

# PHYSICAL CULTURE

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

VOLUME XVI

SEPTEMBER, 1906

NUMBER III

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Entered as Second class Matter at Spotswood, New Jersey, Post-Office.

PRICE, \$1 PER YEAR, POSTPAID. WITH FOREIGN POSTAGE, \$1 60

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PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.

PHYSICAL CULTURE CITY,

SPOTSWOOD P. O., NEW JERSEY

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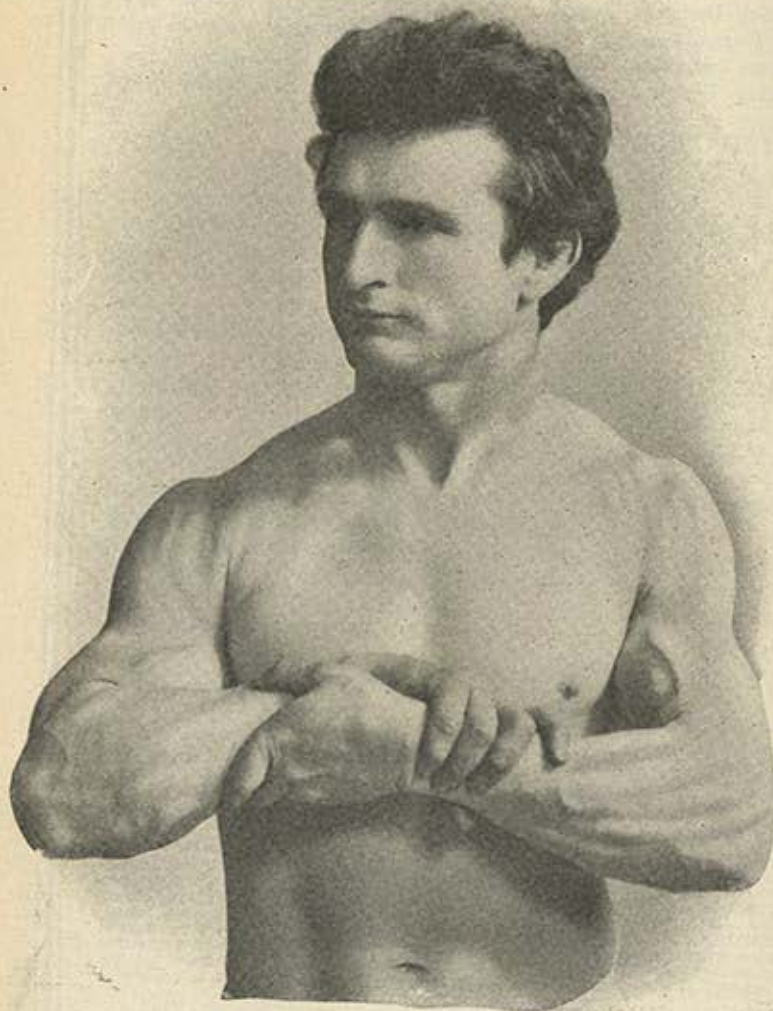
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## Tensing Exercises

By BERNARR MACFADDEN

Used by all Great Athletes when Posing—One of the Most Effective Methods of Developing the Muscles—Sometimes Called Double Contracting Exercises, and often Referred to under the High-Sounding title of "Psycho-Physical Culture"



PERHAPS the most difficult parts of the body to develop are the muscles of the legs and hips. In fact, many athletes who are able to secure a noticeable development of chest and arms, find it almost impossible to bring the legs and hips to a satisfactory degree of rounded symmetry. As a rule, the ordinary exercises secured in the athletic field and in the gymnasium will bring about considerable development, though often when there are marked defects, even these exercises will fail to secure satisfactory results.

But of all the various exercises that I have tried for the development of the legs, I can conscientiously declare that I believe that the method described and illustrated in

• Exercise No. 24.—Grip the wrist as strongly as you can as shown in the illustration. Continue the effort for a moment, tightly tensing the muscles of the upper and lower arm. Relax and repeat until tired. (Further exercises covered by this illustration on next page.)

**Exercise No. 25.**—With the wrists gripped tightly as pictured attempt to bring the arms towards each other, thus bringing into vigorous action the large muscles on the front of the upper chest. Continue the effort for a moment. Relax and repeat until the muscles tire.

**Exercise No. 26.**—While gripping the hands and wrist tightly as shown, strongly endeavor to pull the arms apart, at the same time bringing the shoulders back as far as you can, thus bringing into active play, the muscles of the back between the shoulders. Continue the effort for a brief moment. Relax and repeat the exercise until the muscles are tired. These are the special muscles that should be strengthened in order to avoid becoming round shouldered or to remedy a defect of that character.

this issue, is the best for inducing speedy results. These exercises seem to reach every fibre of the muscles involved and every part of the adjacent tissue. They seem to awaken into thorough activity every minute cell. I distinctly remember, many years ago, my first experience with these exercises. They produced a far more satisfactory result in a shorter time than did many exercises that were more irksome and more difficult. In developing the muscles of the legs, however, do not forget the necessity of considerable walking. It is a superior exercise not only for the legs, but for all parts of the body. I have called the attention of my readers again and again to its value. But in order to secure the most satisfactory results, one must walk correctly.

Walking must be a continuous falling forward. Head must be up, shoulders back and down, body erect, but you must be slightly inclined forward as you move over the ground. When the body is poised in this manner, at every step you push out, and naturally raise yourself slightly on the toe. This gives the calf its proper use, and also brings out to a more rounded symmetry, the large muscles on the posterior portion of the hips.



**Exercise No. 27.**—Stand on the left foot as shown in illustration. Bring the right leg upward and backward with the knee rigid, as far as you can. Hold the leg in that position, endeavoring to bring it back still further, tightly tensing all the muscles of the leg. Relax and take same exercise with the left leg. Repeat the exercise, alternating from one leg to the other until the large muscles on the back of the hip are thoroughly tired.

The muscles of the legs can also be strongly tensed while walking, if one is desirous of securing a great deal of exercise in a short period. For instance, if you only have a few minutes to devote to walking, at the completion of each step, while you are pushing away from the ground, if you will tightly tense the muscles of the calf and the back part of the upper thigh and hips, you will quickly note the effects of this vigorous exercise. In fact, there is perhaps no other exercise that is more valuable as a means of rounding out and giving the hips and calves a proper symmetry.

The average individual thinks he knows how to walk, but it must be admitted that but few persons secure satisfactory benefit from the exercise. It is not a bad plan to have some particular point in view, some place to go, for when walking to reach a definite destination, the exercise is not so much of a "grind." But you must need be in poor condition if you are not able to enjoy a walk under most any circumstances. Of course if the weather is fine and the air bracing, a walk is much more enjoyable, but if you have a proper spirit within, walking should be exhilarating at almost any time, provided of course that you walk properly. Perhaps about the best method of learning what might be termed a perfect manner of walking is to note the attitude of one when very tired through walking. Under such circumstances, you naturally walk in the easiest manner. In fact, no matter how bad your ordinary gait may be, when almost "tired out" you will usually walk in the manner that I have described. The body will be inclined forward, and every step will be taken with a view of progressing with the

least possible effort. If you cannot learn how to walk properly in any other way, walk until you are thoroughly fatigued, until you can hardly drag one foot after the other, and then you will assume a proper gait naturally. The only exception I can make to this rule, will be in regard to the position of



**Exercise No. 28.**—Stand on the left leg as shown, bringing the right leg upward as far as you can to the side. Maintain this position for a moment, endeavoring to bring the leg still further out, tightly tensing all the muscles of the leg. Relax and take same exercise, bringing the left leg outward. Repeat the exercise, alternating from one leg to the other, until the muscles on the side of the hip, and on the side of the extreme upper thigh, are thoroughly tired.

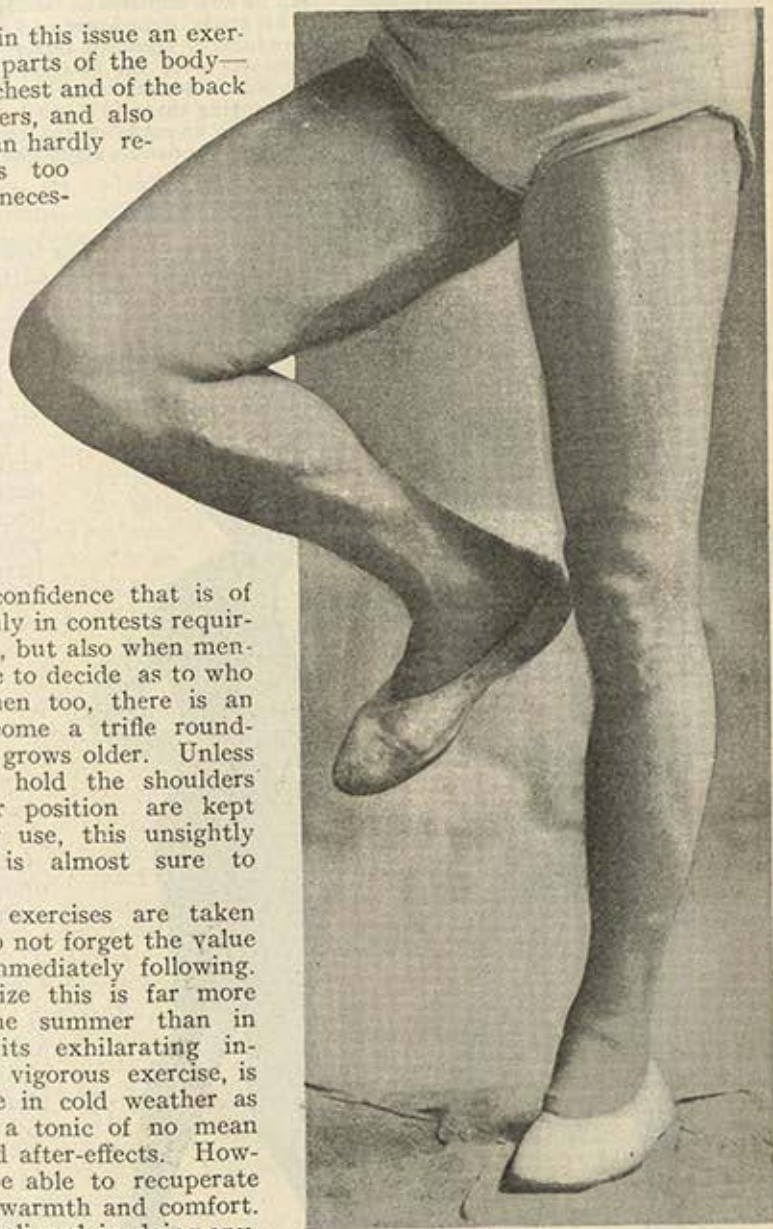
shoulders and head. Generally, the head and shoulders are held too far forward. If you will hold head and shoulders back, your attitude if extremely fatigued will in nearly every instance, furnish the correct method of walking.

