happiness is embodied in the maxim "The proper study of mankind is man," in both a bodily and spiritual sense. Nevertheless it is the law that is most ignored, with resultant sickness and unhappiness. It is true that in our schools there are so-called physiological courses, but these are alike unto the majority of the other "courses" that are inflicted on our children by the usually idiotic public school curriculum. That is to say, the physiology so taught, is shallow, insufficient, and of such a nature in general that it is promptly forgotten by the child who has learned it in parrot-fashion. In these articles will be told tersely but intelligently, the story of the organs on the lines indicated.—Bernarr Macfadden.

AS the blood circulates through the body, nourishing the tissues and supplying to the organs of secretion the materials necessary for their special work, it not only loses much of its nutritive quality, but also becomes charged with impurities which must be eliminated. This purification of the blood is effected by the various excretory organs, including the lungs, whose office it is to rid the circulation of one of the most abundant of the impurities viz., carbonic acid. Simultaneously, the lungs renew the supply of oxygen in the blood. The life-giving gas in question, not only burns up, so to speak, much of the waste or refuse matter that gathers in the body, but in addition, stimulates the action of the organs in general, and does other work in connection with the maintenance of the muscular vigor, and health of the tissues. It will be seen then, that the lungs are most important organs, inasmuch as they are, apart from all else, intimately identified with the circulation on which life itself depends.

The lungs occupy the greater portion of what we call the "chest," which is the uppermost of the two great cavities into which the body is divided by the diaphragm. They are of a spongy, elastic texture, but appear to the naked eye as if they were, in great part, solid material. As a matter of fact, they are hollow organs, not unlike two bags containing air, each bag communicating,

by a separate opening, with an air tube, the *trachea*, through the upper portion of which, the *larynx*, they are put in touch with the outer atmosphere. The aperture of the larynx, can be opened or closed at will by an involved system of muscles.

Each lung is enveloped in a sort of fibrous bag, which has a very smooth lining. The lung itself, has an outer surface which is very smooth, and which



Sectional view of chest, looking down, with backbone at bottom of illustration, showing respective positions of heart and lungs.

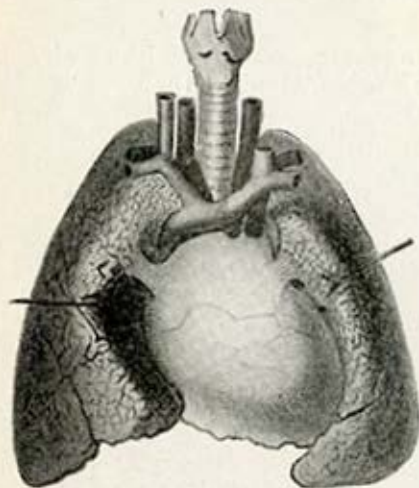
moves easily over the inner surface of the bag or *pleura*, that envelops it. Nevertheless, the relation of lung to pleura is so intimate, that there is no actual space between the surfaces of the two except after death or as the result of some diseases.

The trachea, through which the air passes into the lungs, divides into two branches or *bronchi*,—one for each lung. These bronchi divide and sub-

divide into a number of small branches, penetrating every part of the lungs until they end in the fine sub-divisions of the latter, called the *lobules*.

Each lung is partially divided into *lobes*, the right organ having three and the left, two. A lobe is composed of a large number of minute lobules. A lobule may be considered as a microscopic lung, inasmuch as it contains a branch of the bronchial tube as previously stated, air cells, blood vessels, nerves, lymphatics, etc.

On entering a lobule, the division of the bronchial tube keeps on dividing until its walls become an extremely



Relative Positions of Lungs, Heart, and Trachea. The Heart in center, Trachea at top. The smaller dark tubes represent arteries, the lighter tubes are veins.

thin membrane, pouched into small dilatations, called air-cells.

Without going into a technical description of the mechanism of the air cells, it may be briefly stated that outside of them, is a network of pulmonary capillaries, or minute blood-vessels. Air, on being inhaled, comes in contact with the blood in the lung-capillaries by means of a very wonderful device of Nature, by which there is an interchange of the oxygen of the air for the carbonic acid in the blood through the membrane of the air-cells. This carbonic acid is exhaled, there is a distribution of the oxygen, and so the process

of respiration continues indefinitely. The enlargement of the chest in inspiration, is a muscular act, the muscles concerned being chiefly the diaphragm, the external intercostal muscles, a portion of the intercostal muscles and some others. The relaxation of the muscles after such effort, brings about expiration, under normal conditions.

In singing, sneezing, coughing, etc., certain other muscles are brought into play, however, the chief of which are to be found in the abdominal region, together with those that depress the ribs.

The blood is conveyed to the lungs by the pulmonary arteries to be purified in the former in the way described. The blood needed for the nutrition of the lungs and their connective parts, is supplied by the bronchial arteries, and having fulfilled its purpose, is carried into the pulmonary arteries, and is purified and vitalized in due course.

The blood as it passes through the lungs, changes greatly in color, the dark crimson of the venous fluid being exchanged for the bright scarlet of the arterial blood. In addition, the blood as intimated, gains in oxygen, loses carbonic acid, becomes one or two degrees warmer, coagulates sooner and more firmly, and contains more fibrin.

The oxygen which is absorbed into the blood from the atmosphere through the action of the lungs, is combined chemically with the hæmoglobin of the red blood corpuscles. In this condition it is carried in the arterial blood to the various parts of the body, and brought into contact with the elementary portions of the tissues. In so doing, it co-operates with the process of nutrition and in the removal of disintegrated tissue matter during which, a certain proportion of the gas disappears and a like amount of carbonic acid and water is formed.

The venous blood, charged with this same carbonic acid, returns to the lungs where the gas is exhaled and a fresh supply of oxygen is secured.

The stopping of the respiratory movements from any cause, results in the retarding of the circulation and finally venous congestion of the nervous centers, with resulting death.

## Remarkably Rapid Cure of Consumption

**W**E recently accomplished in eight weeks, a most remarkable and complete cure of tuberculosis, aggravated by chronic constipation, in the case of Mr. S. W. Prather, of Wilmington, Del. This case is remarkable, not only for the great effectiveness of our methods, but for the very short time in which it was accomplished. Mr. Prather's photographs and his letter, written on his return home, briefly tell the story of the success of our methods in this case:

DEAR SIR:

I am very glad to say that after taking eight weeks of your treatment, physical culture method, I feel a hundred per cent. better, having gained seventeen pounds in weight. I was troubled both with my lungs and constipation, but I am glad to say that I now have been cured of both.

You are at liberty to publish my pictures showing condition before and after treatment.

I hope these few lines will be of some benefit to you. Thanking you very kindly for what your institution has done for me.

Yours very truly,

1601 W. Jackson St.,      SAMUEL W. PRATHER.  
Wilmington, Delaware.



Mr. S. W. Prather, at the time he began the physical culture course of treatment



Photograph of Mr. Prather after eight weeks of treatment, showing complete cure

# Timely Health Hints

By BERNARR MACFADDEN

## Spring Medicine

An unlimited quantity of outdoor air freely supplied at all times, is about the best spring medicine one can take, and you need not have the slightest fear of an overdose. Oxygen is by far the most important element needed to sustain the health and strength of the body. It is a necessity at all times of the year, but you need it in larger quantities following cold weather, in order to assist the body in eliminating the excessive amount of impurities that are bound to accumulate when one continues a winter diet in quality and quantity after the temperature has been modified by the coming spring. Remain in the open air as much as you can. If you cannot raise enough energy to take a long walk, then go driving or riding or cycling—anything to get you out into the open air and away from the stuffy, disease-breeding atmosphere that so quickly permeates the average living-room.

## No Breakfast

This is a very satisfactory period for inaugurating a trial of the no-breakfast plan. If you are not hungry in the morning, do not under any circumstances, force yourself to eat. Wait until you have an appetite. Food-eaten without enjoyment is of little benefit. You must thoroughly enjoy your food to secure all the nourishment that it contains. I am not a fanatic on the subject of abstinence from breakfast. If you are hungry in the morning—if you thoroughly enjoy every morsel of food that you eat—then by all means, eat breakfast. But if otherwise, do not force food upon yourself. Wait until eleven or twelve o'clock, and then you will find that a meal can be enjoyably eaten.

## Two Meals a Day

I must admit that I am a firm believer in the two-meal-per-day habit.

