# PHYSICAL CULTURE

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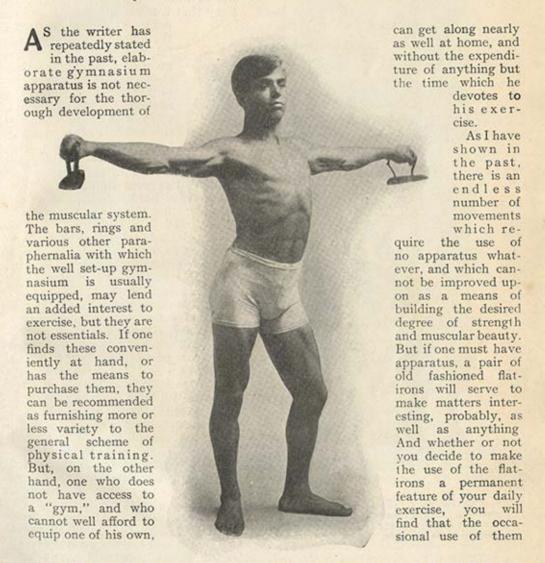
Mr. Theodore Schroeder, Attorney Free Speech League, New York City.

(Author of "Absurdity of the Obscenity Laws," on page 85 this issue)

## The Flatiron as an Exerciser

By BERNARR MACFADDEN

A Convenient Household Article that will Serve the Purpose of the Dumb-bell, Being, if Anything, Superior to the Latter in its Exercise Advantages



Exercise No. 1.—With arms first hanging at the sides, raise flatirons sideways to the level of the shoulders, as shown in illustration, return to the sides again and repeat, continuing until tired. Practice deep breathing meanwhile. The exercise is made more vigorous and interesting by gripping the handles of the flatirons tightly and extending the weights straight outward, instead of hanging down from the hands as in the photo.

is advantageous by way of variety. I speak of variety in exercise, not because of any supposed deficiency of the system of movements which you may be practicing, but because such

Exercise No. 2.—This is similar to the first exercise, except that the arms are raised straight forward to the level of the shoulders, instead of to the side.

variety will help the enthusiast to maintain interest in his efforts to improve his physical being. It is, of course, true that some forms of exercise are more valuable and productive of more marked results than others, but any

system of movements that vigorously tion uses every part of the muscular system be will be satisfactory. For whatever else they may be, one's exercises should be of such a nature that he can thoroughly enjoy them, and to insure this, it is necessary to avoid anything resembling monotony. The public gymnasium has noe advantage in the matter of the company that it invariably affords the stu-

dent. The social instinct in the human animal is a powerful one, and hence it is a great deal more pleasant to take exercise in the society of congenial associates than at home in the solitude of one's own room. And on this account there is all the more reason for taking advantage of anything that

out

will tend to add to the interest and

enjoyment of your training.

One could hardly desire a more convenient article than the flatiron. It is to be found in every home. The old fashioned kind, consisting of one solid piece of iron, is to be preferred, though the more modern patented variety, with detachable handles, will be found per-

fectly satisfactory.

The average reader, on having his attention called to the possibility of using flatirons for the purpose in question, will make mental comparison between a pair of these and a pair of dumbbells. And I believe that after a little thought, the decision in most instances will be in favor of the former. To begin with, there is practically nothing that can be done with a pair of dumbbells that cannot also be done with flatirons. Therefore if you have learned a complete system of dumbbell drill, it will be a very simple matter for you to use the same system of movements in connection with the flatiron. But the flatiron has furthermore some advantages over the dumbbell in the fact that it will call for greater concentration of mind, and will have a most definite effect in strengthening the wrist, developing the muscles of the forearm and hand, and improving the grip in a most marked degree.

It does not require any special effort to hold a dumbbell in the hand while m

sn th executing all manner of movements, but the flatiron will permit of no relaxation of the grip. Owing to this it must be se zed with a firm hand in order





Exercise No. 14.—First raise the irons to arms' length at the sides, and then bring them smartly downward and forward, crossing arms in front as illustrated. Repeat, crossing one arm alternately in front and behind the other.

Exercise No. 3.—Standing squarely on both feet, rise quickly high on the toes, and at the same time, jerk the shoulders as high up as possible, much in the manner of a shrug, while clutching the handles of the flatirons with a tight grip, making the entire movement, from the toes up, and as snappy and smart as possible. Relax and repeat, continuing until tired

e

to keep it steady wh e performing the various movements. Otherwise it will dangle and swing loosely with every motion. And since the main weight of the article is located several inches beyond the handle, it will require tight gripping to keep it steady when you

are making all lateral or upward movements.

This will give you a splendid opportunity for concentration of mind during your exercise, and it is well to remember that the more you apply your mind to each movement, the more effective it will be. Seize your flatirons with all your might, even gripping and squeezing



Exercise No. 5 .- Standing with feet wide apart, first raise the irons to arms' length over the head, then bring them quickly down between the legs and as far back as possible. Now raise again to high over head, continuing the movement until tired. This is a magnificent exercise for the muscles of both the stomach and back, particularly the latter.

them harder than is absolutely necessary for the mere execution of the movement. The more vim and energy you expend in the practice of every movement, the more real enjoyment you will derive from it, and, it is needless to add, the greater the physical benefit that will accrue. Many exercises that seem tedious when performed in a sluggish manner, will be found most fascinating when the performer enters into them heart and soul, so to speak. If you are doubtful in regard to this, try it, and one experiment will convince you. The tight gripping will not only steady the flatirons in the manner suggested, but will also seem to steady you physically and mentally, giving you better control This is in accord of all your muscles.

with the well - known experience of athletes. notably sprinters, who find that they are capable of greater muscular effort and far better control of themselves when tightly clenching little

cork "grips."

A few general cises with flatirons are illustrated herewith, to be followed by others next month. However, the reader may bear in

mind that the number of movements that can be performed with this convenient form of home apparatus, can be multiplied almost and each one indefinitely. will doubtless discover or invent for himself a variety of exercises for the different parts of the body that he desires to improve and develope. As a matter of fact, if one has a general knowledge of what are known as calisthenics or free movements, he will find that he can practice most of them just about as conveniently with a pair of flatirons in his hands as without, with the result

that he will build strength more speedily than with the lighter movements. He will also find that he need not and cannot repeat each movement so many times under these circumstances, and that, though they may give him a more vigorous degree of strength, they might be slightly less favorable to endurance.

However, as far as this is concerned, the flatiron is quite suitable for everybody's use. For even if one is opposed to the use of heavy weights in exercise as a matter of principle, yet he will not find the irons heavy enough to interfere

seriously with his plans.

# A Winter Sport from Viking Land

By AUBREY LANSTON

JUST as baseball and cricket are the national sports of the United States and England, so ski (pronounced skee) running is the great national pastime of Scandinavia. As soon as the snows of early winter have whitened the ground, the Norseman slips his toes within the bindings of his ten-foot skis, and is ready for flights of daring which make other sports seem the amusements

as Knut and Gunnar Helland meet, they do still better, for these two have joined hands at the beginning of a hundred foot flight and sped through the air like twin doves, not releasing the clasp until both were safe on the snowy slope below. If you would like to see them do this, you have only to attend the next meet of the National Ski Association, to be held at Ashlan Wiscon-



Gustav Bye, in a Ninety-seven-foot Jump

of children. You, if you have not entirely outgrown your boyhood days, will remember the zest of bob-sledding, but what would you say to coasting with a toboggan strapped to each foot? Yet this is the game of the skidor, and more, for he not only coasts but leaps into the air, like a bird a-wing, to alight a hundred feet away, still erect and self-reliant. Aye, and when such experts

sin, on the seventh and eighth of February; for although you may not know it, this glorious sport has already been transplanted to our shores, and the meet of last winter at Ishpeming, Michigan, was attended by no less than twelve thousand ardent skidors, broad of shoulder and deep of lung, happy and flushed with health

Norway is, of course, the home of the

ski, whither it was brought some sixteen hundred years ago by the Lapps, who had it, in turn, from the Chukchis and neighboring tribes of Behring Straits. In form it has changed but little since its origin—still being a narrow strip of stout wood, usually of hickory or poplar, from seven to twelve feet long, and four to five inches wide at the center, tapering to a point at the forward end, and bound to the toe by a leather thong. It is never lifted from the snow, as a

for without it, the deep. Norwegian drifts would be impassable to the good "bonder" (farmer), and the whole country would remain snow bound throughout each winter. Its possibilities in warfare have also been recognized in all snow-clad lands, and ski corps are a part of the military establishments of Norway, Sweden, Russia, Austria, and Germany, as well as in the cases of the Alpine troops of Italy and France.

The beginner on skis, soon finds that



The Ski Hill at Ishpeming, Michigan

skate is raised clear of the ice, but is hooked along by the toe, and hence the binding is so arranged as to permit a vertical, but no lateral, movement of the heel. On the level, five miles an hour is good progress, eight miles a racing gait, and plenty fast enough for all purposes of locomotion; but in ski coasting, which may be called the daredeviltry of the ski, the speed is truly terrific, and can be likened only to that of the toboggan. Primarily, however, the ski is a tool and not a plaything,

the art of using them is not so ridiculously easy as it looks, for what could seem simpler than to slide two sticks over the snow? The trouble is to keep the pesky things parallel; otherwise the front ends are certain to overlap, when, unless the bindings have been left free to release the feet, the services of kind friends will be necessary to extricate one from the drift. The correct move ment is a long, slow lunge, alternately with each foot, until the speed of practice takes one unawares. Then the



A Group of Experts at a Recent Tournament

novice is ready to embrace the perils and delights of coasting, and he will do well, to at first, select a gradual slope. Of all eerie sensations which man is heir to, the eeriest is to be on skis at the top of a hill and realize that one is really star ing. But once started, provided one does not fall and spoil everything, there is no sport in all the world which can equal it. Slowly at first then faster, faster, until familiar objects become a blur, and the icy wind whistles about one's ears-it is as near flying as anything that has yet been found! If one falls, it is no great matter, for the snow is soft, and one need only obey two behests to remain gracefully on one's feet (1) to lean forward, and, (2) to keep the skis parallel.

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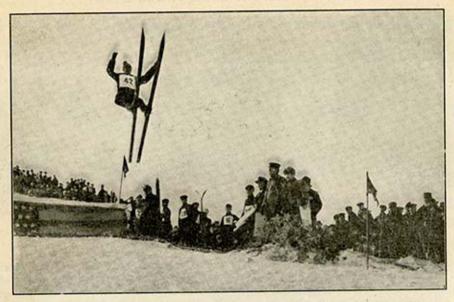
at

Ski jumping is another thing. Some jump well from the first; some never learn to jump; others, only a few, jump but the once and never again. All in all it will be best for you to satisfy your zeal by watching the experts at a tournament. Norwegians, most of them, who fell from their cradles and lit on skis. At Holmenkollen, outside Kristiania. where the great Norwegian meets are held, no one who has not passed an examination to determine his fitness. is allowed to enter the jumping lists. Huseby is another spot, within reach of the capital, where ski contests were once held, but this hill has now been abandoned as being too dangerous for even the Norsemen. Here, in 1870. occured the tourney which gave to the peasants of Telemarken the distinction

of being the first skidors of the nation. Owing to the extreme peril of the slide, the snow being hard and the hill unusually steep, the other contestants descended as slowly as possible, braking with their push sticks for their very lives, like witches astride of brooms. Then came the men of Telemarken, as erect and dashing as young Vikings, fir branches in their hands but held aloft in token of disdain. Heedless of danger, they flew through the air like swallows, whizzed over the icy slope,



The Clumsy but Amusing Efforts of a Novice



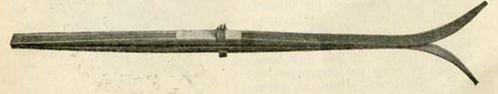
A Bad Spill. The Jumper Will Probably Land on the Back of His Neck. But the Snow is Soft

and wheeled in a mist of scudding snow to acknowledge such applause as must have reached and shaken Kristiania. They tell of it with pride in Norway to this day, for such is the Norse spirit, which rings from out their sagas.

At our tournaments in the West, which are second only to those of the mother country, you see before you an artificial hill, not at all unlike a toboggan slide, except for the "thank-ye-marm," in the middle, and you notice that the structure is mighty steep. The skidor starts at the top and descends, slightly crouched, with the speed of the wind, until he approaches the "thank ye marm," which is the takeoff, or beginning of the jump. There he performs the "saet," a movement which is absolutely necessary to re-establish his balance, by standing erect with arms extended above his head, and at that instant is launched into the air like an

arrow shot from a bow. In he photograph entitled "A Bad Spill," the saet was not properly done, and a a result the skidor is being thrown backward. The length of the flight depends on the skill of the jumper, the resistance of the wind, and some other things. The record, made at Holmenkollen, Norway, in 1902, is 1341 feet—think of it! But excellent performances have occurred in this country, too. In the tournament of 1905-6 at Red Wing, Minnesota, Ole Mangseth (number fourteen in the group photograph) jumped 102 feet, while the year previous 106 feet was covered, standing. Number three in the group is Ole Feiring, last season's champion.

Even though you never become an expert jumper—and few save Norwe-gians do—you will find yourself in possession of a means to enjoyment than which no more delightful exists.



The "Holter" Ski, Used by Many Prize-Winners



A Team of Turner Normal Students at Work on the Horse.—This exercise consists in swinging from the floor, alighting in the position shown here, and then springing forward to the floor, all without touching the apparatus with the hands. A rather dangerous feat with high horses.

# The German-American Turner Movement

### By IVAN CALVIN WATERBURY

Its Influence has been felt in those Private and Public Institutions Which Have a Gymnastic Aspect to Them, and also in the Army and Navy—The inception of Turning—It not only has to do with the physical well-being of its Devotees, but also with Their Moral and Intellectual Natures—Review of the American Work of the Turners.

(Continued)

HICAGO was the first city to give its public schools the benefit of German-American Turner teachings. Turner gymnastics

Turner gymnastics were introduced into the Chicago public schools in 1881, at the instance of the Chicagoer Turngemeinde, some of who members were on the Board of Education. After six months' trial in four schools the city school-board made calisthenics and gymnastic games obliga-

tory in all the grammar grades and appointed eight instructors to carry out the work. In 1889 this gymnastic work was extended to the primary departments and into three high schools. In 1891 the first American High School gymnasium was constructed in the Chicago Northwest Division High School. This was completely equipped with all the modern apparatus used by the Turner societies. In every Chicago High School that has been erected since that time, gymnasia have been con-

structed and equipped in a modern manner. In 1897, fifty-five elementary schools were supplied with light apparatus, such as wands, clubs and dumbbells, for exercise in the assembly halls and corridors. Now even heavy gymnastic apparatus, such as bars and horses, are in use in half of the schools of the city. Twelve instructors are employed in the high schools and eight in the elementary schools. There is also a director of physical culture in the City Normal School. All these instructors are under the authority of a supervisor of physical culture in the Chicago public schools. And every teacher and the supervisor are graduates of the Normal School of the North American Gymnastic Union.

Graduates of the same institution are now teaching physical culture in the public schools of Milwaukee, New York, Cleveland, St. Louis, Denver, and thirty cities. Altogether, American fifty cities of the country having societies of the gymnastic Union have made Turner physical culture part of their public school course. The same is true of many other cities having independent Turner societies. - Even Uncle Sam has profited by the example of the Bund. Hermann Koehler, a graduate of the class of 1882 of the Normal School of Gymnastics at Milwaukee, is director of physical culture at the West Point Military Academy, with the rank of

first lieutenant in the United States Army. Still more recently, Louis Friedrich Heinz, head fencer of the old Chicago Turngemeinde, was honored with an appointment as director of fencing of the United States Naval Academy at Annapolis. He has established the same school of fencing there as has been perfected at the Normal School of Gymnastics of the Bund. The whole system of physical training in the American army and navy is practically that of the German-American Turner societies. The same is more or less true of all American colleges and private academies of standing.

While the influence of the German-American Turner movement is great there is still much room for its growth, especially in small towns and villages. The gymnasium has come to be an important feature of the Young Men's Christian Association; but only metropolitan branches can afford them. It is a great pity that we Anglo-Americans have not adopted the social and intellectual features of the German-American Turner organization, along with so fine a system of physical education. Only by adopting the social side can Anglo-Americans in small towns benefit from the movement. Perhaps the spread of the Prohibition movement is the main reason why Anglo-Americans have not taken kindly to the social life of the German-Turnverein, with its accom-



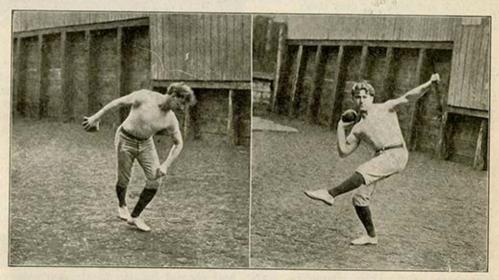
Normal Class in Sabre Drill

paniment of beer and sausage. It never seems to occur to anyone how easy it would be to combine the gymnasium with the physical culture res-

taurant and society features.

The regulation American clubhouse is inadequate to fulfill the function of the Turner-hall. The clubhouse is too ostentatious, extravagant, and exclusive to benefit the citizen of moderate means. Moreover, it offers no systematic instruction, and represents no serious purpose. The Turner society is above all things democratic and instructive. It destroys the isolation

"Turner-song" (Turnlied) has taken no mean rank in German literature. The Turner muse has done epical and lyrical honors to the Turner heroes of the Civil War and some of the great battles their valor did much to win; notably in Wilhelm Muller's "Die Schlacht in den Wolken" (The Battle in the Clouds) and Hermann Benneke's "In der Schlacht am Antietam" (In the Battle of Antietam). The Turner-song glorifies the high aims and endeavors of the movement. It has a place in every Turner celebration; it is the Turner's muster-call to pleasant work, and it



"Discobolus Redivivus."—This ancient style of discus-throwing, after the manner revealed in Myron's famous statue, is practiced with great skill by German-American Turners.

Putting the 16-Pound Shot.—The Apollo-like physique of this young man is typical of Turner Teachers. The North American Gymnastic Union admits only the physically perfect to its institution for training instructors.

that usually falls to the lot of the American non-member of a club or lodge. Social enjoyment among Turners is made an incentive for the earnest work of the gymnasium, the debating-platform, the fencing-floor, and the rifle-range. There is nothing frivolous about German social functions. The kommers is characterized by speeches, story-telling, and recitations of good poetry. There is also much singing, not of silly music-hall ragtime, but of standard folk-songs and turner-songs.

Poetry has always been the companion of turning. For a long time the

accompanies him as a joyous marchingsong in his wanderings in wood and field. It has become the folk-song of freedom in the best sense of the word. It will keep its high significance as long as the movement remains true to its noble aims and ideals. As an example, we translate what is one of the most characteristic, cherished, and widelysung poems that have sprung from the German-American Turner movement, the "Turner-march" of the pioneer turner, Karl Heinrich Schnauffer. "Good hail." (Gut Heil!) is the conventional Turner salutation.

way!" (Bahn frei!) is the turner watchword, which carries the idea, "Away with all obstacles to progress and enlightenment!"

Good hail! When so they come or go,
'Tis thus the Turners greet;
At parting each hails other so,
And as again they meet.
His hat with blossoms wreathed about.
Each seeks the hardy play;
Then far resounds his joyous shout:
Make way!

Good hail! Abroad in blithesome mood,
The Turner fares along;
Aglow with youth, his leaping blood
Alike loves game and song.
O'er stock and stone, by each abode
He passes proud and gay,
And ofttimes thunders on the road:

Make way!

Good hail! Such is the Turners' word,
When as for weal or woe
They grip the banner and the sword,
And bold to battle go.
They bide through storm of shot and shell
To Freedom true alway;
Their victor-chorus then they swell:

Make way!

Kommers refreshments are the plainest imaginable. So are the furnishings of the Turnhall, however strong the society. Not a dollar is spent except for practical utility. There are no sofa-cushions or useless ornaments of any kind. Every room presents the stern simplicity of a barrack. No American sporting club tolerates such bleakness. But this simplicity and economy is atoned for many-fold by the solid benefits the society renders. It also makes possible a membership fee so low that it would excite the contempt of the average American clubman. For a small additional fee the active Turner can procure gymnasium memberships for the women and children of his family. Separate classes, with suitable exercises, are conducted at fixed hours for women, youths, children and old men. These classes constitute the gymnasium school, which is conducted along with the active Turner classes and forms a source of revenue for the support of the society.

The gymnasium school-year coincides with that in public schools and is likewise divided into two terms of five months each. The work is carried on



Turner Normal Students Wrestling

methodically and with military strictness. By a progressive system of instruction, the endeavor is to give symmetry, health, vigor, grace, agility, and suppleness, and such psychological qualities as courage, self-control, selfreliance, obedience, and submission to rules and orders. The Turner societies discourage the plan in vogue in many colleges and athletic clubs, of having a member or pupil practise whatever exercises suit his fancy. The division of each class into teams, according to individual ability and experience is insisted on. The society aims solely to lead its members and pupils to physical and mental health, to the harmonious and uniform development of all the human faculties. It therefore frowns upon all efforts at mere athleticism, in whatever form they appear. Nor does it tolerate the extreme of sport and foolish over-exertion that are observable in the athletic games of American colleges and athletic clubs. The German-American Turner system of physical culture is so variable in its forms, and so adjustable, that it adapts itself to the needs of each sex of all ages and conditions.

For women and girls, appropriate exercises are arranged to develop symmetry of form, as well as strength, agility, and grace. These exercises include all manner of fancy steps and intricate figure-dances, calisthenics, games, and light-apparatus work.

Figure-dances are taught to both sexes and often form a beautifully picturesque feature of a society festival. Particularly do they serve to increase the interest of the elaborate annual mask-balls given by the larger societies. Whenever possible, female classes drill to music.

The national Turner festivals are the Teutonic prototypes of the ancient Greek Olympic games, including literary as well as gymnastic contests. The circuit, district, and society festivals are the same on a smaller scale. Teachers of gymnastics compete for literary prizes only, such as prize poems, essays, orations, declamations, etc. The subjects for all these literary productions are optional, except those of the essays, whose subjects are assigned by the National Executive Board. The greatest national festival in the history of the Bund took place in Indianapolis, June 21-25, 1905. A large representa-tion from Turner societies in Germany and from the American Young Men's Christian Association made the festival international in character.

Formerly all members of the Bund had to be both German and Protestant. This rule no longer exists. Whether the applicant be Jew or Gentile, Protestant or Catholic, whatever his religious or political belief or national extraction, he is now deemed eligible for admission. Only he must be of irreproachable moral character, at least eighteen years old, and a citizen of the United States, or must have made legal declaration of his intention to become a citizen. Turner law holds it a special, internal function of the Union to maintain its German character by perpetuating the G man language and German usages and customs. So all Turner-songs, orations, plays, debates, gymnasium commands, etc., must be in German. This law safeguards the Union from acquiring a majority of non-German members in any of its societies. Of the few societies still existing independent of the Bund, most hold aloof because of a preference to use the English language, which makes rapid progress among our German fellow-citizens.

## SOME RAW FOOD EXPERIMENTS

TO THE EDITOR:

I have experimented with foods for some time. I have tried raw food, cooked food, one meal two meals, etc., vegetable foods, meat foods, fruits and nuts. I have tried to learn what foods are the best for my needs.

Now I will not speak of my experiments in detail but tell of the results only. When I used to eat three meals a day of the regular, potato, meat and white bread sort, I had a sick headache or some similar trouble much of the time. On two meals a day, my system was able to take care of what I ate in a natural manner. One meal a day was not nourishment enough

A strict vegetarian diet of three meals a day, did not cause me any headaches, but I felt dull and tired. I might say, however, that this condition was not as noticeable if I was at out-door work. With just two meals a day of vegetables and fruits, I felt good. I have lived on this kind of a diet much in the last six years as I find it is the easiest one to get if a person does not have a home of his own, where he can make more radical changes from accepted customs. One meal a day was not satisfactory

While attending a High School, I began

using fruits and nuts. I ate most of my food raw. Two very light meals a day were enough. The last two months of the school year I ate nothing but dates, raisins, peanuts and raw rolled oats and I did not use much of these.

I lived on a vegetarian diet for a year and a half, after I left school. At the end of that time, I was teaching school and walking three miles twice a day. For sixteen weeks, I lived on one meal a day of raw food and was in good health all the time.

I have come to the conclusion that a fruit and nut diet is the ideal food if we wish to accomplish the best results in whatever we undertake. There is still one point, however, that I am not decided upon When I live on raw food, my nerves get in a very sensitive condition Whether I omitted some kind of food that I needed or whether it is because I am of a nervous temperament or whether it is a normal condition (under right living) I don't know. I can accomplish more work and my mind is clearer, but under existing conditions I am apparently too sensitive to the influence of the ordinary things of life.

L. A. DARLING.

East Otto, N. Y.

# Ground Hockey in Rome is Working a Reform

## By FREDERICK CARRINGTON

HE scene was a tiny oval basin, the hills sloping down to form a natural stadium. Rich, velvety grass covered each slope, and here and there, were majestic "stone" pines. Two picturesque

majestic "stone" pines. Two picturesque "villini," or old houses of the Roman aristocracy—one opposite the other—

similar posts with red streamers. Lines of pegs, each with its little yellow or red flag, marked the oblong field.

There was a scrimmage going on near the goal of the "yellows;" sticks were cracking together and the small red leather ball snapped from place to place dangerously near the posts. Suddenly there was an opening! One of the



"Bullying Off"

occupied prominent positions on the slopes. The level floor of the oval was almost enclosed by a tier of seats constructed from the volcanic tufa rock. A third of the way down the open, stood two slender goal-posts, twelve feet apart, with yellow streamers fluttering from their tops; at the same distance from the other end stood two

"reds" instantly took the advantage, and, with a clever stroke, drove the sphere straight for the goal. But the goal-keeper was ready! He caught the ball with his foot and stick. and then drove it into the field well out of danger A lithe young woman took the ball and started toward the opposite goal. A fair opponent blocked her, and

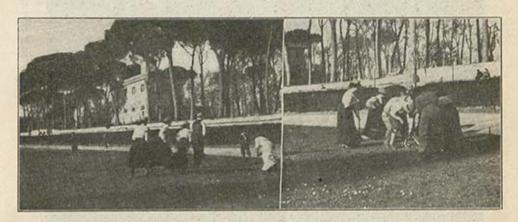
there was a lively play for possession before other players closed in,

The field was dotted with players, some having yellow and white and the others red and white caps. In each team were as many women as men.

It was a game of the Rome Hockey Club which is doing so much for the social betterment and physical development of the young Romans—one of the institutions which are helping to make the present generation of Italians far more sturdy and robust than its predecessors. And it is due to American and English initiative and perseverance that this healthful game is now one of the permanent sports of the Romans

On the other hand, the very attitude that all men are absolutely untrustworthy does not tend to self-restraint on their part, but rather prompts to the giving rein to their passions.

The freedom and independence of the English girl and her American cousin—particularly the latter—are, or were, looked upon askance at first by the Italians. They did not believe that a healthful and generally beneficial association of the sexes was possible, but that any such association must of necessity be tainted with intrigue. As time passed and they had added opportunities to study American and English women, their ideas began to change and some accepted such a possibility for



Saving the Ball from Bounds

Scrimmage Near Goal

Not only are athletics arousing the physical energy of the Italian girls, who are of an indolent temperament, particularly in the southern provinces, but they are a powerful factor in bringing the young Italian men and women into that friendly relationship which has been an impossible thing heretofore in Latin countries. Because of traditions and mistaken moral conditions of the country, the Italians have always declared that it was an impossibility for unmarried men and women to be friends, that no girl can be trusted with a man. Until she is safely married, every girl is taught to fear all young men. This plants in her young mind the idea that nothing but a state of moral rottenness exists among men.

the nationalities in question. "But, for us Italians, it is impossible" they affirmed.

But that this "impossibility" is being made a possibility is more or less due to the English game of ground hockey and American energy and love of sport. The Rome Hockey Club of to-day—now three years old—which is one of the outcomes of the new order of things,—is composed of about forty members, representing young men and women of a number of nationalities but chiefly Italy. It is the same game as ice hockey but is played on a turf field. While popular in England it has not yet many devotees among American sport lovers. In England, the Ground Hockey Association is one of the most important

among the athletic organizations. If you stop at Gibraltar or some other British military station, on your trip abroad; you will find the "Tommies"—officers and men—enthusiastic followers of the lively game. They play it with a dash and vigor that would do credit to a football struggle.

Hockey in Rome originated in the Young Men's Christian Association. Major Guise, a retired officer of the British Army, being interested in this institution, suggested hockey as one of the features of the physical department, and with the help of Mr. Hale P. Benton, a young American merchant of Rome,

for comparatively short periods. Mr. Benton, however, having become a thorough enthusiast and seeing the possibilities in the game for the pleasure and physical development of the young people of Rome, decided that a permanent organization, to be made up of members of all nationalities, was to be desired. Accordingly the existing Rome Hockey Club was formed.

From a physical standpoint, the game has greatly benefited the young women, making them lithe and active and driving away headaches, colds and other ailments which were due to their inactive life in the past; and, for the young men,



A Group of Members

organized a small club among the Y. M. C. A. boys and young men. It was very difficult to arouse enthusiasm at first among the Italian youths, but the persistence of the promoters, finally secured a fair sized body of players. After a short time however, it was found that the club was not a great success, as the association had few members from which to draw players, and it was also difficult to bring the players together at regular periods.

A temporary organization, called the Anglo-American Club, was then formed by Major Guise. This club was for English and Americans only—chiefly those who came to the Eternal City it is one of the forces which are helping to make a finer masculine standard in a race that had long been deteriorating physically. From a social standponit, the hockey club is promoting friendship between the young men and women. Besides the friendly intercourse at games, picnics, theatre parties and other social gatherings are arranged, thus making the young people better acquainted and aiding in breaking down the monstrous barrier of alleged moral rottenness. For three years the Rome Hockey Club has been in existence with its mixed membership. There have been no evil results, and all unite enthusiastically in voting it an unqualified success.

# High-Backed Chairs and Round Shoulders

## By BERNARR MACFADDEN

T may be news to many to know that the ordinary high-backed chair, is a prominent cause of round shoulders. You have probably noticed how

ders. You have probably noticed how difficult it is to sit up straight in such a chair. When one sits erect as he should, there is a slight inward curve of the back of the body, and the back of the chair should conform to this curve or should be so low that its upper part comes no higher than midway between the arm-pits and the waist-line. The back of the chair shown in the illustration, is slightly lower than it should be, though it very clearly illustrates the idea just set forth. It is needless to emphasize the value of an erect posture of the body. The vital organs are crowded, and cannot perform their functions when the shoulders sag forward. The body should be erect, the shoulders held backward and downward, and the chest raised, though the abdomen should not be held inward, as is quite frequently maintained.

If however, it is not convenient to adopt my suggestions as just made, you may, to a very great extent, overcome the evil effects of the ordinary high-back chair, by doing as follows: sit back in it as far as possible, so that the base of the spine touches or is pressed against the juncture of the seat and the back of the chair. You will then find that you are almost compelled to assume an upright position, while at the same time, the lower part of the back of the chair gives all the support and comfort that is necessary. More than that, this position, while very comfortable, does not prevent the muscles of the back from doing their duty in the way of supporting the body in an upright position. One of the faults of the average chair is, that it tempts one to disuse those muscles that should be brought into play in connection with the act of sitting; this, apart from the

tendency to make one stoop forward in the way set forth.

Because of the importance of a proper position when sitting, as far as the general health is concerned, such a position should be sedulously cultivated, especially by those who have sedentary occupations in which the chair is in constant demand.

No small amount of the bronchial and pulmonary troubles of clerks, bookkeepers, stenographers, telephone and telegraph operators and so forth, are



Illustration No. 1.—Showing an arm chair from which the top part of the back has been removed.



Illustration No. 2.—Showing a small chair treated in a similar manner.

caused by their sitting in such a manner that the work of the lungs, heart and other vital organs is badly interfered with. The same remark applies with even greater emphasis to school children, although in the cases of the latter, the evil effects of some hours of an improper sitting position is more or less offset by the natural activity of the youngsters when out of the school house. Nevertheless, it is highly important that the little ones should be taught to sit properly, for if the habit of so doing is acquired early in life, it will go a long way to counteract those later conditions or occupations which make for round shoulders, contracted chests and so forth-the outcome of the average chair.

Quite apart from the question of health, a round shouldered person is never attractive. An upright carriage is one of the most noticeable features of a beautiful form, and if it is absent, no

matter what the charm of feature, the defect is fatal from an æsthetic standpoint.