I am presenting in this issue an exercise for the upper parts of the body—the muscles of the chest and of the back between the shoulders, and also of the arms. I can hardly remind my readers too frequently of the necessity of keeping the muscles of the upper part of the body in good condition; not as a means of performing any difficult feats of strength for admiring friends, but as a method of maintaining vigorous, abounding health. Strong arms give

one a feeling of confidence that is of great value, not only in contests requiring muscular vigor, but also when mental attainments are to decide as to who is the victor. Then too, there is an inclination to become a trifle round-shouldered as one grows older. Unless the muscles that hold the shoulders back in a proper position are kept strong by regular use, this unsightly physical defect is almost sure to appear.

If the tensing exercises are taken in the morning, do not forget the value of a cold bath immediately following. Of course, I realize this is far more pleasurable in the summer than in winter, though its exhilarating influence, following vigorous exercise, is quite as noticeable in cold weather as in warm. It is a tonic of no mean value, with no bad after-effects. However, you must be able to recuperate with a feeling of warmth and comfort. In fact, I never believed in doing any-

thing that resulted in actual discomfort. The interpretation of the natural laws of health under normal conditions, simply means the finding out of that which you like best to do, and then, temperately following the dictates of your desires.



**Exercise No. 29.**—Flex the muscles of the right leg as shown in illustration. Make a brief effort to bring the calf still higher up toward the thigh. Relax and take same exercise with the left leg. Continue exercise, alternating from one leg to the other, until the muscles on the back part of the upper leg are thoroughly tired.

# The Modern Art of Self-Defense

By JACK O'BRIEN, (Joseph F. A. Hagan,) Champion Boxer of the World

This is the concluding article of the series on the art of self-defense by the champion. The combinations of attack and defense, which he now explains so clearly, represent a careful selection of suggestions made on the basis of his study, experience and observation of those ruses of the ring which are among the latest products of scientific boxing. Professor Murray, boxing instructor at Columbia College, co-operates with the Champion in posing for the illustrations. Great has been the interest with which this series has been followed and studied by thousands in all parts of the country. In bringing them to a conclusion only one thing need be remarked editorially in regard to the use to be made of the knowledge gained by a perusal of them, and that is, that the boxer and the gentleman should be one, and the gentleman's motto is "Peace with honor."

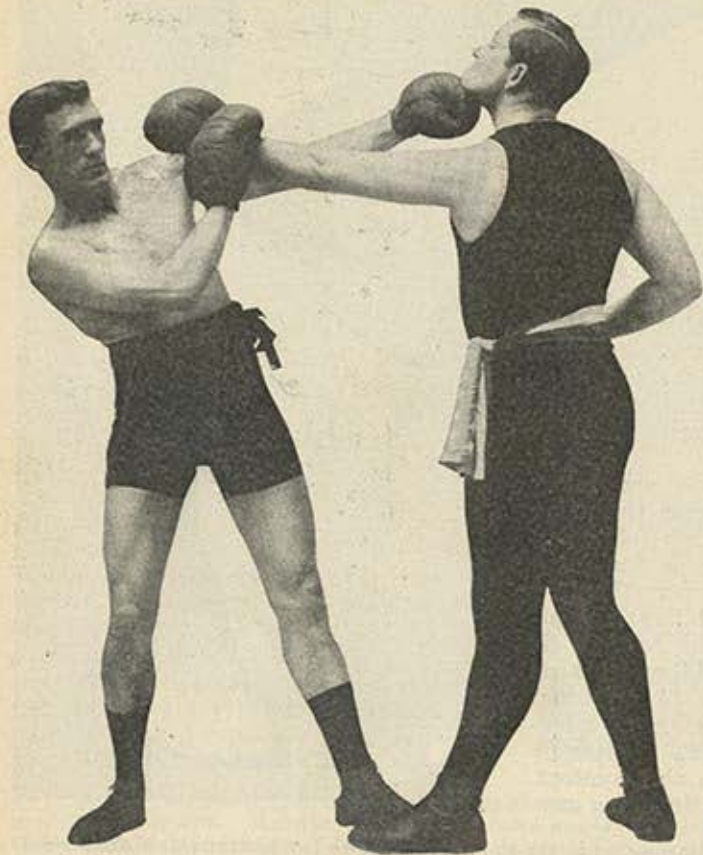
## ATTACK AND DEFENSE

**A**TTACK is the best defense if you are a quick fighter; and the smaller man is, almost invariably, the quicker man. The slow man should be especially keen on defense proper, as distinguished from attack, until he finds that his speedier adversary is slowing

perceptibly. The heavy, slow man cannot afford to miss with many of his own blows. The greatest among the big men I have known, have lost more contests by exhausting themselves than through the damage inflicted on them by the blows of their opponents.

This series, if it makes any discrimination, aims to be of benefit to the man whom Nature may have placed at a disadvantage. The large man, can, and does, depend upon his strength; with practice, he can acquire quickness and so be superior in both respects. But the smaller man, lacking a great endowment of strength, must rely upon quickness for the most effective use of the strength he possesses.

The combinations of attack and defense, which are explained here, call for the use of great speed by those who would use them to best advantage, and they are of the utmost importance by reason of their value for both branches of the

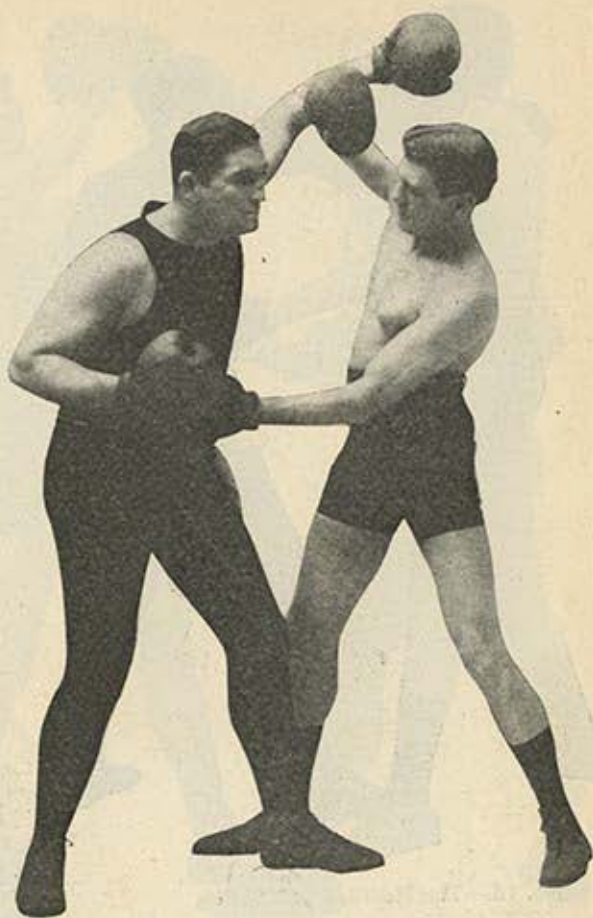


No. 16.—Evading the left lead, with counter of left to the chin

fighter's art. In the practical application, that defense which, in itself, is an attack, constitutes the ideal means of defeating the adversary. These several applications have been reserved for the last article because, before they can be perfectly employed, the student must be familiar with attack as distinct from defense, and vice versa.

**Evading the Left Lead, with Counter of Left to the Chin**

Among the attacks which, made almost simultaneously with defense against the blow of an antagonist, are most frequently required and most useful in an emergency, is the left counter to the chin while you evade your foe's always dangerous left lead. It is especially an opportunity for the small quick man opposed to a heavy enemy; and it is especially worthy of emphasis in this series, which is designed for men who, inclined to the avoidance of quarrels, are likely to be at a disadvantage either by reason of a peaceable disposition or by the natural disparity in size which so often tempts bullies to insult or tyranny. When the assailant leads with his left, you throw yourself from the hips backward, leaving your reach extended. The backward throw of the body is done with a swerve to the right, which extends the left shoulder and brings the whole left side closer to your opponent, while it withdraws your head from his reach. Your right hand, as you swerve, catches his striking wrist at the extremity of his left arm, and turns aside, with ease, the blow he is making, because, as you impinge upon his wrist, you have the power end of the lever constituted by his extended arm. Your right arm, at the time it is warding aside his blow, covers your solar plexus with its elbow, and so serves as an effective guard. Your extended left, meanwhile, catches him full on the point of the chin, thus landing on him the very blow he planned for you. The manoeuvre is a fine example of simultaneous defense and attack.