I have followed this with an occasional deviation, for the last twenty years. Frequently I have gone back to three meals, but in a short time I would begin to feel lazy and logy, and a change to two meals a day would quickly eradicate these unpleasant symptoms. If you can eat three meals each day, and are satisfied with your condition in every way, there is no especial need of changing. I advocate two meals daily because as a rule, you will have a better appetite and can, therefore, eat with more enjoyment, and will secure more actual benefit from your food. When three meals are eaten, one hardly has time to digest one meal before the next meal-time comes around. The stomach under these conditions is laboring continuously, and though the average individual may be under the impression that the stomach can work without rest, like the heart, I have had it proved to me on hundreds of occasions, that this organ performs its functions far better and far more satisfactorily in every way if given an occasional rest. If you are eating three meals a day, and are not satisfied with your condition, try two meals. If you are hungry in the morning, you can take your first meal at this time, and your second meal in the evening. If you are not hungry in the morning, it would be better for you to eat your first meal at noon and your second meal in the evening. You could hardly expect benefit from this change in a day or two, though if followed out for a week or more, as a rule, you will notice a very decided improvement in your general physical and mental condition.

## About Fast Eating

We are so frequently advised to eat slowly that many have the idea that the jaws should move leisurely in the process of chewing the food. This is not by any means necessary. You can chew your food at fast as you like—in fact,

the more speedy the movement of the jaws, the more quickly the food is ready for swallowing—but do not bolt your food. Do not wash down partially-masticated food with a liquid of some kind. Every morsel of food should be chewed until it becomes a liquid. Fletcher states that we should chew every mouthful as long as it has any taste or until it goes down the throat without swallowing. It is extremely difficult for the average individual to follow this advice, but if you will simply acquire the habit of chewing every

mouthful to a liquid before swallowing, you can rest assured that you will be doing what might be termed your ordinary duty in the masticating process. It is hardly necessary to dwell upon the harmful effects of hurried eating. If you are in a hurry at meal-time, it would be far better for you to wait until your hurry is over, for food hurriedly bolted, is simply a tax upon the digestive organism. It is of but little value as a means of nourishing the body, and sometimes brings on acute trouble that may be serious in character.

## BLOOD PURIFIERS

### Water Cress

Among the various green edibles that have especial values as blood purifiers, there is nothing that is better than water-cress. It is usually cheap in price, and if secured fresh, it is decidedly palatable to the taste. Water-cress can be eaten as an ordinary salad with oil and lemon juice or French dressing, or it can be eaten one sprig at a time, with the other foods. It also seems to have a cleansing effect upon the alimentary canal, and can be used to advantage whenever there is the slightest craving for it. It is especially valuable as a spring food, and should be a part of the green "stuff" that one usually consumes during this season of the year.

### A Protracted Fast

As has been previously stated on many occasions in this magazine, the best means of purifying the blood, is an absolute fast. It gives the internal organism a chance to throw off impurities, and foul matter of all kinds is eliminated from the body. But one must remember that a fast, to be conducted successfully should be started with a certain amount of mental confidence. The fast will do but little good, if you do not believe in its remedial value. Mental worry, if it accompanies it, will counteract the beneficial effects of fasting. This conclusion is emphatically proven by the experience of those who come in contact with conditions where fasting is compulsory. For instance, the ordinary healthy man, if compelled

to fast for a week, would no doubt die of starvation. He does not die because of lack of nourishment. The spark of life is extinguished because he is firmly convinced that it would be impossible for him to live for a long period without food, though the same individual, if he were to start a fast mentally satisfied of its beneficial effect, might be able to continue it for thirty or even sixty days with pronounced ultimate benefit.

### A Partial Fast

Many find a partial fast more satisfactory, because they realize then that they are obtaining at least a small quantity of nourishment, and that life can be sustained from this. About the most beneficial partial fast can be obtained by using unfermented fruit juices. The juice of the apple and the grape are perhaps the best for this purpose, though I am inclined to think that if one can secure the pure juice of the apple, it would perhaps be best to confine the nourishment taken to this only. When following a partial fast of this nature, the acid of the apple is more agreeable to the taste, and is unquestionably a source of much benefit. When undergoing a partial fast of this kind, you should take from one to three glasses of fruit juice a day. If you do not limit the quantity in this manner, you are liable to drink so much as to make you feel uncomfortable, and the benefits of the fast under such circumstances would, of course, be considerably lessened.

### The Acid Fruit Diet

Acid fruits, when all other articles of food are eliminated from the diet, will be found extremely valuable as a means of purifying the blood, and if one feels the need of cleansing the internal organism, and the fast is too strict a regime, a diet of acid-fruits can be adopted and unquestionable benefit will result in every case. If your appetite has disappeared, you feel logy and heavy and dull, in other words, if the blood is full of impurities, begin an acid fruit diet. A day or two will often work a wonderful change. Of course, if you have serious functional trouble of any kind, it would be much better if the diet was continued for several days, but those who are accustomed to eating three or even two hearty meals a day, can give the functional organism a much-needed rest, even if a diet of this kind is followed only for a brief period.

### The Onion as a Blood-Purifier

About the best blood purifier in the vegetable world, is the onion. It can be eaten in any manner that is agreeable to the taste, though its influence is undoubtedly much more satisfactory if eaten raw. The small young onions direct from the garden, of course, are more palatable, and really more beneficial than those grown the preceding year. Young onions can be chopped up, tops and all, and they will be found appetizing and very beneficial. They make a very tasty addition to any kind of salad, and if chopped up fine and sprinkled over almost any kind of cooked vegetables just before the cooking process is completed, the flavor will usually be pleasant to the taste and will make the food far more wholesome. If you cannot get young green onions, use those that were grown last year. They can be chopped up fine and eaten in a similar manner.

### Green Vegetables

Fresh vegetables of all kinds are especially desirable at this time of year. They have a cleansing effect upon the entire alimentary canal. They seem to act, to a certain extent, as an antiseptic, and impure blood in practically every

case comes indirectly from the walls of the stomach and the small intestines. The use of unwholesome foods, if the digestive organs are not in fine condition, will quickly taint the blood, and the use of an excessive amount of wholesome food will bring about a similar result, if the functional processes of digestion have already been strained from too much work. "New" vegetables at this season, are of course, hard to secure, but the early varieties of lettuce, radishes, peas and beans will soon be on the market at a price that all can afford. And if these articles of diet are substituted for meat and various other foods that might be termed unwholesome, there will be a decided change for the better in the condition of your blood.

### The Cold Bath

A cold bath is a stimulant to the external circulation. It hardens and makes more healthful the external tissues of the body. It drives the blood inward and onward, towards the heart. It is a stimulant that has no harmful after-effects, provided you recuperate immediately following the bath, with a delightful feeling of warmth and comfort. If you feel cold and chilly after having taken a bath, your vital strength is not equal to the task of recuperating from the shock of the cold water. Cold baths, under such circumstances, are harmful, and if continued, may lead to serious results. You might try some active exercises before the bath, and then be able to secure a satisfactory recuperation, or you might try to moderate the temperature of the water. There are but few, however, who cannot recuperate with a satisfactory feeling of warmth, if the water is quickly dashed over the body with the open hand, and then more quickly dried, after which the skin should be rubbed thoroughly with a rough towel. If you really need the cold bath to stimulate the external circulation, and make more vigorous the functional processes of the skin, you should be able to take it, if you modify the shock caused by the cold water to your particular recuperative powers.



# In Defense of Liberty

By THEODORE SCHROEDER

## THE EDITOR'S CASE IN THE HIGHEST COURT

THE Federal Grand Jury of New Jersey has indicted Bernarr Macfadden, and he has been arrested for sending so-called "obscene" literature through the mails. The offending matter consists of those portions of the story entitled "Growing to Manhood in Civilized (?) Society," which appeared in the November, December and January numbers of PHYSICAL CULTURE, which have been withdrawn from sale. The story relates such experiences as prurient prudes always feel compelled to denounce in public, and always must read in private, because of their subjective necessities. The narrative in question points plainly to the moral lesson that ignorance of sex matters is not innocence, but rather an invitation to those indulgences which have the most baneful consequences. True morality must always be based upon an intelligent appreciation of cause and effect between immoral conduct and its consequent sufferings. All healthy-minded people, if they are also intelligent, will therefore believe that to portray the consequences of ignorance and the conduct of bad men, as well as good, in order that a contrast may be drawn, is the best service of the historian and litterateur to our progressive morality. But what has this to do with Bernarr Macfadden's arrest? Read on and see.

The Free Speech League was organized May, 1902, and is about to be incorporated. The League demands for all adults an unlimited freedom of peaceable assembly, of discussion and propaganda; an uncensored press, telegraph, and telephone; an uninspected express; an inviolable, unexpurgated mail. For these it works by means of the press and platform and the courts; by persuasion, argument, petition, protest, and demand. It has in many cases helped impecunious persons to procure the means for

a fair trial when their liberty of conscience, speech and press was invaded. It has published and is having printed still more, literature in defence of liberty of speech and press, upon sex-subjects as well as others.

A recent decision of the Supreme Court of the United States makes the true but extraordinary statement that the constitutionality of our postal censorship of literature has never been questioned. There is some dictum that these laws are constitutional, but such judicial expressions were made by the court without having heard any argument on the question. It is time that these constitutional question were adequately presented by a test case.