It is an art maxim that whatever best fulfills the purposes for which it is created, is most beautiful. The household appliances and furniture of classic times proves the truth of this for the chairs, couches, etc. of the ancient Greeks and Romans are still accepted as models of exquisite simplicity allied with beauty If you examine this same furniture it will be noted that it was made in order to furnish rest and support to its users without causing them to sit in strained or unnatural positions. In this respect, it differs greatly from a good deal of our modern furniture, which seems to be manufactured on the principle that man was made for it and not it for man. And there is no more striking illustration of this absurd and harmful tendency that that given by the ordinary high-back chair.



Illustration No. 3.—Another view of an arm chair, so altered.

If you are handy with carpenter's tools you might readily and successfully undertake to make a chair of this kind at home. following somewhat the design of the so-called "mission" furniture which has become so popular in recent years. You can thus be sure of getting just what you want. As a matter of fact, I can highly recommend this sort of carpenter work at home as a means of recreation, it being especially valuable for the man who earns his living by means of mental work. It not only affords him more or less restful physical exercise, but it is interesting and at the same time gives his often overworked mental faculties an opportunity to relax, so to speak.

In maintaining a properly erect position, the carriage of the head will have considerable influence on the position

of the entire body.

Similarly, the location of the feet will to a certain extent affect the sitting position. Do not sit with both feet extended far in front of you, for this is inclined to encourage a lounging attitude. It would be much easier to sit upright by drawing the feet back under the chair, though perhaps the most comfortable position for the legs is substantially that shown in Illustration No. 2, one foot drawn back and the other placed slightly forward, alternating in the position of the feet as comfort may suggest. If you will experiment with this idea, I believe you will find that this is true. This applies more to men than to women, since the latter usually do not have such a length of leg as to give them much choice in the disposition of the feet when sitting. There is, however, another disadvantage in sitting with the feet sprawled out in front, for if one wishes to rise suddenly his movements are of a most clumsy sort. He first bends far forward and downward, then rises with a lurch resembling that of a cow or draft horse stumbling to its feet. With one foot or both drawn back, beneath him, the act of rising from the chair can be accomplished smoothly and gracefully.

By a little experimentation, the reader will easily discover the advantages of my suggestions. Of course, I realize that one may have difficulty in trying to purchase chairs of the low-



Illustration No. 4.—Back view of a small chair from which the top-part of the back, has been removed.

backed kind. But one can buy an ordinary chair cut off the top crosspiece, and by carefully finishing off the two ends it has an entirely satisfactory appearance. When sitting in a chair of this kind, one can lean backward, and the body easily and quickly assumes the desired position. I would like my readers to experiment with the ideas conveyed in this article, and would be pleased to hear the results, this, for the benefit of other readers, who might be interested in this subject.

# A National Organization Formed To Annihilate Quackery

MOVEMENT of a national nature with which are identified a number of prominent and influential men, has been inaugurated to the end of beginning a war in earnest against quacks. The movement is the direct outcome of the crusade started against medical charlatans by Physical Cul-TURE some years since, and subsequently participated in by a number of reputable publications, such as Collier's Weekly, The Ladies' Home Journal and so forth. That one of the objects of the New York County Medical Society is the suppression of those quacks which interfere with the business of reputable physicians is, of course, generally recognized, and that it has for a number of years, been doing excellent work along these lines, goes without saying. It is no matter of surprise then, that the Society is to the fore in this instance, and that it was under its auspices that the movement in question was inaugurated in New York some weeks since. Nevertheless this same movement represents the crystallization of public opinion regarding the quacks, which opinion was brought into being by the anti-quack journalism alluded to. While it was entirely appropriate for the County Medical Society to assume the position which it has in this connection, yet the credit for the conception of the movement, belongs to those whom, with the assistance of printer's ink, supplied so to speak, the yeast of the agitation.

The name of the new anti-quack organization is The Public Health Defense League, and it was at a meeting of the Philadelphia Society of Medical Jurisprudence that the idea for its for-

mation was given birth.

Mr. Austin G. Fox presided over the gathering, and among the speakers, there were the Right Reverend Michael J. Lavelle, Vicar of St. Patrick's Cathedral; Dr. Floyd S. Crandall, President of the County Medical Society, Dr. Van Vleet, President McGowan, of the Board of New York Aldermen, and a number

of others equally prominent, including many women identified with philanthropic work. Not the least interesting of the speakers was Mr. Charles F. Stuart, who conducted a crusade against the Cleveland quacks in a local newspaper, which resulted in the killing off of the charlatans in that city.

The objects of the new organization are summarized in the following resolutions, adopted during the meeting:

(a) To obtain and disseminate accurate information concerning practices and conditions of every kind that are dangerous to the public health and morals, and to work for the enlightenment of the public on all matters affecting these subjects.

(b) To work for the enactment of laws in the United States, Territories, and colonial possessions for the protection and preservation of the public health and morals, including those matters mentioned in sub-division (c) hereof.

(c) To assist the constituted authorities in the enforcement of all laws affecting the public health, including those laws for the prevention of quackery, charlatanism, and criminal practices in the healing art, whether by licensed or unlicensed practitioners; the prevention of adulteration and substitution of drugs and food substances; the prevention of the sale of narcotics, alcohol, and dangerous substances of every kind, whether under the guise of proprietary remedies and so-called patent medicines and nostrums and remedies, or whether sold as narcotics in violation of law; the prevention of the admission to the United States mails of all newspapers and printed matter of every sort advertising any business injurious to the public health or morals, and to prohibit the advertising of such business in any way. The mention of any one or more particular words or terms in the foregoing paragraph shall not be construed as limiting or qualifying the general terms "public health" or "public morals."

# The Organs and Their Purposes

## NO. 1.—THE STOMACH

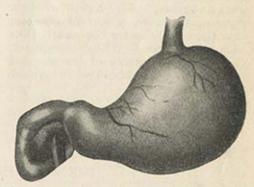
We purpose to give a series of articles—of which this is the first—having to do with the various organs of the body, the part that they play in the total scheme of the system, and the manner in which they perform their work. It is a curious and lamentable fact that although a knowledge of the machinery of our bodies is of such prime importance to us, 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.



all the functions of the body, digestion is the most important, in fact all of the former depend upon and spring from the latter.

Consequently, we find that the organs involved in the work are many and elaborate. The digestive machinery is made up of the alimentary canal and the organs directly connected with it. From a physiologist's standpoint, the canal consists of the mouth, pharynx, esophagus, stomach and intestines. The supplementary organs are the salivary glands, liver, and the pancreas. After the food has been masticated and mixed with the saliva (one of the elements of which converts the starches in the food into a form of sugar, known as maltose) it passes through the pharynx, which is a sac just behind the mouth and from thence into the gullet or esophagus. which conveys it into the stomach. There are two openings to the stomach, the first known as the cardiac opening, close to the heart; the other, the pyloric opening, which is at the further end of the stomach. The illustration which accompanies this article will give the reader an excellent idea, not only of the location of these openings, but of the organ under discussion. The food enters the stomach at the cardiac and leaves by the pyloric opening. There are four coats to the stomach, the outer

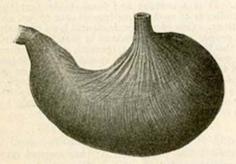
one of which lines the abdomen and is called the peritoneum; the second coat consists of three layers of involuntary muscles; the third coat known as the submucous, binds the fourth coat. called the mucous, to the muscular coat.



The Human Stomach, Showing Cardiac Opening on Top, and the Pyloric Opening to the left.

Now, when the stomach is empty, the mucous coat lies in folds. When the organ is dilated with food or water, the coat gradually unfolds. In it are myriads of tiny glands, between each of which is a net-work of microscopic blood vessels. When the stomach is empty, the mucous coat is nearly colorless, but when food enters it blood rushes to all the little vessels and the coat takes on a rosy appearance. This

added blood sets the glands-gastric glands they are called—in action. They open and tiny drops of gastric fluid trickle out, mix with the food and aid in the process of digestion. It should be said here that when food enters the stomach, both the cardiac and pyloric openings close automatically.



The Muscular Coat of the Stomach.

At this stage of the work, the muscular coat of the stomach begins to contract and relax, and by repetition of the movement sets up a sort of churning that thoroughly mixes the gastric juice food. When completely the churned, the contents of the stomach becomes a thick liquid of a grayish

color, and is called chyme. Within an hour after the food has entered the stomach, some of it is in a condition to be received into the blood. This is done by a very curious process. in the body liquids of different densities have the power of exchanging particles through the thin walls or membranes of vessels. Thus from the various compounds ingested, the blood vessels of the stomach are able to take up or absorb such particles as the different

salts and sugars.

In return for this the blood vessels expand and allow more blood to flow to the muscles of the stomach, which renews the churning process with greater activity, thus increasing the efficiency of the gastric processes of digestion. In about an hour or so after the food has entered the stomach, the pylorus opens and by the contraction of its ring-like muscles, forces waste matter and such portions of the food as are still undigested into the small intestine, so-called because it is only an inch in diameter although some twenty feet in length. In this intestine, the process of digestion is continued in a very involved and remarkable manner. Of the work of the small intestine, of the large intestine and of the allied organs, we shall speak in our next article.

## THE WEAK HEART FALLACY

TO THE EDITOR:

Sir Robert Christison, one of the most eminent of British physicians, used to smile at certain persons who complained of weak hearts. "Gentlemen," he would say to his students, "gentlemen, the best tonic for a weak heart is exercise—a good brisk walk."

He might have added a change of diet and in the case of women, a loosening of the corset strings as well.

Nine-tenths of so-called weak heart cases in men are unquestionably due to dyspepsia. Continued stomach derangement causes de-arangement of the heart's action, and the physician who "treats" symptoms merely, instead of causes goes no farther in his diagnosis than the heart's failure to stand up under the strain placed on it by dietetic follies.

In women, also a common cause of irregu-

lar heart action is the corset, which so crowds the vital organs as to hinder the normal work of the heart.

A simple, natural regimen in one case and less tight lacing in the other will speedily cure a great majority of the heart troubles gravely declared hopeless by the family physician. If the general muscular system, through faulty dietetic habits and unhal-lowed passions has become weakened it is not so strange that the heart shares in the general derangement.

Certain forms of exercise which bring into play the muscles of the arms, and back and legs give also the much needed exercise to the heart which like any other muscle, grows

strong with fair useage.

ARTHUR T. BUSWELL.

Barton, Vt.

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# Growing to Manhood in Civilized (?) Society

An Average Experience that Brands our Miserable So-Called Civilization as a Pitiful Perversion—The Murderous Results of Prurient Prudery Clearly Portrayed

## THE PERSONAL CONFESSIONS OF THE VICTIM

Edited by ROBT. H. WELFORD, M. D.

In the "Weird and Wonderful Story" recently finished the author apparently described what he thought to be perfect conditions. It furnished a strange contrast when compared to our own world. It is a very appropriate time to present to my readers a story that represents our civilization as it actually is. Many may think this story over-drawn. They may have an idea that the author has distorted and misrepresented the actual conditions. But to those who have made a study of the various environments with which the average youth comes in contact in his growth to manhood, nothing new will be presented. If anything, such students will admit that the author has failed to state the whole truth. In fact, the Editor of the story maintains that if he were to tell the truth as he has seen it, the authorities would not allow the story to be published. I am satisfied that the installments will be followed with intense interest by every reader, and they will show the pitiful need of striking sledge-hammer blows at the distorted prudery which is the real fundamental cause of the miserable degeneracy that is so clearly shown in this realistic tale—Bernarr Macfadden.

### CHAPTER VI.

CAN'T pretend to say what my motive was in acting as I did at that time. Indeed, when I think of the matter now, I try to persuade myself that I had no motive, but was simply acting on impulse.

However that may be, I can say that at the time I saw Nellie's picture for the first time, I only looked at it very carefully and said nothing; and Schuyler, as if not greatly interested either, went into no details about her.

I did not even know how old she was, nor if it was a good likeness that I saw. I did discover that her name was Nellie, for it was written on the back of the photograph in a very pleasant handwriting.

One day, about a week later, as Shuyler sat in my parlor, doing my Latin for me, I said carelessly:

"I guess you weren't very anxious to have me visit you during the holidays, Schuyl."

He started a little and I could see his face flush before he looked up. When he did look up, however, his face expressed only surprise. "Why do you say that, Regy?" he demanded in an almost hurt tone.

"You haven't asked me again."
"You said you had an engagement."

"Engagements can be broken," I said.

"Do you mean you will make me a visit?" he demanded with a show of delight, whatever his real feelings might have been.

"Maybe, I'd put you to too much

inconvenience, old man."

"Oh no," he cried eagerly. "Of course we don't live in very swell style, you know. The Feltons are not what they once were; but if you will let a hearty welcome take the place of style, why I can promise you that my mother will be more than happy to see my chum."

"I don't care anything about style," I said carelessly. "I'll tell you what we can do: suppose you spend part of the time with me, and I part of the time with you?"

At that his face lighted up so joyously that I knew that what he had been aiming at all along, had been an invitation from me. I suppose the poor onder onder ont it she tured other other

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beginning of the half.

Of course I had to explain to mother why I was going to throw over an invitation from one of the biggest swells in the class; but that was not so difficult, even though she had been in the seventh heaven of delight at the time I wrote her of the invitation.

"Dear Mater," I wrote, "you will be surprised and sorry, too, no doubt, when I tell you that I have given up the notion of going to the Carringtons for the holidays. The fact is that Astor Carrington has been putting on too much side lately, and I don't want him to get the notion that I am courting him. You know my cue is to seem to be independent. It will work out all right in the end.

few days, and then bring him home with me. You won't mind when I tell you that I am sure the moral effect on the other fellows will be immense. Don't you see, it will seem as if I was so big myself that I could afford to be

nice to him.

"You'll like Schuyler, anyhow. He's devoted to me, and will be, as long as he sees any profit in it; and, of course, I shall see that there is profit in it for him as long as he can be useful to me."

There was more of the letter, but that will show how I explained the matter to my mother. I can see now that I was trying to deceive myself as well, but at the time I was not aware of it.

I think that in spite of Schuyl's delight in the prospect of going home with me, my acceptance of his invitation, after having once refused it, threw him into consternation. Anyhow, he avoided the subject for several days—just long enough for him to have written home and received an answer—and then began to talk to me very enthusiastically about the purposed visit.

It had not occurred to me at the time of arranging to go home with him that I should be at his house on Christmas, for, as a matter of fact, that day had never meant anything to me excepting that I usually received presents on it. I never had made a present in my

life.

Probably I should never have thought

of doing so at this time only that all the fellows were discussing the subject of how much money they would have for the purpose, and the persons to whom they would give. I remember it came to me very suddenly that if I were going to be at the Feltons over Christmas, I certainly would be expected to make some presents.

Whether I was generous or not I'm not able to say. I always had plenty of money to spend and never needed to stop and think about what I should do with it. If I wanted anything I bought

it.

And then, somehow or other, I was struck with the idea of taking advantage of the opportunity to give something to Nellie. I sneered at myself for thinking so much about a girl I had never seen, but that did not keep me from going ahead with my idea.

"Schuyl," said I one day, just before the holidays, "what do you say if we stop off a day in New York and buy our

Christmas presents?"

"Well," he said with a laugh, "it won't take me the whole of a day to do my shopping." As a matter of policy he was always very frank with me about his poverty. "We don't make much of Christmas at our house; just a few simple presents you know."

"That's all right," said I, "but suppose it will be all right for me to get something for your mother. She

won't mind, will she?"

"My dear Regy!" he exclaimed; and I could see that he was delighted.

"And, let me see! you have a sister,

too," I said.

"Oh, Nellie!" he murmured in a tone of disparagement; "you needn't mind about her; she's only a child."

"All the more reason," I answered; "but she doesn't look a very young

child."

"I don't remember just what her age is," he said indifferently; "a little younger than I am; seventeen maybe."

Mother was spending Christmas at Tuxedo and I had come to a sort of break with my father because he had refused to respond to my suggestion of an increase on allowance; so Schuyler and I had nothing to do in the city but buy a few gifts for his folks and then,

in the evening, go about and have a

good time.

Schuyler always took the ground that he couldn't afford to get very drunk and couldn't afford to gamble at all; but I was feeling very generous that night and bought his chips for him at the gambling house, and his wine for him at the houses of prostitution; so that he was, for once, as riotous as I, and was almost as miserable as I the next day.

We pulled ourselves together by the afternoon, however, and took the cars for the little country place up the river

where his mother lived.

I was curious to see how they got along, for my mother had written to me that Mrs. Felton pretty nearly starved herself in order to save the money out of her small income to send Schuyler to school with.

He always made a good showing of clothes, and contrived in some way to subscribe to all the funds that we were constantly being solicited for; and probably nobody knew how close to the

wind he was obliged to sail.

I had pictured his mother as pinched and shabby, his home as forlorn and cheerless, but I had not reckoned with the positive genius of a woman who was determined to climb the social ladder.

We were met at the depot by the family carriage, driven by a man in very plain livery and drawn by a horse which had seen better days indeed, but which

was well-groomed.

The house stood on high ground a short distance from the village and if not imposing was, at least, comfortable and well-cared for, and stood in spa-

cious grounds.

His mother, who opened the door of the house as we drove up and who stood ready to welcome us, was a beautiful woman with indomitable pride stamped on her face and in her bearing. Her face was hard, perhaps, though it lighted up with adoration as she took Schuyler in her arms and kissed him even before she greeted me.

But when she did greet me it was with a marvellous mixture of deference, hospitality and aristocratic pride. I admit that she impressed me tremendously, and I remember that I told myself that if my mother had been such a woman I might have been as proud of her as Schuyler was of his mother.

But even then I had time to wonder where Nellie was. Why had she not come to greet us? Could it be that she was away from home? I had pictured her springing out in front of her mother to have the first word with her brother.

It was not until we had been ushered into a remarkably cheery library that I heard a soft, timid voice say behind

us:

"Welcome home, Schuyler!"

I turned quickly and saw Nellie. Schuyler shook hands with her very indifferently and Mrs. Felton hardly turned her head as she said in a perfunctory tone:

"My daughter, Nellie, Mr. Barnes-

Carter."

I think Nellie was surprised at the warmth of my hand-shake; and she was grateful too, as if she had quite expected to be treated as if she were in the way.

I would not call her pretty, though she had one of those sweet, winsome faces that grow on one. In fact by the end of the next day she was seeming

pretty to me.

She was exquisitely formed, however, although a little less than medium height and perhaps a trifle more plump than many men like. I don't know how that might be; but I do know that my thoughts dwelt persistently on the well rounded curves of her graceful figure as they had never done before.

I sometimes think I must have been possessed; for whenever I could look at her during the evening I did so; and it seemed to me that I had never before felt such a glow of kindliness in my

breast.

I put myself out to be pleasant to Mrs. Felton, subduing a cynicism that I had cultivated very assiduously, and acting in a way that made Schuyler say almost tearfully when we parted for the night:

"I say old man! it's awfully good of you to seem so pleased with every-

thing."

"Seem? Why I'm not seeming, Schuyl; it's the way I feel. Your mother is a magnificent woman. I should think you would be proud of her."

"I am, Regy! I am!" he cried almost passionately. "And I ought to be. What she has done for me is more than I could ever tell you. I'm so glad you appreciate her. What a manner she has, hasn't she?"

"An aristocrat to her finger tips,"

I said.

"Isn't she!"

"The little sister is a sweet little

thing, too," I ventured.

"A shy little thing," he answered carelessly; "she has no style and never will have. If she'd been like mother now, there might have been some chance for her. But she's hopeless."

I understood him then, and afterward discovered it to be true. She was utterly devoid of social ambition; even shrank from anything like putting herself forward, and seemed naturally to fall into the position of drudge to which her mother was willing enough to assign her.

Just why it was I don't know, but Nellie affected me as no one ever had before; I always felt more kindly and tolerant when she was near me; and I carefully avoided saying anything that would give her any notion of the dissipated life I led, and of which I was

ordinarily, very proud.

Mrs. Felton, in her grand way, would occasionally make a jesting remark to indicate that she knew of and fully condoned the wicked things that were done at the school. She was a thorough woman of the world, and I could see that she was hard and cold to everyone but Schuyler.

She thought she was depending on him to lift her into a high social position, but I believed then and have had reason enough to know since that she really cared only for his elevation, and woman-like, would have been perfectly willing to lie down in order that he might use her as a means for rising higher.

I confess it had occurred to me before going to the house that a part of the Felton scheme might be to try to inveigle me into a marriage with Nellie. And I had half-suspected Schuyler of playing a shrewd game in keeping so quiet about his sister.

But in that I was entirely wrong. She was not pretty—not nearly as pretty as her picture had made her seem—not stylish and aristocratic as her mother was, and so shy and self-depreciating as to be hopeless to them, who had but the one thought of mounting the social ladder.

It was intended that Schuyler should marry an heiress, but neither he nor his mother had any idea that any man with money would ever fall in love with commonplace little Nellie.

And yet—well, perhaps it wasn't love I felt. How should I know what love is like? I can only say that for me, the sunshine was always in the room when Nellie entered it.

### CHAPTER VII

I was not long in discovering that one of the ways devised by Mrs. Felton for economizing was to dispense with a maid and let Nellie take her place. The little girl was busy from morning till night, going about the house as silently as a ghost excepting when she thought she would not be heard, when she would sing like a very lark.

Neither Schuyler nor his mother supposed, nor did I let them suppose by any overt act of mine, that I ever gave a thought to Nellie. And Nellie was altogether too self-effacing to permit herself to imagine that so great a personage as I would be aware of her existence when she was not actually

before my eyes.

But I was bewitched by the child, as she seemed to me, even though her age was very little less than mine, and I watched for every opportunity to come upon her unexpectedly and to exchange a few words with her.

This would have been difficult to do only that Schuyler and his mother had a great deal to do, and I pretended to be absorbed in a book so as to afford them all possible opportunity to attend to their business, whatever it was, and so give me the chance to be on the lookout for little Nellie.

At the first encounters, she flushed and looked embarrassed, and got away

as quickly as possible; but I contrived finally to make her feel easy, so that she would exchange a few words with me before hurrying away to her task. The conversations were of the silliest and most vapid, like this for example:

"What! again. Miss Nellie! Why I seem to meet you wherever I go. Do you do nothing but run about the

house?"

"I don't do very much, sir," she gasped, flushing to the roots of her brown hair.

"Well, anyhow," I said kindly, "I hope I don't add to your cares by being here."

"Oh! we're so glad to have you here, sir."

With that she would run off as if frightened by her extraordinary bold-

ness in talking so long.

But by degrees her embarrassment wore away and she would be the first one to laugh gaily over one of our unexpected encounters. Indeed I was almost sure that her soft, brown eyes lighted up with pleasure when they

Of course I had to be very circumspect all the while, for I had no mind that Schuyler should suspect that I was seeking his sister; though really there was very little need for concern about that, for neither the mother nor the brother dreamed of such a possibility as any man of position being attracted

I suppose the scheming and the sense of mystery conspired to make the affair a particularly interesting one to me; and I was moved to plot deeper still. I cudgelled my brains for a plan whereby I might see a little more of Nellie with-

out exciting suspicion.

I think I got my suggestion from a Christmas story I read in one of the magazines; and the more I thought of it the more I liked it. I think that if the Devil really is going about doing mischief, he might really have planted

the idea in my brain.

"Look here, Schuyl," said I the evening before Christmas eve, as he and I were smoking a cigarette before going to bed, "do you know that that mother of yours is awfully good to me, making me at home the way she does,"

His face lighted up as it always did when I said anything in praise of his mother; and I often did so because it kept him from suspecting that it was really his sister I was thinking of.

"She's afraid you're having a slow time of it, Regy; that's her only concern. And I know how used you are to excitement, so that I can't help

feeling troubled about it."

"Nonsense! Say, Schuyl! I want you to help me do something my heart is set on. Will you promise?"

"Anything I can, Regy; you know

that."

"And no back talk, no remonstrances?"

"You frighten me," he laughed. "Go on! what is it?"

"I never had a Christmas in my life, Schuyl; and I want one."

"Well, we'll do our best."

"No, that won't do. I'm going to be plain with you, Schuyl; I know you're not rich."

"Yes, I've never tried to deceive you about that, old man. I don't talk of it to the other fellows, but I've always

let vou know it."

"Well, I want to be the Santa Claus this Christmas, and make it something to remember. Will you help me out?"

"Why of course, old fellow. But haven't you got a lot of things already

and what is to hinder-"

"Pshaw!" I interjected, "I got those things before I met your mother. I want to begin all over again. I've got a little pile of money in the bank that is just getting tired of staying there; and, to be real honest with you, I'm in love with your mother, Schuyl. I'm not saying anything against my own mother, you know, but when I see your mother put her arm around your neck and give you one of those adoring looks. why Schuyl, I envy you."

"She certainly is a good mother," he said, the moisture coming to his eyes. "And I take it very nice of you, Regy to speak as you do. Some day I'm going

to tell you what I owe her.'

"I don't think you need to, Schuyl; I think I know. But will you help me play a little trick on her?."

"How do you mean?"

"Well, I've been thinking it over and

I want that we should have a genuine Christmas here; something we'll all look back to and be glad of. Now what I want you to do is to go to New York with your mother ostensibly to buy a lot of little presents, but really to make your mother pick out a Christmas present for herself. Make her think it is for my mother. Will you do it?"

Schuyl's eyes fairly sparkled. He was never over-nice about accepting things, and this being for his mother robbed him of the power to refuse.

"Of course I will. By Jove, Regy! I never would have found out what a big heart you have but for this visit."

"Good boy!" I cried, slapping him on the shoulder in my delight. "Now, I'll tell you what you're to do. I'll give you a check for two hundred dollars.—" I could see him start with joy—"One hundred of that is for a present for your mother, fifty is to buy things for your sister and the other fifty is to buy anything to make Christmas for all of us—candy and wine and anything else you can think of."

For a moment he was unable to say a word: then he broke out with thanks

and protests.

"Oh, I say Regy! that's too much to spend. By Jove but you are the prince of good fellows! I don't know what to say. But you know old man, there's no need of so much for Nellie. She's such a shy little thing that she will never know what you give her."

"Pshaw! I want to feel right myself, Schuyl. Spend the fifty on your sister; your mother will know what to do. But say, Schuyl, do you think a hundred is enough for your mother? I want her to have something nice. I don't

care what it costs."

"Oh, that will get something fine, old man. And anyhow if a little more happened to be needed, I could take it out of Nellie's. That's too much for

her."

"Maybe it's too much for Miss Nellie," I laughed, "but it is little enough for Reginald Barnes-Carter to give. No sir, don't abate a cent of the fifty for your sister, but take out of the other fifty if you need to. So that's settled! And you'll go tomorrow?"

"I'll see mother right away and see if she can go. If she can we'll take

the nine o'clock train."

"All right old man. And say, Schuyl! I've got to have something to do to-morrow getting ready. I have a little idea in the way of decoration. Would your mother trust me to do it while she's away?"

"Well, I should say so."

"Then I may call on Miss Nellie for help if I want it?"

"Sure."

"Well," I said with a laugh, "would you mind asking her not to be scared

to death if I speak to her?"

"Isn't she the silliest little fool?" he cried in a sort of disgust. "It's hard to believe she is mother's child. But you mustn't mind her."

"I don't Schuyl; but it is a pity she isn't more like your mother; isn't it?"

He came back to me in about half an hour and assured me that his mother would go, and that she was very much touched to think she was chosen by me to buy a gift for my mother.

Really I believe that Schuyl had told her the whole scheme, and that she knew perfectly well that the present was to be for her. Anyhow it wouldn't have been like Schuyl to keep it from her, and I know that what she bought suited her to a dot.

However, it didn't matter to me how much she knew so long as she went away and left me alone with little

Nellie.

In the morning I took Mrs. Felton aside; or to be correct she took me aside to tell me in well-chosen words how pleased she was to serve me in such a way; and I took advantage of the opportunity to give her a check for fifty dollars, telling her to get something for Schuyl with it; preferably a watch, which he very much needed.

Genuine tears came into her eyes at that, and she said a great many nice things to me about her gratitude to me for being Schuyler's good friend. I assured her that if I did anything for him, he did twice as much for me, and that was true, for he did a lot of work

for me.

Anyhow she and Schuyler went away and left Nellie and me practically alone in the house. If she had been a pretty girl with possibilities, there would have been a great to-do about a chaperon; as it was Mrs. Felton went away unconcernedly, saying as her parting injunc-

"Now, Nellie! you are to help Mr. Barnes-Carter in any way he requires."

"Yes, mamma," murmured Nellie, the

color rising to her hair.

I got in what I thought a very clever

bit of work just there.

"I hate to have you call me Mr. Barnes-Carter," I said with an appearance of impulsiveness. "I wish you and Miss Nellie would let me be Regy just as I am to Schuyl. It'll make it seem a great deal more like Christmas to me."

"Of course," said Schuyl. "And you might as well drop that ridiculous formality of Miss Nellie; mightn't he,

mother?"

"Certainly," said Mrs. Felton, beaming on me and putting out her hand. "So good bye, Regy!"

### CHAPTER VIII.

How much of all this was genuine?

How much was acting?

I don't know. I think I was honestly glad to spend my money in that way. I did admire Mrs. Felton, and I liked Schuyler because he always did his best to make life easier for me. And perhaps down in my heart was something of the real Christmas spirit. Perhaps.

They drove away from the house in a snow storm, which seemed to me to make it very delightful indoors, which seemed to isolate us-Nellie and me-

more than ever.

I don't know what Nellie had it in her mind to do after she had closed the door and bolted it; for when she turned and saw me still standing in the hall behind her, she simply looked frightened and as if she couldn't either move or think.

"Now Nellie!" I said, watching her sweet face by the dim light of the hall window.

Yes sir," she answered faintly.

"No, no!" I cried, shaking my finger at her; "you are not to call me sir, but Regy. You heard what your

mother and Schuyl said."

"Yes, s-s-s-; I mean-" and she stopped, the color mounting to her cheeks in that delicious way it had the habit of doing.

"Nellie," I said, "Regy is a very easy word, and you can't make me believe

you can't pronounce it."

At that she laughed softly and musically, as was her fashion, and let her dainty little head droop a little, very prettily.

"I suppose I can say it if I try real

hard."

"Will you please try, then?" I asked

coaxingly.

She looked up at me in a way that would have seemed coquettish only that I knew she was incapable of it from sheer lack of knowledge. It was mighty engaging, anyhow, and made me think that perhaps she was a prettier girl than her mother and Schuyl fancied.

"Regy?" she said questioningly, and in the softest of tones; so that it seemed to me I had never heard my nam so

sweetly pronounced before.

"That is much better," I said, trying very hard to maintain a tone of superiority and patronage, but not succeeding very well, I think. "Now come into the library to receive your orders."

I laughed as I said it so that she might know that I was jesting; for in truth my spirits were so troubled by finding myself alone with Nellie, and with a whole day before us, that I hardly knew how my voice sounded.

She followed me into the library, a shy, sweet smile on her face, and her manner, one of doubt and questioning, as if she suspected a jest of some sort and did not know just how she should

comport herself. "Do you remember," I began as soon as we were in the library, "that your mother said you were to help me as

much as you could?"

"Yes, sir." "What?"

"Regy, I mean," she stammered, flushing and casting her eyes down because I devoured her so with mine, I think.

"That is much better," I said. "Now do you know what she meant?"

"No, not at all."

"Well, I'll tell you if you will sit down."

She sat down in front of the open grate fire, and I took a chair on the other side, turning it so that I could study her face. She fascinated me for some reason, and I had much ado to keep from making violent love to her.

"We are going to have a regular Christmas tomorrow," I said. "They have gone down to get some things and I am to decorate here with your assistance. Will you be a good girl and

help me?"

'I'll do the best I can, sir."

"What?" "Regy."

This time she laughed merrily, as well as flushed, and I laughed with her, feeling happier than I had ever done before in my life that I could remember; and more like a child.

"What can I do?" she asked.

"That's just what we are going to put our heads together about," I said. "You must know, Nellie, that I have never had a Christmas in my life."

"Haven't you, really?" she murmured, looking at me in astonishment. think she believed I had always had

everything.

"Indeed I haven't. You see, my father and mother are very fashionable people to begin with, and then they are separated, so that I have never really had a home."

"Oh-h!" she said softly and tenderly as if she pitied me from the bottom of her heart. As if she had been much

if any, better off.

"So," I went on, "when I came here and saw how happy a home it was I had the idea come to me that I would like to have a real Christmas just as if I were in my own home and was a boy."

"Yes," she said softly and as if her thoughts were far away, "that would

be nice."

"Do you mind if I make rather a long

story of it?" I asked.