No. 17.—The Left Shift

**The Left Shift**

The left shift is normally given when your man is on the attack. It is a favorite blow with Fitzsimmons, who always uses it in making his own attack; nevertheless, the left shift operates most emphatically when the antagonist is on the offensive. It is performed by means of a plain, obvious swing of your right to his jaw but with an intentional deflection of the arm so that the blow misses and leaves your right arm in guard over your face. At the same time, you bring your right foot in front of your left, beyond which it is advanced fully twenty-four inches. You are now apparently off guard and in a position open for a blow from his right. In the majority of cases, your opponent braces himself, instinctively for a right to your body. But your position is one

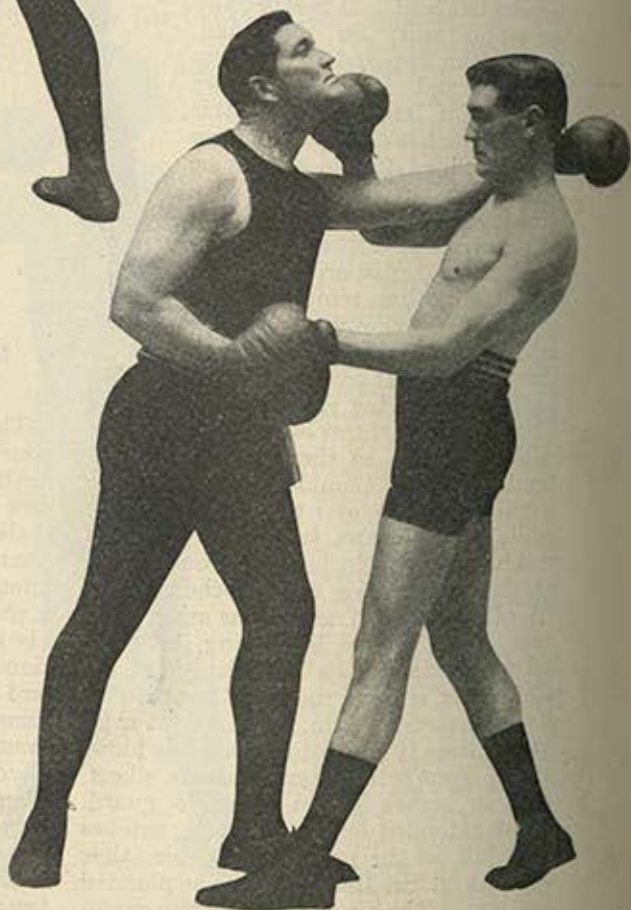


No. 18.—The Modified Left Shift

from which, using your right foot as a pivot and keeping your left arm firmly extended, you can swing with lightning speed and land on his solar plexus with the full sweep of your body before he can deliver his right upon you. This guard and attack are almost wholly unknown to even the best boxers. Its proper classification is here, under "Attack and Defense," for, while it is a formidable defense, it is in even greater measure, an attack, as Fitzsimmons' manner of employing it so often demonstrated. Its essential weakness, together with the assault to be used in frustrating it, was described, under "Defense," as "Evading the Left Shift."

### The Modified Left Shift

When you have become thoroughly adept in sparring, you will find yourself sufficiently quick of body and of wits to make profitable use of the modified left shift which, affording a very powerful blow, was the notable feature in the work of former English champions accustomed to make the head save them the labor of breaking ground before the foot-work of the present day was so highly developed. As your man leads at you with his left, you screw your neck downward and to the right, under his head, and raise it with his left hand past your head and over your left shoul-



No. 19.—The Right Hook or Cross Counter



der. Then you bring forward your right foot and put in your left fist to his stomach. Your right hand is up, not engaged in shoving aside his left, but held in position to guard should he swing with his right. It is the left shift modified by the use of the head on the neck as on a pivot, making it almost impossible for your opponent to hit you from any angle and leaving him open to counter. The use of the head in this manner has always been Corbett's most effective protection.

#### The Right Hook or Cross Counter

One of the most disconcerting rejoinders to the left lead is the tremendous right hook, or cross counter, originated by John L. Sullivan. When



No. 21.—The Reinforced Right Hook to the Jaw



No. 20.—Face Guard, with Stomach Punch

the enemy leads with his left, you can readily let his left hand pass your head by swerving to the left and bringing your body squarely to your opponent, at the same time raising your right shoulder at a pronounced angle. That brings your right hand into play for a comparatively short arm blow, but a blow with such force behind it, and with such a high and practically long reach, that it acquires all the power of a straight left lead. The position, however, opens your middle body to attack from his right, against which, the guard is to be made with your left, using it to find his right hand or arm before it

leaves his body and before he can set himself to an extent sufficient for the delivery of his blow. Your sudden, jolting attack with the unexpected right, together with your interference by means of the left, is utterly confusing and puts to your credit a blow which is an exception of the solar plexus punch.

#### Face Guard with Stomach Punch

It is a noteworthy fact that the majority of men when they are leading with the left, forget that they are called upon to protect themselves with the right. This is witnessed in every fight and it is easy of explanation. Nearly every fighter is intent upon the offensive, and is so eager to overcome his foe, that he tries to land as many blows as he can, and imagines he can do damage with both hands within the space of a second. He can't. And he leaves himself open in many surprising ways. When he leads straight with his left, you can guard your face by raising your right and catching either his hand or his forearm, preferably the latter since it affords you a pivot on which to swing your full weight against him. His stomach thus laid bare to attack, is easily reached by a simple lowering and extending of your left. It is not a very heavy punch, but it is one that saves you from injury and greatly lessens your antagonist's staying power. The opportunity presents itself at most unexpected times and, when it is the most damaging of all with the one

improved, serves as a great depletor of the strength of a husky enemy in a long fight.

#### The Reinforced Right Hook to the Jaw

I am one of the boxers who should be able to speak with authority of the reinforced right hook to the jaw, for I am acquainted with it going and coming. I met it coming with Fitzsimmons as its introducer; it is a favorite of his, and I shall never forget how it felt. I had discovered it previously, on my own account, but I have appreciated it more than ever since the Fitzsimmons demonstration. As nearly as I know, Kid McCoy was the first teacher of it. It is most readily used and most punishing when the opponent is weakened and confused. As he leads with his left, go for a clinch after guarding his left lead with a downward sweep of your right, and you will find your right in the exact position to deliver a punch on his jaw. You allow your left to go out in a swing which will catch him around the neck and pull his head forward and downward. Your right, being brought up, strikes him fully on the point of the jaw. He gets the whole effect of the blow, while you are not only set by your own position but braced by your hold on his neck. The neck pull increases the momentum of your blow and breaks the rigidity of his spinal column. The actual blow may travel through a space of no more than six inches but, well delivered, it becomes a knock-out punch.

### A GOOD WAY TO SCRAMBLE EGGS AS USED BY A TRAMP

I came across a couple of tramps one noon. They were sitting by the side of the road in the country and from them I learned an excellent and, to me, new way to scramble eggs.

One of them placed a small saucepan on the fire of twigs which they had built and then poured in a few tablespoons full of water—just enough to cover the bottom. As soon as the water began to boil, he took two eggs (I wondered what farmer's hen-coop they came from), broke them into the

sauce-pan, added a little salt and then stirred them until the whites were set.

He told me that he generally preferred to beat the eggs thoroughly before putting them in the pan, and that, by using milk instead of water one could give them a better flavor. Also that he sometimes added small pieces of bread-crust or toast.

I have since tried this recipe myself and can recommend it to all who, with me, prefer not to cook with frying-fat.

A. G. RICOLA.

## Amateur Athletics Exposed

By ARTHUR DUFFEY

The revolt against the A. A. U. continues—Cornell College now in line on the summer baseball question—There is no doubt that before long, other colleges and universities will follow suit—The action of Georgetown and Cornell not only challenges the A. A. U., but affords a clue to the solution of the amateur problem—President Maccabe's "fence-mending" trip to the West.



As was prophesied in a recent article of this series, Cornell College has followed the example of Georgetown in the matter of summer baseball. In consequence of which, the Ithacan devotees of the diamond are now free to play during the heated term in return for a financial consideration, without the fear of the Faculty or the threats of the A. A. U. clouding the joy of the game and the knowledge that they are making a few dollars meanwhile. It is stated that the decision of the Faculty has been enthusiastically received by the student body and furthermore, that it has had a tendency to stiffen the backbone of those other colleges which are still deliberating the question. Up to the present, the college spirit was willing, so to speak, but the flesh was weak. This not merely because of the A. A. U., but because of tradition, custom and the touch of unreasonable pride which forbade students from participating in athletic sports in return for a monetary consideration. But now that the two colleges, Georgetown and Cornell, whose baseball prestige is of the highest, have set the pace, there is, as already stated, every reason to believe that other colleges and universities will follow their example in the matter.

It is not too much to say that the attitude assumed by the Southern college and its Northern sister suggests the solving of the amateur athletic problem as a whole. For many years, these two colleges as well as others,

have had to struggle with the question of veiled professionalism, especially in summer baseball, but including some other branches of sport. And it is most significant that the only honorable way out of the difficulty that they have been able to conceive and execute, is, that of allowing the amateur to receive for his services an equable financial return. Does this not seem to be the key of the whole situation and that too, in spite of the rulings of the A. A. U.? It seems to me, as it has evidently seemed to the Faculties in question, that, in spite of the fact that the amateur baseball players are allowed to receive money for their services, yet nevertheless, the line of demarcation between them and the professional is still sufficiently sharp. The distinction is obvious. The professional makes a living out of his baseball or of some other form of athletic sport. The college amateur is an individual who is making or proposes to make a living from some other business or profession outside of athletics. In other words, he takes part in athletics because he loves them, and because too, in many cases, he finds that with their aid, he can obtain that money without which his college course would be impossible. The college exists to develop excellence on intellectual lines, and the college athlete rarely intends to become a professional athlete. Hence, there is never the slightest chance that he will become confused with a professional.

This being so, the question naturally arises, why should not the same principle be applied to other forms of sport besides baseball? This would seem to be the

logical sequence of the action of the Faculties of Georgetown and Cornell. A college baseball man who can attract gate money by reason of his athletic ability is now paid for so doing and his amateur status is not invalidated thereby, according to these Faculties. Now why should not a crack college hurdler or weight thrower be placed upon the same footing, in every respect, as his baseball brother? And if this theory applies to college athletics, why not to athletics in general? For the conditions are similar, as the principle is alike, in all cases.

I know that this statement will be called revolutionary, certainly by the A. A. U. disciples and possibly by a number of others. But if the idea was accepted, it would put an end, once and for all, to the hypocrisy and to the false pretenses which are to a greater or lesser extent identified with amateur athletics as they now are. The Faculties named recognized the fact that under the old conditions, the harm done to the morality of the baseball players by a refusal to acknowledge that they were worthy of payment, was infinitely more than that which could possibly accrue from openly admitting that they were entitled to payment for their services, even although this decision flew in the face of the dogmas of the A. A. U. That which in this respect, applies to the baseball men, applies equally to all other forms of amateur athletics.

Of course, it must be admitted that in a financial sense, there is perhaps no other form of amateur athletics which is so attractive as baseball. But that fact does not invalidate the strength of the suggestion just made. By putting other athletes on the same footing as the baseball players, there would, simultaneously, be the banishment of those things and acts which to-day, jar the honor and consciences of many well meaning amateurs.