The Free Speech League has been watching for a favorable opportunity for demanding the judicial annulment of these laws against sending so-called "obscene" literature through the mails, believing them to be violative of three separate provisions of the constitution. But that is too long a story for the present. In the opinion of the Free Speech League the Macfadden case furnishes a favorable opportunity for raising these new questions, with a reasonable certainty of securing relief against tyrannous laws, under which a man may be deprived of his liberty and not be able to know from a reading of the statute whether or not he is violating it.

But this is not Mr. Macfadden's fight. He could, if he chose, plead guilty and probably be let off with a nominal fine and a promise to discontinue the publication of such matter. That would be an inexpensive way out for him. But we do not want him to do that. It is not only his right to publish that is involved, but my right and your right, to know the facts of our nature is also involved. This, then, should not be his fight but everybody's fight for liberty.

Mr. Macfadden consents that the

Free Speech League use his arrest as the means of making a test case. It will cost several thousand dollars to do this if the case shall go to the Supreme Court, as it probably must. Now then, the Free Speech League invites you, as a lover of liberty, as one of those who are willing to defend every one's right to know the facts of our sex-life, to send us at once as large a contribution as possible, to a defense fund for liberty of the press.

Every person who loves liberty, every person who believes in intellectual hospitality, every person who is willing to defend his neighbor's right to disagree with him even as to what is the highest morality, and what is the best road to it; every person who believes in intelligent self-reliance as a better safeguard to morality than compulsory ignorance, or the blind fear of stupidity and mystery, every person who believes in the equal right of each adult to know all science can teach him about every portion his own organism; in short every person who believes in and loves intelligence and liberty, will make this his personal fight and help it along with his good will, agitation, and with money. Of the legal and scientific problems details will be given later.

On every hand we see the organized forces of superstition and repression.

Everywhere we see the generous contributions to the professional reformer by force. An intellectually blind populace is still afraid of sexual education, as though unenlightened impulses made better citizens than those which an educated conscience could produce. Every large city has one society or more, for promoting pretended virtue, by means that increase the substance of vice. Are you willing that Mr. Macfadden, and others like him should be silenced by the hand of despotism, or will you help us, through him, to make the struggle for a free press? Are you willing to help defend every adult citizen's right to know, and to acquire knowledge from anyone willing to supply the information upon any subject whatever? There must be enough of clean-minded and courageous men and women in this country, to make a winning fight against the legalized superstitions of prurient prudens, and in support of the progressive morality of enlightenment. Are you one who is willing to bring on the dawn of this better day? If so let us hear from you with a substantial remittance. All amounts received will be acknowledged in this magazine and can be sent to Bernarr Macfadden or direct to Dr. E. B. Foote (Treasurer Free Speech League), 120 Lexington Ave., New York City.

### PHYSICAL CULTURE SOCIETY NOTES

Enthusiastic Physical Culturists in Topeka, Kans., are endeavoring to organize a Physical Culture Society. Interested readers residing in or near

this city are requested to communicate, at their earliest convenience, with Mr. H. B. Syler, 1151 Washburn Avenue, Topeka, Kansas.

### PHYSICAL CULTURE SOCIETIES

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

Manhattan, N. Y.—R. R. Purdy, P. O. Address, Ossining, N. Y., Box 294.  
 Pittsburg, Pa.—Dr. S. M. Stauffer, Bell Phone, Court 1286, 524 Pennsylvania Avenue.  
 Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.  
 Cleveland, O.—Miss C. J. Lowrie, 229 Arcade.  
 Chicago, Ill.—Mr. A. G. Gobrecht, 3541 Cottage Grove Ave.  
 Paterson, N. J.—Mr. Frank Berdan, 35 Clinton St.  
 Newark, N. J.—Henry W. Miller, 335 Lafayette St.

## Race Degeneration Threatening the British Empire

By SAMUEL COOK

GREAT Britain is aroused as it probably never has been, since the physical decadence of its people became a matter of personal and political moment. This, because of the presidential address of Sir James Crichton-Browne, the celebrated physician, at the Sanitary Inspectors' Congress which took place some months since. It will be remembered that the Boer War developed the fact that, while the courage of the British soldier was unimpaired, yet his stamina compared unfavorably with the soldiers of the Crimea, and the Indian Mutiny and of later minor wars, to say nothing of the "thin red lines" that were successfully opposed to the progress of Napoleon the Great. So it was that, after the close of the South African campaign, many projects for the improvement of the race were discussed both in and out of Parliament, but the majority of these seemed to have been dropped because of the passing of the danger to the Empire, upon which the Boer War laid emphasis. The statements of Sir James, however—which are of the plainest and the most alarming—seem to have unpleasantly aroused the British nation from the apathy regarding the question into which it was falling.

In consequence of which, there have been and are, the usual crop of communications in the British newspapers, meetings of an alarmist sort, demands upon Parliament to remedy the lamentable conditions which Sir James's speech has laid bare, and much more of the like. The statements made by the man of science do indeed warrant all this agitation, for if they are correct as they apparently are, it will not be so many generations before England is a nation of weaklings in a physical sense, and degenerates in a mental. When that time arrives, the British Empire

will have gone to pieces, and England will have sunk to the level of a fourth-rate power.

The text of Sir James's speech was race suicide, not from the point of view of a falling birth-rate, but rather, from the close relationship existing between undesirable social conditions and a high birth-rate.

He quoted startling statistics which proved that in districts where there was an overcrowding, where there was a superabundance of the lowest type of labor, where infant mortality was greatest, where there was the most general pauperism, where signs of bad environment, like phthisis, were most abundant, and where pauper lunatics were most numerous, *the wives of reproductive ages had the most children.* Where there was more culture and education, as shown by a higher proportion of professional men, where there was more comfort and leisure, as shown by a higher percentage of domestic servants, *there the birth rate was lowest.* Wives in districts of the least prosperity and culture had the largest families and *the morally and socially lower classes of the community were reproducing themselves with the greatest rapidity.*

"We had," he said, "to deal with a reduced fertility in the more intellectual, the more prosperous, the more thrifty and cleanly classes of the community which could not be accounted for by a variation in the mean age of possibly productive wives. We are confronted by diminished fertility, lessened exercise of fertility or deliberate restraint of fertility among the elite of our people. Bearing in mind that 25 per cent. of the married population produced 50 per cent. of the next generation and that mental and moral traits were not less hereditary than corporeal appearances, it was impossible

to exaggerate the importance of the problems that were raised by the figures adduced.

"If we were recruiting our population from the poor and mentally and physically feeble stocks of the community at a greater rate than from the better and more capable stocks, then the gradual deterioration of the race was inevitable. Weeds would accumulate and good grain grow scarce. That the relationship between inferior social status and a high birth rate in towns had practically doubled during the last fifty years made the outlook very gloomy."

"Some hope may be founded on the fact that the operative causes of the low birth-rate have not yet affected the rural population, from which we might, hope to draw invigorating elements. The relative fertility of women living in the country was from 8 to 11 per cent. greater than of women living in towns; but urbanization was going on at a rate that must rapidly reduce and before long, cut off the supplies from this source of sound, progressive human material.

"The complex problem is connected with racial, industrial, economical and religious as well as social conditions, but in the main, the decline must be ascribed either to physical degeneration affecting the reproductive power and diminishing fecundity or to wilful and systematic prevention of child-birth. The deterioration of the moral standard

which the practice of race suicide implies, was in itself an indication of debility and decay. If race failure was being manifested more rapidly in the superior than in the inferior varieties of the race, if the reduction in size of families had begun at the wrong end of the social scale, then national decadence and disaster must be anticipated.

"We must not wrap ourselves up in racial self-conceit. We must not forget Greece and Rome and the Byzantine Empire. The racial struggle for existence is not over and finally decided in our favor. The strategy of the struggle and the weapons employed in it are changing daily, but it is going on, and if the second Hague Conference were to succeed to-morrow in abolishing war and securing universal disarmament, it would only mask the conflict and perhaps hasten the catastrophe. A declining birth rate, especially a declining birth rate among the best breeds, means a diminishing racial resistance."

The entire press of England discusses Sir James' warning in a much more sober spirit than it has before given to the subject. Its previous references to the problem have been largely confined to remarks in anything but a serious vein in regard to President Roosevelt's agitation of the subject. Now, however, the newspapers seem to have awakened to the gravity of the situation.

And it may be added that Sir James' remarks apply with perhaps greater force to America than they do to England.