"Oh no," she answered with a start, as if I had snatched her from a pleasant dream; "I'd like to have you, if you don't mind talking to me."

Her humility was very pitiful, and made me feel very indignant toward her mother for always thrusting her into the background and for making a drudge of her. Why Schuyl's hands were as soft and white as his mother's. while Nellie's were brown on the backs and calloused on the palms! Oh, she was a regular Cinderella, but with a selfish brother to take the place of the wicked sisters.

"Why," I cried warmly, "I like to talk to you. I should think you'd see that." She stared at me so wonderingly out of her big, soft, brown eyes, that I curbed my emotion at once and went on in a more commonplace tone: "Of course I know that you are poor; Schuyl has told me so a great many times. Perhaps you know that I am rich?"

"Yes, Regy," she answered very softly as if her fear of me had given

way to a sort of pity.

"Well, I begged your mother to let me play Santa Claus after a fashion. She and Schuyl have gone to the city to buy things and you and I are left here to fix up the house. Of course, Nellie, I should not have been so frank with you as to speak of my having the money, should I?"

"I don't know," she answered hesitingly. "Why?"

tatingly.

"Well, perhaps your mother might not like it, but I wanted to take you into my confidence because-Well. Nellie, I have the feeling somehow that you can understand just how I feel never to have had a Christmas."

I know my voice had gone very low as I spoke, and I know I leaned toward her and was seeming to ask for her

sympathy.

I can see now how the tears came into her eyes as her woman's tender heart got the notion that instead of being a great, rich swell to be feared, I was really an unhappy boy, yearning for mother-love and sister-love.

And who shall say that under all that was not true? Had I been given a fair deal in life? Had I ever known a home or a Christmas such as other

children have?

"Yes, Regy," she said gently, "I can

understand; indeed I can."

"You see," I went on, "I wouldn't dare to let even Schuyl know how I feel about it. for most fellows can't understand. I suppose it is because

you are a girl that you can "

Her eyes grew bigger than ever as she looked full at me for a few moments and seemed about to speak. I think it was on her lips to tell me that she could understand because her case had been as hard as mine. If she had the impulse, she checked it, however, and said softly:

"Yes, I suppose it is because I am a

girl."

"Well, then," I said, "so long as you understand me, I shan't need to be afraid to let you see how foolish I am; shall I?"

"It doesn't seem as if you could be

foolish," she answered.

"Oh, yes I can. I want to have a tree. Isn't that foolish?"

"I think it's lovely," she cried with

a gasp of delight.

'Of course you have had so many you will know all about how to fix one up," I said.

"We never have trees," she said. "Perhaps you wouldn't like one."

"Oh yes, I would."

"I know Schuyl will laugh at me," I exclaimed, "but I don't care. We'll send Robert for a tree and for a lot of things to fix it with. He can get them in the village, can't he?"

"Oh yes. They keep such things in the drug store. I saw a lot there

yesterday when I was down."

"Good!" I cried, springing up. "And now let's find the room to have the tree in. What room shall it be?"

"The drawing-room. Just the very place; and mama won't mind if you want it," she added with an unconscious betrayal of herself. "It's cold now, but there's a big open fire-place, and Robert can saw some cord wood out in the wood-shed. Oh-h! won't it be fine!"

"Let's go look at it!" I cried.

She led the way into the drawing-

room, which was never used because it was difficult to heat, but which could be heated partly by the furnace and partly by the open fire.

"Just the place," I agreed with her. "Now let's go make a list of the things we want, so we can send Robert right

away on his return."

"I'm afraid he'll be cross, though,"

she said suddenly.

"Let me talk to him. I know I can arrange it." I was very sure Robert would be amenable to the golden argument.

'All right! Wait till I get a pencil and

some paper!"

She ran up to her own room as blithe and bright and merry as ever anyone could be; and presently returned with

paper and pencil.

She got a book and made ready to write on it, crossing her legs so as to make a desk in that way. I drew my chair close to hers, and we sat together, our arms touching.

"Do you know, Nellie," said I, "I am awfully glad you and I are getting

to know each other."

She looked around at me with a sweet, ingenuous smile on her red lips.

"So am I, Regy, but I never expected to be when I heard about Schuyler's swell friend that was coming to visit us. You know there's nothing very stylish about me," she said deprecatingly.

Nor about me in my heart," I said; "so we must be good friends, Nellie. Only you mustn't tell anybody I'm so

foolish and sentimental."

"Oh no," she answered earnestly; "I won't tell anybody."

"Shake hands on our friendship,

Nellie." I said.

She turned and put out her little hand, which I took and held for a moment. Our heads were close together, and her moist, red lips were temptingly near. Dared I kiss them?

(To be Continued)

## BREAKING INTO SOCIETY

really got into society?"

Jumpuppe-"Sure they have. They

Jaspar-"So the Orville Swells have have had a hyphen put in their name and their appendixes taken out."-Exchange.

## More Flaws in the National Pure Food Bill

Some of these are of so glaring a nature, that it would seem that they were intended for the express purpose of allowing the manufacturers of adulterated food-products, to continue their neferious business—Under the provisions of the law, the honest manufacturer is at a disadvantage when competing with the dishonest—An illuminating list of some of the "standard" adulterants used by those against whom the measure is allegedly directed.

THE more closely that one studies the National Pure Food law-socalled-the more one becomes convinced that its provisions are lax, and that its alleged purposes are stulti fied by the many loop-holes in it through which the dishonest food adulterators may escape the penalties provided for him and his. As the law stands, it is obvious that the maker of poisonous food products, if he caters to the trade of his state, can snap his fingers at the national measure and continue his nefarious business under more flourishing conditions than ever, unless the food laws of that state are of the strictest. For instance, the national law provides that food products shipped from one state into another in original packages, shall, if labelled at all, bear upon those labels a truthful statement as to the contents of the can, box or what not. But even if this provision is complied with, there is nothing to prevent the dishonest dealer who receives the packages, from opening them, adulterating the contents and selling the results to persons within the state, provided that the laws of such state permit of this being done. When it is borne in mind that there are many states, especially in the South, which have no food laws at all, and other states whose food laws are so poor that they afford practically no protection to citizens, the weakness of the national law in the manner described, becomes apparent.

Then again, it has been pointed out

by the highest authorities that the national law does not insist upon any labels whatever being placed on food products. It only declares that, as stated, when labeled products are sent from one state to another, the labels shall accurately specify the contents of the package. Hence it is possible for the manufacturers of adulterated foods to put whatever stuff they please in their packages and ship them to any state provided they are not labeled, while the labels that are to be placed on the packages later, can be shipped in a separate package. Now such labels may bear upon their faces any lying statements that the purchaser desires. If the law of the state in which the purchaser lives is sufficiently lax, the labels can then be placed on the packages and the public be poisoned as heretofore.

It is evident from the foregoing that the honest manufacturer who caters to the trade of the country in general, is at a disadvantage when brought into business rivalry with the dishonest manufacturer who makes a specialty of the trade of the state in which he lives. Many more weak points of the national law might be pointed out, but the foregoing will suffice for the present. It is the writer's belief that these gaps in the protective fence around the public health which the law is supposed to have erected, were left there purposely and in behalf of the food adulterators, and are not the result of mere accident or carelessness.

Nevertheless, it is better to have an

indifferent law of this sort than no law at all. Even if it is lamentably inefficient in some respects, it is more or less of an educational measure inasmuch as it will teach the public to realize that it has rights which even the scoundrels against whom the law is directed will not dare to ignore in the future. And this remark applies equally to those individuals in Congress who covered themselves with a garment of infamy by holding briefs for the adulterators prior to the passage of the measure.

There are certain standard adulterants used by the manufacturers in question, which result in harm to those who unwittingly swallow them. Dr. Leon Elbert Landone, in his little book on the subject, names these drugs in detail, and following are extracts from his work. which are instructive even if they are apalling. We ask the reader to give these extracts the consideration which they deserve; this because they will certainly add to his righteous indignation, which we have no doubt he feels towards those unspeakable creatures who sow the seeds of weakness and death broadcast, through the medium of their so-called foods.

Dr. Landone says:

"In presenting a statement of the effects of the drugs and chemicals used in the adulteration of food products upon the tissues of the various organs of hte body and the resultant harm accomplished in hindering or over-functioning the digestive or eliminative processes of the organism, I have striven to present only those conclusions which are held by the best authorities on materia medica. In the main, the 'Materia Medica, Pharmacy, and Therapeutics,' by Samuel O. L. Potter, A. M., M. D., M. R. C. P., Lond., has been used as the authority on this subject.

"The physiological action of the drug adulterants about to be described, is usually that which results from a small or medium dose. In instances where the effect of a large dose is given, the fact is so stated. Please bear in mind, however, that the effects told in following pages, are such as might result from a dose or two as given by a physician, with consideration regarding a condition of the stomach and other drugs, taken

at the same time, if others are pre scribed.

"But when we take drugs as adulterants of foods, we do not know the chemical condition of the contents of the stomach; we do not know how many other drugs we are taking in other foods at the same meal; we do not know whether these drugs will destroy each other or whether they will unite in such a manner as to form dangerous poisons. Therefore it would be no more dangerous to one's health to enter a pharmacy, take thirty or forty drugs, stir them into a barrel of water without knowing anything of their resultant combinations. and drink this solution at the rate of a glassful a day, day in and day out for years, than it would be to constantly use foods adulterated with the drugs that I am about to mention.

"When a physician prescribes a drug, it is only for a dose or two, or perhaps for a week; but in foods, we continue our hit-and-miss dosage throughout life.

#### ALUM.

"Among the food adulterants are: alum, which stimulates the contractile action of muscle fibres. It hardens the skin lining of the mouth, stomach and intestines. At first it increases the action of the salivary glands, but soon after decreases the flow of saliva. Alum hardens pepsin, stops digestion, hinders the peristalsis of the intestines and produces constipation. Alum has been used in adulterating white wheat flour.

### ARSENIC.

"The long-continued use of arsenic induces severe darting pains in the limbs and paralysis of the muscles of the extremities. The most promiennt symptoms of arsenic poisoning are, at first increased appetite, colicky pains, dysenteric stools, irritation of the eyes, a short dry cough, etc., accompanied by great bodily prostration.

"Arsenic has been found in the rinds of cheeses, and is often left in glucose and molasses from the use of sulphuric

acid for bleaching purposes.

### BENZOIC ACID.

"Taken internally, it causes slight epigastric heat, increases the pulse rate, and stimulates the action of the skin and kidneys, the salivary glands, and the

bronchial mucous membrane. Benzoin is irritant to the fauces and the powder excites sneezing and coughing when inhaled. Benzoic acid is used extensively to preserve canned goods and milk.

BORAX AND BORIC ACID.

"Boric acid is feebly germicidal, but in concentrated form it is decidedly irritant. Its physiological action is slight, but poisonous doses cause lower temperature, depressed spirits and a feeble pulse. Borax and boric acid are used very extensively in the preservation of meat, fish, butter and milk. Statistics show that England imported during the fiscal year of 1903-4; 366,-526,562 pounds of hams and bacon and 407,795,000 pounds of butter. The hams and bacon were all preserved with borax. The butter was all preserved with boric acid. It required 8,788,970 pounds of borax and boric acid to preserve the meat and butter, so that the English nation practically consume 8,788,970 pounds of poisonous preservatives annually. Practically the same condition exists in this country. The very rapid and evident deterioration of the health of the English working people during the last decade may thus be accounted for.

"The following quotations on the physiological effects of a continued use of borax or boric acid are taken from the conservative report of Dr. Harvey H. Wiley, Head of the National Bureau

of Chemistry.

"The medical symptoms of the cases, in long continued exhibitions of small doses or in large doses extending over a shorter period, show, in many instances a manifest tendency to diminish the appetite and to produce a feeling of fulness and uneasiness in the stomach, which in some cases results in nausea, with a very general tendency to produce a sense of fulness in the head which is often manifested as a dull and persistent headache.

"The administration of three grains per day, produce the same symptoms in many cases, although it appeared that some men under observation were able to take three grains a day for somewhat protracted periods, and still perform their duties. They commonly felt

injurious effects from the dose, however, and it is certain that the normal man could not long continue to receive three

grains per day.'

"The administration of borax and boric acid, to the extent of one-half grain per day, yielded results markedly different from those obtained with larger quantities of preservatives. On the whole, the results show that one-half grain per day is too much for the normal man to receive regularly. In every series there was a marked tendency on the part of boric acid and borax to diminish slightly the weight of the body."

### CARBONATE OF SODA.

"Sodium carbonate is quite an irritant to the stomach. It is used in preserving milk.

### CASTOR OIL.

"Internally administered, it is nonirritant until it reaches the duodenum, where it is decomposed by the pancreatic juice setting free the ricinoleic acid, stimulating the intestinal glands and muscular coat, but not the liver. There is considerable evidence in support of the charge that it induces hemorrhoids by congesting the rectal vessels.

"It is used as a very common adulterant of olive oil. Sometimes as much as 25 per cent. is used and labeled pure olive oil, or if not labeled exactly as 'pure olive oil,' the label is so made and so worded as to deceive the indiscriminate buyer. For example, there is a brand of salad oil on the market which is not good. On the label, in large letters, is printed 'Olive Oil,' and above these large letters are printed in small type the words 'As Good as Any.' These words are printed in a fancy scroll and are not seen by the average buyer.

### CHALK AND LIME.

"Even in weak solutions, lime is an irritant. The action of lime is especially caustic to the mucous membranes and produces very dangerous inflammation and even ulceration Chalk has not the irritant qualities of the lime. Lime is used especially to adulterate milk.

### COPPER.

"The salts of copper are irritant to

the stemach and intestines. They produce constricted fauces, depressed heartaction, rapid respiration and fever. The liver becomes atrophied from irritation of its connective tissue and fatty degeneration of the hepatic cells. lungs are congested. Even pneumonic consolidation may be set up, the metal seeming to have an affinity for the pulmonary parenchyma. These effects are often produced by eating acid fruits cooked in copper vessels during the canning process. Copper sulphate is a simple irritant emetic, producing prompt and continued vomiting, with but little nausea or depression. In small but continued doses it will cause constipation. Copper sulphate is mixed with white flour, is found in some maple syrups, is used to color peas, corn, asparagus, etc., and is also used in the preparation of chocolate. Copper salts are found in some breads and some canned goods.

#### CREOSOTE.

"Creosote contracts muscular fibres and puckers the mucous membranes. It burns and deadens the tissues and has somewhat of a narcotic effect. It large doses it is a powerful poison. In the preparation of meats creosote is used to give them the appearance of being preserved by smoking.

#### ERGOT.

"Ergot is a fungus. It greatly increases the blood pressure, and intestinal muscular action, whitens the intestinal vessels and decreases the secretion of saliva, urine and sweat, thus retaining the waste of the last two within the body. Ergot is ground up with wheat flours.

#### FORMALDEHYDE.

"Formaldehyde is secured by oxidizing wood alcohol. It is a powerful antiseptic and disinfectant. Bichloride of mercury is the most powerful poison of the mercurial salts. It is especially poisonous to all forms of germ life—harmful or beneficial. Formaldehyde ranks next below bichloride of mercury as a poison for killing germs. A very small amount in the air, causes violent irritation of the linings of the trachea, bronchial tubes and lungs. It is much

more poisonous taken into the stomach than when injected into the blood through the skin. It is very widely used for the preservation of milk and oftentimes in butter.

#### FUSEL OIL.

"Fusel oil is a fermented alcohol obtained from the potato, also occurring in the crude spirit produced by the fermentation of saccharine solutions with yeast, and separated by excessive distillation passing over after the ethyl alcohol. The physiological effects of the various forms of alcohol are too well known to go into detail in this limited space. Fusel oil or amyl alcohol is used in candies, bon-bons, etc.

#### GLYCERIN.

"Glycerin takes water from the tissues with which it comes in contact, and, as sold on the market, is irritating to the skin and especially the mucous membranes. All cheap glycerins, such as those used in food products contain acrolein, which is very poisonous. In quantities, it acts as a laxative and is thought to dissolve the red blood-cells. Glycerin is used in remaking old and mouldy sausages, etc.

#### GUM ARABIC.

"Gum arabic is a sticky, mucilaginous substance. It has a negative activity. It acts as a soothing covering to irritated tissues, but is, however, very difficult of digestion. It is employed by manufacturers to thicken fruit syrups.

#### GYPSUM.

"Gypsum is heat-dried sulphate of lime. It is decidedly irritant to the intestinal linings. As small an amount as six grains to the gallon is unwhole-some and very liable to produce constipation or diarrhea. It is used as an adulterant of cayenne pepper, of coffee, of many spices and of a few bakery breads in this country. It is very widely used in some foreign countries as a bread adulterant, but, thanks to the Bakers' Association, seldom used to any great extent in the United States.

Other deleterious substances commonly used by the food adulterators will be described in the near future.

## Mr. Baggs in the Country

BY JIMMY SUNN

"I've engaged a month's board for both of us at a farm-house up in Wisconsin" said Mr. Baggs one hot morning in the middle of July "and we'll go up next Saturday. So you can be getting ready."

"Why didn't you let me know sooner?" she said. "I'll need a lot of things before I go. Oh, I never can be

ready by Saturday!"

"Need nothing!" snorted her husband "That's the darned women of it! Got to spend six months fixing up before you can go into the country to spend a week. No, sir, we're not going up there to show our finery, but to rest and have a good time. You'll wear a Mother Hubbard and I a pair of overalls; we'll eat pure food, breathe fresh air, take long walks in the fields, lay around in the shade, go barefoot-no, no fixing and fussing. I won't be bothered with your gumdasted furbelows!" and he glared at her as he departed for the office.

Mrs. Baggs made the best possible use of her time, and it was with a fairly creditable outfit of clothing that she landed at their destination on Saturday. The farm-house proved to be a delightful place, and Mr. Baggs was highly pleased; but his enthusiasm was slightly dashed when he found that a pretty young school ma'am was boarding at the place, and that a city widow with two grown daughters, was rusticating at another farm just across the road.

"You can't find peace and quietness anywhere" he grumbled to his wife. "Starch and style and fuss and feathers here, same as in town, I suppose! Darned if I'll do it! I'm going to put on my blue shirt and overalls tomorrow morning. Sunday or no Sunday!" and he was firm, despite her remonstrances. The next morning he was awakened early by the crowing of a rooster under his window; he arose and attiring himself in true country style went down into the yard, where he lay in a hammock, drinking in great draughts of air with profound satisfaction.

"A country life!" he murmured, a little drowsily, as the hammock creaked beneath his portly form; "A life free from all restraint and conventionality! Ah, this is something like!" and he sank into a doze. After a time the people began to stir indoors, and Mr. Baggs, rousing himself, started for a walk. He went for some distance along a shady lane, revelling in memories of his boyhood; it was the first time he had been in the country in ten years. At the end of the lane he came to a pond of water.

"Ah, a swimming hole!" he said with glee, "Well wouldn't that make you think of old times?" He peered down into the water in a near sighted fashion. The bank was about three feet high, there was a single clump of bushes growing out of it and it shelved over the water. The water was only about two feet deep, but the bottom was black mud, and the shadows of the trees which stood a little way back fell across it. It looked deep and cool. Mr. Baggs peeped about cautiously. No one was in sight. The boyhood memories got the best of him.

"Here goes for a swim!" said he, and the next moment his shirt, overalls, and straw hat were lying on the grass, and he stood on the grass in the regulation attire of a water nymph. He peered into the water again, through

his glasses.

'Five feet deep, at least" said he, "Now for an old-fashioned dive! Egad,

I'll show you!"

What he intended to show his imaginary auditor he did not say; but he no doubt kept his word, for his head went into the black mud nearly to the shoulders, and his legs beat the air and water wildly for several seconds before he extricated himself and sat in the muddy vortex he had created, spitting and clearing his eyes.

"Goob, buah, bubble" said he, glaring around "I'll have that gumdasted old farmer arrested for murder! Regular man trap this thing is! Who in thunder supposed it was only a foot deep?" He got up and groped around in the mud for his spectacles, but in vain.

"I look like a gosh-blamed hippopotamus!" he said looking down at his mud-plastered body. "Wonder if there's a place in this dummed hole deep enough to wash this mud off?"

He floundered about the shallow pond, getting more beplastered with the mud at every step; at last, when the water was nearly of the consistency of mush he gave up in despair and started to climb out, looking, as he had said, very much like a young hippopotamus. As his head came above the bank he dropped back with a gasp; his wife and the school ma'am were coming down the lane, while from the other direction the widow with her two daughters were approaching. The whole contingent were sauntering along, enjoying their morning walk; and all were headed toward the pond. Mr. Baggs, in sudden panic, crawled under the overhanging clump of bushes, which was barely large enough to hide him, and crouched in the muddy water, waiting. Presently Mrs. Baggs and the school ma'am came up.

"Why, what's this?" cried the former, "Oh, its my husband's clothes!" She rushed to the edge of the water and stood with clasped hands, and a look of agony on her face. Mr. Baggs glared up at her vengefully, through the bush at her feet; but she did not see him.

"He's drowned," she wailed, "He's drowned, I know he is! See, the water is all stirred up!"

The other ladies came\_running up and there was a babel of excited exclamations.

"I don't think the water deep enough to drown anyone" said the widow, "I noticed it yesterday. It's really very shallow." She picked up a long board which was lying, on the ground, and stepped to the edge of the bank just above Mr. Baggs, intending to sound the water and show its shallowness. As she up-ended the board with a swift but awkward movement, the lower end swung under the bushes, and came against the anatomy of the crouching Mr. Baggs with a resounding smack.

"Wough!" he roared, as he leaped out like a bull-frog, "Quit that, you darned old idiot! Can't a man take a swim without a gumdasted woman running up to spank him with a board? What in thunder-" but with a chorus of shrieks and giggles, and with a flutter of skirts, the widow and the three young ladies were flying up the lane; and Mr. Baggs climbed out on the bank where his wife cleansed his manly form of mud as best she could with a wisp of grass. The next morning he took the early train for the city on the score of an urgent business matter which had escaped his memory. He left his wife at the farm house, however, with a promise to return on the following Saturday.

## ODOR FROM MEAT EATERS

Charles D. Kellogg, the naturalist, declares that to eat a "Bob White" or quail is cannibalism, as birds have souls, and their plaintive cries and songs are actually a language. Mr. Kellogg claims that a carnivorous animal gives off an odor that warns the feathered denizens of the woods that a natural enemy is near. The same odor is given off by a person who eats meat, and birds are afraid of such persons. Birds will

not fly from a vegetarian. Mr.Kellogg states that he has never eaten meat in his life, and that he can pick up almost any bird, and that a "katy-did" will rest in his hand without flying away. He has a dog, which he brought up from a pup, which never ate meat and which does not know what it means to harm any living thing. Mr. Kellogg also claims that meat eating affects the senses of smell in humans.

## Improper Uses of the Mouth

By OPHELIA STUART McMORRIES

THE human mouth was intended for two great purposes; as a means of expressing our thoughts and emotions to our fellow beings, and as a receptacle for the food while it is being properly masticated. Yet, by how few persons is it set apart, sacredly, to those

Divinely appointed uses?

A woman, busy with her sewing, wishes a needleful of thread. Finding it too strong to be broken, she places the thread between her teeth and bites off the required length. What is the penalty for this haste or carelessness? The teeth are injured and the lips, perhaps poisoned by the dyes of the colored silks and cottons. The teeth were not intended to be used as scissors.

Nor, were they intended to be used as a manicure set. "Gnawing the nails" is a habit, which, once formed, is not easily overcome, be the transgressor child or adult. The unsightly appearance of the finger-tips, and the effect of receiving upon the lips and tongue the often poisonous matter collected beneath the nails, does not deter indulgence in this practice. Perhaps, in such cases a strong solution of quinine or aloes applied to the fingers would prove more efficacious than advice or a suggestion that there be an assertion of will power. Well manicured hands are essential to personal daintiness; but the manicuring should be done with the proper instruments, not the teeth.

Never should the teeth be used as nut crackers. Leave that habit for the rodents. Their dental strength is made necessary by their manner of life.

Why do so many persons use the tongue to moisten gummed labels, envelopes and stamps? Is it just one of the many injurious results of our American haste, or is it because so few people know of what common mucilage is composed? Many cases of sore mouth are known to have originated in this way. All danger can be avoided by providing one's writing-desk with a small brush and an extra inkstand filled with water.

We expect the crawling babe, in his journeyings about the nursery, to try to fit all small objects to his dear, little. ever-open mouth. He is merely seeking information concerning his wonderful surroundings. But baby ways should pass away with baby days. "Grown up" people are not expected to use their mouths as receptacles for pins, hair-pins and small coins. Yet, many womenwe might say a majority—use the mouth as a pin tray every time a collar, cuff or belt needs readjusting. This, too, regardless of the former uses of the pin or of the fact that it may have been picked up from the dirty floor or yard. Many children and some adults who would resent the implication of not being "clean people," thrust into their mouths the foulest of coins, seemingly without giving a thought to its coat of filth. If it is the abundance of pins and the paucity of pockets in a woman's attire which is responsible for the too frequent use of the mouth as a purse or pin tray, may Dame Fashion hasten the day when toilettes shall have buttons galore and a pocket on every corner.

## **OUACK MEDICINES IN GREAT BRITAIN**

At the present time in Great Britain there are no less than 40,000 makers or vendors of patent medicines, says the London Hospital, and these patent medicines are computed to supply a revenue of £331,000 to the State. The

patent medicine dealer reaps his harvest from so-called incurable disease. Consumption cures, cancer cures, epilepsy cures, paralysis cures are found to constitute the large majority of patent medicines.

# **Boxing Lessons for Boys**

A COMMON fault among amateur boxers is that of holding the mouth open. It is best to keep it tightly shut, for the reason that it will prevent the lips being injured.

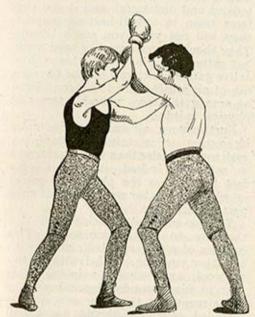


Illustration No. 19.—This shows a very good parry and counter. Imagine yourself in the position of the boy in the black jersey, on the left. When your opponent leads with his left to your head, raise your right forearm in front of your face, with your palm turned out so that you will catch his glove or wrist on the fleshy part of your forearm. In this way you will throw off his blow with a slight outward and upward motion. At the same time, step in and deliver a quick left to his head. Or, instead, you may counter with your left to his stomach instead of to his head. Practice it both ways many times in succession, then let your opponent do the same. If your left arm is in the proper position, it will be very easy for you to give him a left hook in this way. In blocking his left with your right forearm, as described, do not push out too far, for this will give your antagonist a good opening. You may find that you can do this parry more effectively with the palm of the open right hand than with the forearm.

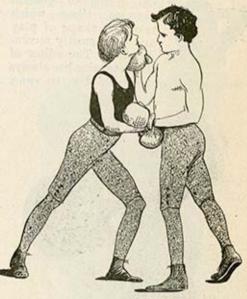


Illustration No. 20.—Suppose that you are in the position of the boy on the right, stripped from the waist up. Now when the other leads with his left to your head, parry with your right forearm or palm of the right hand in the manner shown in the last illustration. As you will see, your right hand is now inside of his left arm, and you are in a position to strike him a quick, short and snappy blow on the side of his face. Meanwhile, you can protect your stomach from his right by means of your left.

After mastering this, practice the following. When your opponent strikes out with his left for your head, side-step quickly to the left so that the blow will go over your right shoulder, and at the same time deliver a right uppercut to your opponent's chin. This is a very effective movement, but it must be done quickly.

Otherwise, if a blow is received on the open mouth the lips are liable to be badly cut against the edges of the teeth, Furthermore, a blow on the point of the chin would be much more effective if the mouth were open. If tightly shut, the jaw would be braced and partly fortified, otherwise one might be more or less stunned by the concussion.

# Passing the Medicine Ball



all forms of general exercise, those which take the shape of play are to be mostly recommended. The editor of this magazine has always

insisted that one should try to enjoy



Photo No. 1.—Method of throwing the medicine ball most commonly used. It is thrown from one side with both hands, in the direction toward which the little girl is looking. This is the easiest and most accurate way of throwing it.

his or her exercises, in other words that one should select those which by reason of the "fun" they furnish, are the most interesting. It is partly for this reason, that we constantly introduce a variety of exercises, so that if one becomes somewhat tired of certain

of them, he can practice others and thus keep up his interest. Of course, if one is really interested in securing health and strength, he or she will find all exercises interesting and pleasurable. But if certain movements seem to be tedious and distasteful, and if you perform them in a half-hearted manner, they will not yield you much benefit. They should never seem like hard work, but rather like play. For this reason, active games which call for the vigorous use of all muscles are to be considered as among the more valuable forms of physical culture.

Furthermore, all exercises are more interesting when taken in company with some one else than when performed in solitude. Indeed, it is this very fact that makes the playing of games in which a number of individuals take

part, so attractive.

The so-called "medicine ball" is, therefore to be recommended. This consists of a big, soft ball, made with a leather covering, stuffed with cotton or wool, and usually weighing from four to nine pounds, depending upon the strength of those for whom it is intended. Children should use a ball weighing four pounds or even less. Two pounds would be heavy enough for very small boys and girls.

It was called "medicine" ball many years ago because of its value in building health, and the name still adheres to it, though manifestly it would be more appropriate to call it a "health' ball. At that time it was supposed that medicine was very valuable for building health, and for curing disease. But now intelligent people know that this is not true. Those who have come to understand physical culture principles, are aware that medicines consist mainly of poisons of various kinds, and that they will not cure sickness. They are unhealthful and will even cause sickness, if a healthy person takes them. Many doctors will tell you this.

Intelligent people know now that health depends upon the way in which a person lives. If he lives right, and has good habits, he will be healthy. If he lives wrong, that is, if he has bad habits, he will be unhealthy, or sick. That is all there is to it. And if he is sick, and wishes to get well, he must stop his bad habits and commence to live aright. This is a simple truth that every boy and girl can understand, but still it is curious that even many doctors do not understand it. Yet doctors are supposed to know a great deal. Unfortunately, a large part of what they think they know, is untrue, and they have not yet learned to realize their mistakes.

When I speak of bad habits, you may think of smoking, and drinking beer, swearing and other immoral things. It is true that these are very bad, and will destroy one's health, but there are lots of other habits which are also bad, though many people are not aware of the fact. Eating too much is a bad habit. Eating fast is a bad habit. Staying up too late at nights, and sleeping with the windows shut are both bad habits. Eating without appetite and drinking at meal time are bad habits, and the same might be said of many other common practices. All habits which are healthful may be called good habits. Careful and prolonged chewing of food, sleeping with windows open, going to bed early, are all good habits. And one of the best habits that one can have is that of taking active exercise every day. And the more pleasure you derive from it, the better it is for you. "Play" is not only a matter of enjoyment, but it is also good for your health.

The pleasure to be derived from the medicine ball, consists simply in throwing it from one person to another and catching it. Two persons may play at it, or a great many. I shall have more to say about this next month. There are many ways of throwing it, and for this reason it affords excellent exercise for all parts of the body. It will strengthen the muscles of the arms, the back, chest, stomach, sides and legs.



Photo No. 2.—A throw that strengthens the back. Bend down and bring the ball far back between the legs, as shown, then throw straight forward.

This month we are illustrating two methods of throwing the ball, and in the future will show many more. It is a good plan, if there are several players to form in a circle, several feet apart, and pass the ball around the circle just as fast as you can. It is a simple form of exercise, but I can assure you that it is a delightful one, and the more boys and girls take part in it, the more fun there will be.

### LAUGH

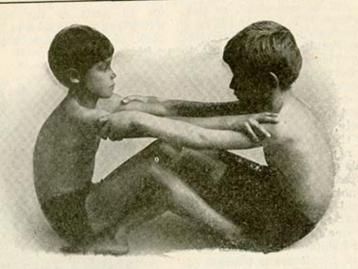
Laugh! and merrily while you can. Laugh, little maiden; laugh, little man. Laugh at the joke that's played on you, Laugh over the work you have to do.

'Twill lessen the task at least one half.

But never at one's misfortune laugh!

—Harold Farrington in Little Chronicle.

## The Caterpillar Walk





HIS is a delightful "playexercise," and one which is of great value for building strength. Let two boys, or girls, take the position that is illus-

trated above. Each sits upon the feet of the other in the manner shown, also taking hold of the other upper arm or shoulder. Now you are prepared to "walk." To begin with, let the boy on the right "hunch" up slightly, or rise slightly and move a little forward. At the same time the other boy raises his feet and draws them towards him-

self, so that it makes one complete movement, with the first boy still sitting upon the other's feet. Next the other boy, the one on the left, rises slightly and moves backward, while the first boy extends his feet. Then the first movement is repeated, and in this way the two move across the floor like one person, or rather, like one caterpillar might. The two boys will help each other by pulling on each other's arms, which indeed they will find more or less necessary. This is a good indoor winter exercise. Learn to walk both backward and forward.