It must not be forgotten that the college baseball men have had, almost right throughout, advisers and directors whose methods were as liberal as they were intelligent. These same advisers were in every sense gentlemen and athletes, a combination that is not always to be found in those official

circles that seek to boss athletic affairs. It is for this reason that the intercollegiate track athletes can hardly hope for that liberal treatment and equitable consideration which has been extended to the men of the diamond. Gustavus T. Kirby, Chairman of the Executive Committee of the Intercollegiate A. A. U., is a representative of the old-fogy order of things. Trained by James E. Sullivan and absorbing the hide-bound methods and the fossilized "principles" of the A. A. U., he has injected both into the organization, which is *not* to be congratulated upon its connection with him. Some irreverent collegians are apt to speak of Kirby as "that nice old lady," while others allege that, owing to his being possessed of a goodly share of this world's wealth, he can hardly be expected to sympathize with athletes who, through lack of means, desire to honestly earn a little through their athletic ability. I am not voicing my own opinion alone in stating this. I am also speaking the opinions of a good many others with whom I have discussed Mr. Kirby and his conservative or as some put it, antiquated ideas, regarding the status of the amateur. However, public opinion, whether it relates to Chicago packing houses or athletics, is a force that officials, no matter what their degree, ideas or bank accounts may be cannot afford to ignore, and, with the rising tide of belief that what has been accorded to the baseball men should also be accorded to other athletes, Mr. Kirby will probably find it somewhat difficult in the future to enforce the rigid rules and regulations which he now holds over the heads of the members of the I. A. A. A. It was Mr. Kirby it will be remembered, who abolished the training table at Columbia University in his capacity of "athletic adviser"—whatever that may be. It would be unkind in this connection to refer to the athletic status of Columbia under Kirby's advisory rule. But, if any prospective job that Mr. Kirby might be looking for, depended upon the recommendation which he would secure from Columbia, I am afraid that job hunting in his case would be somewhat fruitless. Because of all of this, I venture to prophesy that, in the not

far distant future, a nice little controversy will be the outcome of Kirby's ideas on the one side, and the advanced belief of college athletes on the other.

And yet paradoxically enough, Georgetown with its progressive spirit as far as the baseball men are concerned, is still chained to the wheels of old amateur superstitions in other respects. That which I am about to relate goes to show how hard it is for even an intelligent body of men to snap the links which bind them to a bad old system. One of the students in the college in question was as bright intellectually as he was proficient athletically. Also, his moral character was of the highest, which fact led to one of the professors naming him as one admirably adapted to become a sort of athletic companion to the sons—four or five in all—of some of the leading families resident in the neighborhood of the college. His duties consisted of chaperoning them in an athletic sense, including cross-country walking, sports, etc. For this, he received a modest monthly remuneration and incidentally he gave great satisfaction to the parents of the youngsters by a faithful discharge of his duties as just set forth.

At the time in question, he was a candidate for the 'varsity baseball team, being looked upon by the athletic committee as most promising material. When, however, there came a time when his claims were to be passed upon finally by the committee, the fact that he was receiving the monthly fee named was brought up and was urged against him, inasmuch as he was, to quote the words of the A. A. U., "receiving compensation for athletic ability." In other words, because he was teaching the youngsters simple athletic games and being a companion to them in the way stated, his amateur status was questioned. Incredible as it may seem, and although he himself was totally unconscious of having violated in letter or spirit the amateur rules, he was declared by the sapient committee to be a "professional" and was debarred from representing the college on the baseball team! Right here I may say that, not only were the athletic authorities of the college in entire sympathy with him and exonerated him from any intention of

doing wrong, but, in addition, the Faculty took a similar view of the subject. Nevertheless, the A. A. U. rules being like unto the laws of the Medes and Persians in that they change not in spite of common sense or common equity, he could not play baseball or for that matter take part in any other of the college athletic sports. And this is the kind of thing that the A. A. U. imposes on the young manhood of America!

To revert: Cornell's action as stated, is but another proof that the agitation set on foot by this series of articles, is continuing to bear fruit. And the indications are, that the process will go on until the status of the amateur is materially changed and as materially improved.

I have been asked by a number of friends to state exactly just how my case against the A. A. U. now stands in the Courts. Briefly I may say, that, although on a technicality my lawyers were apparently defeated in the Supreme Court of New York, yet the case has now been carried to the Court of Appeals and I am advised that there is every probability that I shall win out. The method by which the A. A. U. secured its "victory" in the Supreme Court was entirely characteristic. Bartow S. Weeks, lawyer for the A. A. U., took refuge in the pitiable plea that the A. A. U. was an "unincorporated association" and therefore it could not be held responsible for any acts or deeds of its part. In other words, and out of the lips of its own counsel, it was declared to be a totally irresponsible organization! Amateurs, please take notice. In everyday life when a man goes into Court and declares himself to be "irresponsible," or if his lawyer gets up and says that he is "irresponsible," the law in a kindly, but decisive manner, puts him away where his irresponsibility can do no harm to himself or others. The case seems to be somewhat different in the instance of a unincorporated and consequently (according to Weeks) irresponsible corporation, however. Such corporations are apparently a species of moral jellyfish. They sting a bit and hence you are apt to believe that they are something tangible, but when you

hit at them, your fist goes right through them, such irresponsible watery bodies they are.

During the course of the proceedings, I tried to get a history of the A. A. U. from one of the members of the registration committee. But I was informed "that the A. A. U. had no history," or if there was one, it was that to be found in the Sullivan roll books! The happiest individual is said to be one who has no "past," and on this score the A. A. U. ought to be happy indeed, since it, officially, is declared to have had no past either. Also a person without a past, is supposed to be a highly moral sort of individual. Whether this rule applies to the A. A. U. I leave the reader to judge. My personal opinion about the athletic morals of the A. A. U. I hardly care to put into print just now. Mr. Weeks also further admitted in Court, that the question at issue was not whether I was an amateur or whether I was a professional, but simply the right of the A. A. U. (as an unincorporated and irresponsible body) to do as it saw fit with an amateur, his records, his reputation or what-not! I leave it to the reader to pass upon the straits to which the A. A. U. must have been put when it offers a plea of this kind in extenuation of its actions. And I ask the amateur athletes to note the implied insult to them.

When, last year, I was discussing with Sullivan the advisability of publishing this series of articles, he, as you already know, warmly endorsed them, begging me, however, to give times, places and dates of violations of the rules and regulations of the A. A. U. But when he "expunged" my records—whatever that may mean—he did not take the trouble to ascertain the times, places and dates upon the strength of which he did the "expunging." Furthermore than that, and in his own case, I furnished time, places and dates wherein he had flagrantly violated not only the rules of the A. A. U., but the whole spirit and purposes of amateur sport. In that instance he, wisely for himself, took no cognizance of my charges. The allusion more particularly is to his arranging for a rake-off of the gate money at a Sportsman's Show at Madison Square Garden,

the details of which the writer has given in full in a previous issue of this magazine.

A well-known trainer in discussing my charges against Sullivan, took the ground that the latter was fully justified in receiving the gate money on the ground that he, Sullivan had spent time, energy and ability in bringing about a gathering of the athletes at the Garden, and that in consequence I had no right to criticize him.

To which I rejoined that if that was so, why did not Sullivan extend to star athletes the same privileges that he accorded to himself? In other words, why not let the amateur "receive compensation for athletic ability and knowledge" precisely as Sullivan was doing at the Show in question. Whereupon the trainer promptly shut up.

President Maccabe's trip to the West is taken for a purpose that will be clear enough to all of those who have been following the trend of athletic spirit during the past year or so. Maccabe is on a fence-mending expedition. That anyhow is my personal belief. On the other hand there are others who declare that Maccabe does not see why Sullivan should get all the free junketing, so, in view of the latter's trip to Athens, he is trying to get even in a pic-nic way by making a tour of the West. But I think otherwise. The revolution in the West against A. A. U. domination is far more deeply seated and more manifest than it is in the East, as I have shown in recent articles. In a great many instances, the West has successfully defied the mandates of the A. A. U., and Maccabe evidently considers that the times are ripe, either to suppress with a strong hand or to mollify with sympathetic words and concessions. Among other things, the avowed intention of the A. A. U. to break away from the boxing game is, to a very great extent, the outcome of the fact that in the West, the A. A. U. has absolutely lost control of amateur pugilism. In the fear that this example of successful rebellion may extend to other branches of sport Maccabe has undertaken this mission to the West. I venture to think that the trip will be without definite fruit as far as the A. A. U. is con-

cerned from what I know of the current Western amateur spirit.

Maccabe's remarks regarding the situation, are more in the nature of a confession rather than a criticism. They are as follows, and I shall not attempt to edit them: "There are five clubs in San Francisco that are fighting clubs. That is to say, five clubs that I would call athletic specialists, and those five clubs are nothing more or less than fighting clubs. They are simply amateur clubs, because the city ordinance says there can be only one professional prize fight a month, while amateur bouts can be held at any time, provided a sanction is obtained from the Pacific Athletic Association. Now it is probable that the P. A. A. will remove from its lists of approved sports, boxing, which means that they cannot issue sanctions, and that this deplorable sport will be summarily disposed of.

"Now we propose to dispose of the fighting to the care of the police and utilize the same energy and enthusiasm to track, swimming and other legitimate manly sports. The police of the East have already taken the tip."

When I returned from my Australian trip last year, and was talking to Sullivan about these articles, among other things which he said was: "Now Duffey, don't be too hard on the A. A. U." This remark was in the nature of an admission that it would be easy for me to "be hard" on the A. A. U. if I so chose. The fact that I was a little "harder" on it than Sullivan presumed that I would be, probably accounted for the disinclination of the A. A. U. to give me a hearing when it indirectly charged me with professionalism. On the other hand, I have an inward belief that Sullivan was horribly afraid that if it did come to a hearing I might be so "hard" on the A. A. U. that I would damage its power and prestige among the amateurs.

President Maccabe has apparently gone out West to make the same plea to the amateur bodies there. "Don't be too hard on the A. A. U." is the text of his discourse which he preached in the Windy City, in the Sunflower State, and in the State where the natives must "be shown in order to be convinced."

Whether Maccabe will succeed in this respect, remains to be proven, but I have my doubts.