#### DOCTORS AND PHARMACISTS ARRAYED AGAINST QUACKS

**T**HERE is no mistake about the fact that both conscientious physicians and honest pharmacists are waking up to the danger which threatens them through the medium of the quack. This, for the reason, that up to the period that this magazine and other reputable publications began to stem the tide of quackery, it pursued its turgid and miasmatic course without let or hindrance. But the public opinion aroused by the series of articles on medical charlatanism which appeared in these publications was of necessity, more indignantly critical than closely

discriminating. In other words the public in its righteous indignation against quackery, showed a disposition to apply the term to anybody and everybody connected with medicine. Because doctors and pharmacists had up to this point, made no attempt to dispute the claims of the medical charlatans, but little sympathy could be wasted on the former. However, when the attitude of the public began to affect the practice of the "regular" and lessened the trade of the druggist, the case was otherwise, and they attacked the cause of all the trouble—the quacks.

## Editorial Comment on Items from Everywhere

### Moses Harman Returns to Work

Our readers will, perhaps, remember the article we published some time ago, referring to the imprisonment of Moses Harman, for talking too plainly on sexual subjects in his publication. He was convicted under the charge of sending obscene matter through the mails, though it would be difficult for anyone familiar with the anatomical and physiological structure of the human body, to find anything obscene in his utterances. On a former occasion, he was a martyr to his belief and the necessity for the education of the general public on the physiological aspect of sex. We are glad to hear that his imprisonment has had no ill effects. We understand he is back at work and is still enthusiastically interested in the reform that he so strongly advocates. It has been charged that he wishes to lower the moral standard of womanhood. An acquaintance of his, writing of his character, states that he would exalt womanhood to the highest plane of honor in his ideals of her proper status in this world and in the kingdom of heaven.

He believes her to be morally and spiritually superior to the so-called stronger sex, and he would endow her with legal, social, financial and political equality with man. If women were granted privileges equal to men, he believes that wrong and injustice would be obliterated from the earth.

### Bare Feet on Icy Decks

A rather surprising sight met the eyes of a few New Yorkers some time ago, while the harbor was completely filled with floating ice. On board the Steamer Seneca, which arrived from Manila by the way of Boston, the Chinese crew were seen to walk about in bare feet while engaged in the work of breaking ice from about the decks. All incoming steamers were heavily coated with ice,

and ice was floating about the upper and lower bay as far as the eye could see. The Chinese were clad in thin cotton clothing, and did not seem to mind the cold in the least.

### Woman vs. Man

Mrs. Gabney, of New York, recently gave proof of the possession of a powerful physique. One morning recently, she went out to do her marketing, and on her return home, she found a stranger in her parlor.

"What are you doing here," she demanded.

"It looks as though I am in the wrong house," answered the stranger.

"Sure, I think you are, too," replies Mrs. Gabney, "let me assist you."

Her assistance consisted of a right upper-cut to the stranger's chin. Mrs. Gabney waited for him to rise, then she tossed him into the corner of the room, after which she threw a rocking chair on top of him and called for the police. The officer assisted the battered intruder to the station.

"Let me know if he wants for any little attention," Mrs. Gabney said to the captain of the station.

This story was told by a reporter. We hope it is true. And we repeat it here because we believe that a woman can be as strong as a man if she cares to take the trouble, and also because we desire to emphasize the value of this strength to a woman. If a woman possesses a strong body, it does not merely mean that she can perform feats of strength or win strenuous contests of the character just described—it also means that her entire organism possesses a similar degree of vigor. There is less chance for her to suffer from disease. She maintains her youth much longer. The suppleness and grace that now, in most instances, accompany girlhood only, can more easily be maintained under these conditions.

### A Child-Labor Bill in New York State

The New York Senate recently passed Senator Page's bill, prohibiting the employment of minors under sixteen years of age, in factories, more than eight hours in any one day. The eight hours of employment permitted must be between 8 o'clock in the morning and 5 o'clock in the afternoon. Formerly the law permitted a nine-hour day, between 6 o'clock A. M. and 7 o'clock P. M. This is certainly a short step in the right direction. The evils of child-labor are everywhere apparent, and it is hoped that every State will take a lesson from this small beginning and "get busy" on its own account.

### Spitting and Consumption

The Health Department of New York has a force of special officers for the purpose of arresting those who spit in public places. It is said that they are kept busy. They succeed in arresting from fifteen to twenty-five men daily. The law against spitting is no doubt commendable, but the impression that this evil is almost the sole cause of consumption, does a vast deal of harm. Instead of spreading broadcast conclusions of this nature, the fact should be dwelt upon much more emphatically that one is practically immune from consumption, and one might say, all other diseases, if he maintains his body in a high state of physical vigor. Germs of disease have no effect unless they come in contact with a friendly soil—diseased or debilitated tissue. You will avoid spitting in public if you possess what might be termed personal decency, but at the same time, if you possess ordinary intelligence, you will not depend on avoiding disease by dodging consumption and other germs.

### No Money in Wrestling

Frank Gotch, who is credited as being the champion catch-as-catch-can wrestler of America, stated that he is not proud of his title. He is ashamed of the wrestling business and the company in which it throws him. He states that his father and mother are also ashamed of it, and he intends to retire at an early date. We quote the following remarks credited to him:

"It's a poor game, this wrestling. My advice to aspirants is—'don't try it.' There's no money in it until you are champion. It's a long hard fight up to that point, and there's room for only one at the top. And after you're pushed away, you're done for good. At the best you can't last longer than five or seven years.' It's pretty hard at the end to settle down to humdrum life. The old game spirit is in you. You'll think of the crowds, the glare of the calcium lights, the cries for the champion, the struggle on the mat. And you rebel. I rebel even now when I stay long on my farm."

He can hardly be blamed for being tired of the business. Wrestling as a sport, is equal if not superior to boxing. It should draw larger houses. There should be more money in it for the champion. But there is no class of athletic sport at the present time which is more in disfavor. Wrestling matches are in nearly every instance, fakes of the rankest kind. They are all arranged beforehand. And it is small wonder that these prearranged contests have ceased to be attractive to the public. When wrestlers are "on the square," there will be a tremendous revival of this sport in every community.

The Japanese owe their great physical vigor largely to their love of wrestling as a sport, and it is to be hoped that something can be done to revive the old-time interest in this body-building exercise.

### Corsets for Men

At the Spring meeting of the National Merchant Tailor's Association of America, it was decided that corsets would be recommended for fat men during the season of 1907. The various members of the Association were also very much in favor of jeweled buttons for waistcoats, as high in price as fifty dollars each. It was agreed that narrow shoulders should be filled out to give a rather square effect, and that shorter coats should be worn. This is all very interesting. I would like to see the expression in the eyes of the real man when one of these tailors suggests to him that he wear a corset. Those gentlemen with mincing steps and soft

feminine voices might find the corset an admirable addition to their wardrobe, but I am inclined to think that it would not appeal to real men.

### Long Skirts Attract Microbes

The statement was recently made that 65,000,000,000,000 microbes are collected daily by the trailing skirts of New York women. They escort the ladies to their homes, and thereafter become guests of the family. They burrow in the rugs and swarm in the lace curtains. They multiply by the hundreds and thousands, and are eventually eaten by the husband, wife and babies. Perhaps all this is true. We are not especially good at guessing, but there is no need to worry about these microbes if your body is clean internally and externally. The microbe of health will give them a battle royal. It is pleasant to note that we have a little army of microbes that are fighting our battles. It remains with us to keep these microbes of health in a vigorous condition by proper habits of life, for according to the figures of this scientific gentleman, we are liable to become engaged in a fierce contest with them at most any time. Do not bother about microbes. Attend to your business. Take ordinary good care of your body. Do not eat more than you can digest, and you will live out your allotted time, regardless of these minute enemies that seem to attack us by the thousands, in every civilized community.

### The Teeth and Indigestion

I recently came in contact with one of the most remarkable theories ever advanced by members of the medical profession. While in England, some years ago, I noticed a girl about eighteen years of age who had practically lost all her teeth. It seemed remarkably early in life for such an experience, and I took the trouble to inquire the reason for her loss. "Why," said she, "for years I was a dreadful sufferer from indigestion. My doctor tried all kinds of remedies without benefit. He finally told me that if I would have my teeth pulled out, that the trouble would surely be remedied, and as there seemed no other possible method of curing my

complaint, I concluded to take his advice."

To say that I was astounded at this description, was stating the case very mildly. But I had a further surprise in store for me. "Did it do your ailment any good?" I inquired. "Yes, it cured my indigestion entirely," she replied.

I had nothing more to say—to her—but I made careful inquiries in that section of the country, and found that it was quite common for physicians to advise the removal of the teeth of persons suffering from indigestion.

After the teeth were all removed, the victims were naturally compelled to live on gruel foods of various kinds, and their digestive trouble disappeared. If they had changed their diet without removing the teeth, the result would have been the same.

### New York Civilization a Sham

The Rev. Madison C. Peters, in a recent sermon, made some rather startling remarks about the so-called civilization said to exist in New York City. We quote some of his opinions on the subject:

"I cannot call that a Christian city where some time during the year 20 per cent. of the population is dependent upon charity for daily bread, where one out of every ten is buried in Potter's Field, where upward of 70,000 children go to school every morning without their breakfast, and where more than 60,000 evictions occur each year in the Borough of Manhattan alone—I cannot call that a civilized community.