## POSER FOR MEAT EATERS

James D. Reynolds, famous in the packing-house exposures, said of vegetarianism, in Washington:

"Vegetarianism is the more logical as well as the more comely and humane

dietary, isn't it?

"Vegetarianism's superiority from the humane and the logical point of view was once indicated to me by a child in New York.

"While I was engaged in settlement work in New York, a little child in one of the classes asked:

"'Why do we kill lions and tigers?'
"'Oh,' said I, 'that is because the bad lions and tigers kill the dear little sheep.'

"'Why, then,' said the child. I'don't we kill the butchers?" "-Los Angeles

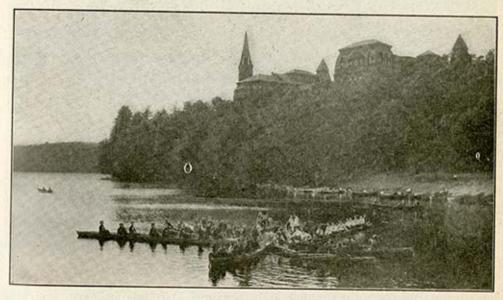
Times.

## Athletics at Wellesley College

JUDGING by the annual reports of the president of Wellesley College, Mass., athletics are officially ignored by the faculty of the institution.

At all events, President Caroline Hazard makes no reference to those sports and pastimes which, in the case of other women's educational establishments deservedly occupy a high place in the general scheme of the college year. That the Wellesley girls themselves, do take that interest in athletics

college altogether on account of a total breakdown in health. Of late years, the athletic spirit has made itself manifest, and in 1905 only 1½ per cent. of the students were compelled to quit college for the reasons cited. It may be, and probably is, that President Hazard is as keenly alive to the good that arises from properly organized and performed athletic exercises and pursuits, but if so, it is somewhat singular that, as already stated, there is no recognition whatever



Float Day at Wellesley College. Forming a Star

which normal young women should, is made evident by the illustrations that go with this article. That, however, in the opinion of the writer, does not excuse the apparent attitude of the Faculty in not recognizing the physical necessities of the young women for whose well-being they are responsible.

In this connection, it is somewhat significant to note that in 1894 and somewhat subsequently, nearly 4 per cent. of the students had to quit the

in the college reports, of the fact that the students have bodies as well as brains. The curriculum throughout, seems to presuppose the idea that the classes are a conglomeration of mentalities and nothing else. Incidentally these same mentalities seem to be pretty well worked.

According to a person who speaks with some amount of authority on the subject, Wellesley athletics have been and are, more particularly fostered by the girls themselves. This is satisfactory as far as it goes, but still it seems somewhat singular that Wellesley, unlike the majority of her rivals, does not appear to take Faculty cognizance of the needs of the body as well as those of the mind.

However, the Wellesley students are noted for their college spirit, and this does not languish when it comes in contact with athletic pursuits. On the contrary, it seems to burn with an even brighter luster than it does indoors, at least in some instances. When one's bodily powers are prompted to strenu-

young oarswomen from the expert's standpoint, the work of the eights being of a particularly praiseworthy sort. "Float Day" is one of the notable events of the College year, its name being sufficiently significant. On that day, the Wellesley girls take to the water with the readiness of the proverbial duck. One of the pictures herewith shows some of the eights forming a picturesque figure known as "The Star." Over the trees to the right and in the background, may be seen the roofs and spires of the College buildings.

The golf links at Wellesley are

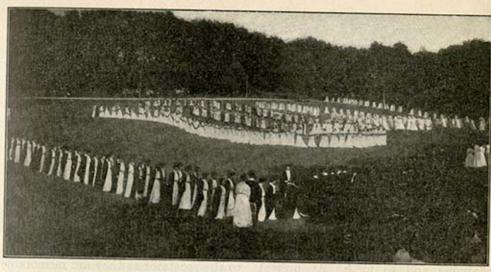


College Girls Playing Golf at Wellesley, Massachusetts

ousity, and in consequence the lungs and heart enjoy unrestricted play, one is apt to wax much more enthusiastic than when sitting in a quiet, and occasionally, stuffy hall, wading through recitations that may teach but unmisakably tire.

Thanks to the proximity of Waubun Lake, the Wellesley girls have facilities in the way of rowing and canoeing that are not given to many less happily situated colleges; in consequence of which and at appropriate intervals, its placid surface is dotted with canoes and rowboats, or the college eights. An excellent showing is made by the

spacious and well arranged, and that they are well patronized by the students, goes without saying. Some capital players have graduated from these links, this being due to the fact that the latter have those natural and artificial features in abundance, which prompts to the skill and patience that are the foundations of the game. The links present a picturesque spectacle during the time of leaves, but they are not deserted in the winter, and the glowing cheeks and sparkling eyes of the players on crisp, bracing days, vouch for the good influences of the game at such seasons. One enthusiast who witnessed a Welles-



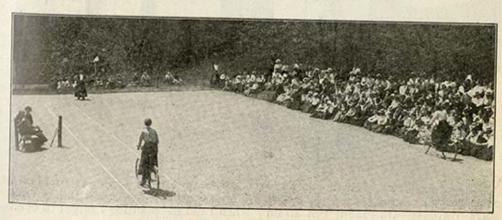
Tree Day at Wellesley College

ley golf game, declared that thereafter he would if possible, use nothing but girl caddies. This determination was the outcome of his noting how swiftly and cheerfully and conscientiously the volunteer caddies of Wellesley performed their duties.

Bicycling too, is another sport that is greatly favored by the Wellesley young women, and for both short and long distances, some of the fair riders hold very credible records. It should be said here, that, as at Smith College, athletics are looked upon by the Wellesley girls more as a recreation and an assistance to their studies than as

something by which to promote intercollegiate rivalary. For this reason, the outside world does not hear so much about Wellesley athletics, but as already intimated, that fact does not lessen the enthusiasm with which athletic sports are undertaken by the students.

One of the most commendable forms of outdoor recreation, which is highly favored by the young women, are informal tramps into the surrounding country. The costume worn on these occasions is of the kind that offers the least resistance to the free movement of the limbs and body, and a light luncheon is usually taken along. Not infre-



Track Races at Wellesley College

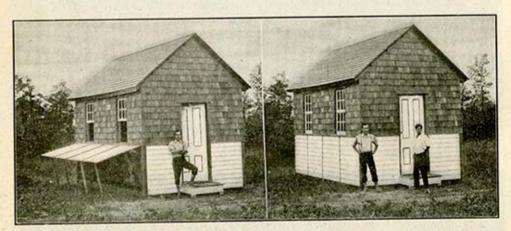
quently too, there is some alleged objective to the walk, either a visit to an historic spot, the seeking of a flower or fern in its native wilds, the study of some special species of bird or what-not. But while these are the excuses, the ture inwardness of the tramp is the love of walking for its own sake. When it is over and the muddy, or dusty, or burr-sprinkled students straggle back to college, they do so, feeling that healthy tiredness which they know is going to lead to sound sleep, and next day, keen appetites for food to supply both their material and mental needs.

Other sports indulged in by these young women are basket ball, usually played under modified rules, sprints, swimming and so forth. At present there do not seem to be any special meets, but that does not alter the fact

that the students get a great deal of fun and good out of their athletic work. It is said that the athletic spirit is growing at Wellesley and there is no doubt but that the time is coming when more official cognizance will be taken of the athletic requirements of the college than is now apparently being done.

Like most institutions of its type, Wellesley has her special "days" in which the ceremonies are usually of a picturesquely impressive nature. Such an occasion is that illustrated by one of the pictures, it being "Tree Day" in which a class tree is planted with due formality. The dresses of the participants, the evolutions and the spirit evinced make these days as interesting to the spectator as they are memorable to the young womanhood that takes part in them.

## ONE OF THE RESIDENCES AT PHYSICAL CULTURE CITY



A Pioneer's Cottage, showing method of ventilation, and appearance of the house when closed up in the owner's absence.

#### CANNED TOMATOES

Mr. Gardner—Well, dear, how are the tomatoes you planted?

Mrs. Gardner—Oh, John! I'm afraid we'll have to buy what we need this year.

Mr. Gardner—Why, how's that, Mary?
Mrs. Gardner—I recollect to-day that
when I did the planting I forgot to open
the cans!—Puck.

# Health and Beauty in Dancing

A Means of Acquiring Health, Strength, Grace, and Elegance of Carriage—The Superiority of Fancy Dancing and the National Folk Dances of European Nations, England and Ireland

## By BERNARR MACFADDEN

(Assisted by Miss M. Powell)



all the better known forms of healthful physical activity, there is none more beneficial than dancing. And aside from its value as

an exercise, much of the good derived from it arises largely from the fact that it stimulates both mind and body by reason of the pleasurable sensations which it excites. However, when we speak of dancing in this connection, we use the word in its broadest sense. That which we shall have to say on the subject will be found true of dancing

in general.

To begin with, some styles of dancing may be considered as complete systems of physical training. But, more than that, dancing in any form may be regarded as a form of play-"play" in which mature men and women can indulge without being subject to silly criticism. In conventional communities, the unwritten law is, that adults must refrain from "play," as commonly understood, under penalty of losing their dignity. This is as stupid as it is unfortunate, because play is a notable factor in health-getting. And even those dances which are considered within the limits of conventional conduct and which lack rapid action, that is to say, the dignified round dances of the "exclusive" ball room, while not of the most refreshing or beneficial type, are not without much to recommend them. However, in the more rational future we may look for mankind to discard that artificial dignity which at present, often acts as a check upon the wholesome spontaneous actions of an



Photo No 1.—An example of Grecian Dancing, expressive of invocation. Right arm extended upward, index finger pointed. Left'arm slightly curved; and with palm up

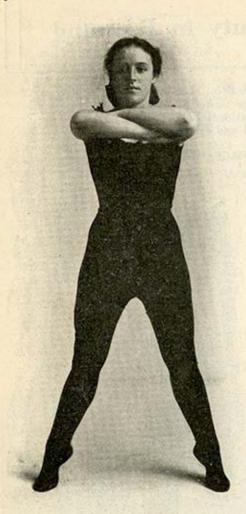


Photo. No. 2.—First Position, Sailor's Hornpipe. Rise on toes with arms folded across ches! but held well up and out from body. Jump to stride and return, keeping toes stretched. This is followed by a two-step around in a circle before proceeding to the next step.

individual, thus preventing him from indulging in many beneficial pastimes.

Play is a necessity to all animals, including the human. Even those who apparently secure sufficient physical activity in the form of daily labor, are as much in need of play as anyone; for "work" while it may call for muscular exertion is, as a rule, of a tedious, character, and its influence is, therefore, usually of an exhausting nature. Hence the hard worker needs some form

of pleasurable exercise, which accelerates the circulation and stimulates the mental and functional processes of the body. For those of sedentary occupations, such a form of exercise is still more necessary. And for these reasons, dancing, of almost any kind, is among the most valuable of recreations.

In this series of articles it is not proposed to dwell much on the "round" dances, but rather to discuss other dances that are of much greater value, by reason of the muscular and mental



Photo No. 3.—Second Position, Sailor's Hornpipe. Spring on supporting foot and extend opposite heel diagonally forward, arms moving as if pulling rope downward, using legs alternately.

agility which they call for. Not that the former dances are of no value, for under right conditions they can be commended. But as intimated, they are not nearly so valuable as more vigorous dances such as the national or folk dances of European countries, or the so-called "fancy" dancing with which the stage makes us familiar.

Hence it is proposed to deal with some of the characteristic dances of England, Ireland, Scotland, Russia, France and Spain, and the reader will be able to make comparison between these and the more sedate manner of "tripping the light fantastic toe" which

prevails in fashionable circles.

It is, of course, out of the question to present within the limits of the space available, such detailed instructions as will enable one to learn any of these dances by the mere study of the text and illustrations. The main purpose of these articles is to stimulate interest in these various forms of dancing, and merely show a few steps of each in order to indicate its general character.

The first illustration is suggestive of the style of dancing which prevailed in classic times. With the Greeks, every dance was designed to express some emotion. There were no feelings common to humanity which they could not thus portray. The pose shown in this photograph, expresses "Invocation." The right hand is raised to indicate that the individual is addressing one of the deities, the other hand held out in supplication. In view of the eloquence and grace of the movement, one cannot help asking whether the two-step or to-day is an improvement on the old Grecian dances.

A little later the Romans, being a more vigorous and warlike nation, disported themselves in dances which partook of the national character, but nevertheless the idea of expressing some thought or emotion was still in evidence. Furthermore, motion of the entire body, which was characteristic of the Grecian dances was also the rule among the Romans, just as it is in the national or folk dances of the present. Hence the reader will see the superiority of these dances over those of the modern ball room, which bring into use only the legs, while the

muscles of the arms and of the torso are not employed at all.

We present a few illustrations of the Sailors' Hornpipe which may be called the national dance of England, though it is true that some form of it is used very commonly by sailors all over the



Photo. No. 4.—Third Position, Sailor's Hornpipe. With body leaning slightly forward, spring to supporting leg, other flexed behind. Arms perform a hitching movement, alternating left and right, before and behind, as illustrated. The dance describes a circle with this step

world. This is probably due to the extent to which the distinctively maritime nation in question has dominated the seas in the past. In the confined space available on shipboard, sailors feel the necessity for fun which shall take the form of vigorous exercise, and

this need could hard y be better supplied than by such a dance as the Hornpipe. The simple lively music can be supplied by a mouth organ, tin-whistle or even by whistling with the mouth and clapping of hands.



Photo. No. 5.—First Position, Irish Jig. Body leaning back, head tilted to one side, arms at support position, elbows forward. Spring to cross-step position, left and right alternately in front, moving forward and back to position

In the first position of the Sailor's Hornpipe, illustrated in Photo No. 2, the whole body is raised and balanced on the toes, the arms being folded over the expanded chest. In this attitude,

the dancer jumps to the stride position shown, which is characteristic of the Hornpipe. This is followed by a twostep which is performed in a circle with the arms still folded.

In the second step, shown in Photo. No. 3, the movement is performed on the heels in contradistinction to the work on the toes in the first instance. The head is thrown back, and the step is accompanied by a hauling-down alternate motion of the arms, as though pulling down a rope.

The third step consists in springing alternately on the right and left foot, with each step flexing the knee of the other at the back, while the arms are swung alternately in front of the body

and behind the back.

The various movements of the Sailor's Hornpipe are generally performed in a circle. It is a dance that is at once entertaining and invigorating, and is perfectly adapted to the circumstances under which it is performed, that is to say, to the limited space on shipboard. The length of time that one can keep up the dance is considered a test of one's ability as well as the grace and agility with which it is performed. And very naturally, when performed among a group of men, the dance usually takes on a competitive aspect, endurance and skill both being considered in its execution.

We also present in this issue, the first illustration of the typical dance of the Irish, commonly known as the Irish Jig which supplies exercise of a very vigorous character. It is generally performed in couples, for it would not be an Irish institution if there were not a girl in it. One of its marked characteristics is the position of the arms, which are held akimbo with the elbows well This is a position of the forward. limbs which naturally induces an expansion of the chest. Further illustrations and descriptions of the Irish Jig will be given next month, together with others relative to the national folk dance of Scotland, and following same we will illustrate the characteristic national dances of France, Spain and Russia. All these countries have their own peculiar styles, each conforming to the nature of the people and the climate.

## A Holiday Menu

By MARGUERITE MACFADDEN

Lillied Tangerine Oranges,

Lettuce Soup,

Spinached Fillet of Sole,

Potato Balls,

Bean Timbales,

Mock Pheasant,

Red Currant Jelly,

Stuffed Celery Knobs,

Sardinia Salad.

Canadian Apple Pudding,

Fruit Cocktail.

Assorted Nuts, Olives, Cheese Dreams,

Postum.

## Lillied Tangerine Oranges.

Draw a line with the point of a fruit knife around tangerine oranges-two to each guest-so that you begin and end, nearly but not quite, at the stem pit. Now turn the orange around and repeat so that the second line crosses the first. Repeat twice more, and it will now be found that, if you draw away the skin at the point from where all the lines cross each other, it will resemble the petals of a water-lily. Be careful not to remove the skin from the lower part of the orange. Now open very carefully the orange at the top and separate the quarters for some little distance down. The total effect of the orange thus treated, will be that of a yellow water-lily. Serve on a large flat glass dish with garnishing of whatever foliage is convenient.

## Lettuce Soup.

To three-quarters of a pound of lettuce add a bunch of pot herbs, add one ounce and a half of butter, two yolks of eggs, a quarter of a pint of cream,

two sprigs of onions (chopped), a little green vegetable coloring, pinch grated lemon rind, and a few drops of lemon juice. Put the butter into a stewpan, and when melted add the shredded lettuce, lemon rind, onions and herbs; cook these gently in the butter for about fifteen minutes. Pass through a hair sieve, reheat and add the lemon juice; beat up the yolks of the eggs and add the cream, whisking rapidly all the time to prevent the eggs curdling. Return the soup to the saucepan and whisk until it is thickened and the eggs cooked. It must on no account boil: serve with croutons of fried bread.

Oysterettes,

Ambrosia.

Tomatoed Spaghetti.

Stewed Cauliflower.

## Spinached Fillet of Sole.

Fillet of sole or plaice prepared in the following manner, makes a dish quite dainty enough "to set before the king." Divide the fillets lengthwise, making four long, thin pieces. Rinse and dry thoroughly, season with salt and pepper, cover with flour or fine bread crumbs, dip in beaten egg, then in crumbs again and fry from two to five minutes in deep, smoking hot olive oil. Have ready on a tin plate, a creamed spinach foundation, lay the fillet on this and spread over it a thin layer of mashed potato, to which a little cheese has been added. Set in the oven a moment or two to brown, and serve on the tin plate, which can be slipped on a silver sa ver or pretty china plate.

#### Potato Balls.

Mix one cupful of hot, thoroughly mashed and beaten potato with a dash of celery salt and paprika, a saltspoonful of salt, and a tablespoonful of butter. When they are somewhat cooled, beat in the yolk of an egg and a half teaspoonful of minced parsley. Form into small balls, roll in flour and fry in a wire basket in plenty of olive oil. Drain on paper.

#### · Bean Timbales.

Press three-fourths of a cup of boiled beans through a colander. Add an equal amount of grated cheese, a pinch of paprika and one-fourth teaspoon of salt. Beat the whites and yolks of four eggs separately, add the yolks to the bean and cheese mixture with half a cup of milk and beat lightly. Put in the beaten whites of the eggs and fill well-buttered gem pans three-fourths full. Bake until brown and serve with a drawn butter sauce, to which has been added a little chopped parsley.

## Tomatoed Spaghetti.

Brown in a tablespoonful of butter, one large onion, small piece of garlic, both well chopped, a pinch of black pepper, half teaspoonful of salt, tablespoonful of sugar, a few cloves. Then add the contents of one small can of tomatoes, boil 20 minutes, strain, boil slowly 10 minutes more. Have the smallest spaghetti you can get, cooked until well done and piping hot, then pour sauce over same.

#### Mock Pheasant.

Chop a pound of walnuts very fine add half a cup of almond flour, a cup of wheat soaked for three or four hours in milk, the well-beaten yolks of two eggs and two large boiled potatoes rubbed through a sieve. Mould into the shape of a pheasant, which is practically that of a chicken and fry in the best cooking oil obtainable, to a delicate brown. Just before serving insert browned pieces of macaroni to imitate leg and wing bones. Garnish dish in which they are served with parsley. This is a fine substitute for meat, and should serve ten persons, as it is very rich and satisfying.

### Stuffed Celery Knobs.

Boil five medium-sized celery knobs until tender; drain, peel and allow to become cool; scoop out the interior with a small-bladed knife and fill the cavities thus formed with a spoonful of cauliflower, already cooked; mix the celery that has been scooped out with a little mayonnaise on top. Put each knob into a little rose-like nest of lettuce leaves. Mask the celery with mayonnaise. A garnish of tiny cherry tomatoes adds to its attractiveness.

## Stewed Cauliflower

Trim and thoroughly wash the cauliflower, put in boiling salted water, and boil gently until not quite half cooked. Then pour off the water and pour in its place fresh water. Let simmer until the cauliflower is tender, but not broken. Lift it out on a hot dish. For a dressing mix about two teaspoonfuls of flour with a little water and add a piece of butter the size of a walnut. Stir till it boils. Season with pepper, salt and lemon juice. Serve very hot.

### Sardinia Salad

Boil eggs hard, take off the shells, cut in two and remove the yolks without breaking the whites. Mash the yolks and season with minced chow chow, minced olives, melted butter, salt and paprika, and refill them into the hollows left in the whites. Slice the eggs and arrange on tender lettuce or cress leaves. Dress' with morsels of boiled beet root, oil and vinegar and serve with or without mayonnaise.

## Canadian Apple Pudding.

Butter a deep pudding dish and put into it two quarts of pared and quartered apples, a scant cup of sugar, onehalf cupful of water and a good grating of nutmeg. Set in a moderate oven about twenty minutes.

Mix well in a sieve and rub through it one pint of flour, two tablespoonfuls sugar, one tablespoonful baking powder and one-half teaspoonful of salt. Beat one egg until light, add to it one cupful milk and stir into the sifted flour until a smooth dough is formed. Then add three tablespoonfuls melted butter. Remove the pudding dish from the oven and spread the batter over the apples. Return the dish to the oven, which should be quite hot, and bake twenty minutes.

When ready to serve, turn the pudding out on to a flat dish, having the crust underneath and apple on top, or in the dish in which it was baked. Serve with nutmeg or lemon sauce.

#### Ambrosia.

Pare a dozen oranges, removing all the tough white skin, cut through twice and then slice thin. Have a cocoanut grated and moisten with cream or milk. Fill a glass bowl with alternate layers of orange and cocoanut. Finish with orange and add to that the whites of three eggs beaten stiff, to which is added one-half cup of powdered sugar. Serve with small sponge cakes.

#### Fruit Cocktail.

Make a strong lemonade, dash it with grape juice, add candied oranges and apricots in small pieces, fill glasses. Place on top of each glass, two large Bigarreaux cherries and one olive. Serve with a small spoon on a plate filled with the petals of some easily obtainable flower that is in season.

#### Cheese Dreams.

Spread thin slices of whole wheat bread with butter, lay thin slices of cheese between, put together and set in the oven until the cheese melts and the bread is crisp. These are delicious.

Some of our readers may have noted that in last month's issue of this magazine the menu then published had a title which intimated that it was intended to be a feast to celebrate the coming of the New Year. Publishers and printers are but mortals and as such, are liable to mistakes. But even if the heading of the menu was somewhat inappropriate, the fact remains that a wholesome and appetitizing meal is always in season. In other words, and to paraphrase the poet "A meal by any other name will taste as sweet," provided that it is of a proper physical culture sort.

While the menu published this month may, as a matter of seasonable sentiment, be dedicated to 1907, yet it will be in order in 1908 and 1909 and so on indefinitely, because it is of that kind which makes for health and enjoyment And so the reader can christen it whatever he or she sees fit, and with this, we leave him or her to discuss it, to cook it and to relish it.

## THE FEET OF TONQUINESE

So peculiar is the formation of the feet of the Tonquinese natives, that day and night they can run with perfect security over most dangerously rough and smooth places. From a narrow heel, the feet broaden in a remarkable manner toward the toes, of which the great one is so separated from the others as to form a wide angle. And from the toes grow nails that can be fixed in the ground like hooks. This

peculiarity in the feet of the natives of Tonquin has obtained for them, among the Chinese, the name Cao-Ci—the people with the crooked toes.

These people indicate the possibilities that lie in the untrammelled human foot. Centuries of encasing our feet in leather, has robbed them of a whole lot of the usefulness which Nature originally intended they should possess.

## Will the Meat Inspectors Inspect?

## By HENRY ARTHUR WELLS

T is somewhat too early to express a definite opinion in regard to the workings of what is commonly known as the Meat Inspection Bill, seeing that it has been in force for a few weeks only. But it is stated that in the great majority of the packing houses of the West, the sanitary arrangements, both in regard to the employees and the handling of the meat itself, were installed before the Bill went into active effect, the improved conditions being the outcome of a combination of public opinion and a belief that the inspectors appointed under the measure would, in the first instances at least, exercise their powers in a thorough and drastic manner. Out of four hundred of such concerns, it is stated that only eighty-seven have failed to comply with the requirements of the new law and that it is proposed to close these last in short order if their proprietors exhibit no inclination to "put their houses in order."

It is also officially averred that the inspectors-there are several hundreds of such-have exhibited a preliminary zeal of a praiseworthy sort; that in scores of cases, animals intended for food purposes have been condemned and destroyed, and that even a suspicion of disease attached to a carcass which has passed when "on the hoof" has resulted in it too, being destroyed. It is further alleged that the inspectors "are a remarkably intelligent and conscientious body of men, and that the knowledge of this fact has prevented any interested persons from attempting to tamper with them."

This is pleasing intelligence, but it must be borne in mind that a new broom invariably sweeps clean, and that graft and corruption are plants of a somewhat slow growth, especially when they spring from municipal or governmental departments.

PHYSICAL CULTURE has already expressed its belief that if not now, at least in the future, there will be efforts made to interpose greenbacks between the eyes of the inspectors and the things that they should see in the abattoirs or packing-houses, because the word of an inspector may one way or the other often mean the loss or the saving of thousands of dollars, to the owner of diseased animals. The best-intentioned law may be rendered inoperative or worse through its lax enforcement. And in the case of a law of so much importance as the one under discussion, it is the manifest duty of those who are responsible for the honesty of the executives of the law to see that these latter do their duty unhampered by political influence and unhindered by bribes. In other words, Physical Cul-TURE believes that the inspecting of the inspectors will be more or less necessary in order that the new law may fulfil its purposes. This belief does not carry with it an added belief in the dishonesty of the men in question, but as has been stated, meat inspectors are but human, and that which most strongly appeals to the average human being is his selfinterest. Hence unless he has a most exalted sense of his duty, the man who is earning twenty dollars a week in a more or less strenuous manner and has a chance of earning a hundred or so in a few moments by a temporary disregard of his oath of office, is apt to yield to the temptation. In such a case, his sodoing may mean sickness or death to dozens of persons, and a continuance of those evils which he is in official being in order to check. Hence the obivous importance of seeing to it, that the inspectors do their duty, and that they use every endeavor to emphasize the fact that the law is a law in fact, and not a farce or a fiction.

# The Corset and its Bearing on Health and Morality

## By VIRGINIA JEROME LYTLE

MAJOMEN from the far East shocked Christendom and even Chicago at the World's Fair in that city with a dance vulgarly called the "hoocheecoochee." The dance was a wonderful display of grace, agility and skill, "the montion of a serpent upon a rock." Those sylph-like maidens who presented it made the modern woman look like a mechanical toy. They were embodiments of the poetry of motion. The alleged "vulgarity" of the dance was merely incidental the essential characteristic being elusive grace and allegorical gestures. True they were not clad as fashion dictates. They wore no corsets. Their beautiful figures had never known the vise-like grasp of a "straight front," double boned corset. They were not concave where Nature created them convex. The stomach held its own amongst the vital organs, and was not to be searched for back against the spine and crowding on the heart and lungs. The whole of the lungs were used for breathing, not merely their upper portion, as the woman who wears the corset breathes. The heart had all the space allotted to it by Nature in which to throb and pulsate. With not an artery or vein compressed, the blood flowed generously through them, feeding every tissue and building up a body, beautiful and strong.

The dance in question is only cited because of the perfect forms of the dancers and the remarkable physical strength and grace that was displayed by them. Rarely indeed can an American girl claim such beauty of form or manifest such wealth of vigor and graceful activity as could these young women from the Orient. This for the reason that the American girl is a victim of the atrocious corset habit. Beginning early in youth before bone and cartilage have hardened,

she has submitted her body to a compression similar to that to which the foot of the Chinese maiden is subjected. A corset, well steeled fore and aft; has been applied to the most flexible and vital part of the body, the waist, which is a zone encircling the life-forming organs. Then too, the lungs are contracted into an unnaturally small space. The heart is also crowded for room and altogether, this is the psychological moment when Gladys confides to her physician that she has various symptoms of a distressing nature. She suffers with indigestion, nervous chills, palpitations etc. The M. D. profits by the corset industry, and prescribes pills and rest, or pills and recreation.

Now let us suppose that Gladys' brother calls on the same physician suffering great pain, is extremely neryous and has insomnia. In making an examination of his patient, the doctor discovers a tight ligature about one of his arms. The circulation is impeded, the hand and arm inflamed and swollen. The whole system suffers in sympathy. Much surprised, the physician inquires why the ligature is there. The young man tells him that he only wears it as a fad. He is told to remove it forthwith and his distressing symptoms will disappear. Naturally the doctor thinks the young man somewhat of a fool, but in Gladys' case one might very justly think the doctor somewhat of a fool. He knows she has a ligature around her waist that causes her distressing symptoms, and that on removing the ligature she will have immediate relief and in time effectual cure, but he does not tell her to remove the corset that causes the trouble. He prescribes bromides and early hours, when he ought to have prescribed a local application of scissors to corset strings with greater wisdom.

The Chinese shoe has a too tight grip on the muscles, tendons and bones of the foot. The modern corset has an ironclad grasp of the spine, ribs, heart, stomach, liver and lungs. Think of that! Practically the whole economy of the human system is bound up, cramped and rendered partially useless by this instrument of torture, which, like the deadly boa constrictor, encircles its victim and slowly presses out her life.

will the civilized woman learn that the abnormally slim waist is as hideous to sane and artistic eyes as are the funny little feet of the Chinese woman? It is time to meet this problem with practical methods, as it is, fashion makers do not devise fashions suitable for figures that are not made to order. The Empress Josephine designed the Empire gown for the express purpose of concealing a fullness of figure that was unfashionable at that period. Have we no clever women now to originate a gown that like the Empire is always more or less in fashion? It has been decried by some as a "maternity gown." Let such critics find another style of dress more beautiful and comfortable.

The Japanese kimona is also a good model, and is one of the most popular negligee costumes ever taken up by our women. It need not continue to be a negligee gown. It is worn by the Japanese as an elegant state dress.

Let us speak now of maternity and the corset. Sworn foes they are-but seldom dwelling apart. The woman who laces before maternity, laces during maternity, and by so doing sacrifices her own health and comfort to her fetish, the corset, and deliberately sacrifices the life that is dependent on her's to the same idol. Before maternity, the corset wearer is sowing the wind and during maternity she will reap the whirlwind. The organs requisite to maternity are more or less displaced by the corset and their functions are seriously interfered with. The general protest of the organs continues and is

endured as something inevitable. Under such conditions, motherhood becomes an alarming proposition and race suicide is the result.

The hope of woman's emancipation from the pernicious corset habit which blights her beauty and saps her healthsprings, rests largely on her devotion to athletic exercises.

This is a period of bodily cult. Physical perfection, endurance and skill are requisite for the up-to-date young man and woman. But this does not mean that what is really admired is a fine human animal. It means much more. In developing and perfecting the physical, one is thereby developing and perfecting the mental and moral faculties. Professor William James, the great authority on psychology, attributes the emotions to changes felt in the muscles, lungs, blood vessels, intestines and other organs of the body. A strange theory, but based on strictly scientific principles. One can control the emotions through muscular control. That system of controlling and directing the mind through practice of bodily exercise was taught by East Indian Masters centuries ago. The popular breathing practice is a revival of the ancient lore. How well-founded are the systems of physical culture that teach us how to build a sound body and a sane mind by the practice of physical exercise.

When we learn to free the body from artifical restraints and exercise every part systematically, a revolution will be worked in the world of womankind. There will be health instead of disease, and better morals and greater happiness. Woman's influence will increase She will regain her a hundredfold. lost heritage and find life worth living. To every woman I would say, abolish the corset; take the simple steps suggested here to establish a better physical condition, and you can easily prove the truth of these statements. It is worth while. Do it now.

## GOOD RESULTS FROM MILK

TO THE EDITOR:

I want to give my experience with a milk diet. I am forty-six years old and have been an inveterate milk drinker all my life -nd never have had any stomach trouble.

I drink it at meal time, however, never between meals, I drink at every meal about one and one-half quarts of quite warm milk.

B. J. COLE. Willink, N. Y.

# Women's Question Column

By BERNARR MACFADDEN

### Local Injuries Not Hereditary

Q. When eight years of age, I was operated on for an abscess in my right side, during which, part of the rib next to the lower rib on the right side was removed. Would this have any illeffect on me during child-birth? Do you think that this would be the cause of the child being disfigured or affected in any way?