Pertinent to summer baseball and my foregoing remarks regarding the same, is the following from a writer in *Collier's Magazine* who is a college professor on the "Coast."

"An amateur is one who does a certain thing because he likes it, his profession or avocation lying in some other direction. Amateur sports are the play of men who do not depend on sport for a living. A 'professional' is one who derives his financial support wholly or in part from the activity in question. In any line of activity, a professional will naturally excel an amateur. The professional life of an athlete is short and precarious, and a college man can do better. College sports are therefore, the by-play of scholars and of men in training for creative action. Because they are the by-play of men chosen for higher things, they have their chief interest to the public. A baseball match of college seniors counts for far more than a game among street gamins; though the latter may put up the better game. The college men represent standards in life. They are men with a future, and this trait is, or ought to be, shown in their games as well as in their themes of investigation. Moreover, the intercollegiate games involve a comparison of ideals in institutions, each with its group of loyal partisans. The charm lies in its clash of clans. But in the fact that each clan dearly loves victory, the parasite of 'muckerism' finds its place. In the joy of victory, his performance passes with the rest as part of college loyalty. He may win because he is a professional, not an amateur; but the game has its interest and importance to college folks solely from its amateur character.

"The evil is not in professionalism itself. There is no crime in being a paid athlete; it lies in the trickery by which professionals masquerade as amateurs, and by which vulgar cads and their vulgar ways are made objects of worship to college students, and of tender consideration by college faculties.

"Above all, it must be insisted that the final responsibility for university stand-

ards, for standards of behavior and standards of honesty, as well as standards of scholarship, must, in America rest with the university Faculty. *To deny this responsibility is not to escape from it.* The student body is our own creation. The athletes are representative students. In view of this responsibility, our attitude in matters of athletics should be constructive, not negative. It serves little to pile up restrictive legislation, to be ignored in proportion to its severity or its complexity. It counts little to 'funkt out' an occasional illiterate 'football hero.' To reject a man now and then because he got a dollar in his boyhood for a baseball game, helps make a liar of the next man. Be sure that he is a professional in spirit, before you bar him out.

"One alternative remains. Let the football team become frankly professional. Cast off all deception. Get the best professional coach. Pay him well and let him have the best men the town and the alumni will pay for. Throw off all restrictions as to previous experience and duration of engagement. Let the only regulations be the rules of the game itself. Let the paid team

struggle with its rivals on the gridiron in perfectly honest warfare, each known for what it is, and with no masquerade of amateurism or of academic ideals. Let the rooters root and the Faculty cheer if they care to do so. There is no harm in this. It is nothing more or less than takes place in baseball every day, except the 'Giants' and the 'Bean-Eaters' struggle under the banner of individual cities, not of universities. That does not matter. The evil in current football rests not in the hired coaches and hired men, but in academic lying and in the falsification of our own standards as associations of scholars and of men of honor. No real interest would suffer, because nobody would need act a lie."

The writer then, leaves it to the discretion of the Faculties to pass upon all matters relative to college athletics. This coincides with the current action at Georgetown and Cornell. Also, the "academic lying and falsification of our standards" can be clearly traced to those rules of the A. A. U. which exist in order to keep athletes completely under the thumbs of Sullivan, Kirby and Company.



### THE RESULT OF SIMPLE BED-ROOM EXERCISES

TO THE EDITOR:

I have been a constant follower of your valuable magazine for over six years. I send you photographs of myself from which you will see that I have done pretty well through merely exercising in my room, your magazine being my guide. I have never used either tobacco or liquor and I never will.

I am at present physical instructor at the Physical Culture League, of Denver.

Yours for health,

A. E. CHARLESTON.  
3526 Downing Ave., Denver, Col.





Rowing on Lake Marguerite. In the Distance, Bernarr Macfadden's Glass Home may be faintly discerned among the trees

## Rowing for the Average Individual

By W. H. BURLINGAME

Advantages of this Delightful Pastime as a General Exercise for the Untrained Man or Woman. Hints on Handling the Oars for the Novice



HERE are two ways of regarding every athletic pastime; first, from the standpoint of the trained athlete who engages in stirring competition with the most capable and skillful exponents of his special branch of sport, and secondly, from the standpoint of the average individual who either cares nothing for winning competitive honors or is not gifted by Nature with the capacity for so doing,

but who takes an interest in these pastimes purely for the sake of the recreation which they afford him or the exercise involved and the general benefit and improved health which result. And it is from the latter point of view that the subject of rowing and boating is considered in this instance.

Naturally, any form of pleasurable activity which takes one out-of-doors and into the country, or even into a large city park, and in contact with the sunshine, the pure air and beautiful,



First Position—the Pull. Note position of Wrists and Hands, Oars Vertical to Resist the Water

natural surroundings, can be highly commended. Not only does positive and direct physical benefit accrue therefrom, but there is also a degree of rest for the mind, a certain refreshment and exhilaration of the spirits, which are still further conducive to his general welfare. A close association with the heart of Nature, brings with it a harmony of feeling, a sense of the general fitness of things, a deep contentment, which restores the equilibrium of un-

balanced nerves and wearied physical powers and at such times the whole world seems to have been set to rights.

Boating especially is a pastime which leads to this happy condition when enjoyed on the cool waters of a placid or a shady murmuring stream. Its beneficial results are far in excess of those of an exactly equal amount of systematized exercise taken at home or within the walls of a gymnasium. And for one whose life is lived amid the hur-



Second Position—Recovery. Note position of Wrists, Hands turned far Upwards, blades of Oars are Parallel with the Surface of the Water, or "Feathered"

rying, nerve racking scenes of business life, and whose consequent and greatest need is an opportunity to relax, this pastime is invaluable.

Not that the writer would discourage systematic exercise, which has its proper place and is indispensable. For persons of nearly all ordinary occupations, it is a necessity, strengthening the body, improving the circulation and increasing the vitality. Furthermore, there is a great variety of special exercises which are invaluable for correcting certain defects, building up given weak parts and thus making the body more symmetrical, beautiful and uniformly strong throughout. But, in addition

is to be found in its adaptability to both weak and strong, for the oarsman can make his rowing as mild or as vigorous as he may choose, or as his strength permits. In this respect the oar is equally well adapted to the use of both sexes.

The oarsman will find that he can do better work, that he can avoid the sensation of straining and that he will not tire so quickly if he keeps his back straight. In this manner, also, he will avoid cramping his chest and will be able to breathe with far more freedom and comfort than if he bent his back and pulled his shoulders forward. The body should bend from the hips. In



Students Boating at Physical Culture City. Observe the Costume sometimes worn by Boys when Swimming and Boating. Ready at any moment to take to the Water as readily as Ducks do

to such exercises of this kind, rowing is of incalculable advantage.

It is a splendid all around exercise, bringing into action a great variety of muscles, though perhaps its most pronounced benefit will be felt in the trunk of the body, especially the back. For the muscles of this particular region it would be difficult to find any other general exercise of equal value. Of course the arms are vigorously employed, and also the legs, when the sliding seat is used, though the average row-boat is not equipped in this way, the seat named being one of the distinguishing features of racing craft. One advantage attached to this form of exercise

this connection, the second and third photos published herewith are good examples of the proper position.

I would suggest careful study of these two illustrations, particularly the positions of the hands and wrists. In the first of these is shown the position for the pull, with the hands well down, the forearm, wrist and back of the hand forming practically a straight line. The blades of the oars are vertical, prepared to catch and resist the water during the stroke.

Now note the next illustration, showing position of hands and oars during the other part of the stroke, that is, while recovering for the next pull.

Immediately on finishing the stroke and lifting the oars from the water, turn the hands smartly upwards, as illustrated, so that the blades of the oars, formerly vertical, will be turned approximately ninety degrees and will now occupy a horizontal position, parallel with the surface of the water. The purpose of this is to enable the oarsman to bring his oars back to the starting point without friction or interfering with the water, and while there is little reason for this when rowing on a perfectly smooth sheet of water, yet in the case of rough water it is most necessary. The oars in this position will readily slide over the water without hindering one's movements, and when rowing at sea or over other rough water, it is plainly to be seen that this is indispensable. And for the novice, who is not certain of his movements, even when on smooth water, and who is more than likely to dip his oars in the water during the recovery of the stroke, this little trick is of great advantage. It is simple to learn, right at the beginning, and will shortly become second nature to you. It is also a very good exercise in itself for strengthening the forearm and grip.

As you practice and become more at home in the boat, you will learn by degrees not to dip the oars too deep in the water, but just sufficient to secure the greatest power. Likewise you will learn to avoid lifting them too high above the water during the recovery. If the boat is a narrow one, it will probably be necessary to cross hands, that is, one above the other, when pushing the oars back for the beginning of another stroke. This of course will depend somewhat upon the length of the oars.

In beginning the stroke, reach well forward, remembering my suggestion to keep the back straight, and pull the first part of the stroke with the arms straight. In other words, the muscles of the back, hips and legs will do practically all of the work until near the end of the stroke, when you should finish up with a quick, smart pull with the arms, bringing the elbows in close to the sides.

If you are alone in a boat, and it has

two seats and two sets of oarlocks, choose the seat nearest the head of the boat, as in the illustrations given here, leaving the longest part of the boat behind you. (In rowing it would really be behind you, though you would of course be facing it.) If you have company in the boat, it would ride much more easily if the other party were in the stern. If you have any difficulty in keeping the boat going in one direction in a straight line, carefully take your bearings, and when you have the boat turned in the right direction look straight back and make a note of some tree, or other conspicuous object between you and the horizon, and then keep the stern of the boat in line with it. And if the boat appears to be turning slightly out of its course, simply pull a little harder on the right or the left oar, as the occasion may require.

A word might be said in regard to appropriate dress for this and other out-of-door pastimes. It goes without saying that the ordinary conventional dress of modern civilized communities is utterly unsuited to activities of this kind, and though this is true in the case of both sexes it is especially so of women's clothing. Yet the writer has often seen women in long skirts and other similar abominations attempting to enjoy the benefits of wholesome out-of-door exercise, when the very clothing that they wore, so hampered and restricted them, that they derived little ultimate good from their efforts. The women's costume shown in the illustrations is an exceedingly neat and comfortable arrangement and could be recommended not only for rowing, but for other active sports as well.