"In the sweatshops you see gaunt, wild-eyed, tottering wrecks driven by the lash of their masters as never were the slaves in the cotton-fields of the South. Fully 20,000 children in New York City are child-laborers."

### The Sale of Liquors as Drugs

Mr. Maynard N. Clements, Commissioner of Excise in New York City, in a recent report attacks the sale of liquor under the guise of patent medicine. We quote the following from his report:

"High license is the most successful solution of the liquor problem that has yet been arrived at. It has proved its efficiency by a marked decrease in pub-

lic intoxication, in crime and prison population; by a decrease in the number of drinking places in the State, which is the equivalent of more than 13,000 places closed—considering the increase in population since the enactment of the Liquor Tax—and by a largely-increased annual revenue to meet the financial burdens imposed upon taxpayers by the liquor traffic."

The Commissioner recommends an amendment to correct the so-called patent medicine abuses, to prohibit manufacturers from putting on the market an inferior grade of liquor under the mask of curative medicines. This practice, he says, creates an appetite for liquor among men, women and children, who, he says, would not otherwise have a desire for strong drink.

#### **Soothing Syrup Results Fatally**

The frequent use of patent remedies for ailments of children has been most scathingly denounced in our columns on various occasions. Scores of deaths have occurred that have been traced directly to these poisonous concoctions. Some time ago, the nineteen-months-old daughter of Joseph Viegel and wife, residing at Mankato, Minn., met death because of morphine poisoning resulting from too much patent soothing-syrup. The child's system had been weakened by an attack of the measles, and the first doses of the medicine had an opposite effect than what the parents had hoped for, bringing on convulsions. The physicians state this was due to the morphine in the medicine poisoning the little one. The parents thought that they could cure the child by giving it more of the soothing syrup. It rapidly sank under the repeated doses, until death occurred. If ever there was a class of mountebanks that needed attention, it is the manufacturers of these so-called "baby remedies." Poisonous medicines are baneful in their effect at all times, but when given to the infant, their injurious effects are multiplied over and over again.

#### **Race Suicide in City Life**

The Rev. Percy S. Grant, in a recent issue of the *North American Review*, says that the cradle of the future American

citizen will be the tenement. Our cities are being populated by the former residents of abandoned farms, and with foreign immigrants. The American farmer-boy is trying to breathe the devitalizing air of the city, and the foreign peasant is trying to keep his health in America. The farmer is bound upon becoming a factory or mercantile unit, while the foreigner hastens to become an American. If you know any mill-town full of foreigners, you have doubtless noted the deterioration of their physique in the second generation. American food, hot summers, cold winters, stuffy tenements, play the mischief with ruddy-faced Englishmen and Irishmen.

#### **Drudgery Destroys Womanhood**

Dr. Jacoby believes that excessive toil, combined with bad air, partial starvation, and various other vitality-destroying conditions, has much to do with the physical decline of the average woman. He mentions a case of a farmer's wife, forty-two years of age. She had five children, and performed many duties connected with the household, in the form of cooking, mending, etc. She was always sleepy, tired, and could not eat. Usually went to bed at 11 o'clock, and got up at 5 o'clock. This woman, he states, looked as though she were nearly seventy years of age. She was literally worked to death.

This is also the ultimate fate of many young girls in factories. They are poorly paid, poorly nourished, and they are compelled to rise early. Their breakfast usually consists of a cup of coffee and a roll or piece of white bread. Almost every one suffers from catarrh of the throat or the bronchial tubes. Both acute and chronic tuberculosis of the lungs are very frequent. The doctor says that he has seen scores of such women die in their young years, before even the glow of youth or the enjoyment of life had scarcely dawned upon them. Some day there may be a governmental inquiry that will bring out some startling facts on this very important subject. Perhaps there may be a time when it will assume an importance equal to the raising of pigs, in the eyes of the Government.



## The Athletic World

### Bonhag's Great Achievement

To break a record that has stood for fifteen years, during all that time resisting the attempts of scores of champions to lower it, is certainly a performance worthy of special comment. George V. Bonhag, of the Irish-American Athletic Club, proved himself to be one of the greatest runners of modern times when he recently set a new mark for American runners at the distance of four miles, doing the distance in 20 minutes, 11 1-5 seconds. The best previous record was 20 minutes, 15 4-5 seconds, established nearly fifteen years ago by the great William Day, of the New Jersey Athletic Club.

The conditions of the race were unique, it being what might be termed a half-relay. That is, one of the contesting parties consisted of one runner who covered the entire distance, while his opponents consisted of two runners, each of whom ran a relay of half the distance. This is a splendid arrangement in case there is no one capable of making a good match for a champion. A star runner is thus enabled to secure opposition sufficiently strong to compel him to do his very best, by letting two men, of a class a little below his own, run half the distance each. In this case, Bonhag's competitors consisted of W. G. Frank, a clubmate, and M. Spring, of the Pastime Athletic Club, winner of the annual Marathon race near Boston a couple of years ago. Even this excellent team, however, proved an easy conquest for Bonhag, for at the end of the race he had gained nearly one lap of the indoor track. The race was run at the Twenty-second Regiment Armory, New York City, on Feb. 22nd.

One of the remarkable features of Bonhag's performance was the apparent ease with which he ran throughout the entire distance and the strength displayed at the finish. This seems to be characteristic of championship and

record-breaking performances. The athlete, on such occasions, seems to be possessed of a degree of vitality and strength that is as marvelous as it is unusual. In other words, the achievement of a new record is made possible only by an approximately perfect physical condition and a degree of energy that is apparently almost inexhaustible. Many champions never reach this point



A Well-Executed Hand-Stand by a Sturdy Physical Culturist

more than once or twice in their career, and without doubt there are a host of other athletes who never attain their full possibilities, because, for various reasons, they never acquire that perfect physical condition and superabundant vitality, which, did they but possess it, might make them champions also. Obviously, it is chiefly a matter

of condition. And too often the athlete is apt to forget the necessity for obeying certain rules of health. Dissipation, lack of sleep, improper diet, overeating and other mistaken habits of life have contributed to the failure of many an aspiring athlete whose natural ability, under normal conditions, would have placed him at the top of the list. Natural ability, style or "form," coaching and other advantages are all important factors in the making of a champion, but these can accomplish little or nothing if the vital forces of the individual have been depleted on account of a mistaken mode of life.

Bonhag runs with a far-reaching, powerful stride, which is very attractive from a spectacular point of view, and which enables him to move over the ground with remarkable speed, but with no very apparent exertion. So he ran the entire four miles, in this instance, hardly changing his pace or stride, and without showing any signs of marked fatigue or distress, finally sprinting the last lap with an astounding burst of speed. Such a display of vitality does one good to witness, and it is the contestant who finishes in this style that wins. The athlete who is in a semi-jaded condition when his race is half run, and whose approach to the tape is an agonizing struggle—his aching limbs only being forced along to their utmost limit by the unrelenting goad of his dogged will power—is not a breaker of records. At least, his record-breaking performances are not run in this manner. Such an effort is only a tax on the nervous and vital energies of the individual. When the athlete is not able to run his race in comparative comfort, at least until he nearly reaches the finish, then he is not in condition to participate in it at all. The enthusiastic novice should find herein a hint to guide him to the best results in athletic competition, and enable him to avoid any and all deleterious effects. Though it must be stated just here that while athletic activities do occasionally affect unfavorably the youth who overtakes his energies, yet such cases are by far more rare than is stated to be the case by those calamity-howlers who consist-

ently decry athletics in all forms and at all times.

At last the much discussed merits of Daniels and Handy have been brought to a test, resulting in the decisive triumph of the former.

### The Triumph of Daniels

On February 23rd the two rivals met in a match race of 1000 yards, at New York City, and Handy was hopelessly outclassed, though the surprising superiority of Daniels in this instance may be partly accounted for by the fact that he created a new American record for the distance, 13 minutes 21 3-5 seconds, thus displacing Handy's former American record of 14 minutes, 4 seconds. The result of this race does not prove that Daniels is so much the superior of Handy as it might seem, for it is undeniable that Handy was not in his best form. Indeed, Handy completed the distance in slightly more than a minute slower time than his previous best record. At the same time, Handy never could have approached the new mark set by Daniels, and the relative standing of the two swimmers has been finally settled, once and for all.