A. It is impossible to state anything definite in such cases. If the part in question has not troubled you during the years that have intervened since the operation, then it is not likely that it will affect you very much during pregnancy and child-birth, though it may inconvenience you somewhat. As for the child, it is quite safe for you to assure that it will not be affected in any way. Local injuries of this kind are not usually transmitted to offspring. For instance, if a parent should have a foot, hand or arm amputated the child would be born physically perfect just the same—at least in the great majority of cases. Deformities are more often the result of accidents or prenatal impressions than the outcome of parental physical defects brought about by the surgeon's knife or in other ways.

## Hose Supporters

Q. In wearing garments such as union underwear and petticoats suspended from the shoulders how would you manage about hose supporters or garters?

A. It would be best to arrange to have your stockings suspended from the shoulders. This may be done by wearing a sort of harness made of strips or ribbons of any light but strong cloth, or a wide tape, which might either be devised by yourself or which you may be able to purchase in a department store. If you wear a waist by means of which you support a petticoat, then you might arrange to support your hose also by tape attached to this, thus throwing the burden on the shoulders, where it belongs.

## Imperfect Sleep

Q. I am told that I continually grit my teeth during sleep. It occurs to me that this may be injurious to my teeth, and that it may be depriving me of the benefits that should be mine during sleeping hours. How can I overcome this?

A. You need not feel concerned about your teeth, though it is an undoubted misfortune that you are not able to enjoy a perfectly sound sleep. The habit is the result of an unsatisfactory nervous condition, and general constitutional building up will be necessary, for, though you may suppose that you are enjoying fair health, nevertheless it is otherwise, and you will profit by conforming more strictly to the laws of health. Above everything, learn to relax. If you once acquire the ability to relax perfectly when awake and at will, then you will undoubtedly relax more completely when asleep. If your work is of such a nature as to keep you in a state of nervous tension during the day, it would be well for you to seek some other occupation. Avoid worry and anxiety, or anger. Be sure that your bed-room windows are wide open. Take long walks and other out-of-door exercise sufficient to make you feel the need of rest Eat nothing within three or (better) four hours of retiring. Use no more covering than is absolutely necessary for warmth. Cold applications to the feet, or walking barefoot, especially in cool, wet grass tends to induce

### Fits of Sneezing

Q. Since contracting my first severe cold a year ago, I have not once been free from catarrh, catching fresh colds very easily. In the morning on arising, I sometimes have spells of sneezing of fifteen minutes duration. My eyelids are red, my nose stopped up, and I have a distressing tightness in my throat. How can I remedy this?

A. Please remember that your complaint is only the expression of a constitutional condition, and that it will be necessary for you to so change your habits that you can build up a more vigorous degree of general health. Your system is clogged with impurities and lacking in vitality. These two things must be considered. Get more fresh air, long walks and other exercise, more sleep perhaps, and avoid all stimulants in your diet. Avoid meats absolutely, using milk and eggs sparingly or not at all. Use fruits freely. Short fasts would be beneficial. Drink freely of pure water. When you have an attack of sneezing, immediately go to an open window, or better yet, out of doors, and breathe

deeply, at the same time taking some active exercise to warm you up, such as a short run to arouse a vigorous circulation. Local treatment of the throat and nose with warm salt water can be recommended though this alone, however, will be of very limited value, for not much can be accomplished by doctoring symptoms if the real disease and its causes are not considered.

## Enlarged Pores on the Face

Q. Is there any way in which one can reduce the size of the pores of the skin on the face? They seem to have become enlarged as the result of excessive perspiration and constant washing.

A. It may be impossible for you to ever acquire a perfect texture of the skin of your face, but it certainly will be greatly improved as soon as you attain a condition of perfect health. Massage of the face would be of advantage, together with a little dry friction either with the aid of a towel or by rubbing with the bare hands. The use of very cold water is of advantage, and always, when washing with warm water, be sure to finally rinse off with cold water. Take care to dry the skin immediately and thoroughly after washing. You are mistaken in supposing that the so-called enlarged pores are caused by profuse perspiration. It is more likely that they are the result of pimples blackheads or perhaps some other form of skin eruption.

#### Cold Feet

Q. Every winter, I suffer almost continuously with cold feet. Kindly state cause of this condition and rational cure thereof.

A. This is a question asked so often that it deserves attention, even though I have answered it repeatedly in the past. Cold feet and cold hands are simply the result of poor circulation. They usually indicate a state of lowered vitality and perhaps an anæmic condition of the blood. The treatment should be of a constitutional nature, including all natural methods of improving the general health. Most important of all, you should improve your circulation. Exercise, dry friction baths, sun and air baths, as well as cold water baths are valuable as directly affecting you in this regard. Of course, the building of increased vitality and a richer quality of blood through an improved diet and more rational habits of life in general, will influence the circulation for the better. If you are in a more or less run down, devitalized condition, which is likely if you suffer in the way you mention, it would perhaps be to your advantage to adopt the exclusive milk diet forga period of one or two months. You will remember that instructions on the

proper methods of taking this diet were given in this magazine last month, in connection with my second article on the subject of gaining weight.

## Burning Sensation in Feet

Q. After a three mile walk, my feet seem to burn, in a manner which is often very painful. Can you suggest a remedy?

A. Bathing the feet in very cold or salted water would probably be the best thing to bring you relief, this tending to harden and invigorate the members. It may be, too, that your shoes are not of a satisfactory fit. Or your feet may have been deformed by improper footgear in the past. But it is more likely that they are simply weak and soft, and as soon as the tissues acquire a more healthy and vigorous condition, the annoying symptom will disappear, especially if you wear satisfactory shoes.

#### Tumor

Q. Kindly suggest a remedy for what the doctors say is a "spreading tumor?" After doctoring for it and having had it removed, it now seems to be worse than ever.

A. The cause of your disease is in the blood, and it must be remedied through this channel. Removal of the tumor without removing its cause is ineffective, for it will in such a case usually return. Purify the blood by every possible natural means, and apply a cold compress to the affected part each evening on retiring, to remain all night. When convenient, you might make alternate hot and cold applications, in quick succession. A prolonged fast would be of incalculable value. Drink water freely and use lots of fresh fruit. With perfectly pure blood and an active circulation, the disease should disappear.

### Oily Skin

Q. My face, and especially the nose, always presents a very oily and shining appearance, which is very embarrassing? What can I do for it?

A. The oily appearance referred to is due to an unusual and morbid activity of the fatty glands of the skin, producing an excess of sebacous matter. For a case of this kind, I could recommend the very free use of pure soap, and the worse the trouble, the more frequently can soap be used. Pure castile soap is to be recommended. This is an unhealthy, though not alarming condition of the skin, and the really worse thing about it is its unpleasant appearance. A more simple and wholesome diet, from which meats and all rich and fancy dishes are eliminated, would be of advantage, together with mild dry friction of the skin.

## 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 to any friend the former 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.

Proper Way to Dispose of Back Numbers of Physical Culture

TO THE EDITOR:

Some three years ago. a stranger who cared little or nothing for reading, found a copy of Physical Culture and gave it to my cousin, who immediately subscribed. Later on when my brother saw a copy of it, he also subscribed. Since then I have been an interested reader of your magazine, and I suppose many other subscribers have heard of it in much the same way.

There is a question that I have thought of quite often. What shall we do with our old copies of Physical Culture? Are there not many of us who do not look over our old

copies very often?

We are all glad to see the progress that the magazine is making, and the stand it is taking for healthy bodies, pure minds, and clean morals; for the betterment of mankind.

Now that Mr. Macfadden and his staff are doing all they can for the welfare of our country, and while we congratulate them and wish them continued success, still there is a limit to their work. There is something we can do that they cannot. We can help spread their ideas among others. Now since physical culturists are greatly in favor of outings, fresh air walks and drives; take a few old Physical Cultures and when out in the suburbs or in the country, drop them in conspicuous places. Don't fear, they will be picked up and read with interest by people who are not accustomed to having them.

Many of these people thus interested, will subscribe and although we do not get credit for it, we will be doing much good in the

world.

In this way, although we may not be able to double the list of subscribers, we can increase the circulation a very great deal, and spread the teachings among people whom we may not know. I know one person who has over two years' Physical Cultures filed away on the shelf. They are good for reference but would they not do more good if disposed of in this way?

If each subscriber will take a few copies

and scatter them as told, Physical Culture will reach thousands who know it not.

I would like to see other readers' ideas for the disposal of our old copies. It makes a difference what we do with our magazines once discarded.

C. C. S.

#### Experience With Sour Milk

TO THE EDITOR:

I noticed your recent editorial on sour milk as an aid to longevity. I have a few words to say on the subject that may be of some

My mother has always been very fond of sour milk (clabber). She has made it one of her staple articles of food. When she gets hungry between meals, she does not eat bread and butter, cheese and crackers, etc., but goes to the milk house, and gets a pan of clabber and a loaf of bread and eats to her heart's content. For supper she has potatoes boiled with the jackets on and clabber. Nothing else whatever.

This method of eating she has kept up for over 60 years. She is a hale, hearty woman now 74 years, and friends say that "she is good for 25 years more." She is a very hard worker, and has been since her marriage, which was about 46 years ago. She does her own housework washing, bread-baking, etc. keeps a good-sized garden, raises chickens, besides various other duties around the farm. It is a very common thing to hear the remark, 'Why that old lady is as tough as sole leather; nothing seems to hurt her." There were twelve children in our family, and all good specimens of humanity.

I follow my mother's method of eating, as nearly as I can. I was raised on her diet. Had no meat and scarcely any greasy food until I was sixteen. At that age was able to do, and did many a day of man's hard work, such as pitching hay, grain, harrowing, digging potatoes, and handling sacks of grain, and am the picture of health. When not working as above mentioned, I did not lay around and sleep but studied and did such work around the home as the average girl

would have called "working hard." I hold a
Normal School diploma, Ph. B. degree from
a University, and also a Business College
diploma. Am single and will be twenty-five
years old in June. Weigh nearly 155 pounds
and am 5 feet 5 inches in height.

Probably I have drifted a trifle from my

Probably I have drifted a trifle from my subject. However, one thing is clear to me, and that is, whatever there is about or in sour milk, it certainly contains a vast amount of

nourishing material.

Many an old woman, and some of them trained nurses, have said that I would have serious trouble, sooner or later from the work that I have done, and especially so after I was married. Speaking for myself, would say, that I have never awakened any morning, after a night's rest from a hard day's work, but that I felt refreshed and just as if I had had a week's vacation. This, I think, is ample proof that I have in no way overexerted myself.

Trust that the above facts will not be simply a waste of your time. MISS KOSCHMIDER.

Portland, Oregon.

## Does Salt Cause Dropsy and Bright's Disease?

TO THE EDITOR:

I enclose herewith a portion of an article by Dr. J. H. Kellogg, which recently appeared in a hygienic journal, on common salt and its possible responsibility for certain diseases. In view of the current discussion on the anieral in your "parliament," I thought the article might be of as much interest to you as it proved to me. I cannot say that I agree with Dr. Kellogg in all of his conclusions, although there appears to be a basis of truth to some of them. It seems to me that the truth of the matter is, that while an excess of salt used as food is harmful, yet a moderate quantity is both natural and healthful. With this remark I will cease expressing my own opinions on the subject and quote the doctor as follows:

as follows:

"Most works on dietetics, class chloride of sodium, or salt, as one of the essential elements of food. But it is getting to be a question among scientific men of to-day whether or

not salt is necessary.

"I recollect reading some thirty years ago in a medical journal a statement by a doctor who was, himself, subject to rheumatism. He said, 'I have been suffering from rheumatism more or less for fifteen or twenty years, and I have noticed that whenever I eat an extra quantity of salt, I am liable to a new attack.' This he considered evidence that salt was the cause of the rheumatism, and thought it worth while to make a record of

"A few years ago, a French physician had a patient suffering from Bright's disease, and upon looking into his case, found that there was a very small excretion of chloride of sodium. Ordinarily there is passed out through the kidneys and through the skin as much chloride of sodium as we take in our food. The patient was in that dropsical con-

dition peculiar to this disease in its advanced stage. It occurred to the physician that, as the patient was eliminating very little salt, it might be possible that salt was accumulating in his tissues, and that the water was accumulating in the tissues to dissolve the salt. So he determined to eliminate from the patient's diet all the salt except that naturally found in foods. He placed the patient on a dehydrochlorinated diet, and the dropsy disappeared entirely in three days. Thinking that this might be an accident, the doctor permitted the patient to return to the use of salt, and in three days the dropsy had returned. Salt was withdrawn again, and the dropsy disappeared; replaced again, and the dropsy returned. This was repeated seven times, and each time with the same result.

"This experiment'led to some very extensive researches and investigations upon this question. Experiments have been made upon animals in which Bright's disease has been produced artificially, and the result has been the demonstration beyond any possible question that the dropsy of Bright's disease of the kidneys and certain forms of heart disease is due to the use of chloride of sodium, common salt. The tissues become saturated with the salt, which soaks up the water from the blood, the water accumulating in the tissues more and more until dropsy

appears.

"This explains how it is that persons suffering from Bright's disease are often so rapidly cured by a milk diet. There is little or no salt in milk, and the patient very rapidly recovers; the kidneys are relieved of the extra work which has been required of them, the tissues are relieved, the salt is rinsed out of the body, and hence the edema dis-

appears.

"This solution of the cause of dropsy in Bright's disease often renders the cure very simple. Now, the question arises, if chloride of sodium does so much harm in Bright's disease, if it is such a poison to the body that it will produce dropsy in a case where the kidneys are somewhat crippled, then is it not possible that chloride of sodium is an unnecessary addition to our dietary, and is doing a vast amount of mischief all the time in the quantities in which we use it? I met a woman recently who had incipient Bright's disease, and I said to her, 'You must discontinue the use of salt in your dietary.' 'Drop out salt?' said she. 'Why, I use a great deal of salt.' Possibly that is the cause of the disease. Those causes which are most universal in their operation are the very ones that we are most apt to overlook.

"The idea that cattle require salt is without any foundation. Feeding salt to domestic animals is simply a custom. Cattle have

been educated to use salt.

"An English gentleman, on his second visit to this country, said to me, "Doctor, I used to think you were a crank on the salt question, but I have made up my mind you may be right. A brother of mine having in England is a cattle raiser. In his county and on his

farm there are raised the very finest cattle in England; they take prizes over all others, and in that particular county the farmers have from time immemorial, raised their cattle without salt."

"This, however, does not agree at all with the experiments reported by a French physiologist many years ago. He took a number of calves, and gave some of them salt, while he withheld it from the others. The hair of the latter became very rough, their skin was hidebound, they were scrawny, miserable, wretched. This, he said, proved that salt is necessary. But those calves were accus-tomed to salt, and when deprived of it they lost their appetite, their digestion failed, and various other inconveniences arose."

Protessor Bunge, one of the most eminent physiologic chemists in the world, of the great Swiss University at Basle, says the amount of salt required per diem is about a gram and a half to two grams—twenty to thirty grains—but that the amount of salt eaten by the average man is four or five times that. If we require only twenty grains, what becomes of the extra quantity taken? It must all be carried out through the kidneys and through the skin; and the extra labor imposed upon these excretory organs wears them out prematurely. Are there not thousands of people wearing out their kidneys and their lives, bringing themselves down prematurely to a point where Bright's disease will prey upon them, where arteriosclerosis (hardening of the arteries) will be induced because of the accumulation of tissue poisons within the body? Are there not thousands dying from the excessive use of salt? There is no doubt of it. A very little salt may be used without any special detriment to health, but the use of salt in food in such quantities that the flavor of it can be distinctly tasted, is certainly harmful. The natural salts are particularly abundant in vegetable foods, hence these require the least seasoning with salt, although in general they are the ones most commonly treated to an overabundance of it. A well-baked potato is perfectly palatable without salt if one has become accustomed to its flavor. A parsnip, a turnip, a carrot, spinach, or anything else of like nature requires no salt, because these foods already have a larger amount of salts than any other kind of food."

EXPERIENCE.

#### The Confusion as to Salt and "Salts"

TO THE EDITOR:

I have read with some amusement, the comments which have appeared in your pages in regard to an article by me which proved through the medium of scientific authorities, that common salt was an essential to health. At first thought, one would imagine that the fact that practically every human race on this globe instinctively uses salt with the exception of a few debased tribes of meateaters, would be sufficient to vouch for its usefulness and wholesomeness. But it would seem that the evidence in its favor thus furnished by many, many millions, is not sufficient for those of its critics who have protested against its use in the columns of

your publication.

The most entertaining feature of these same criticisms is, that their authors in the great majority of cases do not know what they are talking about. This may seem a broad and somewhat rude statement to make, but it is true nevertheless. One gentleman, for instance, declares that he has never used salt in any form whatever for a number of years, and goes on to relate that his diet consists chiefly of milk, totally ignoring the fact that milk (cow's) contains a comparatively liberal percentage of sodium chloride. or ordinary salt. Others relate that they too look upon salt as an abomination and they too, don't seem to be cognizant of the fact that there is hardly an article of food of any kind whatever, that does not contain its

due and proper percentage of salt.
"But," these reply; "The salt that we find in vegetables is 'organized' and therefore can be assimilated by the human body." This remark, my dear friends, goes to prove that you are not familiar with the rudimentary principles of chemistry. Sodium chloride, no matter, how and where you find it, is sodium chloride, and as such, is never in what you are pleased to call an "organized" form. I doubt very much too, if you quite know what you mean by this same term "organized." If you mean by it that the salt has become chemically identified with other elements, or substances, then it is no longer sodium chloride but something totally different. The salt found in meat, milk, vegetables or what not, is there in what the chemists call "mechanical suspension." There is a great distinction between "mechanical suspension" and chemi-cal combination, or "organized." If you mix a teaspoonful of common salt with water it disappears as far as the eye is concerned, but it is there nevertheless, being simply held in solution. If you evaporate the water you will recover your salt which has remained unchanged by its bath. If, however, you mix say, nitric acid with the salt, the latter immediately enters into combination with the acid and a totally new substance is formed. But in the formation of this new substance, the sodium chloride has become so changed that it is sodium chloride no longer. Indeed, the chemist defines the difference between a mechanical solution and a chemical combination by the fact, that in the case of the first, the substances mixed maintain their original properties in every respect except per-haps in appearance, while in the second they change absolutely, so much so indeed, that they bear no resemblance whatever to their original condition or properties.

Hence it is, that the salty taste that is so much or so little in evidence in the case of various foodstuffs, is due to the fact that the salt is there—plain, ordinary, everyday saltjust as we buy it in the package, only so mixed with the juices of the meat or vegetable that it is not apparent to the eye. So it comes about that the very individual who decries salt, through the medium of his daily food, takes into his system a goodly percentage of the despised mineral, and by so doing, keeps himself in that health which it would be impossible for him to maintain were it not that the salt assisted in those functional operations which are looked upon as esential, and necessary for the enjoyment of perfect health.

Another feature of these criticisms is the manifest confusion in the minds of the writers as to "salt" of the ordinary kind, and "salt" in the chemical sense. Thus we hear from some of these sapient gentlemen that the salt or salts of vegetables is or are, all that is needed; that this same salt or salts are more or less destroved by boiling; that God intended that we should not reinforce this natural "salt" with other and artificial "salt" and much more of the like. We are also further informed and paradoxically enough, that the body is not nourished by minerals—including of course, that much abused sodium chloride—but by the tissues or foodstuffs of either

vegetables or meats.

I would call the attention of the gentlemen in question to the fact that the "salts" of which they speak so glibly, are in the first place of many varieties, and that sodium chloride is but one of them. A salt, chemically speaking, is a body composed of an acid and a base, the latter usually being of a metallic nature. Common soda, borax, potash, and a score other everyday articles are illustrations of these salts. And in all foodstuffs you will find salts of this nature in more or less abundance. The flesh-forming constituents of foods are generally nitrogenous in nature, and consequently nitrogenous "salts" are of the utmost importance. These "salts" are formed by the action of nitric acid and some metallic base in the wonderful laboratories of the bodies of animals, or the cells of plants. Besides those named, the salts of silicon, lithium, barium and many more are of a strictly "mineral" nature, yet they are to be found in every plant-product used for food, and in varying quantities in meats. It will be seen then that the "minerals" against which there is so much protest, enter into every particle of food swallowed, that they, in common with everyday salt, are not "organized," and that the individual who raises his voice in your columns against the use of salt, can no more prevent himself from swallowing it in connection with his daily food, than he can refrain from breathing.

The trouble is, that people seem to confuse a mineral compound with an element. They fail to see the distinction between the two. Sodium, the base of salt, is an element, and like every other element, cannot be assimiated in its crude condition. But subject it to the action of the gas, chlorine, either directly or indirectly, and the chlorine combines with the sodium, giving us common salt, which in its then condition, can be assimilated in precisely the same manner as can scores of other "salts." Or another illustration; Car-

bon, ordinary charcoal, can, of course, not be assimilated. But carbon in combination with other substances enters very largely into every one of our plant foods, and as such is more or less the staff of life. A great many minerals, are true elements, and consequently are unfit for food.

I can only repeat that which I once before stated, and that is: that if anyone doubts the necessity of the body—and, of course, the blood—being given a plentiful supply of salt, he need only prick his finger and apply his tongue to the puncture. The saline flavor of the blood will explain why the average man craves a fair degree of salt in his daily food. It is probable that if our diet was accurately adjusted it would supply us with all the salt needed by the body. As it is, we have to supply the deficiency by using salt in the raw, so to speak. On the other hand, every herbivorous animal craves raw salt, however amply it may be supplied with its natural food. So it would seem that after all we have ample precedents for the presence of the salt shaker upon our table

H. M. LOME.

New York.

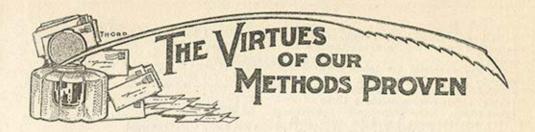
### Maid From supiter in Florida

TO THE EDITOR:

Having just returned from an extended trip to an island, known as Anastasia, I think I can give you some information in regard to the whereabouts of Bel. One evening I was enjoying a quiet hour outside of my camp door. My attention was attracted by some dark object flying through the air. I thought at first it was a huge bird. But it passed from sight before I could obtain a clear view of it. A few nights afterward I saw the same object, and as the moon was clear and bright, had no trouble in getting a good view of it, which proved to be an airship of some sort. I climbed a tree and saw it make a landing some distance south of where I stood, and as my curiosity was aroused, I made up my mind to follow and see what it was. I did not succeed at first so camped nearby until morning, when I continued my search and before long saw a beautiful young woman bathing in a pool. I called to her, and as she came out of the water, she raised her hand and struck me a stunning blow in the face. When I regained my feet, she and the ship were well up in the air. I have seen it pass several times since, but as my curiosity was satisfied did not venture near the spot again. The young man who lost Bel has my sympathy and if he comes down here will be glad to lead him to the spot. And am sorry now (as I know her identity) that she did not make my Trusting that you will soon acquaintance. come down for Bel and if there is any reward offered that you will remember me, I remain truly yours,

A HUNTER

St. Augustine, Fla



#### A Physical Culturist at Sevent

TO THE EDITOR:

I have not missed a number of PHYSICAL

CULTURE in ten years.

I have often thought of writing to express my appreciation of the good your magazine has done me. Since I first read it, my physical life has been in a large measure, conducted on the lines laid down in its pages and I believe that I owe my splendid health to its teachings.

I am seventy years of age, without an ache or a pain, with the appetite of a wood-chopper, and frequently walk out to Cabin John's Bridge, eight miles, with my boys. While I highly approve a vegetarian diet I do not confine myself to it. I drink strong coffee three times a day and, while I know you will not endorse that, yet I seem to thrive in spite of it.

Now let me give you my daily course of

exercises.

I sleep in a well ventilated room, three windows open about ten inches top and bottom. I arise about seven a. m., take a thorough and vigorous rub-down with crash mitts, then stretching and pulling and tensing exercises for about five minutes. After dressing (and saying my prayers) I go out if the weather is fine, and knock a ball about for ten minutes, then, after drinking a cup of hot water I am ready for breakfast, a cereal, eggs, bread and butter and coffee, varied occasionally. After breakfast I walk a mile to the electric car, which takes me to my office (Treasury Dept.) where I sit at a desk until 4.30 p. m., with half an hour for lunch (apple pie and coffee). I ride home. My evening stunt of exercise is pretty much the same as the morning, varied by bagpunching, chair lifting, etc

Washington, D. C.

## An Actor's Physical Culture Regime

TO THE EDITOR:

In response to your editorial in May PHYSICAL CULTURE, I would like to enclose a regime under which I have been living for the past year. Since May 6, of last year, I have worn the thinnest possible rowing shirt, short nainsook drawers and have not experienced the slightest discomfort nor have I had a cold of any nature. My complexion is changing from yellow to a healthy tone, my expansion has gained two inches and my muscles have gained an inch all around. As I am an actor, my hours in winter are necessarily different than when at home on the

farm in summer but I sleep well, eat well and feel fine and plenty, thanks to you and your suggestions that I have intelligently applied. I will say that while exercising I am without clothing, windows open, air blowing on me, in the sunlight if possible, and I sleep with all windows open top and bottom. I herewith give my daily regime.

Rise summer 7 a. m., winter when travel-

ling and playing, ro a. m.

Exercise one hour, deep breathing; expulsive whispering on all the tonic element of speech; percussion treatment; pivotal movement for abdomen and liver; hands over head and up an toes fifty times; West Point Movement, fifty times; chest in and out fifty times; rowing exercise fifty times; swimming exercise fifty times; English setting-up exercise fifty times.

Also tensing exercises, jumping, running and anything possible under different circumstances and towns. Friction bath with coarse brush. Cold shower or sponge bath.

Dry with coarse towel.

Breakfast, summer 11 a. m., winter 11 a. m., Fruit, cereal milk or cream, two poached eggs (very rarely), toast.

(very rarely), toast.

Afternoon, work in garden in summer or walks afield while playing—unless a matinee.

Evening, read in summer, playing in winter

(acting)

Dinner 5.30 p. m., soup, fish, meat, vegetable, salad. Dessert, fruit, rice or wheat puddings, pie.

Retire, summer 11 p. m., winter 1 a. m. Drink plenty of water between meals. Do not smoke or drink anything but water, except once in a while, milk at meals, and very rarely, cocoa.

Do not eat at night but drink plenty of

water before retiring.

SAMUEL COIT

New York City.

## Remarkable Change in One Month

TO THE EDITOR:

About a month ago, I started to take exercises on arising, following them with a cold sponge bath and dieting per suggestions as given in different issues of your magazine.

Before I began these exercises, I would get up late in the morning with a sort of a tired feeling which would cling to me all day. This feeling, was made more pronounced by heavy eating.

Under the present regime I am up early. After the exercise and cold bath, I am thoroughly wakened up, feel good, and remain so all day. My light eating, stimulates instead of weakening me, as is sometimes sup-

posed.

All my exercises are taken when I am entirely nude and in a room where the air circulates freely. I also make a practice of taking, about once a week, a three or four hours tramp.

My improvement has been such that I feel encouraged to strive for the goal of perfect development, which will be beyond

a doubt "Perfect Health."

Trusting that my success may inspire some one else to start physical culture or make greater efforts. Yours for perfect health, LeRoy Bock. Easton, Pa.

## A Minister's Experience with Hydropathy

TO THE EDITOR:

Allow me to say that I have from time to time read with profit and pleasure your magazine. I fully believe in the ideas you stand for. I have for some time from a religious point of view, fasted occasionally. It has been a benefit to me also in a physical

The natural way of treating diseases was forced upon my attention by an experience in my own family. My boy, four years old, was sick with dysentery and in a pitiable condition. The allopathic physician was unable to check the malady. We called in a hydropathist and by prayer and cold water my child was healed. Previously to that, my little girl of six months was healed by the same man and method. Two allopaths said she had so far as they knew, pneumonia; the hydropath said she had stomach trouble. both cases, no medicine was used by this doctor. This winter my wife has been under treatment for a bad case of hardening of the liver. She has been treated by the same man and has just returned home well.

My family, including myself, are quite interested in the natural cure by diseases, and the natural method for the preservation of health, and the prevention of disease.

If you desire you may publish this letter for the benefit of your readers.

(Rev.) F. J. Noyes, Pastor of Cong'l Church, Dighton, Mass.

A Musician and His Rheumatism

TO THE EDITOR:

Having seen your appeal for short letters from experimenters in diet and exercise, I thought I would give you some of the results of my experience. This June three years ago, of my experience. This June three years ago, I was troubled with rheumatism which necessitated my remaining in bed for three and a half weeks, I was attended by a regular physician who partly cured me, but had to discontinue attending me as he had stomach trouble and had to go away and recuperate. I had accepted a musical engagement for the summer at Colonial Beach, a summer resort about sixty miles down the Potomac River. My leader advised me to throw away my medicine, which I did. Our pianist gave me a Swedish massage and II dieted and bathed myself in the river and took sun baths every

morning. I had a very good friend who sent me a quart of fresh milk every day which was about all I could take when I was sick in bed. At that time I was not a physical culturist, but by my own common sense methods and good advice of my leader I cured myself. My physician died in August at Atlantic City. I hope this will interest you.

HARRY H. MEIMERS.

Loch Lynn Heights Hotel, Mountain Lake Park, Md.

### Saved From Degeneracy

TO THE EDITOR:

About two years ago there could be found frequenting loafing places of this city, an effeminate, dejected looking boy of nineteen. A glance at his sunken eyes, pale cheeks, lazy walk, all too plainly revealed the shocking habits that had reduced him to this state of moral, mental and physical degeneracy. He was a friend of mine and a good-hearted fellow, but his weakness had mastered him. One day I carried to his house a number of

your peerless magazine and without much your peerless magazine and without much trouble, I soon had him interested in those of your teachings which fitted his case. He fought a hard, bitter struggle with himself and every month regularly I would take him my copy of PHYSICAL CULTURE. In an endeavor to rectify his horrible mistakes of the past he worked with almost fanatical zeal and earnestness, taking up physical cul-ture and the numerous sets of exercises des-cribed in your books. To-day, he is the proud possessor of a magnificent physique, his eyes are clear, his head is erect, his walk is manly and his whole body emanates power and energy. By hard and consistent exercise, he has built up a surprising state of health and strength, and with this strength came the masterfulness, and self-possession that has made him what he is.

He is a man now in every sense of the word, and chief among his treasures of treasures is a complete set of Bernarr Macfadden's PHYSI-CAL CULTURE. If your books had never done a particle of good and were worthless in their teachings to others, they deserve the highest commendation for saving this young man and transforming him from a listless weakling, into a strong, masterful man. May you live long to continue this good work and raise the standard of American manhood to the excellence at which you set it.

CHAS. E. PERKINS.

Washington, D. C.

## Tensing Exercises the Very Best

TO THE EDITOR:

With reference to the "Tensing Exercises"

in the past few numbers of your magazine:

I have tried every sort of exercise, with and without apparatus, including graduated weight lifting, and have yet to find the equal of the tensing exercises. They make one as hard as nails and the muscles do not become "bunchy," but of a fine contour

Wishing you every success, GMO. I. BURNISTON.

Casilda, Cuba.

## Doctors who Disagree and Pneumonia

A Current Medical Symposium Regarding the Disease in Question, Leads one to the Inevitable Conclusion that Doctors are in a Chaotic Condition of Mind Regarding it—One Thing Seems to be Certain and that is, that the Pneumonia of To-day is a Totally Distinct Malady from that of the Pneumonia of our Fore-fathers, and that the Former is Induced by Unnatural Conditions of City Life.

### By PRESTON WALCOTT

HEN doctors differ who shall then agree," say the old proverb. The query is pertinent to an interesting discussion of pneumonia which recently took place in one of the leading organs of the medical profession in this country. That "doctors differ" in this connection, is evident from the frank avowal made editorially, that the medical profession is divided into two great classes which on one side, so it is declared. represents the technical theorist who, without practical experience, spends his surplus time in avowing that nothing can be done to helpfully modify the course of pneumonia, and on the other, a class representing "thousands of earnest, experienced general practitioners who helpfully modify pneumonia as well as all other acute affections-men whose names may not get into the newspapers, but who do the bulk of medical practice." The quoted paragraphs lay additional emphasis on the fact that doctors are by no means of one mind in regard to the disease in question, or indeed on diseases in general. Which once more goes to prove the oft-repeated assertion of the editor of Physical Culture that medicine, as generally practiced, is by no means an exact, but rather an experimental profession. And as in all experiments the percentage of failures is much larger than of successes, the undertakers flourish thereby, and the world is none the wiser.