The problem of suitable dress for men on these occasions is a much more simple one, because of the greater freedom allowed them in this respect. It might even be simplified to the extent of saying that they should wear absolutely no more clothing than necessary. How much is included in the meaning of the term, "necessary," will naturally depend upon the community and the surroundings.

Finally, go slow at first, and learn the knack of the pull, the recovery and the feather, before you try to develop speed.

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## Rounding up the Quacks

There are, at the present day, so many quacks, medical fakirs, mail-order grog sellers, and scoundrels of every kind enriching themselves at the expense of the ignorant and sick, that it would be impossible for us to take up each particular fraud and deal with it at length, even if we had the space of a dozen magazines at our disposal. We will continue, in special articles, to expose single individuals or concerns, here and there, that we deem worthy of the space, but when it is possible to point out a fraud in a brief manner, the same will be touched upon in this column. Readers are invited to send in items of information suitable for this purpose.—Bernarr Macfadden.



HE female quack whose alleged specialty is curing weaknesses and diseases peculiar to men, is somewhat of a novelty, even in these days of ingenious quackery. Such an individual, however, is Mrs. H. C. Parker, of Toledo, Ohio, who, on her letter-heads, does not give an address, but requests her dupes to write her to a post office box in the town in question. Mrs. Parker is a remarkable person in many ways. She frankly confesses in the printed matter which she sends out to prospective victims, that she isn't a doctor, but that she has taken up the practice of her late husband, who was "Dr. S. S. Parker, a prominent specialist for more than twenty years in treating chronic and private diseases of men. After his death, request came to me to continue furnishing the treatment. \* \* \* My remedy is working wonders among men, both old and young." And much more of the same. With the letter from which the foregoing extracts are taken, is a symptom blank, on which Mrs. Parker, asks questions of her prospective male patient that, to put it mildly, are of the very frankest nature. Apart from that, they are of the sort in vogue amongst the type of quacks of which this woman is a representative. Of course, Mrs. Parker in spite of her direct statement that she is giving medical treatment to sick people, may have some ways of evading the medical laws of the State of Ohio, but no attempt at evasion appears on the cheap literature which she sends out by the bushel. The attention of the authorities of

Toledo is directed to her in particular and her kind in general.

Another "lady" who, with the assistance of her husband, professes to work curative miracles of all kinds, ranging from stomach-ache to paralysis, and including all sorts of sexual disorders, is Mrs. George A. Corwin. These people are allegedly the "Its" of the Corwin Nerve-Force Blood Circulation Company, of Nerve-Force Hall, Atlantic City. They certainly have "nerve."

They do not state that they are physicians, but they claim that they are the "correspondents" of the "Constipation Food and Sexual Tabules," whatever this may mean. With the aid of these tabules, the alleged miracles are performed. With the modesty of the typical quack, the Corwins remark in some of their literature: "Premature decline and premature death are born of dormant circulation. 'Nerve-Force' is an outwardly applied home remedy, an electric-emulsion, imitating Nature's vital product of digestion. This imitative element is our own faithful Nerve-Force, and it will positively re-establish the most sluggish circulation to normal. It replaces, in the hands of Nature, the reins which control the valves of the veins," and much more similar rot. When a hungry duck espies food we all know what its utterance is. And that same utterance would be appropriate for one to use when espying the Corwins.

The Marston Remedy Company, of New York City, is a typical quack concern, as may be noted in connection with its many-paged pamphlets, ridiculous claims of miraculous cures, and all the

rest of it. But unlike the quacks just mentioned, it takes the precaution to state in its letters that the latter are "dictated by J. W. Dalrymple, M. D., consulting physician." The Marston Remedy Company will, however, find itself in trouble one of these days unless it exercises more discretion in the selection of it would-be victims than it is now doing. In a recent issue of PHYSICAL CULTURE, attention was called to the fact that some of the medical charlatans with which these series of articles deal, have adopted the dodge of sending their letters and literature to individuals whose names they have secured in some way or the other, on the off-chance that the recipient may be as much of a gull as it is hoped that he is. Apparently the Marston Remedy Company are using the same tactics, judging by a communication which has reached this office as follows:

"Mr. Bernarr Macfadden:

"I enclose you a communication, together with other papers in connection with the same, which I have just received from the Marston Remedy Company, 19 Park Place, New York City. It has never been my pleasure to have any acquaintance with these gentlemen, notwithstanding the fact that it appears from their communication I have been taking remedies prepared by them. Apparently I have some 'deep-seated or chronic disease,' the nature of which I am not aware. However, I am assured that the manager of this Company is deeply interested in my case and is anxious to advise me how to keep well in the future; I am also assured that a cure is practically a certainty. Knowing that you are pleased to peruse communications of this kind I take the liberty of sending same to you.

"Sincerely yours,

"T. G. G."

The writer of the foregoing, whose offices are on Pine Street, is a well-known figure in the financial district, and in every way about the last sort of person who would require the services of a dull-witted firm of quacks like that which has addressed him. It may be added that the "report blank" of the

Marsten Remedy Co., is of the usual sort, asking as it does forty-five impertinent, and in some cases, filthy questions.

The Nutriola Company, of Chicago, was last year adjudged by the Post Office authorities to be using the United States mails for fraudulent purposes, with the result that is usual in such cases. Which is to say that the use of the mails was denied to the concern, and, where possible, letters addressed to it were returned to the writers with "Fraudulent" stamped across the front of the envelope.

The Nutriola people have now come out with a pamphlet of one hundred and twenty pages, which is devoted to much criticism and more abuse of the Post Office authorities and others concerned with the issuing of the fraud order. The belief of the writer is, even on the face of the statements made in the Nutriola pamphlet, that the action of the Post Office authorities was well warranted, and it is to be regretted that more concerns of the same type are not treated in a like manner. One E. F. Hanson appears to have been the brains and motive power of the concern which, to use a sporting phrase "played it both ways" as far as the public was concerned. In the first place, he claimed to have obtained the formula of a whole lot of absolutely new prescriptions for curing all kinds and manners of diseases and on the basis of his so doing the Nutriola Company, was organized. The next step was to circularize and advertise all over this country, calling attention to the enormous profits to be made out of a medical business and offering the stock of the Nutriola Company for sale to small investors. Some of Mr. Hanson's statements made in his circulars were of this type. "I have made some great successes in business, my greatest through co-operation. I took \$1,500 capital supplied by farmers, women, physicians, clerks, clergymen, etc., in Belfast, Me., and, in an honest and very profitable business, earned and paid them through the Belfast National Bank \$5,000 in cash dividends in the first six months, \$25,000 in cash dividends within the next year, and in eighteen months, I paid them in round numbers \$330,000 cash dividends."

This beats the work of Mr. Miller of the famous Franklin Syndicate of Brooklyn. It is hardly to be wondered at then, that on November the 24th, 1905, the Post Office at Washington declared that "it having been made to appear to the Postmaster General upon evidence satisfactory to him that the Nutriola Co., of Chicago, Ill., is engaged in conducting a scheme or device for obtaining money through the mails by means of false and fraudulent pretenses" directed the issuance of the fraud order. As for the rest, the claims of the Nutriola Co., were of the ordinary quack sort in most respects, although there was the usual clause to the effect that money would be returned if a cure was not effected.

In this connection, an appeal is made for any information regarding a case in which a quack, big or little, ever returned money after it once passed from the victim's hands.

There is a very pertinent maxim to the effect that it is necessary for a liar to have a long memory. One "Professor" George Slater, of Reading, Pa., would do well to study the potent possibilities of the proverb in question. Slater is a quack of a humorous sort. He starts off in his literature with the proposition that, "In nine cases out of ten, men and women are not one-half as sick as doctors and fakirs would have think they are." And then he goes on trying to persuade you that you are sick whether you think that you are not or otherwise. Also note this: "Beware of any fakir who guarantees a cure. He is always a dangerous man—the very lowest type of the horde of frauds who prey on the credulity of suffering men and women. He is worse in some respects than the C. O. D. rogues who blackmail men and women into accepting worthless medicines that were never ordered, or the ignorant physician who prescribes empirically in ninety-nine cases out of a hundred." There is much truth in the "Professor's" virtuous outburst, but he rather weakens it by adding that his prescription number one "is an absolute and never failing cure for failing manhood from any cause." Out of his own mouth then, this quack proclaims himself to be a fakir "of the very lowest type." His prescription

number two is "the most certain cure for women's troubles," while prescription number four "is incomparably the best cure for kidney and bladder troubles known to mortal man." Slater also modestly claims that his prescriptions "are proven the greatest scientific medical triumphs of the age." Tearfully does the Professor plead for a dollar for his four prescriptions on the ground that "I am square, absolutely, and always square, and I want you to know that I have spent over \$20,000 in postage alone to bring these prescriptions to the notice of the sick, and for this reason I positively will not send to any one who will not appreciate me enough to spend *only one little dollar* for the prescriptions that have cost me thousands upon thousands of dollars." Unselfish soul! Admirable philanthropist! Who would begrudge such a man only one little dollar? Who would not increase the income of a self-confessed fakir?

One Dr. Samuel Goldsberg, of Detroit, Mich., who advertises in the usual manner of, and in regard to the usual diseases treated by, quacks, issues literature that is somewhat out of the common. Part of it consists of a small pamphlet in which are miniature facsimiles of the diplomas that he, in common with any medical man, has had no difficulty in obtaining. There are fourteen of these same diplomas and a description of them is also given. Furthermore there is a fac-simile of a sworn affidavit to the effect that the Doctor has deposited \$2,000 in the Home Savings Bank of Detroit, Mich. This particular quack seems to think that a large number of diplomas and a small bank account are the chief requisites in the cure of disease. For the rest, his statements and letters have that wearisome monotony that characterizes quack correspondence in general, including the inevitable "I do not wish to unduly frighten you, but you must not allow your condition to continue in its present state" and all the rest of it. Judging by the similarity of phrasology that appears in all correspondence that emanates from the quarters of charlatans, it really would seem that if there was a central bureau for grinding out the lying rubbish in question.