Curiously enough, a few days later Daniels again played havoc with existing records, setting a new American mark for the mile at 23 minutes 40 3-5 seconds, and incidentally again eclipsing the 1000-yard record made by him in the race with Handy, by doing the distance in 13 minutes, 20 3-5 seconds. Daniels has made his reputation heretofore by his superiority in the sprints, but on this occasion he proved his versatility and wonderful all-round capacity as a swimmer by lowering the American records for all distances from three hundred and thirty yards up to a mile. His performance in this instance was not far behind the world's record for one mile, held by Kieran, of 23 minutes, 16 3-5 seconds. If Daniels should specialize on the longer distances as assiduously as he has heretofore devoted himself to the sprints, there is no telling what might happen to the figure set by Kieran. Following are the new records made by Daniels on February 25th:

Three hundred and thirty yards, 4m. 7 2-5s.; 660 yards, 8m. 38 4-5s.; 770

yards, 10m. 53 2-5s.; 1,000 yards, 13m. 20 3-5s.; 1,100 yards, 13m. 43s.; 1,200 yards, 16m. 5 4-5s.; 1,300 yards, 17m. 30s.; 1,320 yards, 17m. 45 4-5s.; 1,500 yards, 20m. 14s.; 1,540 yards, 20m. 47s.; 1,600 yards, 21m. 36 4-5s.; 1,700 yards, 22m. 57s.; 1,760 yards, 23m. 40 3-5s.

While in America we hail Daniels as the greatest swimmer in the world, abroad—in England and Australia in particular—they are wont to view our champions' recent performances with a certain degree of suspicion. This is principally because of the fact that the

turn quickly, Daniels was able to defeat the Australian. To anyone who has closely followed the career of these two noted champions it will be obvious that the Australian secretary's unjust comments are uttered from a plainly biased standpoint and in many cases the facts in the matter have been wandered from. As a matter of fact Daniels has clearly demonstrated to the world that he is the fastest man that aquatics have produced since Barney Kieran. In fact, by many authorities he is claimed to excel even this great champion.



Members of a Class Base Ball Team of the Bernarr Macfadden Institute

Antipodes have always produced such wonderful performers in the water that they hate to be robbed of this great honor. Recently the Secretary of the Amateur Swimming Association of Australasia made the bold statement that in spite of the fact that Daniels was reputed to have established many new world's records in America, it was amply proven that when the American swimmer met Healey, the Australian swimmer, at Athens and in England, the latter easily proved his class by beating the Yankee in the open water, but when it came to racing in a tank where particular stress was placed on the ability to

At the Columbia University Games, which, in retrospect, may be termed the inauguration of the recent indoor meets, the familiar face of Ellery Clark, the erstwhile Harvard champion, and ex-all-round American champion, was very much in evidence, and from the form he displayed in the many events in which he was entered, he proved that he was still able to hold his own with the younger element. It is rarely that we hear of an old-time athlete returning to the track after a long retirement from service, still able to hold his own. But

this is precisely what Clark has been able to do. True it is he did not display record-breaking form, still, in one event of his various performances, in particular—the running high jump—he easily outclassed his field and won with a jump of five feet ten inches.

While at Harvard, Clark was the best all-round athlete in the college, and in 1903 he won the international all-round championship. Since then he has competed on and off in various meetings and at all times has been able to make a most creditable showing. The secret of Clark's being able to continue athletics at a date when many athletes who were competing in his day have retired, can be more or less accounted for by the intelligent care he has taken of his body. According to the statements of this prominent athlete, he has yet to taste of intoxicants, and has never used tobacco in any form. In all, his athletic career has stretched over a period of fifteen years—a most enviable record and a splendid lesson to growing manhood. While Clark's record stands out most prominently in the athletic world, still he is by no means all alone in this achievements, for there are many other notable examples. John Flanagan, of the Irish-American Athletic Club, has been engaged in athletics for the past twenty years or more, and still continues to break world's records. Also James Mitchell, formerly of the N. Y. A. C., who was just previous to the Olympic Games an active competitor in athletics, has been a participant in sports for the same number of years, and would undoubtedly still be found in the ranks of the champions, if he had not met with a serious accident while making the trip to Athens. As a matter of fact Jim Mitchell was considered the oldest champion in competition. Another notable example is that of J. B. Connolly, known as the athlete-author, who was recently selected by President Roosevelt to serve as an enlisted man on an American man-of-war, in order to be enabled to obtain material for a story on the American Navy. Connolly likewise may be termed one of the old school athletes, being an old-time Olympic

champion, and up to recent years a familiar feature in the athletic meets. With the exception of the athletes mentioned, many of the others have passed into oblivion in an athletic sense, and nothing remains but the record of their past performances.

The advent of James H. Ten Eyck into intercollegiate rowing, as coach of the Wisconsin's New Coach consin crew will be followed with considerable interest by a great many of the followers of the sport. It will not, by any means, be the first experience that this famous sculler has had as a coach, for he was employed for many years as coach of the Philadelphia Barge Club, where he succeeded in turning out several winning crews. It will however, be his first experience in the handling of college men, and it remains to be seen how well he will fare when competing against such veteran coaches as Courtney, of Cornell, Ellis Ward, of Penn, and his father at Syracuse. Of course too much cannot be expected of him at the start, but in the course of a few seasons he will probably hold his own with any of the leading experts in rowing. If experience in actual contest and unusual ability as an oarsman count for anything, the younger Ten Eyck certainly has everything in his favor, for in his day he was acknowledged the greatest oarsman that ever sat in a boat, and proved his calibre by easily running away with the Diamond Sculls at Henley, one of the greatest events in amateur aquatics.

That the Wisconsin Crew is leaving no stone unturned in attempting to bring itself once more into the limelight of the rowing world is perfectly apparent, for in the selection of young Ten Eyck they believe that they have found a worthy successor to their erstwhile coach Pat O'Dea, who was responsible in the past for Wisconsin's fine showing on the water.

The action of our leading college crews in not enforcing the Freshman Rule in its entirety as it has been adopted in the other departments of sport, seems a most liberal and wise move, and will, no, doubt, result in making intercollegiate contests more keen.

## The Editor's Viewpoint

MORAL LIFE IN EDUCATIONAL INSTITUTIONS

"THE LADIES' HOME JOURNAL" CONVERTED

A READER'S VIEW OF OUR SERIAL STORY

THE ANNUAL PHYSICAL CULTURE FAST

THE ANTITOXIN FOOLISHNESS

I HAVE stated on several occasions that the startling depravity so plainly depicted in the serial story I have been publishing—"Growing to Manhood in Civilized (?) Society"—can be found in nearly every walk of life. The story is a literal description of the environments of numerous college boys. Those who have not attended college would hardly think

### MORAL LIFE IN EDUCATIONAL INSTITUTIONS

that institutions of this character would be inclined to deprave the moral instincts. It would hardly be just to say that the teachings of various colleges are inclined to bring about results of this nature, for such a statement would not be true. But I can truthfully maintain that the lack of teaching on the physiological facts of life that pertain to sex, is the real cause of this moral degeneracy.

I firmly believe that if sexual physiology in all its details, was taught to students of various colleges, that the life which many of them now lead, would be condemned and scorned by every intelligent, decent young man who attends such institutions. But now note the condition. This pitiful moral degradation, this inclination to wallow in filthy excesses, is freely boasted of by the average college student, to all his friends and acquaintances. He is not ashamed of his depraved life and crushed ideals—he is proud of them. He struts about and tells the story of his experiences to eager listeners:

"Oh boys, you should have been with me last night! What a time I did have!" Then he proceeds to depict in revolting detail, the story of experiences that should make any intelligent, decent-minded young man hang his head with shame. This is a statement of bald, pitiful facts, and I want to ask every intelligent reader of this magazine if it isn't an evidence of degeneracy beyond the power of any man to controvert, and that it is positive proof that something is radically wrong with our educational methods? If boys can attend schools where they are supposed to acquire high ideals and noble purposes and be demoralized so immeasurably, can the education which they are supposed to acquire in such schools, be commended? You may say it is not the fault of the educational institutions, that they come in contact with vile companions and are contaminated by individuals of a sort that can easily be found in nearly all places where young men congregate. But I want to emphatically state that I firmly believe that it is the fault of the establishments entrusted with their education.

These institutions are neglecting one of their most important duties. They do not instill into the minds of their students those high ideals so imperatively necessary on the most important subject that a young man or young woman come in contact with, throughout their entire life. Their ideals, their morals, as far as the relation of sex is concerned, come entirely

from the morally benumbed: from those whose especial delight it is to "break in" and deprave in every possible way, all new students.

Would this be called civilization? Could it be called a part of human enlightenment? It is time for this miserable and pitiless prudery to be placed where it belongs, and that is in the shadow of a benighted and ignorant past. It is time for parents and guardians to realize the crimes they are committing against their own sons and daughters. It is time for so-called educational institutions to awaken to what might be termed, their criminal neglect.

Anatomy and physiology are taught in all their details, in these institutions, but the real facts of the advantages of a clean moral life are not brought out and clearly emphasized as they should be, either at home or at school. It is only indecent minds that preach about indecency of the human body. It is only men and women whose conception of life in its entirety is vile and distorted, that condemn the pure, wholesome ideals along sexual lines, which must be held up and emphasized in the strongest possible manner to every young man and young woman, to every boy and girl, if true civilization is ever to be attained.