Dr. W. C. Abbott, who editorally contributes to the symposium on pneu-

monia, is a drug doctor from his feet up. Nevertheless in his article he says: "Every prominent man seized with pneumonia dies-we mentally prepared Marshall Field's obituary the moment we heard he had a slight cold. General Wheeler's death was even surer. Given a prominent man with pneumonia and a group of 'eminent physicians' in attendance, each afraid to suggest any active therapeutic measure, for if he does, the rest of the doctors are sure to land on him with both feet, with the daily bulletin as the last straw, and the result is inevitable. Conscious that the eyes of the entire community are on them, the doctors have more than half their attention fixed on the 'grand stand' and the opportunities for effective intervention are unrecognized or unimproved; while the multiplicity of council renders the following of a consistent plan of treatment impossible."

The cominal frankness of this confession would savor or humor were it not for the tragedies with which it has to do. But that the picture is truthfully drawn is evident, if one will recall the cases of prominent men who have passed away with "medical assistance" during the past few years. Senator Hoar, Senator Quay, and President McKinley were but a few instances in point.

Dr. Abbott goes on to say: "How is the personnel of such a case made up? Generally—we have no subject case in view—of the eminent diagnostician, a surgeon, and the fashionalle society

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doctor whose real knowledge of medicine is limited to the therapeutics suitable to folks to whom the doctor's visit is a welcome diversion. Neither of the others knows anything whatever about real modern drug therapeutics-they do not as yet realize their ignorance, but on it base their openly stated belief that 'there is nothing in drugs.' Witness a great Eastern editor who refuses to publish any article on pneumonia that admits the possibility of useful treatment (this editor has not practiced for many years) and the ridiculous statement of other journals in their editorial columns and otherwise, that in their opinion there is no drug or set of drugs that has any influence whatever over the course of a disease. Bah! What rot!'

"The great Eastern editor" alluded to by Dr. Abbott is in charge of a medical publication, and is a M. D. of reputation. Taking his opinion in regard to drugs in connection with other "journals," it will be seen that there is an influential class in the medical world that, together with Mr. Bernarr Macfadden, refuses to believe "that drugs have any influence whatever over the course

of a disease." The most remarkable thing about Dr. Abbott's assertion is, however, that while he admits that prominent men treated by a group of drug doctors and specialists invariably die, yet he himself is a staunch supporter and user of drugs. In his own "schematic resumé" of the treatment of pneumonia he confesses that he uses the following drugs, the great majority of which, it will be noted, are virulent poisons; aconitine, digitalin, veratrine, strychnine, calomel, ialapin, saline laxative, sulphocarbolates, emetine, codeine, sanguinarine, calx iodata, convallamarin, alkalies, bryonin zinc phosphide, atropine, berberine, capsicum, cocaine, hyoscine, ergotin, arsenic, asclepidin.

Now the writer of this article is an everyday, commonplace layman with the amount of brains that Nature ladles out to the average an. But it does seem to him that to charge the body of an unfortunate who is suffering from pneumonia and its poisonous leadily by-products with a long list of

added poisons is not only sheer stupidity but downright crime. If Dr. Abbott was to take a healthy man and proceed to feed him on the twenty-four, more or less, poisons that he names in his list. it would not take an inspired prophet to tell that which would assuredly follow. Your healthy man would forthwith become a very sick man, and indeed it is questionable if there would not be "another little job for the under-Still Dr. Abbott assures us that it is entirely in order to stuff a sick man with the said poisons and bids us believe that, because the patient is so poisoned, he will assuredly become a well The logic of the thing I can't see, and the fact that, as Dr. Abbott admits, a number of his colleagues differ with him, goes to prove that there are others whose vision is as opaque as mine in this connection.

In striking contrast to the Abbott method is a contribution from Dr. W. E. Philips, of Springfield, Mass., whose screed is headed: "Twenty-two cases of pheumonia without a death." Dr. Philips says among other things that although he does not quite drop the use of drugs, nevertheless the chief part of "I use his treatment is as follows: fomentations to the chest and spine, placing one thickness of dry blanketing next the skin, a covering with several thicknesses wrung out in hot, but not boiling water. I usually make three applications of ten minutes each, and one the full length of the spine for ten minutes. On removing the last one from the chest, I follow it with a hot clay poultice. The fomentations are repeated every six times and a poultice used between. The heat draws the blood to the surface, and the poultice helps to keep it there. Under this treatment, I have not lost a single patient out of twenty-four cases. One case lasted fourteen days, including a slight relapse, another ten, and the rest for shorter periods."

There is nothing more nor less than the good old sensible remedy of our grandmother's for "inflammation of the lungs." It is the mustard poultice or the hot-bread poultice, or the linseedmeal poultice that were so successfully used in bygone days, before drugs became fashionable. Also is it precisely what Physical Culture has recommended time and again. The probability is that if Marshall Field had been so treated he would be living to-day.

Dr. E. S. Jones, of Marseilles, Ohio, declares that "The patient should occupy a large, airy room. Fresh air is an absolute necessity. Water should be given freely. Frequent tepid bathing is essential. Counter-irritation by means of a mustard or flaxseed poultice has served me well. The hot water bath may also aid locally, etc." physical culture methods, you will mark. Nevertheless, Dr. Jones cannot quite get away from the drug superstition, though it should be added that his list of poisons is microscopic in comparison with that of Dr. Abbott's.

Dr. John Albert Burnett, of Cecil, Arkansas, uses external application of ground mustard seed mixed with flour and moistened with water and a little vinegar, keeps the bowels clean by saline laxative, etc., but nevertheless inflicts a number of drugs on his patients.

The following frank confession from Dr. C. F. Wahrer, of Fort Madison, Ia.

is illuminating:

"As regards the treatment of lobar pneumonia, the general profession is very much at sea-when it comes to the treatment of pneumonia we are not united or sure in our therapeutics. One has a fad for heroic doses of quinine alternating with equally enormous doses of iron chloride, so great that the majority of us would hesitate to try them. Others mix up with their uncertain and expectant treatment, the use of external applications, some using ice packs, others hot mush or flaxseed poultices, others again the clay-glycerin pastes, with more or less extravagant claims for each treatment. Every honest practitioner must admit that whatever merit these treatments may possess they are certainly far from uniform both as to methods and results. Would it be excessive to say that we have no treatment for pneumonia? Now I know some of you claim to have devised a treatment with which, in your hands and those of your disciples, you have almost uniform definite and successful results, not only with a slight mortality

but often aborting disease long before the usual nine days crisis. Laying prejudice—unworthy of any intelligent man—aside, and admitting our general helplessness in this most dreadful disease, why not try claims founded on fairly rational ideas? I shall hail with gladness anything which offers even a suggestion of certainty for our hitherto uncertain and chaotic state of pneumonia therapeutics."

In other words, and as Dr. Wahrer admits, our so-called medical science is all at sea in regard to a most common and serious malady. It is the toss of a penny as to whether you are cured or whether you die, if you are treated by the ordinary medical practitioner. And yet, astounding as it may seem, doctors fail to see what will be evident to readers of Physical Culture—that the true treatment of pneumonia is, as they all practically admit, fresh air, plenty of water, warm applications, and other

natural curative methods.

One of the interesting and as it seems to the writer, the most important fact developed by medical men of to-day is, that the pneumonia which is so common in our cities and usually so fatal, is a totally different disease from the pneumonia of our grandfather's days and of the country districts. Pneumonia has been defined in various ways, such as an inflammatory disease of the lungs; as a filling of the air-cells with a sort of fibrous matter; as the local manifestation of a diseased constitution, or of a local disease that affects the constitution at large. So you will see that even in the definition of the disease the doctors differ as they do in regard to its treatment. In speaking of this matter, a medical authority says: "The more logically necessary is the conclusion that the disease which we now know as pneumonia, the only form which we now meet in the large and smaller cities, was indeed known in the past, but was most unusual, and was just as fatal then as now. But so very few were the cases compared to other types of the disease, that they did not properly impress the physicians of the day. The writer goes on to say that the old form of the disease has practically disappeared in the Eastern states, leaving

another and more fatal form to occupy the field alone. That this last form has become a pestilence in certain large cities of this country cannot be questioned. It is also added that there is a vast difference between the pneumonia that is found in the open country and in farm-houses, to the pneumonia of great cities. Another writer holds that under the name of pneumonia are grouped no less than three and possibly five distinct diseases which have something in common. Still another writer says that there is as much difference between the pneumonia contracted by a man exposed to a blizzard or a "black fog" of the Northwest prairie, and the pneumonia of the New York tenement as there is between the flash of a sheet of paper converted into gun-cotton, and the burning of a sheet of ordinary paper.

Stripped of technicalities and a mass of befogging phrases, it would seem that the pneumonia contracted by sheer exposure to inclement weather is the pneumonia of those days when the bulk of the population lived in country dis-

tricts. On the other hand, the pneumonia that is most common to-day is a diseased condition of the lobes of the lungs that can be produced by a variety of causes, including breathing of foul air in tenements, or sweat shops, high living in general, improper food, and in short pretty nearly anything and everything that tends to before the air in tenements, or sweat shops, high living in general, improper food, and everything that tends to charge the blood with impurities and lessens the vitality and the consequent resistant powers of the body in general. Or to put it in another way, any mode of life that charges the blood with foulness, and does not permit it to get rid of its load through the medium of proper breathing, exercise, personal cleanliness, etc., tends to pneumonia, and that of a most fatal type. The moral of all of which is obvious. And it may be added that on the score of the foregoing, consistent physical culturists need have no fear whatever of the dread disease.

## BACKWARD, TURN BACKWARD

Backward; turn backward, oh time in your flight,

Feed me on gruel again to-night, I am so weary of sole leather steak. Petrified biscuit and vulcanized cake; Oysters that sleep in a watery bath, And butter as strong as Goliath of Gath, Weary of paying for what I don't eat,

Chewing up rubber and calling it meat.

Backward, turn backward, how weary I am, Give me a swipe at grandmother's jam, Let me drink milk that hasn't been skimmed

Let me eat butter whose whiskers trimmed,

Let me once more have an old fashioned pie, Then I'll be ready to curl up and die.

–Selected.

## THE "SPIRIT" OF THE AGE

"I drink to thine eyes," he murmured, "In a cup of golden wine! A nectar draught of pure Moselle-Ambrosia from the Rhine.'

('Twas pomace of apple he quaffed, Mingled with cheap alcohol, Some glucose and analine dye-A label in gold—that was all.)

"Here's how! old fellow." he chortled, As they clinked, and sipped their "rye." "He's a fool who drinks bad liquor-And the best, you know, comes high."

(This, too, was largely cheap spirits, Some prune-juice to color the same; Some chemical extracts—rank poison— And a widely advertised name.)

—Arthur Penfield in What to Eat.

## **General Question Department**

By BERNARR MACFADDEN

In the past we have, at times, published detailed information is the treatment of various diseases by natural means. As it is impossible for us to repeat these instructions in this column from month to month for the benefit of individuals who have not read them, we have therefore adopted the following method of helping those who are in need of detailed advice of the character in question. We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily regime. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer at any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

#### The Dry Friction Bath

Q. Kindly explain why you recommend that the friction bath be followed by a cold bath? To me, it seems more satisfactory to follow the water bath by the friction. The cold water almost necessitates another friction bath, and this latter is not likely to be done enthusiastically.

A. If you recuperate satisfactorily from the cold water bath there is no reason why you should feel the need of a friction bath to follow it, whereas if you take the friction bath first, you will be certain to recuperate properly. One should always be comforta-bly warm before taking a cold bath, and the warmer you are, the better able will you be to stand it. Never take a cold bath when you already feel chilly. And remember that it is absolutely necessary to recuperate from a cold bath with a feeling of warmth and perfect comfort if you are to benefit from it. The dry friction bath, if applied thoroughly, will arouse a vigorous circulation throughout the entire surface of the body and warm you up completely, the incidental exercise of rubbing and applying the friction helping to bring this about. Then, with your skin in this condition, you will feel that you want a cold water bath, for the sensation under such circumstances is delightful and refreshing. These dual baths will wake up your entire system in the morning. The best arrange-ment is, to first take some exercise, followed by the friction, and finally the cold water dip. Of course, it will help you to recuperate if you rub off after the bath with a rough towel, and this is especially to be recommended if one is anæmic and weak or if the atmosphere of the room is cold.

### One or Two Meals

Q. If the quantity of food consumed overy twenty-four hours remained the ame, would it be more healthful to follow the one-meal or the two-meal per day plan?

A. It is difficult to answer this question in a way that would be absolute and final The best rule is never to eat unless you are thoroughly hungry, whether once or twice a day. In historical times, the one meal per day plan was the rule among some nations and was perfectly satisfactory, for those who adhered to this practice were of the most vigorous and healthy type, which cannot be said of civilized races of to-day. But, as a rule, the two meal plan will give better satisfaction, and will prevent the crowding the stomach at any one time. The ancients referred to ate their one daily meal at the close of the day's exertions, after which all their energies were given up to the work of digestion, which is a very good plan unless the amount of food is so great as to tax the digestive powers to their utmost. It is usually better to divide this amount into two meals; though if one works during the afternoon, it is well to make the noon meal far more light than the evening meal. Some find it more convenient to eat one meal the first thing in the morning, and the second in the evening. One might suppose that three very light meals, which in quantity would be the equivalent of the one or two meals referred to, would be equally satisfac-tory. This may be the case in some instances, but as a rule, the stomach will profit by the rest secured by the two meal plan. Furthermore, under a three meal method, one is not so likely to experience a genuine hunger, nor will he enjoy his food to the same extent. And both of these are necessary for perfect digestion.

#### Health in the Navy

Q. What do you think of the navy as providing a physical culture occupation for young men?

A. As compared with ordinary occupations, the navy may be considered very favorably as regards its influence on health, except for the fact that the diet is unsatisfactory. In other respects it is to be commended. Still there are a number of other occupations which are far more satisfactory because they afford one opportunities to adopt a rational diet.

In brief, those businesses or professions which can be most highly recommended from the standpoint of health are those that keep one actively engaged in the open air and at the same time enable one to use a physical culture diet.

### Discharges From the Ear

Q. As a result of scarlet fever when a child, and subsequent operations, I have continual discharges from one of my ears which are often more or less painful. How can I stop them?

A. In case of severe pain, employ warm applications. If your trouble is caused by derangements due to the operations, then it is difficult to say whether you can expect a radical, permanent cure or not. At all events, when a trouble of this kind becomes chronic it is always difficult to remedy, and to do so, requires both time and a strict adherence to natural habits of living. However, a discharge from the ear is simply a diseased condition, and as such and under ordinary circumstances, it should be possible to cure it by purifying the blood and building up increased vital energy. Above all things, I would impress you with the necessity for constitutional treatment in a case of this kind, all matters pertaining to diet, exercise, ventilation, deep breathing, bathing, clothing and water drinking should be given the closest attention. Fasting would be invaluable, though a very moderate diet, at all times, would be of great advantage.

#### Prolapse of the Bowels

Q. Kindly suggest natural treatment for prolapse of the bowels in a child two years old.

A. Difficulties of this kind often appear to call for surgical assistance, when in reality, nothing of the kind is required. They will invariably remedy themselves just as soon as the causes of the trouble are removed. Surgery, while dealing with results, permits the cause to continue, which is wholly irrational. Nature will readjust matters if given a chance. The treatment in the case of a child would be similar to that of an adult, with necessary modifications. Greater care in the diet is necessary, in fact a fast of two or three meals would be of advantage, or at least, you should never permit the child to eat except when it is thoroughly hungry. Give the colon flushing treatment. All foods that are constipating should be strictly avoided, for constipation and the straining that accompanies it, are the principal factors in bringing about this trouble. Exercise is important for the purpose of improving the muscular tone of the parts, and the child should be encouraged to take active play. It should have plenty of fresh fruit, and drink freely of water. The same trouble in the case of an adult should be dealt with in a like fashion, except that one of mature years could with advantage take a fast of several days, and as soon as the mischief-making

causes are eliminated, the parts of the body affected will resume a normal condition The cold sitz-bath has a very invigorating influence, and should be used daily.

#### Hours for Sleep

Q. How many hours of sleep are necessary for an athletic young man of eighteen?

A. Ordinarily, eight hours of sleep will prove satisfactory, though the amount actually needed for the purpose of maintaining the best of health, varies with different individuals. Young people require more sleep than those of adult years, whereas old persons apparently require an amount of sleep, much more than that requisite for individuals in the prime of life. When you do a great deal of hard athletic work it would be advantageous for you to sleep a little longer than when you are not exerting yourself beyond your usual wont. Try to retire not later than ten o'clock, or even earlier, if you can, and sleep until you wake up in a natural manner. An alarm clock is a device for robbing you of needed sleep. You should feel thoroughly refreshed and rested on awaking, with no desire to loll in bed or to take another nap. Your feelings in this respect may be regarded as a fair test as to whether or not you have had sufficient sleep.

#### Beer and Fat

Q. I am anxious to gain in weight. Do you think that one or two glasses of beer each evening, taken for this purpose, would injure my general health?

A. I would refer you to the two articles on gaining weight which recently appeared in this magazine. It is true that beer drinking is often recommended by physicians for the purpose of gaining weight, and that the practice sometimes does result in the formation of fat; but it is the unhealthy fat that comes from the degeneration of the bodily tissues. You do not want a gain in flesh of this character. It is not conducive to health but to disease. Alcohol is a poison in small as in large quantities, and must be condemned under all circumstances.

#### Mouth Breathing During Sleep

Q. I am in the habit of sleeping with my mouth wide open, and between two open windows, and am bothered almost continually with sore throat and colds. How can I keep my mouth closed and avoid the sore throat?

A. I would assure you that the trouble with your throat, apart from possible constitutional causes, is due to your mouth-breathing, and not to the fact that you have your windows open. You can best keep your mouth closed during sleep by wearing a bandage for the purpose, passing it under the chin and around over the top of the head. Wear it until you have established the habit of breathing through the nose.

## Rounding up the Quacks

There are at the present day so many charlatans—medical quacks, fortune tellers, getrich-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.

ONE of our readers, who has taken much interest in this department, has forwarded to this office the following communication:

TO THE EDITOR:

Dear Sir:-I enclose you an advertising scheme of one of the quack concerns that don't hesitate to stoop to any kind of trick to further their ends. When I first saw it I wondered whether they were advertising Physical Culture or Patent Medicine, but when I looked it over carefully I was forcibly struck by the nerve that these quacks display. There is no doubt if any one suffering from any of the complaints mentioned were to partake very freely of the Physical Culture exercises after taking their medicine they would derive great benefit, but the recovery would be much slower than if they would let the Patent Medicine "Fake" alone.

Seattle, Wash. CHAS. E. EVANS.

As Mr. Evans properly says, "one cannot help but being struck by the nerve that these quacks display."

The cover of the pamphlet sent out by the Miles Medical Co., has on it an athletic looking young man and well developed young woman engaged in physical culture exercises. The cover also bears the words "Scientific Physical Culture." But inside, the printed matter consists of a description of some exercise mixed up with recommendations of quack medicines of the very worst including "Dr. Miles' Nervine, Dr. Miles' heart cure, Dr. Miles' this and Dr. Miles' that and so forth—in other words, a

whole regiment of potions and pills and drugs that Physical Culture condemns from beginning to end. The quack who will invent a nostrum for the enlarged gall of his kind ought to do a

good business.

We have received yet other letters regarding one Dr. Kane, of Pittsburgh, For several years communications have been sent to this office regarding the "Doctor" who, so PHYSICAL CULTURE is given to understand, is simply a figurehead of the gang of unscrupulous individuals who have quack offices under a dozen different names in various parts of this country. Among the Kane backers are said to be political office holders and the like. The full title of Kane's present concern is "Dr. Kane's New York Medical Specialists, 640 Pennsylvania Ave., Pittsburg, Pa." We propose at an early date to publish a number of letters emanating from writers in this country and abroad which have to do with the Doctor and his methods.

Some months since one "Dr." F. H. Stewart, of Chicago, was found guilty in the criminal court of obtaining money from a Felix Berard, by false pretenses. The "Doctor" declared that Berard was suffering from heart disease, diabetes, catarrh and a few other things, on which the victim paid the quack \$110.00, to fix him up. Subsequently Berard went to another doctor who assured him that there was wrong nothing with him. Then Berard had the charlatan arrested.

In the November installment of this

department, some space was devoted to the case of a Dr. D. I. Reinhardt, of Denver, who several months since, was charged in a police court of the city in question with administering what is known as the Viavi treatment. According to the Denver newspapers, the District Attorney stated that he had had the Viavi compounds analyzed, and that the chemists entrusted with work had asserted that the compounds, contained 85 per cent. of morphine and 15 per cent. of glycerine. On this basis the physician was charged with allegedly "selling and dispensing medicines containing poisonous vegetable alkaloids in the guise of harmless preparations." Now, judging by what subsequently transpired, the makers of the analyses were guilty of a woful blunder. The proprietors of the Viavi treatment produced expert testimony to show that there was no morphine whatever present in their preparations the District Attorney became convinced that his chemists were at fault, the charge against Dr. Reinhardt was forthwith dropped and later, J. A. Sewall, M. D., wrote a letter to the Viavi Company to the effect that his analysis, upon the strength of which the case was originally brought. was incorrect. Furthermore, the Denver City Chemist through the medium of a still later investigation, acknowledged that none of the Viavi preparations contained morphine.

The paragraph relative to the matter as published in Physical Culture was mainly based on the reports in the Denver newspapers. As it is obvious that these last were of an erroneous sort, it is now in order to retract the statement in question and to acknowledge that a wrong was done to the Viavi preparations as far as the assertion is concerned that they contained morphine,

oprium or similar drugs.

Mr. James Sharp, the Eastern representative of the Viavi Company, who called at this office regarding the matter, brought with him a number of analyses recently made by distinguished chemists in both this country and abroad, all of which were to the effect that Viavi is totally free from "alkaloids of the Nux Vomica or opium groups," such as mor-

phine, opium, brucein, codein, narcotin, etc. Such chemists include Von Schulz & Low, of Denver; W. P. Headden. Professor of Chemistry and State Agricultural College of Colorado; W. D. Engle of University Park, Colorado; Prof. J. H. Hird, of the Chemistry Department of Georgetown University; Prof. Harry Mann Gordon, of the Northwestern University of Chicago, Wm. Pate, Jr., of Cleveland, A. Heymann, of Johannesburg, South Africa and many others of equal repute.

In addition to these, the Viavi Company publish a pamphlet containing some fifteen other analyses of their preparations also made by individuals of high standing in the scientific world in this country and abroad to the foregoing effect. The reputation of these gentlemen is such that their statements, may be accepted without reservation

Mr. Sharp, frankly admitted that if the allegations regarding Viavi mistakenly made by the Denver chemists had been correct, the language used by PHYSICAL CULTURE in regard to Viavi, including the term "scoundrels" would have been justified. He added that he personally had the utmost contempt for those who made "dope fiends" through the medium of allegedly innocent preparations which in actuality. were combinations of morphine, chloral or allied drugs. The attention of Mr Sharp was called to the fact that a number of the analyses in question ante-dated the Denver incident, and he was asked if any prior charges had been made that Viavi contained morphine. He replied in the affirmative, but declared that such charges were due to the malice of business rivals or physicians who had found their practices harmed by Viavi.

Now the public usefulness of this department depends upon its courage, its accuracy, and its honesty. Because of this, Physical Culture unhesitatingly admits that it was misled by the press reports and that in consequence and following the example of the District Attorney of Denver, it acknowledges that it was in error in regard to Viavi as far as the morphine accusation is concerned.

Nevertheless its general attitude in

regard to the Viavi Company and similar concerns is unchanged. It does not believe in the pretentions of any individual or any corporation which undertakes to cure people in all parts of the world through the medium of a diagnosis blank and certain nostrums, however allegedly harmless these last may be. It also takes exception to a great many of the statements that are published in the literature of the Viavi people. Mr. Sharp was asked whether he endorsed all of these same statements, and he replied in effect: "Yes, there may be some minor points in our literature which may not be strictly accurate, but they are so immaterial as not to effect my endorsement as a whole." Here is a sample statement. "Viavi is to the uterine organs, what bread and meat are to the stomach. It strengthens and makes them vigorous and healthy by imparting to them the vegetable properties necessary to sustain and assist Nature in acquiring and developing a perfect uterine system." What the "vegetable properties" of the organs are is a mystery, but the Viavi people know quite well that the only thing that will make the uterine and other organs "vigorous and healthy," is a constitution rendered vigorous and healthy by a proper nutrition, appropriate exercise, an ample supply of pure air, cleanliness and so forth, and that if these are lacking, no amount of nostrums of any kind will act "as bread and meat" to the uterine or any other organs. Here is another statement: "The power of the skin to absorb, enables the Viavi cerate to be taken at once into the circulation as a predigested food ready for immediate use in the making of tissue." (The italics are ours.) In other words the alimentary canal and all its organs are, according to the Viavi people, a total superfluity and all you have to do is to rub the cerate into your skin and presto! you feel as if you have had a satisfying meal. Away with the stomach, the intestines and so forth! Use cerate and the digestive system is put out of business. The fact that distinguished scientists hold, that, outside of metallic quicksilver, the skin will absorb anything whatever, is gnored in this connection. Many more

of such questionable statements might be quoted, but the foregoing will suffice to illustrate the point involved.

Now, what is the truth about Viavi and the claims made for it by its proprietors? The answer is readily obtainable from the Viavi literature itself. With a wisdom, and it may be added. an honesty, that is rarely apparent in the instances of proprietary medicines or "treatments," the Viavi people embody in their particular "treatment" a full-fledged physical culture treatment. Let us see. In the directions given for treating persistent inflammations you are directed to do as follows: "Upon that part of the body where the pain is located, put applications of flannel wrung out of hot water and renewed as soon as cool, or dry hot bran bags or a hot water bag may be used. Continue this for an hour daily in severe cases. The compresses should be large enough to cover the parts well. On an inflammation of the stomach the hot applications should extend well over the liver. Wash the parts with a mixture of onethird hot vinegar and two-thirds water. After this you rub in the cerate. In other words, you massage the affected parts. Here we have a purely physical culture treatment with its hot water fomentations, etc., and, as it seems to us, the "rubbing in" of the cerate is an incidental rather than the chiefest thing in this connection. Again, in acute inflammations you are told to "lay towels dipped in ice cold water on the affected parts, changing them every ten minutes for fresh cold ones, applying heat to some other part of the body. also put the feet in hot water. Then you rub in the cerate for thirty minutes." Again, a physical culture treatment pure and proper. The use of cold compresses is recommended for croup. bowel and kidney troubles, subsequently rubbing lin the cerate. Again, physical culture-compresses and massage. In bronchitis, as a preliminary, you should eat a little at a time and let the food be nourishing. Also you must take a brush bath, and "seek to build p the constitution." Thure physical nulture. For nervousness the patient es advised to seek as much rest as possi-

ible, taking ten-minute naps during the

day. Before retiring, a good brisk warm sponge bath is advised, the body being thoroughly rubbed with a rough towel, after which it should be rubbed with Viavi cerate mixed with olive oil. In other forms of nervousness it is advised that the feet be placed in hot water, a long towel dipped in ice water be placed on the spine. This to be changed every ten minutes, a total treatment to last from an hour to an hour and a half. Then rubbing with the cerate takes place. Here you have a mixture of hydropathic treatment and physical culture. In poisonous and open sores, a dilution of carbolic acid for washing the parts is recommended together with the eating of plain foods, the avoidance of stimulants and excitement of all kinds, and anointing with the cerate. Once more physical culture. In swellings, the blanket bath is ordered. to finish up with a massage with cerate. Also in cases of swelling of the limbs, stiffness of the muscles and so forth, the pouring of cold water on the part affected, with cerate to follow is advised. For poor circulation of feet, hands or limbs you are told to put your feet in a pail of hot water in which a cup of vinegar has been added, then dry them rapidly and rub the cerate over the feet and palms. Then, so it is stated, "there is a natural warmth and feeling in these parts." Why not? In other cases of poor circulation, the brush-bath is ordered and a warm bath at night, afterwards brushing the body with a flesh brush or a rough towel, when cerate and warm olive oil will be found to be of benefit. Physical culture once more. The literature also gives specific instructions how to use a sitz bath, a brush bath, a sponge bath, the compresses and other physical culture means of restoring health. Especial stress is laid on the fact that the restoration of the patient to health is largely due to his or her perseverance in the treatment.

Now we venture to assert that a cure would be effected by the physical culture methods advocated in the Viavi literature without the use of the Viavi preparations. This assertion is made on the basis of scores and scores of cures of maladies by physical culture methods alone, of which this magazine is cogni-

zant. The attention of Mr. Sharp was called to the emphasis laid on the baths, massage, etc., in the Viavi pamphle's, and he was asked if these were absolute y essential in the treatment. He replied: "that they were accessories."

Now, there are some people, multitudes in fact, so constituted that they will not believe they can be cured of their maladies without their swallowing or rubbing something on themselves. Doctors so well understand this fact, that they have pills of an absolutely innocuous nature which they administer to patients of this type, the mental condition thus brought into existence, being more or less responsible for the cure which usually follows. Now, we do not state that the Viavi preparations are of this nature, nevertheless the Viavi people practically insist upon physical culture practices being followed

by their patrons.

The matter already published in regard to Viavi has resulted in a number of communications being sent to this office, some of which endorse and some of which criticize the treatment. Thus we have a letter from a fluent female hailing from Bangor, Me., who, in order that there may be no mistake about her identity, signs her name twice at the end of the communication, to say nothing of an initial P. S. She avers that she is a "graduate of a physical culture school and a teacher," and simply glows over Viavi, incidentally PHYSICAL CULTURE. Of denouncing course the fact that the consistent physical culturist does not take medicine, does not matter. On the other hand, we have letters which tell of the persistent use of the treatment without any results whatever, and laying stress on the high fees charged for the treatment, such as \$8.00 for a 6-ounce bottle of liquid and \$15.00 for so much cerate, etc. Now, we believe that if the Viavi preparations are absolutely harmless and the physical culture course that the Viavi people recommend was followed, that their patrons should certainly obtain benefit, from the treatment. But the credit should be honestly given to the physical culture which the Viavi people so emphatically insist upon. The moral is obvious.

## The Shame and Threat of Child-Slavery

Two Millions of Little Children are Condemned by Lax Laws and a Vicious Social System to Wither Their Lives Away in Sweat Shops, Factories and Mines. These Blasted Childhoods Represent a Present Blot on our so-Called Civilization and a Future Menace to the National Existence

By SELWYN C. HARPER

CCORDING to a pleasing fiction, the United States is "the home of the free." It is certainly true that the Constitution declares all men to be free and equal and it is, of course, unnecessary to add that

the Government, legally at least, recognizes no form of slavery. Nevertheless. there exists and flourishes almost throughout the length and breadth of the land, a slavery of so revolting a nature that compared with it, the slavery of the ante-bellum days was acceptable, if not indeed, admirable. This, because the slavery of to-day is of such a type that it is absolutely devoid of all traces of humane feeling; its victims being treated with as little consideration as flies and dying in about as rapid a fashion. Old time slaves were, through motives of interest, comparatively well-fed and well-housed. But the case is altogether different with the slaves of these, the early days of the most advanced century in the world's history. At least, we are assured that it is a century so distinguished. But if the veneer of its civilization is scratched, there will be found beneath it, a foundation of savagery which expresses itself in such manifestations as the slavery with which this article has to do. And this is that awful and hideous slavery which dooms two million little children to labor, literally day and night, in order that their employers may become rich.

If it be true that a curse attaches to some form of wealth, it should be so in

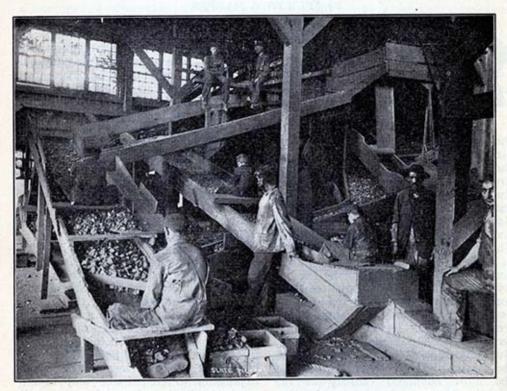
the case of those dollars which represent the blasted lives and the premature deaths of thousands of little children. We-that is the most of us-have outgrown our belief in a material hell as far as the hereafter is concerned. But the writer ventures to assert that no one who is familiar with the child slavery of the United States, can refrain from regretting that hell or something equivalent to it is a thing of the theological past, inasmuch as nothing seems to meet the case of those who are responsible for child slavery, except the good old eternal brimstone and perpetual

pitchforks in question.