One W. M. Clark appears to be the moving power in the Civiale Remedial Agency of 115 W. 43rd St., New York City. The claims made by this firm are of the usual kind, although the treatment differs somewhat in detail from similar concerns. It is somewhat amusing to note that the treatment is allegedly based on the "researches" of two French physicians, Jean Civiale and Claude Francois Lallemand. Civiale was born in 1792, and Lallemand in 1790. It is the proud boast of modern medical science that it is infinitely better in theory, means and methods, than it was even a decade ago. Mr. Clark apparently thinks otherwise, judging by the fact that his company follows in the footsteps of the two ancients in question. As regards the contents of the pamphlets issued by this curious concern, the statement made at the head of one chapter, which is, "Impotency at any age is curable," will indicate to the intelligent reader just how much weight can be attached to the statements. And it goes without saying that according to the Clark literature only the Civiale remedies, can accomplish this miracle, as well as miracles of a similar sort. And again, one is reminded of the hungry duck.

"Mr. Bernarr Macfadden:

"Could you kindly give me any information in regard to the Cook Remedy Co., whose address is Masonic Temple, Chicago, Ill., and who claim to cure syphilis, or any blood diseases. Their letters and pamphlets read very much as though they were fakirs. They also state that their regular fee is \$100.00 per treatment, but for a friend of mine they would only charge him \$70.00.

"Their circulars are enough to scare a young fellow into thinking that he had some disease, and thereby taking their stuff.

"Would you please favor me, if possible, with your opinion of this firm, as I am writing this for the benefit of a friend who thinks he has a few symptoms of syphilis.

"E. R. M.

"Fort Adams, R. I."

We have not the slightest hesitation in placing the Cook Remedy Co., in the

category of those charlatans with which this series of articles deal.

"Bernarr Macfadden:

"Having read many of your articles on patent medicine fakes in PHYSICAL CULTURE Magazine, and also in your book on 'Superb Virility of Manhood,' I thought I would write and ask you if you could give me any information about a remedy which is sold under the name of 'Penine' by the 'Missouri Remedy Co., St. Louis, Mo.' It is sold for the cure of all kidney troubles. But I think it is like many others which you have so well exposed in your magazine. Thanking you in advance for any information you may be able to give me.

"A. J. ATTRIDGE.

"Houlton, Me."

Any concerns that guarantee an absolute cure for the troubles in question, are simply quacks, nothing more or less.

"Bernarr Macfadden:

"What do you think of the 'Alpha Medical Institute' for the cure of consumption? They heal the lungs with their inhalation method, at the same time the blood is purified, the system built up by suitable medicines taken by the stomach.

"L. G."

It is an established fact that the only cure for consumption is fresh air, sunshine, appropriate exercise and a proper diet. Any individual or firm that declares that he or it can cure consumption by pills or potions, or inhalation, is not merely a quack of the ordinary sort, but should be classed among the dangerous criminals. They know quite well that consumption never was and never can be cured by the inhalation of the smoke of burning chemicals or what-not, and internal medicines, but they are ready to make assertions of this kind for the sake of a few miserable dollars. If they do not actually cause the death of the patient, they are at the same time parties to it by preventing him from adopting those means just alluded to, which probably would have saved, and which certainly would have prolonged his life.



## The Passage of the So-Called Pure Food Bill

The evident desire on the part of House of Representatives to crowd the Measure out, was defeated by the demands of the country, and the fact that the Fall elections are approaching—The action of the house from first to last, is a National scandal—In its present form, the Bill bears no resemblance to the original Heyburn Measure, which passed through the Senate by a practically unanimous vote—As it stands, the Bill appears to favor the food adulterators instead of affording protection to the people.



**S**OMETHING which purports to be a Pure Food Bill has at last passed the House of Representatives. As it stands, it is a scandalous mutilation of the Heyburn Bill passed by the Senate in February last. Indeed, it departs so radically from the measure which received the practically unanimous vote of the Senate, that it meets with the approval of the very men against whom it is allegedly directed—these being the manufacturers of adulterated foods—while on the other hand, it has excited the contempt and disgust of all of those who are honestly interested in safeguarding the health and lives of the people who consume food-products.

The story of this so-called Pure Food and Drug Bill, to give it its full title, is so illustrative of what happens when the interests of big and lawless corporations clash with the interests of the common people, that it is worth while telling at length, although the story is one that should make the cheek of every honest American burn with shame. It is a story of the power of the corrupt lobby, of the shamelessness of a certain element that is to be found in the House of Representatives, of the using of Congressional machinery in behalf of the corporations in question, of shuffling and jockeying and filibustering on the part of representatives on behalf of their owners, the corporations, of a brazen disregard of the rights, of ears

made deaf by the lobby to the voice of the people, and much more of the same. And—the shame of it—it was only at the very last moment, that the so-called representatives of the people passed the Bill in its current and emasculated form. Had the people been less insistent in their demands for a bill of some sort or the other, had they spoken in a less uncertain fashion, and were not ballot boxes and the franchise not so many months distant, there is but little doubt that no measure whatever would have gone through the House. But because of the things just told, the effort made to crowd out the Bill, was a failure. And with this let us now see what led up to its passage.

When the Heyburn Pure Food Bill was passed by the Senate in February last, by a vote of sixty-three to four, the public very naturally concluded that there was at last a possibility of the work of the food adulterator being checked, and that approximately, one might be pretty well assured that an article purchased as food was in reality that which it pretended to be. Those who for long had watched the various attempts made to pass measures similar to the Heyburn Bill, felt that the labors of seventeen years had been brought to a successful conclusion. The feeling of the country was, that after the overwhelming endorsement of the Senate, the House of Representatives would not dare to fly directly in the fact of that same endorsement, and of the public opinion which it represented.

Yet on the other hand there were, those who maintained all along, that the Heyburn Bill would be procrastinated, mutilated and smothered out of existence. This too in spite of the fact that the country hailed with applause and gratification the practically unanimous vote by which the measure passed the Senate. "Wait and see," cried the knowing ones. In the meantime, and as PHYSICAL CULTURE has already told, the food adulterators established a lobby at Washington, which was openly proclaimed as having unlimited financial resources. The interests affected, got otherwise busy, both inside and outside the House of Representatives. The committee to whom the Bill was handed, reported it back in so changed and stultified a form that it could hardly be recognized. One critic of the singular methods of the committee remarks that: "After altering the measure so that it would legalize nearly all kinds of adulterations, the members of the committee seemed to have become ashamed of their conduct and made no effort to cause its passage. Or possibly the whole business was a carefully constructed plot on behalf of the food adulterators and the promises originally made that the Heyburn Bill should be passed, was merely a ruse to appease the public clamor against impure food." A host of other alleged "pure food" bills were also presented, their purpose evidently being to hinder action and befog the mind of the public. The belief of the writer of this article is, that the true explanation of this unhappy and scandalous business is to be found in the latter portion of the foregoing quotation. The dodge is an old one. If public feeling becomes aroused in connection with a given public evil, the authors of the evil know that it is good policy to apparently yield to the public demands, and then by a process of dilly-dallying, well-known to legislators, public interest and public indignation wear themselves out by reason of long seasons of hope deferred.

Mr. Hepburn, of Iowa, was nominally in control of the committee on interstate commerce that had to deal with the Heyburn Bill. But representative

Mann, of Chicago was Chairman of the sub-committee which was actually responsible for the emasculated bill offered in its place. There was something singularly appropriate in a Chicago man standing between the public and pure food, in view of recent revelations concerning Chicago and its packing-houses. In more senses than one, Chicago is apparently the home of corruption, both dietetic and political—and Mr. Mann comes from Chicago.

Mann is a candidate for the Republican renomination. His political experiences have probably taught him that the power and money of the food adulterators are alike vast—and useful to an ambitious politician. Mr. Mann and his committee associates had to choose between the wishes of the people on one hand, and the power, pull and prestige of the food manufacturers on the other. It was not difficult to forecast which would get the best of it—the manufacturers of adulterated foods, or the common people who are robbed and poisoned by these same manufacturers.

Was the whole thing a gigantic bluff on the part of both the Senate and the House? Are the people being fooled all the time by their alleged representatives at Washington? Are the charges made by the "muck-rackers" true from rind to core, in spite of the indignant protests on the part of the reverend, grave and learned seigneurs of the Senate, and of their colleagues in the House? We will not answer yea or nay. But the fact remains, that the most reasonable request on the part of the people of the United States, that it shall not be poisoned by adulterated food, and that it shall not be swindled by being compelled to pay nearly 50 per cent. more than it ought to for foods, owing to the adulterants making that proportion of the foods in question unfit for alimentation, met with tardy response from Congress. This too in spite of nearly seventeen years of protest on the part of the public. What was the meaning of it all? Did Congress dare to assume that there was no need for such a measure as the people in the person of Senator Heyburn had demanded? Did it believe that adulterated foods are better than pure foods?

Did it take to itself the right to declare that the opinions of thousands of medical men and chemists in regard to the harmful and often fatal effects of adulterated foods are without foundation? Or can it be that Congress sits, *not* to conserve the interests of the citizens of this country, but rather to further the interests of conscienceless and murderous corporations? Be it as it may, the fact remains that for many years an alleged pure food bill had been introduced into Congress, and each year something has "happened" which resulted in its being forstalled or suffocated. The see-saw method adopted by Congress in this connection would be almost humorous was not the health and were not the lives of countless thousands involved. Thus we see that one year, the House passes a bill of the type in question and it is promptly killed in the Senate. The next year, the Senate favors the measure and it is squelched in the House. Or it may be that if it is not killed outright, it is set aside in order to make room for more "pressing" measures. Precisely what measures can be more "pressing" than one which has to do with the daily food of a nation and the many things involved therein, it is hard to see. But when corporations, whose revenues are three billions of dollars annually, desire that Senators or Representatives shall temporarily lose their official vision, they have ways and means of so doing which the Washington lobby could, doubtless, explain if it should so please, but in regard to which, it will undoubtedly maintain silence.