I am reproducing a letter from a student at one of the most famous of our great universities. Are the facts that he gives herewith overdrawn? Does not every student of every college know that his statements are accurate? And with such facts as these before us, is any government to be commended for suppressing a story, the object of which is to bring to light and stamp out such criminal degeneracy? The letter follows:

To the Editor:

"I have, for a year or so, been a reader of your magazine, PHYSICAL CULTURE, and have always been interested in and helped by what I found there.

"I am writing you because of several letters from subscribers, published in a recent issue, condemning the serial story that you are now publishing. I am a student at a great university, and from close association with many students of the type depicted in "Growing to Manhood in Civilized(?) Society" both in college and in the several private preparatory schools of this neighborhood, I can state that the story is by no means an exaggeration.

"It has been, for some time, currently rumored that the house of several of the richest of the local fraternities are dens of iniquity, where chorus girls and others are frequently accommodated for the night. A fire that occurred recently, as a result of which seven persons were killed, was said to be attributed to students who arrived at the house and went to bed at two A. M. dead drunk, after having spent the evening entertaining a troupe of show girls at a local student resort.

"The president, at the beginning of the present year, in a public address to the University, warned the members of the incoming class against contracting the vice to which many upper classmen were subject, and whose evil effects he decried.

"The case of a New Haven woman who is now being sued for divorce gives to the public a slight glimpse of the moral atmosphere surrounding the life of students in our universities and preparatory schools. If any progress is to be made in a forward direction, against prudery, Comstockism, etc., it must be, as you are doing, by laying bare the repugnant facts.

"I congratulate you on the fight that you are making for the betterment of present society and trust that you will treat this letter as it is written, in confidence."

I firmly believe that the institutions of learning attended by these young men are to blame for this pitiful perversion. They are neglecting their plain duty. They are failing in the true object of education, and that is to instill the fast maturing mind with high ideals.

When prudery has been given its death blow and the plain truths so vastly important to young men and young women, are taught so emphatically that their meaning cannot be misunderstood, then, and not until then, will such evils be entirely eliminated.

**T**HE "Ladies' Home Journal" has taken up another of the principles for which this magazine has emphatically contended from the very first issue. It was the first publication to join with me in my fight against patent medicine swindlers, and it pleases me beyond words to have such a powerful ally in the reform for which they are now contending.

The editor says that one of his pet theories has been upset; that he has changed his mind; that conditions have changed and that with them have come environments and influences that cannot be met by old-time methods. He believes that boys and girls should be taught the truths in reference to sex, from their very earliest thinking moments. He thinks that questions should be answered truthfully and he does not approve of

prevarication or hypocrisy. He believes that this question of sex should be met squarely and fairly, and that pure and wholesome views of the subject should be taught to every curious-minded child.

Oh, if words like these could be uttered from every pulpit, could be impressed on the mind of every parent, the reform that could be brought about would amaze the entire civilized world!

Vile, smutty stories would be a thing of the past, and those who take such pleasure in telling these depraved tales, would soon learn to keep their mental rottenness to themselves.

I sincerely hope "The Ladies' Home Journal" is simply leading the way, and that thousands of other publications will now follow its example and use their influence for a reform that stands for higher and nobler manhood and a finer and more superb womanhood.

I am so much pleased with the editorial remarks of Mr. Bok that I am producing them herewith verbatim:

"One of the things we all resent most keenly is to have any of our pet theories upset. So when some one comes along and disturbs a theory with which we have comfortably lived for some time and adjusted into our lives it follows that he is certain to encounter criticism and displeasure. Hence it happened that when this magazine recently questioned the long-established reticence of parents with children as to the mystery of life, it was the signal for the lifting of the gates of criticism.

"If the main contention advanced: that what was deemed right by our forefathers may be safely accepted by us, was correct there would be nothing more to say. But results do not bear out the stability of this argument. The principles of living have not changed from the days of our forefathers, nor will they change with those who follow us. But that does not hold true of the wisest methods of living. With changed conditions must, of necessity, come changed methods. When the children of our forefathers were educated either at home, or by a handful under instruction closely influenced by home ideals, the supervision was, of necessity, more personal, more individual, more in the concrete. But this is not widely possible to-day: certainly not with the vast majority of us who must leave the education of our children to public institutions of large numbers and promiscuous attendance, into which enter not only different elements but also different standards. The hand of the parent, careful though he may be, must be raised and taken off, and there is where the condition affects the theory: not the principle of the theory, but the wisest adaptation of the changed conditions to that theory.

"We can wisely safeguard that distance, however. If our children must learn the lessons of life farther away from us we must send them forth equipped with the knowledge that will insure the rightful learning of those lessons. We must have them go from us clear-eyed and clear-minded. They must see things straight from us, and not learn them in a distorted and dangerous form from others less competent and less loving. There is no criticism coming to the parents of yesterday because our coming into the world was pictured to us as a purchase from the doctor, but our children of to-day are better equipped for their time and the world into which they are entering when the beautiful story of their birth is simply explained to them by ourselves. Thus they know right what their companions know wrong.

"It is not meeting this vital question to write to this magazine, as many have done, either stopping their subscriptions or threatening to do so if we persisted in a discussion of the theme. We say it cordially, though none the less directly: that a step of this sort must of necessity be far more noticeable to them than to us. A woman does not help to solve the domestic problem by closing her house and living in a hotel. Nor will any parent come nearer the right solution of this vital question by running away from the magazine that discusses it. The question for us to decide in this matter is: are we, as parents, right or are we wrong in our present silence or perversion of the mystery of life to our children? Let us be open-minded about it. Let us find out where we stand. It is one of the most vital questions: tremendous in its import and momentous in its significance. It is idle to say that it must not be discussed in a periodical. Within certain limits it is, on the contrary, the most legitimate of all questions to discuss, particularly in a home magazine. Too long have we made a secret of what should be a beautiful, open story—delicately told and privately regarded, yes, but not a secret. Nothing secretive is healthy in the mind of a child.

"To crouch behind the argument that a frank telling of the truth is indelicate; that it rubs the bloom from the peach; that it opens wonderment where it is better that none should be awakened, is the most cowardly of evasions. The subject is indelicate only when we ourselves make it so; no story in life is of itself more beautiful; more in accord with the evident teachings of Nature: with the germination of the seed; the birth of the flower; the flowing sap of the trees; the coming of the leaves; the ripening of the fruit; the mating of the birds. Are all these workings of Nature indelicate? Would a wise Providence have left these unveiled to the eyes of His children if He meant that we, in turn, should veil the story of human life to our children? In no phase of our lives fits in so effectively the gospel of the simple life. Simplify the story of the coming of life to a child, and you simplify for him some of the most vital complications of his later years. Thousands of men and women are living to-day who can testify to much—and hundreds of them have so testified to this magazine during the past few months—

that would have been spared them if, in early boyhood and girlhood, they had been given a clear vision of what they had to discover for themselves at great cost and large sacrifice.

"It is high time to face the facts of what this magazine honestly believes and keenly feels is the wrong policy of thousands of parents. We have sent our children out into the world criminally ignorant of what it was our duty to explain and their right to know, or, what is even worse, we have filled their minds with mythical notions. And with what results? Gauge not these results from your own limited horizon as a parent. Judge them rather from the experience of those public educators who see the child in the mass, by the hundreds or thousands, and what are their opinions? Many of our readers received Marion Sprague's article in this magazine as the opinion of a single parent, combating it with the statement that her outlook was no wider than their own. They did not know that behind the name of Marion Sprague there was a teacher of years of experience with hundreds of children. Judge Lindsey, in his article in the last number of this magazine, did not speak from an experience of one, two or five children, but from a personal contact with hundreds of young folks. And in the next issue of this magazine, Mrs. Margaret Deland will likewise speak from an extended point of vantage. Choose your man or woman of wide experience and see if there is a variance of opinion: you will find that unanimous is the opinion that children of both sexes should go out into the world with perfectly clear minds on this great question. Too long have children suffered from the false modesty of parents: the time is indeed upon us when changed conditions make a broader wisdom not only desirable but imperative."

**N**OTHING of special importance has occurred in the legal contest that is to take place because of my arrest since I dictated the editorial referring to the subject which appeared in our last issue. The trial will no doubt be a long-drawn-out affair, though I am going to do everything I can to "win out," and I will appreciate the assistance of every reader who might be interested in adding to the fund which will be used to

**A READER'S VIEW OF OUR SERIAL STORY** change or annihilate the law which has made my arrest possible.

At the time this is being written the March issue of **PHYSICAL CULTURE** is just about reaching the hands of our readers, and we have not had time to acknowledge any remittances that might have been made for the purpose of establishing a fund to pay the very heavy expenses that will be incurred in carrying this case to the highest court. However, as illustrative of many communications we have received commending the story's publication, I publish herewith a letter from an interested reader, which sheds additional light of an interesting character upon the moral quagmire described in its chapters.