Words fail when dealing with this national scandal. And apart from the evils which it represents in the immediate present, it is fraught with infinite possibilities for mischief in the future, not merely in a material but in a moral and political sense. Patriotism is of course a most commendable quality. But the patriotism that takes the form of blatant self-complacency, that gives expression to that inane and insane sentiment "my country, right or wrong;" that sits down and twiddles its egotistical thumbs, remarking that whatever is American must of necessity be above criticism, is, when you come down to the root of the matter, nothing more or less than treason. This because it is a party to those things that, in accordance with everlasting and unchanging laws that govern men and their affairs cause dry rot, decay, and finally the destruction of the nation. That experience must be purchased and cannot be loaned, applies to countries as well as

to individuals. Hence it is, that we refuse to take warning by the lessons of history. And hence too, have nations either disappeared from off the face of the earth or have fallen from the high estate which they once occupied. In each and every instance however, it will be found that the downfall was due to the failure of the State to protect the physical interests of the people, against the greedy, the heartless and the unscrupulous. Such a government is one that

to fervid orations on the courth of July, and it is very soothing to our national self-esteem to be assured by newspapers and Election Day orators that America is the richest and most powerful, and in general the finest country that God's sun shines on. But these pleasing assertions may be well questioned in view of that crushing out of young lives which is permitted by the authorities, and which is a black and loathsome stain on our alleged civilization.



Interior of Breaker, Showing Children at Work

is so neglectful of its duty that it dooms two million children to lives in which there exist no childhood, in which the burdens of life are taken up by little shoulders and little hands that are bent or crushed in the process and it follows that if these same children are through the sloth—or worse—of the government, deprived of their rightful heritage of health and education, the consequences are as far-reaching as they are inevitable in the way indicated. It is all very well for us to let off fire-crackers and listen

Tears of infinite pity and impotent anger must come to the eyes of any man or woman with a heart, as she or he reads the pitiful story of these tiny child slaves and the incredible greed which is responsible for them. In Pennsylvania, there are not less than 24,000 children under sixteen working in the coal breakers of the mines. Statistics show that cotton mills of the South employ more than 60,000 boys and girls, each one of whom is under the age limit that is recognized by

humanity and demanded by the law. This is saying nothing of the hundreds of thousands of little ones employed in other factories, or wearing their wearisome existences away in sweatshops, tenements, cellars, and those

PHYSICAL CULTURE has, throughout its existence, had two distinct aspects to its work of promoting physical perfection. It has, in the first place, instructed those who have reached manhood and womanhood, how to



Breaker Boys at Johnston Breaker, Olyphant, Pa., During the Noon Hour

rookeries of labor which abound in all of our large cities. The figures just alluded to are confirmed by the Woman's Home Companion, that, to its credit be it said, has inaugurated a crusade in aid of these children, which we commend to the attention of our readers.

correct those habits—usually formed in early life—which result in poor health and imperfect development. Then again, it has done its utmost to make the public recognize the fact that a nation of healthy men and women must of necessity spring from healthy boys and girls. In other words, that general physical perfection is only possible when it is inaugurated, generally, among a nation's childhood. Hence it is that it feels so strongly on this question of child slavery, which strikes at the very foundation of a nation's physical and intellectual being. The evil is fraught with influences of so disastrous a nature, that it is only a question of decades when the physique of the people at large will be so weak



Children Employees of a New York Sweatshop of the Larger Type

and indifferent that they will be incapable of following the traditions or taking advantage of the legacy of national strength and greatness left them by their ancestors. When this time arrives, as it inevitably must if we permit child slavery to continue, the United States of America will have degenerated to a second rate power and its further proggress down the declivity of national decay will be either checked or hastened in the same degree that it becomes aware of, or ignores, its danger.

The amazing inertia of the authorities in the presence of this menace to the national life, passes all comprehension. It can only be likened to that of the owner of an orchard, who, depending upon his fruit crop for his livelihood. stands idly by and with his hands in his pockets, while he witnesses a host of caterpillars devouring the young fruit. He knows perfectly well that upon the immature pears or peaches or apples depend his hopes both financial and in other ways, but he does-nothing. It is only when the Fall comes and in place of fruit, he has blackened and shrivelled and barren twigs, that he wakes up to a sense of the situation and bewails, too

late, his fatuous stupidity.

John Spargo, one of the few authors who has placed his pen at the service of the downtrodden little ones, and whose book "The Bitter Cry of the Children" has done much to open the eyes of the public to the curse of child slavery, has written an article in the Woman's Home Companion, extracts from which follow. They are of so illuminating a nature that comment on them is unnecessary. But I question if you can read them without being deeply moved. There is nothing more pathetic than a sick child. Nothing is more horrifying than a child who has known no childhood. And nothing is more demoniac than a system that crushes thousands of childhoods for the sake of incidental monetary gain, And with this, let us hear what Mr. Spargo has to say on the matter.

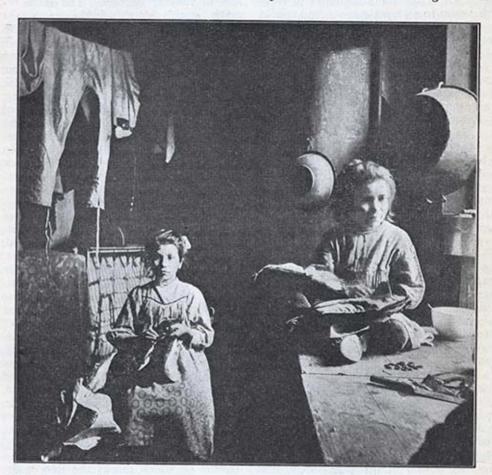
"A doctor told me only a few weeks ago of a girl of eleven years of age who, though she was just getting over scarlet fever, the skin still peeling off, was employed in her home, crocheting over brass rings for some kind of passementerie work. The price paid for this work was ten cents for one hundred and fourty-four rings, and the girl could do two hundred in twelve hours, when she

was well.

'Doctor Daniel tells of a girl eight years just recovering from' diptheria, who, though she was scarcely able to walk across the room unaided, was found working on women's collars. It is a common thing to find children suffering from measles and other diseases lying upon bundles of partly finished garments. If only for self-protection, society should prohibit all such work in tenements.

cotton mills of the South—conditions which so appalled us when we first heard of them.

"One of the visiting nurses of the Nurses' Settlement, New York City, reports the case of a little girl named



"Home, Sweet Home." A picture of child slavery in the tenements. These little ones make button-holes from early morning to late at night in the private sweatshop that they call home.

"There is no need to multiply examples of child slavery in the tenements. The cases cited are sufficient to stamp indelibly upon the minds of all earnest, intelligent American citizens, the shameful fact that many thousands of child slaves are toiling in the dim recesses of the tenements of our large cities under conditions far worse than those in the

Miriam Goldstein, eight years old, working on men's coats in her squalid tenement home on Goerick Street. The visitor begged to take the little toiler out for a short walk, for an hour in the sunshine and fresh air. But the baby's work was too valuable for that; she could not be spared from her task even for an hour."

## Is the Craving for Stimulants a Normal Instinct?

#### By H. MITCHELL WATCHET

A CRAVING for stimulants is common to all humanity. And it is as natural as it is beneficial if properly gratified. The trouble is that people seek to satisfy it by improper means. That they thus do, is the outcome of unnatural conditions and the consequent inability to legitimately minister to the yearning in question.

But what is meant by a stimulant?

A general reply to the question might be shaped as follows: a stimulant is that which causes a temporary exaltation, either mentally or physically or both, and it is not too much to say that the sum total of the strivings of mankind are in the direction of securing this same exaltation. Happiness of every form and type is an interchangeable term for it. The pursuit of happiness along proper lines is, as we know, justified by the experiences of men and women from the beginning of all time. In both the pursuit and the attainment of the object pursued, is found the stimulation so much desired. Even the chiefest occupation of mankind-the acquisition of money-is for the purpose in question. It is true that in some cases money is desired in order to gratify the instinct of possession, but even then, there exists the incidental stimulation. But with the majority of men, the pursuit of riches is the outcome of a recognition of the fact that those same riches will enable one to obtain the many things that stimulate life into more rapid pulsations or place it on higher planes.

Your rich man buys an automobile and finds that in defying death at the rate of 50 miles an hour, he secures the thrill and the stimulation that can be obtained from no other source. The same thing stands good of him whose money enables him to purchase a power-boat, while the lover of fast horses, or the racing yacht enthusiast, exhibit the same craving through various methods

and in varying degrees. The same remark stands good of the mountain climber, the aeronaut the athlete, the

soldier, the gambler, etc.

Even those who profess to disregard money and declare that Fame is their mistress, are actuated by the same The thrill of being crowned by the laurels of reputation, the applause of the multitude and the hardly-earned congratulations of one's professional confreres, furnish the desired exaltation in the case of the artist, the singer, the actor or the author. All stages and all classes of society realize the prompting in some shape or manner. The whole world is struggling and striving to lift itself out of the humdrum into the active, to raise itself from the commonplace to the ideal, to breathe the upper and rarer atmosphere instead of the lower and duller It is not content with the monotony of mere living, but seeks to make that living as full, as pulsing, and as exhilarating as may be. Were it not for this craving for intellectual and material stimulants, humanity would before long. resolve itself into a congregation of beings not many degrees removed from those forms familiar to scientists which are half animal and half vegetable. In other words, it would vegetate instead of live, contenting itself with obtaining the bare necessities of existence and ignoring all those other things, the possession of which marks the line of demarcation between man and the brute creation. But the gratification of the desire through legitimate means, results in physical perfection, admirable mentalities, and an increase, in general, of the power, beauty and progress of the world.

But man either through his greed or blindness has prevented the intention of Nature, as stated, and suffers thereby. The craving remains, but the methods of satisfying it have naturally become more or less impossible. The result is, that in the place of that better and purer, and ideal life which the Almighty intended should be the outcome of the instinct the existence of the average man or woman is darkened by ignorance, besmirched by vice, or poisoned by sickness

Let us be a little more specific. Speaking broadly, the desire in question is chiefly for bodily stimulation. This should be satisfied by exercise in the open, by those sports or games which start the nerves tingling, the blood circulating, and incidentally spur the mental faculties into pleasant activity. Or, again, it may be ministered to by occupations which call for beneficial and profitable muscular effort. Note the actions of a child in this respect. Its strongest instinct is for play. And play is probably the most normal of all stimulants. Observe how the color mounts to its cheek, how its eyes sparkle, its lips redden, every gesture of its body, every motion that it makes are vibrant with life, eloquent of grace and vigor. It is knowing the joys that come from a stimulant-the stimulant that Nature intended to not only satisfy the craving, but, unlike all forms of artificial stimulation, to bring in its train results of lasting benefit. The child lives close to the heart of Nature. Its years have been so few that it has had no opportunity to erect barriers between it and the face of the Great Mother. Hence and in many respects, the child is the preceptor for the grown-up. If we were more wise and less ignorant, we should recognize this fact and know to the full, the underlying meaning of the sacred "And a little child shall lead words: them."

From a physiological standpoint, the process by which natural stimulation is obtained is simple enough. Apart from dietetics, and other aspects of physical culture which are also more or less natural stimulants, increased exertion means increased breathing, and that in turn results in a larger supply of oxygen being taken into the lungs and, of course, distributed through the body. This added oxygenation, not only causes a direct and definite stimulation of the vital powers and the mental faculties,

but in addition, brings about a more thorough destruction of the waste or poisonous matters that are continually forming in the body. If any of you have ever sat in a dentist's chair and inhaled what is commonly known as "gas" you will have had an excellent illustration of the stimulating powers of oxygen. The gas in question is nitrous oxide, and is extremely rich in oxygen. When you inhale it, a goodly portion of this oxygen becomes mingled with the tissues and the blood and the result is, that you get what, to be entirely frank, is nothing more or less than a species of temporary intoxication. In the case of oxygen, as in everything else, excess is bad, but the "gas" has only been alluded to in order to illustrate the stimulating powers of oxygen. Nature has so arranged matters, however, that in the case of the atmosphere, its oxygen is so thoroughly diluted with nitrogen that there is no danger of intoxication resulting. But when you get lots of pure air in your lungs through the medium of healthy exercise, you get also rather more than the usual quantity of oxygen with a resulting general and beneficial stimulation. Man's instinct is to crave this same stimulation. The instinct is as normal as the desire for food or sleep, and so insistent is it, that unless it is gratified in a legitimate manner, he will resort to other methods in order to still the craving.

Whatever is not natural is harmful. There is no departure from this rule. Hence the moment that one resorts to any stimulant except those indicated by Nature, evil is sure to result. Alcohol is one of these same unwholesome stimulants and while the stimulation which it furnishes is also due to the fact that it is the outcome of the oxygen which it contains, yet there are so many and obvious reasons why alcohol is as destructive of body as it is of soul, that no attempt need be given to give them in detail. It has the added fatal faculty of killing the desire for exercise. This it is that renders it so difficult for one of its victims to escape from its clutches. Smoking too, induces a sort of stimulation on the lines indicated. It need hardly be added that all those drugs which are responsible for the making of

"fiends" create a stimulus which is as

temporary as it is destructive.

It is not saying too much to declare that every fashionable folly is the outcome of a perverted desire to depart from the humdrum, to be something different, to attain a more distinctive or exalted position either in the regard of one's fellows or in one's own estimation, or as already said to approach nearer to the ideal and get further away from the dull, monotonous or plodding phases of life. Take the woman who wears corsets for example; a contorted belief that "a small waist" is attractive, prompts her to compress a number of her vital organs into a space that is as repulsive to the normal eye, as it is harmful to her health. In passing, the writer may remark that he feels literally sick, physically nauseated, if his eye chances to rest on a wasp waist. The hideous deformity of such a waist is all the more apparent when the spectator has even an elementary knowledge of physiology. But the mistaken woman who thus laces, craves the stimulation that rises from the belief that she is being admired-save the mark! The false stimulation that stands good in her case, stands good also, in that of the victim of high-heeled absurdities, tight dresses, elbow gloves on summer days, "rats" such as are worn in the hair, which destroy the hair roots, and breed scalp diseases, and so forth. Man too, is also a victim of misdirected instinct in much the same way as is proven by his uncomfortable foot-gear, his starched shirts, his heavy felt hats that breed a shiny pate and much more of the same.

The list of mistaken means of securing stimulation might be extended indefinitely. Dances or balls in which for many hours, one breathes a poisonous atmosphere; plays that pander to perverted passion; meals made up of many meats and highly spiced dishes, profanity—but what is the good of lengthening the catalogue. These and many others are but illustrations of the fact that man in the great majority of cases suffers, not because of his normal instincts, but because of the improper manner in which he seeks to minister to them.

With the coming into existence of communities shaped on the line of Physical Culture City, with the increase in parks, public gymnasiums and public playgrounds, with the widening recognition of the principles of physical culture, with an educational system which shall acknowledge the fact that the demands of the body are as imperative as the needs of the mind, with the State and the Federal authorities taking cognizance of the value of athletics, etc., the evils in question will be modified and should in time, disappear. When a game of baseball or football or some other athletic sport is as available to the average young man as is the saloon, or the gambling house, or the resort of ill fame, then these last will lose their attraction. Humanity is at heart a lover of virtue, and where it seems to prefer vice, it will usually be found that it does so, because it cannot be virtuous through stress of circumstances or unfortunate environments. Give people the opportunity to secure natural stimulants, and those men or trades that now supply unnatural stimulants, will disappear from off the face of the earth.

#### HYGIENE IN THE LONDON SCHOOLS

A new feature has been added to the curriculum of the London County Council Schools.

Habits of health and cleanliness are henceforth to be inculcated in the form of what is known as "tooth-brush drill."

Already in one East End school, instruction has started, and every day,

immediately before the morning "break," all the children, ranging in age from four to thirteen, are marshalled in line and receive instruction in the proper method of cleaning their teeth. The children are greatly amused at the new drill, and take it very well indeed.

—Exchange.

# Absurdity of the "Obscenity" Laws

They are Absolutely Opposed to Elementary Common Sense and the First Principles of Modern Law—As a case in Point, the Bible has been Judicially Declared to be an Obscene Publication—Under Possible Interpretations of the Laws, the Ignorant, the Malicious and the Prurient are in a Position to Stand in the Path of Progress, and Physiological Knowledge.

#### BY THEODORE SCHROEDER



the National Purity Conference recently held in Chicago, Theodore Schroeder, who is the legal representative of the Free Speech League, made a powerful and remarkable address on the neces-

sity of the utmost freedom of speech being accorded to the people in all matters related to the propaganda of purity, and of a like freedom being given to the press in regard to those things with which the propaganda has to do.

Space will not permit of our quoting Mr. Schroeder at length, but that which follows, will be sufficient to indicate the general tenor of his address, which was in the main, a denunciation of the utter absurdity and the illegality of the laws which enable Anthony Comstock and other pestilent prudes of his type, to live and move and have their unnecessary beings. He said in part:

"One by one, the advocates of mystery and blind force have surrendered to the angels of enlightenment, and every enlargement of opportunity for knowledge has been followed by the moral elevation of humanity. Only in one field of thought do we still habitually assume that ignorance is a virtue, and enlightenment a crime. Only upon the subject of sex do we by statute declare that artificial fear is a safer guide than intelligent self-reliance, that purity can thrive only in concealment and ignorance, and that to know all of oneself is dangerous and immoral. Here only are we afraid to allow truth to be contrasted with error. The issue is, shall we continue thus to fear full and free discussion of sex facts and sex problems?

"The first question to be answered is, 'Why discuss the subject of sex at all?' There are those who advise us to ignore it entirely, upon the theory that the natural impulse is a sufficient guide. To this it may be answered that all our sex activities cannot be subjected to the constant and immediate control of the will. We cannot ignore sex by merely willing to do so. Our attention is unavoidably forced upon the subject. both by conditions within and without ourselves. That we may deceive ourselves in this particular is possible, that we all can and many do lie about it is certain.

"Without sexual education, we cannot know whether we are acting under a healthy or a diseased impulse. It is known to the psychologist that many are guilty of vicious and injurious sexual practices, without being in the least conscious of the significance of what they are doing. Everywhere we see human wrecks because of a failure to understand their impulses, or to impose intelligent restraints upon them. Many become sexually impotent, hyperæsthetic, or perverted by gradual processes the meaning of which they do not understand, and whose baneful consequences, intelligence would enable them to foresee, and easily avoid. Since individuals will not go to a physician until the injury is accomplished and apparent, it follows that there is no possible preventive except general intelligence upon the subject. At present the spread of that knowledge is impeded by laws and by a prurient prudery, which together are responsible for the sentimental taboo which attaches to the whole subject. The educated man of to-day measures our different degrees of human progress by the quantity of intelligence which is used in regulating our bodily functioning. No reason exists for making sex an exception.

"All life is an adjustment of constitution to environment. The seed dies. or has a stunted or thrifty growth, according to the degree of harmonious relationship it effects with soil, moisture and sunlight. So it is with man: he lives a long, happy and useful life, just to the degree that his own organism functions in accord with natural law operating under the best conditions. It follows that a growing perfection in the knowledge of those laws is essential to a progressive harmony in the individual's conscious adjustment to his physical and social environment, and every one of us has the same right as every other to know all that is to be known upon the subject of sex, even though that other is a physician.

"Since a comparative fullness of life depends upon the relative perfection of the individual's adjustment to the natural order, and since the greatest knowledge of Nature's rule of life is essential to the most perfect conscious adjustment (which is the most perfect life), it follows that our equality of right to life, liberty and the pursuit of happiness entitles every sane adult person to know for himself, to the limit of his desire and understanding, all that can be known of Nature's processes, not

excluding sex.

"It is only when all shall have access to all the evidence and each shall have thus acquired intelligent reasoned opinions about the physiology, psychology, hygiene and ethics of sex. that we can hope for a wise social judgment upon the problems which these present. The greatest freedom of discussion is therefore essential as a condition for the improvement of our knowledge of what is Nature's moral law of sex, and is indispensable to the preservation of our right to know.

"This brings us to inquire what are the legal abridgements of our right to know? Both our Federal and State laws establish a so-called "moral" consorship of literature. All the statutes in question describe what is prohibited only by such epithets as: lewd, indecent, obscene, lascivious, disgusting or shocking. At the enactment of these laws, the scientific study of psychology had hardly been commenced, and the existence of a sexual psychology was not yet suspected. Consequently it was ignorantly and erroneously assumed that the prohibited qualities were those of the book or picture, and therefore of definitely describable characteristics. One needs only to analyze the judicial tests of obscenity to discover how impossible and absurd it is to attempt to define the prohibited qualities, in terms of a book or picture. Modern sexual psychology now seems to prove that the words in question only symbolize an emotional association in the viewing mind, and not at all a quality inherent in the printed page. Thus science and the Bible are in harmony in declaring that 'Unto the pure all things are pure,' notwithstanding the judicial slurs which judges, ignorant of psychology, have cast upon that text.

This judicial error brought strange consequences. The courts were unable to frame a definition of the obscene in terms of a book, and so were compelled to indulge in speculative vagaries Judges now practically authorize juries to declare anything indecent and obscene, or not, as whim, caprice, prejudice or personal malice might persuade them that the book or picture tended to induce immoral or libidinous thoughts in the minds of any sexually hyperæsthetic person open to such immoral influences and into whose hands it might come. No standard for measuring psychologic tendencies, nor mode of reconciling conflicting codes of ethics, was attempted, nor could be furnished. It was stupidly assumed, in contradiction to the fact, that everybody was in agreement as to what is the higher

morality

"A something is, under the current law held to be criminal, if in the hands of any one imaginary person it might be speculatively believed to be injurious, no matter how much it tended to improve the morals of all the rest of mankind, nor how lofty were the motives of those accused, nor how true was that which they wrote. This is still the test of obscenity under our laws, and it has worked some results which could hardly have been in contemplation by our legislators in passing our laws against indecent literature.

One of the early American prosecutions of note under such laws, was that of the distinguished eccentric, George Francis Train, in 1872. He was then arrested for circulating 'obscenity' which as it turned out, consisted of quotations from the Bible. The attorneys of Mr. Train sought to have him released on the ground that the matter was not obscene, and demanded a trial on that issue. The prosecuting attorney, in his perplexity, and in spite of the protest of the defendant, insisted that Train was insane. If the matter was not obscene. his mental condition was immaterial, because there was no crime. The court refused to discharge the prisoner as one not having circulated obscenity, but directed the jury, against their own judgment, to find him not guilty on the ground of insanity, thus, by necessary implication, deciding the Bible to be criminally obscene.

"On a hearing on a writ of habeas corpus, Train was adjudged sane, and discharged. Thus a direct decision on the obscenity of the Bible was evaded though the unavoidable inference was for its criminality.

"In his autobiography, Train informs us that a Cleveland paper was seized and destroyed for republishing the same Bible quotations which had caused his arrest in New York. Here then was a direct adjudication that parts of the Bible are indecent, and therefore unmailable

"In 1895 John C. Wise, of Clay Centre, Kansas, was arrested for sending obscene matter through the mails which again consisted wholly of a quotation from the Bible. In the United States Court, after a contest, he was found guilty and fined

"Just keep in mind a moment these court precedents that portions of the

Bible have been judicially condemned as criminally obscene, while I connect it with another rule of law. The courts have often decided, that a book to be obscene need not be obscene throughout, the whole of it, but if the book is obscene in any part, it is an obscene book, within the meaning of the statutes.

"Many books which should be circulated are suppressed by mere threats of prosecution, or a fear of it, resulting from the fact that no one can tell with certainty what is, or what is not, within the law. \* \* \* \* \*

"Very recently another book by one of the best known lecturers and writers upon social purity and published for six years by one of the largest producers of evangelical literature in America, was suddenly found to contain matter which made them criminals for every copy they had advertised or sent through the mails.

"Years ago it was discovered that Mr. Colgate, then President of the New York Society for the Suppression of Vice, in the regular course of his business, was sending through the mails circulars which were clearly prohibited by law. Some enemies made an effort to have him indicted. Owing to circumstances not bearing upon the criminal character of the circular, a prosecution was prevented, and the prohibited business was discontinued.

"Years ago when it was proposed to prohibit the sending of abolition literature through the mails, because of its 'immoral' tendency toward insurrection, the Hon John P. King, a United States Senator from the south, protested and said: 'I prefer the enjoyment of a rational liberty at the price of vigilance and at the risk of occasional trouble, by the error of misguided or bad citizens, to the repose which is enjoyed in the sleep of despotism.' With this I concur. Liberty has dangers of its own, which we must overcome, or forego progress. If we have confidence that we have right on our side, we need not fear open discussion and warfare with error.

"As illustrating how our fears are often but the product of ignorance, I am going to relate to you how and why

I changed my mind about two booklets pronounced 'the most obscene' that ever came to the criminal court. If these really are the most offensive of condemned literature then I am prepared to stand all the rest. One was by an unfortunate woman named Ida Craddock, who styled herself a 'purity lecturer.' Mr. Comstock denounced her book as 'the science of seduction.' It could have been more accurately described, as advice for the best means of consummating the marriage. The judge who sentenced the author called 'indescribably obscene.' To one who, from diseased sex-sensitiveness, is incapable of reading a discussion of sex functioning with the same equanimity as would accompany a discussion of lung functioning, or to one who should apply the absurd judicial 'tests' of obscenity, this booklet must appear just as these men described it. Of course she was found guilty. Later she committed suicide to escape the penalty of the law.

"For the book Mrs. Craddock claimed to have the endorsement of several prominent members of the Woman's Christian Temperance Union, and published a letter from the Rev. W. S. Rainsford, the very distinguished rector of the fashionable St. George's Episcopal Church of New York City, in which he said: 'This much I will say, I am sure if all young people read carefully "The Marriage Night," much misery, sorrow and disappointment could be avoided.

"The other booklet was by Dr. Alice Stockham, the well-known author of Tokology and similar books, and in name and substance, I believe it was very much like the Craddock book. A Post Office Inspector pronounced it the most obscene book he had ever seen. She was convicted and heavily fined, though with many friends she vigorously defended the propriety and necessity for her booklet of instructions. Of course neither of these books nor any like them are now anywhere to be

"I could no longer doubt hat theset 'most obscene' books ever published, were really most humanitarian efforts on the part of those who perhaps had a wider knowledge than I possessed. If this is the worst, I am prepared to take chances on lesser obscenity."

A committee was appointed at the Conference to secure for Purity workers that liberty of press and speech essential to Purity Propaganda. In the resolutions adopted by this committee and by them embodied in their report

appeared the following:

Resolved, that the president be empowered to appoint a permanent committee of seven of whom he shall be one who shall seek to secure such changes in the judicial tests of obscenity as will make the law so certain that by reading it anyone may know what constitutes its violation and to secure such an interpretation of the law as will make impossible the suppression of any scientific and educational Purity Propaganda literature.

"We would also recommend that this committee be authorized to cooperate with organizations, individuals and courts, in affording any help in their power to apprehend, convict and punish the disseminators of literature truly obscene and of pervertors of youth; it shall, however, at the same time be the duty of this Committee to seek to afford the defense and protection so much needed by earnest and sincere Purity workers who are now constantly exposed to the dangers of persecution by the uncertainty of the very laws which they desire to herish and obey.

"We would, therefore recommend that this committee be authorized to afford any real Purity worker who is unjustly arrested such sympathy and assistance, legal, financial and moral as may be within their power.

"We would also recommend that this Committee should seek to enlist the co-operation of other organizations in

furthering these same ends. "This Committee shall also empowered to make any propaganda necessary through the public press or otherwise in securing the punishment of the guilty and such protection for the innocent as in their judgment may be most wise and discreet.

The Purity Federation Conference will be held next year at Battle Creek, Michigan.



## EDITORIAL DEPARTMENT



We are leading a reform that aims for a cleaner, stronger and nobler manhood and womanhood. We are trying to annihilate the greatest curses that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL and TOBACCO.

IT has been a long time since I have definitely defined my position on all points concerning the policy and principles of this magazine. I must admit that many of my views have greatly changed since I began its publication. I have learned, and put to practical use, a great deal during the last few years. No one can edit a magazine and

THE PRINCIPLES THAT THIS MAGAZINE IS FIGHTING FOR

receive the comments of friends and criticisms of enemies without benefit. If you are possessed of a broad and receptive mind, to conduct a publication such as this, is a liberal education. Even if

Nature has cast you in a conventional mould, you will widen your horizon and elevate your ideals.

Now I wish to put myself on record as to where I now stand on the various subjects which we constantly discuss in these columns. I know that many of my readers take it for granted that the conclusions set forth in the articles we publish are in every case endorsed by myself. This is not by any means so. I often accept for publication, manuscripts that do not express my own views or opinions. I use such for the simple reason that they are interesting and have an educational value by enabling my readers to see both sides of the topics or theories that have to do with physical culture.

I want to make each and every one of my readers as broad-minded as I am trying to be myself. I have got out of the narrow groove of conventionality and I want to teach others how to do likewise. I desire that my readers shall, as nearly as possible, grow along with me, physically and mentally. Such growth means a vast deal to the individual and the race. It means even more than the possession of superb health, it means the development of the ability to get all the happiness that there is in life. So many of us go through our earthly career with such a small amount of happiness that it is hardly worth mentioning. Life for the great majority is mostly strife and trouble and not infrequently charged with tragedies that sear the innermost soul.

The subject of physical culture embraces practically everything that there is in life. By following the rules that relate to the development and maintenance of a high degree of health, one not only obtains superb physical vigor but in addition, the greatest degree of happiness that is possible in this so-called, civilized age.

Of course each of us must necessarily do a great deal of compromising. We cannot have everything our own way. We can only do the best we can within the environments in which we are placed. But after all, life yields a vast deal of happiness to an individual who intelligently strives for the higher existence, notwithstanding the antagonistic influences that are being continually exerted to prevent his attainment of it.

Now it is my intention to define in this issue a few definite principles to which I hold. After studying those laws of life that appertain to mental, moral and physical development, I have come to some conclusions that I believe are of great value to my readers. I want these principles and conclusions to act as guide-posts to those who are striving after the health and happiness that can be secured by living the higher physical culture life.

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I would like to have the opinion of my readers as to these principles as set forth below. This for the reason that I do not by any means wish to convey the impression that my mind is made up and cannot be changed by advice or argument. I am still learning. Only a fool has a fossilized mind. The wise man is he who admits the possibility of his conclusions being modified or changed by circumstances or added knowledge. Also, he is always open to conviction and argument and the teachings of experience. Yet, as one progresses in the study of subjects related to physical culture, there is less and less modification of beliefs and ideas until finally the time arrives when, a definite science is evolved in which the element of change is practically eliminated.

Now the principles for which I shall contend more definitely in future issues of

this magazine are as follows:

- (1) Entire marital continence except at times when preparation has been made for procreation and it is mutually desired. Sexual intercourse apart from the reason given, is harmful and disastrous to the development and maintenance of that higher love upon which true happiness depends.
- (2) Total abstinence from all drugs, stimulating foods or drinks. This includes all alcoholic liquors, tobacco and also meats of all kinds when it is possible to be properly nourished without their use.
- (3) Regular use of the entire muscular system. This is absolutely essential to the highest development of the body and the acquirement of that condition of health necessary to the attainment of the highest desires of life. Special attention must be given to the development of the muscles surrounding the great vital-organs!
- (4) The full recognition of the value of pure air and avoidance of ill-ventilated rooms. One most insist upon an ample supply of air of equal purity to that found out-of-doors.
- (5) A thorough realization of the fact that disease is Nature's method of eliminating the poisons from the body and that internal cleanliness, through proper habits of life, insures immunity from all diseases.
- (6) Full recognition of the necessity for external cleanliness obtained by a daily dry friction bath, followed by cold sponge bath and a soap and hot water bath at least once or twice a week.
- (7) The mastication of every morsel of food to a liquid before swallowing. This is an absolute essential to the highest state of health.
  - (8) Drinking at meals, except to satisfy actual thirst, is condemned.
- (9) Free use of pure water between meals specially encouraged, though forcing oneself to drink when there is no thirst, is not commended.
- (10) Sufficient clothing should be used to maintain warmth night or day, and no more. The use of garments next to the skin which will most quickly absorb impurities, such as linen.
- (11) Eating without appetite or thorough enjoyment of food is a crime against the stomach. It is a normal appetite and the enjoyment which follows on satisfying it that excites the flow of the digestive juices which are so necessary to the proper digestion and assimilation of that which you eat.
- (12) If not hungry at meal-times, one is recommended to wait until there is a genuine appetite.
- (13) Deep, full breathing, which is especially essential when in the open air; expansion always to begin at the waist line. The observance of this rule is essential to the enjoyment of vigorous health.
- (14) Clothing that restricts the movement or interferes with the circulation of the blood or obstructs the functional processes of the body is most emphatically condemned.

THERE are, perhaps, comparatively few who realize the ever present influence of women upon members of the opposite sex. It has often been said that men are what women have made them, and this is true. For example, a boy's character is moulded by his mother, at least to a very great extent. Hardly is he away from

THE WONDERFUL
INFLUENCE OF WOMEN

the environments of his home, before some other woman comes into his life to, in a sense, take the place of his mother and to continue to affect him either for good or for evil, and the same rule continues all through life.

A good woman is the most precious jewel of life. According to the Scriptures: "Her price is above rubies." She uplifts and to a certain extent, ennobles all with whom she comes in contact. Her value in this respect to the individual or to humanity at large, cannot be measured. Such a woman can make a home almost divine, and every person who comes within the hallowed sphere of her influence sees life from a better and higher standpoint than before.

No reform of any consequence can be accomplished without the aid of woman. On the other hand, a woman will be found at the bottom of the majority of those crimes that stain history or horrify us in the present. This, because men will be good or bad in accordance with the natures and characters of the women who are the mainsprings

of their actions-of the women who influence them.

When women demand a high standard of masculine morals, when they will only mate with men who approximate physical perfection, such morals and such men will rapidly spring into existence and become the rule, rather than the exception, as now.

A great deal has been said about what is termed the "double standard" of morals. Now I make bold to say that this standard exists simply because women either commend or ignore it. They, or at least, a great many of them, are to blame for not demanding a different standard. As in other affairs of life, public morality, on the whole is, that which women make it. So that if they will insist on one standard of morality for

both sexes, it will assuredly come to pass sooner or later.

As a good woman cannot be too emphatically eulogized, so a bad woman can hardly be too rigorously condemned. This for the reason that, in the latter case, she exercises a power for evil that may be said to be beyond description or realization. As she sinks into the morass of immorality, she drags others with her, especially those men who are under the spell of her evil fascination. She defames and disgraces her entire sex. Men who begin life with a reverence for woman, quickly lose it when they come in

contact with creatures such as she.

We have been trying to teach a high standard of morals. But the truth is, that without the aid of some good woman, the men who can be truly moral are few and far between, unless so constituted that they can readily live the lives of celibates. In other words, no matter how much a man may believe in the theories that we advocate, he is powerless to put them into practice unless he has the precept and example of some virtuous woman. On the other hand if he comes in contact with, or is influenced by, a bad woman, his theories and his beliefs in them go by the board. In using the term "bad women" it is hardly necessary to remark that these are not by any means confined to the unsavory sections of large cities, nor does the public always recognize them to be that which they actually are. Such women disgrace and often bring misery and ruin into their so-called homes. Also they ignore their promises made at the altar to "love, honor and obey," and they too often use the marriage tie as a means of gratifying an abnormal sexual instinct. Under such conditions, home, which was intended to be an earthly Heaven, is on the contrary a terrestrial Hell.

A great deal has been said about the manner in which a woman is condemned for immorality, while a man may committ similar sins without serious censure. It might be well to add that there is a physiological reason for the difference. A truly bad woman can never reform, no matter how superior may be the man with whom she comes into contact. In other words, an immoral woman is that which she is because of her perverted instincts and the unbridled passions which arise from them. Hence it is difficult, and in fact almost impossible, to change these characteristics of hers. She

may fall in love, but where her instincts are perverted as told, her extreme sensualism quickly destroys that love, and she begins her search for another inamorata.

A bad woman can never be satisfied with one man for any length of time; but a bad man who sincerely loves a pure woman can be influenced by her for good as long as life lasts and—if she is married to him—provided that she understands and obeys the mandates of Nature in the matter of the sexual instinct, its use and misuse.

In order to follow the theories of married life, that we have advocated so consistently, it is absolutely essential that both parties to the marital contract shall be thoroughly in sympathy with the high code of morals that are embodied in these same theories. There must be harmony, absolute and complete, or else it is difficult and in fact almost impossible to reach and maintain that degree of happiness for which all those who are united in the bonds of matrimony, are so constantly striving. There must not be one discordant note in the marriage relation. When this fact is fully realized it will then be made clear why it is that so few marriages are productive of prolonged happiness.

Not long ago I received a letter from an enthusiastic follower of Physical Culture theories. The high marital ideals which we advocate had appealed to him for many years. He finally "fell in love," and married. His fiancee had been enthusiastic regarding his beliefs. But he found that after marriage, her endorsement of these same ideals had either been pretence or else she was so constituted as to be unable to assist him in realizing them. But believing as he did that at least some recognition should be given to the physiological laws involved, he did the best he could under the circumstances. The result was mutual misunderstanding, lack of harmony and

unhappiness, that finally ended in the infidelity of the wife.

He asked for my advice in his letter. What was he to do under the circumstances? There is but one thing that could be done, and that is to get rid of such a woman at the very earliest opportunity. Such women are sexually abnormal and hence in a way mentally abnormal, and they will remain that which they are in spite of all argument or influence. Regardless of the publicity and disgrace that might be caused by a divorce, it is a thousand times better for the man to secure one under such circumstances than to continue relations that must be morally, mentally and physically destructive and degrading.

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DURING my visit to England, I have had a chance to carefully consider the past, and, to a certain extent, look into the future. There is one conclusion that I have come to, about which I am very definitely decided. I have hitherto been doing too much work and taking too much responsibility myself. I have made myself a

veritable slave to the advancement of the Physical Culture SHALL I SELL SOME Cause. For many years I have thought of nothing else and dreamed of nothing else and have done nothing else. The burden is now almost more than I can bear.

I want to divide this responsibility. There are plenty of capable men who are perhaps as interested in the advancement of the Physical Culture propaganda as I am, who could take hold of, at least, a portion of the business enterprises in which I am

interested and handle them as well as I have and perhaps better.

If I can find such a man or men, I would be half inclined to sell my publishing plant and the PHYSICAL CULTURE magazine to them. I want to be able to devote a large part of my time to writing and to lecturing. Business was always distasteful to me. I was forced into it in order to accomplish results which I desired in connection with the spreading of the principles of physical culture. I feel, however, that the time has come when I ought, and can shift part of this same responsibility on to other shoulders.

There is between \$40,000.00 and \$50,000.00 worth of machinery in our publishing plant, apart from other valuable assets. To feel that one is responsible for the work of the various departments which the machinery represents, in addition to all the other

various and manifold details involved, does not tend to give one the ease of mind that

is essential to the best work in writing and lecturing.

I may say, however, that I have no intention of selling to anyone who is not in a position to carry on this work in the same conscientious and efficient manner in which it has been begun and continued. Also and in the same event. I will continue all my various articles and editorials in the magazine as heretofore.

EVEN the daily press is beginning to "take notice." The average individual is so doped with self-conceit that it is difficult for him to arrive at an unprejudiced conclusion. The fact that the old-time Americans are being fast relegated to oblivion, and that the population of the United States is now made up mostly of the

progeny of immigrants that are too often the scum of the ARE AMERICANS countries from which they come, cannot be gainsaid. Per-DEGENERATING? haps this accounts for the moral degeneracy that is so general in business and professional circles at the present.

"Money talks" is a statement that is frequently made, and its voice is about the only thing that counts for much in these days. We have advanced in every form of material enterprise by which money can be made, but in other respects we have

degenerated to a deplorable degree.

We hope that the newspapers throughout the country will follow the example of the "New York World" by calling the attention of the public to the report of the Census Bureau upon the death rate of various sections of this country. We quote the following from the "World."

The report of the Census Bureau upon the death statistics of the "registration area" of this country bears an importance far transcending that of the recent figures of manufacturing

growth which caused Speaker Cannon to call his native land a "hell of a success."

Measured by the care which people take of their own lives, the success of the United States is not so apparent. It is most unsatisfactory that the general death-rate of 32,000,000 people, in city and country, has increased since 1902, in spite of the improvements and discoveries in the prevention of diseases. It is most unsatisfactory that important American towns should show death-rates rather like Moscow and Constantinople than like London and Paris.

It is discreditable to American civic pride that a rich city like Pittsburg should waste thousands of lives yearly by a preventable disease like typhoid, and that even the nation's capital should show a death-rate from this cause which would not be tolerated in any German

city. + + + +

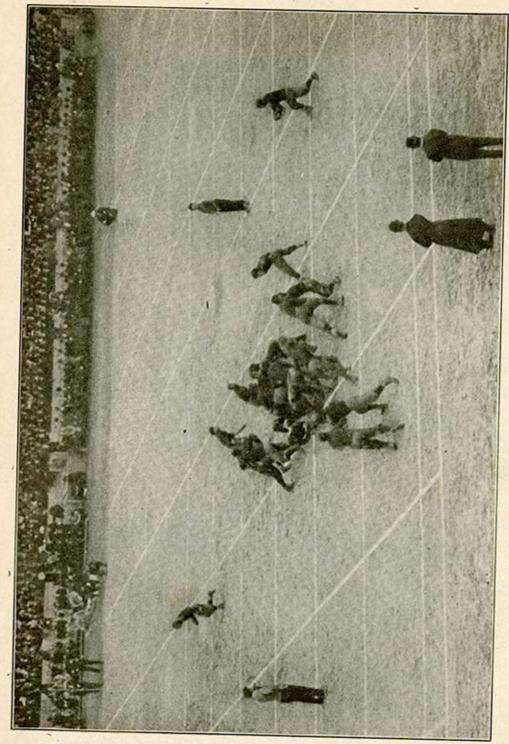
THE ignorance of the average mother as to the proper care of her infant, is almost criminal. She seems to imagine that a baby's stomach is capable of working perpetually, and that the little body, regardless of the temperature, must be swathed with clothing, until the unfortunate youngster is almost smothered. A prominent New York paper employed a number of

OF THE INNOCENTS

WHOLESALE SLAUGHTER physicians to visit the tenement districts in New York, and instruct mothers as to the proper methods of caring for their babies. The conditions with which

these physicians came into contact almost daily would almost suggest that those visited had but slight excuse for calling themselves civilized. On a very hot day last summer, a physician found the entire body of a baby wrapped in layers upon layers of flannel. The child was fretful and feverish, and the mother was trying to force a drink of coffee down its throat. In explanation of her conduct, the mother protested that she was afraid that the child would take cold. This is only one example out of many thousands. It is certainly time that the Government was showing some interest in a subject so imperatively important. Some of the millions of dollars that are now devoted to raising vegetables, hogs, cattle, etc., under Government auspices might with great advantage be diverted to educating mothers how to take care of their babies.

Gernar Macfadlen



Harlan, of Princeton, Punting During First Half of Yale-Princeton Game

### The Athletic World

By ARTHUR DUFFEY



HE athletic year of 1906 was marked by unusual achievements and record breaking in all directions. If the forthcoming season of 1907

should eclipse it, it will be indeed a hummer.

The football season has now been brought to a close, and it is pleasing to note that there have been fewer serious or fatal accidents this year than in the True it is that there have been some fatalities, but what sport is there in which the element of danger does not enter to a certain extent?

The Rules Committee have worked intelligently and enthusiastically in the remodelling of the game, and when such notable personages as President Eliot of Harvard and President MacCracken of New. York University endorse the new game, it is reasonable to presume that many undesirable features of the game have been eliminated. Although it is true that the game has not reached that high state of perfection where many would like to see it, still, like everything else, time and experience will improve it so that in a year or so, we may look to see it even more popular than ever in the college world of sport.

One of the most praiseworthy features of the new rules was the bringing together of the leading Western colleges and those of the East. For many years the Western athletes have been endeavvoring to find some means by which they could test their athletic prowess against that of the East; now that Michigan has invaded the East with her remarkable football eleven it is assured that her game with the University of Pennsylvania will become an annual fixture. The Carlisle Indians likewise invaded the West to play Minnesota, and the meeting of these representative Eastern and Western colleges caused considerable interest, for it was supposed to settle the question of whether the

Eastern style of football was superior to that of the West. In both instances was the West decisively defeated. While in the past, the West might have been very formidable, this year, the East was far ahead of the West in all the

points of the game.

A most regrettable feature of the footbal season was the wrangling that took place between the different colleges concerning the interpretation of the rules and the selection of officials allude in particular to the statement of Yost of the Michigan team, that Penn did not conform to the rules when Michigan and Penn met at Franklin Field. Also Yale and Harvard could not agree on the selection of officials for their game. It is just such actions as these that, in the past, have caused more or less of a ban to be placed on our great college game. As soon as our colleges can learn to place more sportmanslike faith in each other, the better it will be for sport. Yale and Harvard once before were guilty of a like incident. But let us hope that our leading American universities will not indulge in such baby-like action towards one another. in the future but learn to have faith and reliance in each other's actions.

The aftermath of the college football

The All-American Eleven

season calls for the annual selection of All-American the team by the experts.

And while in some instances, there may be a slight difference of opinion as to who should occupy a particular position, still, as a rule, the make-up of the whole team corresponds very closely to the public verdict. In several instances, the ability of many of our college players so far outshines the work of their fellows. that it is evident that they are practically in a class by themselves. I refer to such great exponents of the game as Burr, of Harvard, Forbes, of Yale and Wister of Princeton. who seem to stand head and shoulders above all others. and who have no dangerous rivals for their respective places. Nevertheless in some cases the All-American teams have not consisted of absolutely the eleven best players of America. It often happens that we have stars in the lesser college teams who would shine to better advantage if they had a strong team behind them, as is often the case with many of the stars in our larger college elevens.

As a general rule, the real criterion of a player is not his general average of play throughout the season, but his best form. This indeed is the only method of judging the individual performance of an athlete in sport. Football s a game like rowing and baseball, in which, under the general rules, team-

hail from that section of the country. And as Yale, Princeton and Harvard have turned out the best teams, they will furnish most of the best players. But even in such a great aggregation, one player of startling ability will crop up now and then. Such a one is Eckersall, of Chicago, the greatest quarterback in the West and to many he appears to be one of the finest players the game has ever produced. In the East, the followers of football have not had an opportunity to see Eckersall in action. But his feat of kicking seven goals in succession in a game, creates a new record, and a world-beater at that.

The following seems to be the consensus of opinion on the All-American team.



Pennsylvania-Michigan Game. Michigan Breaking Through Penn's Line

work is of the principal importance. Hence the strongest individual players are not necessarily from the most successful teams, nor do the weak teams appear to be without their stars.

Taking everything into consideration, the Yale players again seemed to have excelled in the game under the new rules. Harvard on the whole, displayed the strongest line work and Princeton was able to keep back defeat by her kicking game, her ends in covering punts, and the running back of punts by young Dillon, the quarterback.

As the East has thoroughly demonstrated its superiority in the great American game, naturally many of the All-American players will be found to First and second choices for All-American Football Team.

FIRST TEAM.	Position.	SECOND TEAM.
Forbes (Yale)	L. EL	evine (Pennsylvania)
Osborne (Harvard) Burr (Harvard)	L. G	Kerchurg (Hammed)
Parker (Harvard)		Hockenhenrer (Vale)
Brides (Yale) Biglow (Yale)	K. Cr 7	eigler (Pennsylvania)
wister (Princeton)	K. K	Evendine (Carbala)
Eckersali (Chicago)	. O. R	T Iones (Vote)
Veeder (Yale) Mayew (Brown)	R H	Jouglass (Annapolis)
Morse (Yale)	F. BM	cCormick (Princeton)

That there is a good man and that
there is always one as good
Sprinting is a true statement, but to
Records many, the decision of the
Amateur Athletic Union to
accept Kelly's 9 3-5 seconds, for 100
yards, seems a little too "easy."

This is the third time this year that

the 100 yards record has been alleged to have been equaled, but Kelly's performance was the only one to receive the seal of approval by the Powers-that-Be. The first sprinter alleged to have covered the distance in the time named was Whitman of Pennsylvania, but after all the conditions had been taken into consideration, this sprinter and the organization under whose auspices Whitman ran, had sense enough not to officially apply for the record. Still, I feel assured that had not such a capable critic as Mike Murphy been present, the record might have been allowed by the A. A. U. The next sprinter to perform was Dan Kelly at Portland, Oregon, at some little picnic games. There can be no doubt but that Kelly is a remarkable sprinter, but his 9 3-5 seconds performance will always be considered a myth by those "in the know," until he shows himself to the critics in the East. My own personal experience on the track has been that the Western timers are much faster than the Eastern. When I was competing in athletic sports at St. Louis and other Western cities, I was surprised on many occasions to see that my time was officially returned as 9 4-5 sec., when it appeared to me that I was totally unfit to accomplish such time. I often competed against reputed even-timers, but on all occasions. I succeeded in defeating them in time slower than evens.

There can be no question but that the Westerners firmly believe in the capabilities of Kelly, but to the athletic world it appears unsportsmanlike'that he does not turn out more. The East has been patiently awaiting his appearance, but Kelly refuses to show up. As a sprinter's active athletic capabilities are limited, it would be well for him to bear this in mind and to remember to strike when the iron is hot. True it is that the Western committee came East at the meeting of the Amateur Association armed with all kinds of affidavits and the like. But these do not make 9 3-5 seconds. Since the Association has considered the word and statements of the Western followers of Kelly, I would personally put as much faith and credence in the Japanese professor's words and affidavits, who claims that

one Simoru, a Japanese sprinter, performed close to 9½ seconds, for the 100 yards. But the A. A.U. do not consider this performance. They cannot see further than the possibilities of American athletes.

At any rate whether Kelly accomplished 9 3-5 seconds, or not, his alleged doing it will be a great boom for athletics in the West.

While the 100 yards record has been receiving some pretty good jolts, it seems rather unfortunate that Melvin Sheppard, the peerless middle distance runner of modern times, cannot get a suitable opportunity in which to create new figures, especially in the half mile runs. Probably no athlete has worked more conscientiously than this particular man. But on all occasions when he attempted a record run, something happened to hinder his performance. Without doubt he is fully as good a man if not better than Charlie Kilpatrick, the present record holder. But Sheppard seems to have missed an opportunity of lowering the world's half-mile record.

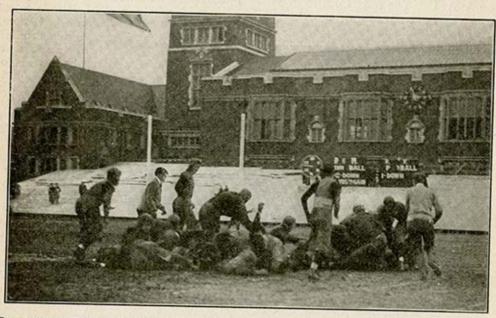
Although the out-door aquatic season of 1906 has come to a close Swimming the forthcoming indoor season promises to fulfill all expectations and prove of unusual interest. The season just closed has been full of remarkable performances. and marked by unmistakable progress, which is due more or less to the various champions, the blue ribbon winners of the aquatic world. Of course there can be no doubt that C. M. Daniels of the N. Y. A. C. leads the list and is considered the greatest all-round swimmer America has ever produced. His work has been so extraordinary that it places him in a class by himself. Early in January he startled the world by swimming 100 yds. in 57 3-5 sec., which made him the peer of all short distance swimmers. From this onward, his career has been a continuance of uninterrupted successes. At the great championship meet held at the N. Y. A. C., he succeeded in taking five of the six classic national events, establishing a string of records almost too numerous to detail.

H. J. Handy of the Chicago A. A. is the swimmer who ranks next to Daniels. He is more of a distance swimmer than the Mercury Footer, and his forte seems to be the half and the mile. It was extremely unfortunate that he was unable to compete in the indoor championship, for it lost him at least one race. Later, he rounded into shape and established records for the 440 (5.50) the half (12.20) and the mile '25.13). In the national championship, Handy took both the half and the mile without an effort. So the time he made, is no criterion of his ability.

When Handy and Daniels meet in Buffalo in a special half mile race this coming indoor season, we may look to Goessling, of the M. A. C., one of our most versatile swimmers, now holds the title for the back and stretch stroke events, though as yet he has not defeated Ruberl, who could not compete at St. Louis.

Joe Spencer, winner of the indoor mile championship, was very lucky in his event, as Handy and Daniels did not compete. Adams of the N. Y. A. C., still retains his diving ability and won the plunge for distance, raising the record up to 69 feet.

Fancy diving was divided into two separate classes this year, the low-



Pennsylvania Pushing Michigan on the Latter's Five-yard Line. A Touch-down Imminent

see one of the greatest contests ever known to the aquatic world. For the past season, the followers of swimming have been dilating on the prowess of these two great swimmers and now that they have consented to meet each other, it would not be at all surprising to see new figures established in this particular event.

Of the lesser lights, Ruberl, of the N. Y. A. C., the former all-round champion, competed only in the back stroke event, but proved that he has lost none of his speed by going 150 yards in 2 minutes, 5 3-5 seconds, a new record.

board diving and the high-board diving. In the low-board diving competition, F. Bornamann, of C. A. A., had no trouble in defeating all comers. But in the outdoor thirty-foot diving event he was not able to get a place, Callahan, of N. Y. A. C., winning in clever style.

Amateur
Athletic Evils

amateur sport under the present official conditions. But the truth is, that shall continue to lift my voice in protest against the many outrages that have existed in amateur sport during the past. I wish it to be clearly understood that in future installments of the Athletic World, I shall devote a certain amount of space to those facts which all sport-loving people should be aware of. Also whenever the athletic Powers-that-Be use their authority in a manner prejudicial to amateur sport it will be my endeavor to treat them in a most drastic manner.

The Amateur Athletic Union has had its annual meeting, elected its officers by the leading amateur athletes. True it is that the lesser committees and the men who depend for a livelihood on their athletic connections, will kow-tow to him and herald him as the mighty one, but not so the general athletic body. As a matter of fact there never was an organization or a union whose members expressed such underlying dissatisfaction as do the leading A. A. U. athletes. It is true that to outward appearances all appears serene, but as a matter of fact the athletes who make up the great mass of athleticdom are



The Famous Carlisle Indian Football Team 1906

and passed on the various records, business, etc., that comes within its scope. In electing Sullivan to its presidency it has elected a man to whom its highest honors have been accorded during the past fifteen years or so. It was a foregone conclusion that the Spalding agent would get the office, for it was evident that the organization was getting upon such a weak basis as to need a man who would wield a strong arm, and who would fight for his own athletic affiliations as well as his friends. In electing Sullivan, however, to the head of the organization, his success will not be welcomed

becoming wise. I have no hesitation in declaring that it is only a question of time before open defiance and warfare will be declared against the methods of the A. A. U.

I recently received letters from leading athletes in Philadelphia, Chicago, Buffalo and Birmingham protesting against the unjust principles and questionable methods of the leading A. A. U. officials. From the tenor of the letters, it seems apparent that the athletes of the cities in question, are lining up against the A. A. U., and a new association will surely be formed on a more

democratic and equable basis before

long.

The attitude of the Y. M. C. A. members towards the A. A. U. presents another interesting and significant study to the observer of current athletic events. While the Y. M. C. A. men have been saying nothing, they certainly cannot be accused of being blind to the many unjust acts of the A. A. U. committees. In more than one case, have they expressed their anger at the way that they have been treated. But the hardest blow to them has been the wholesale annexation of Y. M. C. A. material to A. A. U. clubs. Meanwhile fences are being prepared and the Asso-



Miss Harriet Curtis, National Woman Golf Champion

ciation is extending its influence far and wide under the able influence of one of the most astute and far-seeing leaders of the Y. M. C. A.

It is a very complicated situation throughout. There are certain forces in the A. A. U. that are apparently doing all they can for sport, while on the other hand, the A. A. U. leaders are striving to center all power in themselves.

President Eliot, of Harvard, certainly knew what he was talking about when he stated that rowing and tennis were the only reputable sports. Here is a man who is known for his wonderful

educational ability. Sports seem to play an unimportant part in his ideals. Nevertheless in rowing and tennis we likewise have had many unpleasant happenings. It was only recently that the Vesper crew were tangled in some financial trouble over the expense proposition. England has now practically barred our Henley entries, mostly on the ground that our organizations and athletes are tainted with professionalism. Tennis too, recently received a jar when B. C. Wright and Wylie Grant were heralded as professionals, inasmuch as they were connected indirectly with a sporting goods house. But these athletes were charged wrongfully. If there ever is or was an amateur athlete, Beals Wright is the man. I see that the Tennis Association has settled the status of these two players favorably. But in the future, all players accepting racquets, balls, nets, etc., from sporting goods houses will be debarred.

Speaking about athletes being directly connected with the furtherance of the business of athletic outfitters, makes me think that the A. A. U. does not apply or follow any such ruling. If it did, where would the illustrious president of the A. A. U. be? Also many of our leading champions? They would be thrown out. But the amateur ruling is different in the A. A. U. Big "Jim" will apply the ruling as he sees fit and not as the public and athletes feel. I can remember a time when an A. A. U. champion used nothing but Spalding's goods, providing that he won the cham-

pionship.

Morton on his visit to America was only here a few weeks when he was allegedly "using Spalding's goods."

As there has been considerable comment of late in the athletic world concerning the respective ability of Great

Britain and America. I enclose a letter from Mr. Morgan, one of the foremost critics in British sport. While the followers of sport in this country are wont to believe that we are the leaders in athletics still, it is evident from Mr. Morgan's remarks that the British sportsmen feel that they have as much claim to this honor as the Americans.

At any rate, there can be no doubt but what Mr. Morgan states is worthy of due consideration from all Athletic World readers.

ARTHUR DUFFEY,

Athletic Editor Physical Culture Magazine.

DEAR SIR:

I have followed up your articles on "Amateur Athletics Exposed" and your athletic observations in Physical Culture with greatest interest. They are the first things I turn to, when I open the pages of the Macfadden magazine, and I must confess that your comments on international athletics were far more fair (shall I call it) or at least not so biased as those of your able but more pro-American predecessor, E. R. Bushnell. It is true that the latter is somewhat of a recognized critic on athletics, still in some instances he appears very much at fault. For instance he once made the very erroneous statement that Americans were superior to the old country in every branch of outside sport with the single exception of tennis forgetting that the old country was supreme in swimming, cricket, polo, water polo, archery, rowing, sculling and cross-country running. This was saying nothing of Rugby and Socker football as these latter styles are not played to any extent on this side.

Speaking of bogus amateurism, I was acquainted in England with a traveller for one of the largest building material firms in the world, an ex-Lancashire County Rugby player. He had in the past, refereed some of the greatest Rugby contests in Wales, and has since the split, been a referee under the Northern Rugby Union rules which body split on the question of "broken timers"-that is that workingmen players, who had to lose an afternoon's work to fulfill an engagement should be compensated the value of their time so lost. To this, the wealthy aristocrats of London, and the Universities, who had too much control, refused to accede, thereby causing the powerful clubs of Lancashire and Yorkshire to sever their connection with the Rugby Union and form a Northern Union of their own. So this gentleman has on more than one occasion opened my eyes as regards bogus amateurism. He declares that even the universities are tainted with it. After the match, he stated that when he got to the dressing-room, he generally found from one to three bottles of costly wine or liquor in his coat, and a £5 note, concealed either in his boots or his clothing; Cambridge and Oxford players who had a Lancashire County certificate, were treated in the same manner when they came up from the university centers to play for their county. He also stated, and I and other authoritative critics across the pond confirm his statement, that many of these much lauded amateurs make more under the title of "expenses," than the honest but much abused professional who gets his under the manly, honest and straightforward term of wages. But of all sports in England where

the wealthy, aristocratic and exclusive (snobs if you will), exert too much power Rugby Union football is where it rises to the ridiculous. Now in cricket, the "players" (professionals) and the "gentlemen" (amateurs) play on the same team. The only difference being, that when they turn out to either bat or field they come from different exits, and the democratic wave now looks as if this plan would have to go by the board and so all use the same exit. Also in "Socker" football, any amateur can play with or for any pro-fessional league team without affecting his amateur standing so long as he accepts no pecuniary compensation for his services. Now a real classy player, will prefer to play with clubs of a high grade rather than with a medium lot. Consequently many players of exceptionable ability who have received and are worthy of county and even national caps, have joined the ranks of the Northern Union clubs on a genuine, amateur basis in order to play in company with players who know how to play. Such men have for once and all time, been banned by the antideluvian fossils who control the Rugby Union. Once a player joins the Northern Union, even on the strictest amateur status, he can never aspire to either a county or national cap under Rugby Union rules. Also no club under the Rugby Union rules can meet any club under the Northern Union rules. In Socker the Corinthians or any of the University teams or other well-known metropolitan amateur clubs take on games with the leading professional league teams without losing their amateur status.

Some years ago the Daily Telegraph raised a national shilling testimonial for Dr. W. G. Grace, the world-famous cricketer which realized a few thousand pounds. Dr. Grace received the money and was not professionalized thereby. A few years afterward, the Western Mail (Cardiff) organized a National Welsh testimonial (shilling) for Mr. A. J. Gould, of Newport, the famous Welsh International Rugby football player, the greatest three-quarter back, both in attack and defense individually and for passing the ball and drop-kicking, that ever put on a football boot. The Welsh Union made the present from the proceeds of the testimonial in the shape of a splendid house, and on his accepting it, he was instantly declared a "pro" by the Rugby Union, thereby causing a long estrangement with the Welsh Rugby Union that resulted in no international games occurring for three seasons. In the end, Mr. Gould, the world's greatest Rugby player, had to retire from the field of actual play before any further international games could be renewed.

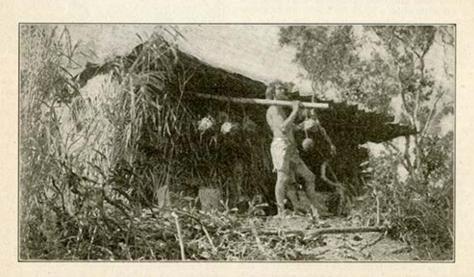
In another branch of sports the A. A. A., of England, ruled by aristocratic wealthy incompetents, has been severely criticized since the result of the Olympic Games at Athens. Two weeks before this event, the A. A. A. issued the statement that all athletes intending to compete at Athens must bear their own expenses in full. In other words it opposed and would not allow a public subscription to be formed in order to help along the non-

wealthy competitors. Also the A A. A. asserted that anyone could appear at Athens under English colors who could stand the expenses of the trip and that they wished it to be known that the English competitors were in no way representative of the athletic cream of the country. This mandate at once robbed the English competitors of their best men. As you are aware, as far as England is concerned, it is not the wealthy universities, but the various provincial athletic clubs drawn mainly from the working classes, which produce the best athletes in the kingdom. The various Harrier clubs in England have runners by the score who could run Sherring off his feet in distance running. But instead of any of these experienced runners appearing under English colors at Athens, only a university three-miler, an unknown runner, appeared for England in the Marathon race. Why, there are at least 20 harrier clubs in England who can each produce six men, able to do the 10 miles under 56 minutes, any week in the year. The greatest runner that ever wore a shoe, A. Shrubb, was professionalized by the A. A. A. on the most trumpery evidence, simply for losing to the Scotch champion in a mile run, they reckoning that he had given the race away, when as a matter-of-fact, Shrubb never gets going until after he covers the first mile. So much for this and I sincerely wish you the best of success in your endeavor to place amateur sport on a better plane and thus rid it of the hypocrisy that is so prevalent to-day in so-called amateur circles.

I notice that American papers are making much of Daniels, whom they call the world's champion swimmer, he only holding the world's championship for one recognized distance. viz., 100 yards. He is not by any means the world's champion for various distances as some claim. The American papers state that in England, he won easily at various distances. Yet he never competed in England in any swimming match over 120 vards; also he never won easily, as in no race did he win by more than two yards, also Healy, of Germany has broken his 100 meter record. I see too, that even with Forsyth, the English one-half mile champion and H. Taylor, the well-known swimmer covered the one-half mile championship in a few seconds over 11 minutes, breaking Kieran's record by 2 3-5 seconds. Taylor, at the Osborne Street Baths, Manchester, covered the mile in the record time of 24 minutes and 10 seconds. A London policeman carried off the King's Cup Competition, Healy being second. Healy was the fastest, but lost in the rescue part.

Recently, D. Billington, of Bacup, at the Ramsey Open Air Baths attacked J. Nuttall's (professional) three-quarter mile record of 19 min. 8½ seconds breaking it by over 16 seconds; doing the feat in 18 min., 51 3-5 seconds. Compare this with the work of Handy, of Chicago, who once made the claim of breaking five American and 13 world's records in New York and who lately took nearly 14 minutes to do 1000 yards. Billington was blacklisted for taking part in a professional race

in Paris.



E. W. Darling, the "Nature" Man, at his home on the Island of Tahiti, Pacific Ocean. He has one thousand acres, raising cocoanuts, fruits and the "natural" foods, in a veritable "Garden of Eden."