To the Editor:

"It has been very amusing to me to read the different criticisms on the serial story recently appearing in **PHYSICAL CULTURE**. If a parent does not take his children into his confidence and explain these vital subjects, how in the world are they to know of them? Oh parents, do you consider it a wiser thing to let some low-down, illiterate servant acquaint your son of these truths, than for him to read a pure conception of them in a magazine or be told of them by a loving father?

"I am a member of one of the oldest and most highly respected families of this community. In my father's family are three ministers of the gospel, one foreign missionary, and a number of deacons in the Baptist Church, my father being one of the latter. I can distinctly remember, when at the age of fourteen, I discovered a power which I did not previously possess, and for eight years, I continued to abuse it. I am only a young man now, but have gone through several of the same experiences mentioned in the story, and can truthfully say they are not overdrawn.

"Not one word of advice was ever spoken to me by my parents in regard to sex and its relations, and not until some of the servants got me alone and told me smutty stories and made fun of my innocence, did I quite understand.

"I often longed for a word from my father, but when such things were even mentioned, I was either sent from the room or the subject was not discussed further. Can you blame children for peeping through key-holes or listening to servants' vilely low talk?

"No matter how he received his information on this most vital subject, if every father would stop and think first, what his duty is, second, what he owes his son, and would confidentially talk to him on the subject, I'm sure this awful vice would not long exist.

"I heartily congratulate you on your noble work and feel as though I personally owe a great deal to you and your excellent teachings. **DO NOT STOP YOUR STORY BY ANY MEANS.** We do not know what we may be held accountable for, if we fail to bring the light to others, and this story is certainly opening the eyes of some people to the awful condition that now exists."



**D**O not forget the annual fast beginning June first. I would like to have the physical culture propaganda represented in every community by one or more fasters. I would like to have the privilege of publishing the name of every individual who is desirous of starting on this thirty-days fast, to begin on June first next.

**THE ANNUAL PHYSICAL CULTURE FAST** I do not think it advisable for everyone starting this fast to definitely determine to continue it to the end, regardless of conditions, for it is easily possible for one to grow so weak that it would be dangerous to continue to abstain from food

for thirty days. But I want everyone interested in fasting, everyone who believes in this method of cleansing and purifying the body, to start-fasting with me on June first. Even if you do not fast any more than two or three days, or a week or ten days, make a beginning. Every year thereafter you would, no doubt, be able to increase the length of your fast and after a while, you could join with all of us and continue the fast for thirty days, and in some cases it might be advisable to fast even beyond this point. The famous Dr. Tanner, who fasted forty days, when I was a small boy, is still alive and healthy, and unquestionably owes his extended life and physical vigor to his habit of fasting at frequent intervals.

Begin now to extend your life, by means of cleansing fasts. Although you can, of course, be greatly benefited in your early years, I want to especially say to those in middle age and to those who are approaching that time of life which might be called old age, that there is but one way to be born again, to be cleansed and renewed and purified, and that is by an extended fast. Don't be afraid of dying. As long as you have flesh on your body, you have nourishment on which your body can feed. A full stomach is not, in all cases, necessary in the maintenance of life.

An excessively fat man or woman will actually gain in strength day by day while taking absolutely no nourishment. If you intend to start this fast with me, be sure to write me. I want to get as large a list as possible and to have every community represented. If convenient, take a photograph before and after you fast, and send me particulars.

**O**TTO G. HINDERMEISTER, of Cleveland, died recently as a direct result of an injection of antitoxin, given for the purpose of rendering him immune against diphtheria. Fifteen minutes after the injection, Hindermeister was dead. If this antitoxin will actually kill a healthy man in such a short time, what influence will it have upon one whose vitality has already been depleted from disease?

**THE ANTITOXIN FOOLISHNESS** It is to be hoped that the drugging doctors will some day learn something about the cause and cure of disease. The antitoxin craze indicates with marvelous accuracy the absolutely blind ignorance of many members of the medical profession. Diphtheria is nothing but a filthy disease. It is nothing but an effort on the part of the functional system to eliminate vast quantities of impurities that have accumulated in the body.

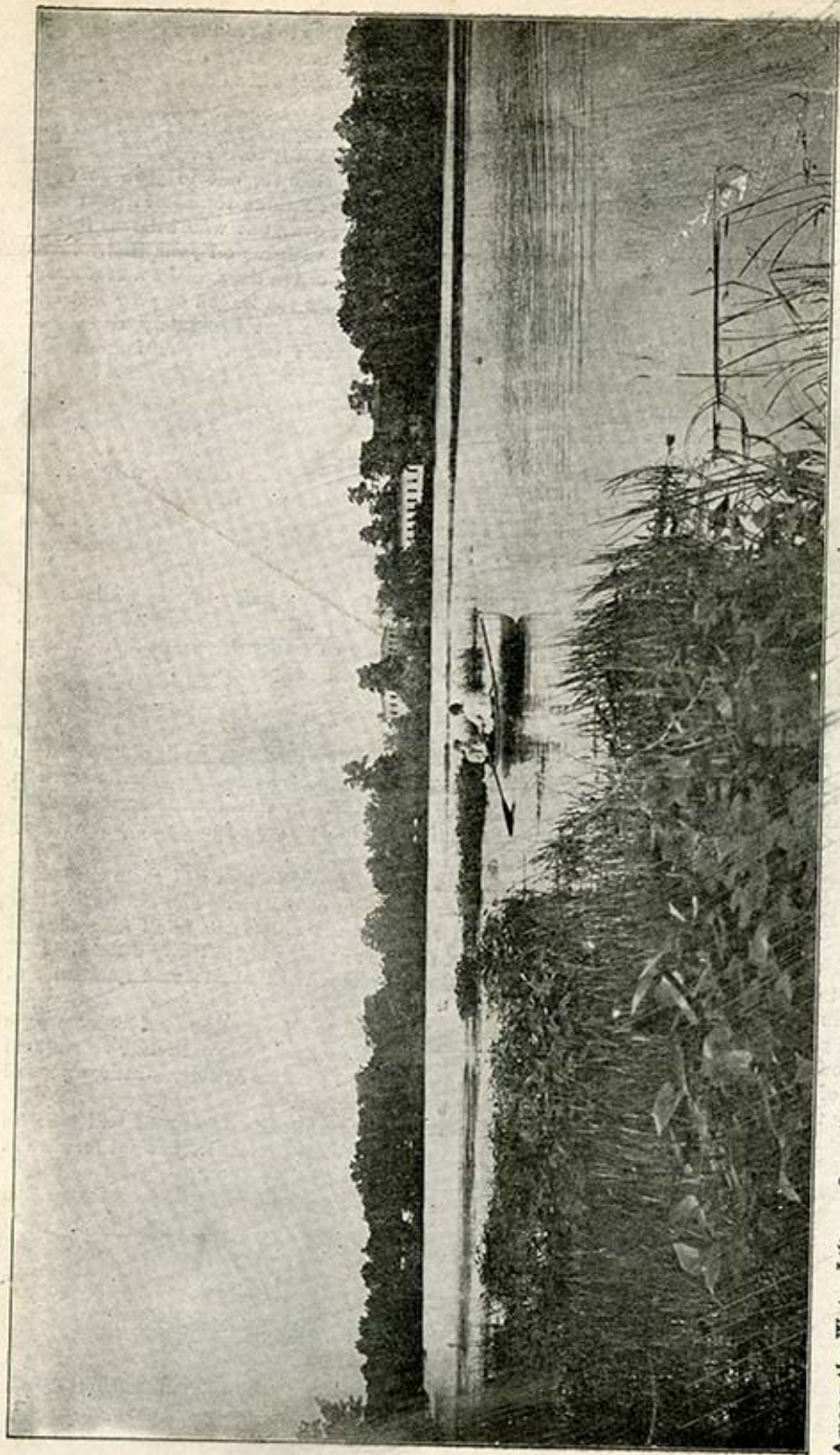
The proper way to avoid diphtheria is to maintain all the depurating and other organs of the body in the highest state of physical vigor through proper habits of life. The rational method of curing the disease is to accelerate to the greatest possible activity all the organs of the body that assist in eliminating the impurities.

When these simple facts are once fully imbibed, the antitoxin treatment will take its place along with thousands of other guesses that the medical profession has put forward in the last century.

*Bernarr Macfadden*

**STENOGRAPHERS WANTED** in the office of this publication. State salary wanted, experience, and other particulars.

**BABIES WANTED.**—The Editor of this magazine is desirous of adopting several more babies. Please send full details.



Among the Water Lilies.—One of the Delightful Phases of Boating at Physical Culture City in Summer. Through the Trees on the Opposite Shore may be seen the Buildings of the Physical Culture Publishing Plant