A writer on the subject has declared that "there is no politics in pure food." What he means to say is, that politics, theoretically should not enter into any measures which have for their end the insuring of pure food for public consumption. Apart from that, there *are* politics and any amount of them in pure food legislation, and the fact that a ludicrously mutilated substitute for the Heyburn Bill has been passed by the House, proves conclusively that the politicians were at work—that is, those politicians who are owned, body and soul, by their fellow scoundrels, the makers of adulterated foods. ■

Perhaps if the revelations regarding Chicago packing houses had not advened just when they did, with a consequent diverting of public attention, the latter might have been sufficiently intense and general to have prevented the House acting as it has done in regard to the Heyburn measure. The reason why the packers fought the Beveridge Federal Meat Inspection amendment as bitterly as they did was, that they knew that while State authorities might be fooled or "persuaded," the case would be otherwise if the Government took a hand in the matter. Precisely the same view was taken by the food adulterators in regard to the Heyburn Bill, which called for Federal action. For this reason, every corporation and interest that derives profit from the adulteration of food and drink products, was arrayed against it. These knew that if the Government took hold of the matter, the pure food laws *would be enforced*. Hence the lobby at Washington. Hence too, the results of the work of that lobby. But as the eighty millions of people affected by the Bill had no lobby working in its interests, although they have alleged representatives at Washington, the wholesale poisoners are to be allowed to continue their nefarious enterprises with but little let or hinderance from the new measure.

A writer in a publication devoted to the interests of pure foods, sums up the situation thus: "It has been fully demonstrated that foods can be packed without harmful preservatives and colorings, but the cost of so doing, does not permit of half the profits that are made by substituting products of inferior quality, by making factory refuse into tempting looking food products, all of which is done by the aid of chemicals. The people want foods without the colorings and harmful preservatives, and have so declared themselves in all parts of the land. Still, the legislators in Washington seem inclined to permit the insertion of the colorings and preservatives. The House committee has altered the Heyburn Bill so that the measure permits the use of many of the most harmful chemicals. The committee announced that it had taken the

Hepburn Bill, passed by the House last year, and the Heyburn Bill, passed the Senate this year, and out of the two, formulated a measure that would be more acceptable to both the people and the manufacturers than either of the other measures referred to would have been.

"However, besides permitting chemical preservatives and colorings in foods, the altered bill would have permitted patent medicine men to place dope and alcohol substances in drugs without stating their presence on the label; it would have permitted misbranding, and the sale of substances for that which they are not, under the excuse that from long usage the deceptions had acquired the right to be classed as trade names. Cottonseed oil, for instance, has earned the right to the trade name of 'olive oil,' any kind of small fish caught in American waters, to that of 'imported French sardines,' Glucose and chemicals, to that of 'pure Vermont maple syrup,' pork and veal to 'pure potted chicken,' and so on throughout a long list of like deceptions, which we have mentioned before.

"Now the people were opposed to all these concessions to the manufacturers. They could have been of no possible help to the people, and the ones whose interests they served, would have been the manufacturers, in permitting them to deceive the people. Still the committee saw fit to grant the concessions. There are probably not ten people of the eighty millions inhabitants in the country, exclusive of the manufacturers, who would vote to grant these concessions. Still the committee thought it right to grant them. The motive that prompted this idea of righteousness is a little difficult for the lay mind to comprehend. Probably it is more apparent to the people's representatives in the House. The changes pleased the manufacturers, but barred all chances the Heyburn Bill ever had of becoming a law. The House would not have dared to pass such a bill, and the food adulterators of course would never have sanctioned the original bill.

"Every person interested in the subject of pure foods ought to write to their representative in Congress, inquiring

into the cause of the strange conduct of Congress on the food subject."

Those clauses of the Bill which affect the drug trade and patent medicine manufacturers, are about the only redeeming feature that the measure possesses as a whole. Certain penalties will be inflicted upon the proprietors of patent medicines that are misbranded. It is declared that an article shall be deemed misbranded "if the package fails to bear a statement on the label of the quantity or proportion of any alcohol, morphine, opium, cocaine, heroin, alpha- or beta-eucaine, chloroform, cannabis indica, chloral hydrate or acetanilide or any derivative or preparation of any of such substance contained therein."

A publication devoted to the interests of the drug trade takes this hopeful view of the matter. "The public generally are little influenced by such statements upon the label, and in any event, are entitled to know within certain limits, what they are consuming. Moreover, we doubt if the proprietor who relies upon dangerous potent drugs for the success of his preparation, is entitled to any special consideration, and such products are better off the market. The dispensing of poisonous drugs, by law, belongs to the pharmacist and its prescription to the physician, and it is to their interest to curtail such usurpation of their functions."

In regard to the foregoing, the wish is probably father to the thought in inspiring the doubtful statement with reference to the public being but little influenced by labels on the bottles or packages of patent medicine. If this were so, how does it happen that the patent medicine men put up such a strenuous fight against the clause quoted? We quite agree with the assertion that patent medicines which contain poisons are better off the market. But we take exception to the suggestion that the dispensing of poisonous drugs should be monopolized by the pharmacies. The better plan would be to provide a penalty for the sale of such drugs or poisons, as they are candidly admitted to be, by any individual, whether or not he has the cloak of a diploma for his protection.

# The Chicago Chambers of Horrors

By HENRY ARTHUR WELLS

The pen has once more proven itself to be mightier than the greed of conscienceless corporations and the power of political "pulls"—The Beveridge Amendment to the Agricultural Appropriation Bill, while not as drastic as it might be, yet will act as a check on the packers. There will be a consequent falling off of the human mortality due to diseased, decomposed and adulterated meat and meat-products masquerading as food.



THE passage of the Meat Inspection law, under the powers of which United States inspectors will, in the future, scrutinize all animals, alive or dead, which are to be found in the great abattoirs and packing-houses of the West and elsewhere, was a triumph of printer's ink in the first place, and of public opinion in the second. Upton Sinclair, through the medium of his book *The Jungle*, aroused the nation to a due sense of the horrors and dangers that were centered in the packing-houses aforesaid. Hence to him, belongs the credit of inaugurating the drastic revolution in the Federal and private means and methods of handling the flesh foods of this nation. The whole matter is an apt illustration of the tremendous power that public opinion exerts when it is fully aroused and properly directed. It proves conclusively, that no matter how deeply rooted abuses may be, or how thoroughly they may be entrenched behind political "pull," corporate interests, and an absolute disregard of the rights of the public, yet, when that same public's voice is heard in denunciation, those responsible for the abuses have to observe a line of conduct which their calloused consciences and atrophied morals otherwise fail to make them pursue.

That which followed hard on the publication of *The Jungle* is now comparatively ancient history and, without

doubt, the majority of the readers of PHYSICAL CULTURE are familiar with it. Briefly, however, it may be said that President Roosevelt caused an investigating committee consisting of Messrs. Reynolds and O'Neil to report on the truth of the charges made in *The Jungle*; that attempts were made to belittle the report of that committee by certain representatives who were manifestly friendly to the packers; that Senator Beveridge introduced an amendment to the Agricultural Appropriation bill, under the terms of which, United States inspectors were to be appointed with power to inspect cattle and carcasses used in the packing-houses, their salaries to be paid by a tax on the packers. This amendment was most bitterly fought by the interests threatened by it, and it is not frequently that Congressional sentiment and public interest are so aroused and enlisted as they were in this instance. Counter amendments were offered, the effect being to practically stultify the action of the Beveridge measure. President Roosevelt threw his interest on the side of the latter with characteristic vigor of language and action and, after a long fight, which was characterized by an almost daily increase of public sentiment antagonistic to the opponents of the Beveridge amendment, the latter was passed in practically its original form.

It is perhaps necessary to remind our readers that, prior to the passage of the measure alluded to, there were

Federal inspectors at the packing-houses, but these were there only through the "courtesy" of the packers themselves, and the latter had the right to order them off their premises whenever they saw fit. This extraordinary state of affairs was due to the fact that at the time, there was no law in existence which authorized Federal authorities to inspect cattle or meat. Nevertheless the packers were glad to have the United States inspectors on their premises, allegedly because they were anxious that the meats should be all that could be desired for the sake of the dear public. As a matter of fact, the packers were getting a valuable, and a mighty cheap advertisement out of the presence of the inspectors, inasmuch as all their products bore labels to the effect that the contents of the cans or packages had been "inspected by the United States Government." Just what this "inspection" amounted to, *The Jungle* showed. Under current conditions, the inspectors will be there to inspect; there will be no more passing of fifty-dollar bills at about the same time that a drove of measly or cholera infected hogs happen along; "bob-veal" will be unknown; there will be no further wholesale smuggling of "lumpy jawed" cattle, or those infected with tuberculosis, into the abattoirs, or from the carcass to the cooling rooms, in short, the measure proposes to protect the public to the full. In the words of Secretary Wilson of the Department of Agriculture; "Supervision and inspection will now be extended from the pasture to the package. The Federal stamp upon a can will be a guarantee, not only of the healthfulness of the animal but, also, that the product was prepared in sanitary surroundings and with the addition of no deleterious chemical or preservative. Any meat-food product bearing the Government stamp will be fit for food. The new law is comprehensive, the means for its enforcements are ample, and its execution will be thorough. People at home and abroad may use our meats with confidence."

Let us hope that the Secretary's sanguine expectations will be realized. Unfortunately, history teaches that while it is possible to frame legal mea-

asures of an ideal sort, yet it is impossible to legislate human nature out of those persons who are entrusted with the task of seeing that the laws are carried into effect. The United States inspectors to whom, in the future, will be entrusted the work of allegedly seeing that the conditions described in *The Jungle* no longer exist, may be young men who have only just attained their majority as well as persons of maturer years. They need not be veterinarians; they must have had one year's experience in the work required to be done, and they begin at a salary of rather less than twenty dollars per week. The writer is not exactly of a cynical sort, but he believes that the appointment of inspectors of the type in question and at the salary named, is a huge blunder to begin with. Let us imagine that the twenty dollar a week youth is called upon to pass upon a consignment of cattle that is suffering from "lumpy jaw" or something that unfits them for food. If the inspector chooses to enforce the law in letter as well as in spirit, the packers stand to lose some thousands of dollars. Hence, it is an easy and at the same time a profitable proposition for the owner of the cattle to slip two or three hundred-dollar bills in the hands of the youthful representative of Uncle Sam, and it is a hard matter for the latter to refuse them in view of his limited salary unless he is an individual of somewhat uncommon integrity. The rest can be imagined.

That this is no fanciful picture is proven by the fact that not only Sinclair but some of the high officials who had to do with "inspection" in the past, made practically direct charges of bribery in regard to their subordinates and the packers. If there was some means of inspecting the inspectors the case might be otherwise, but as it is, the health of the meat-eaters is still at the mercy of the honesty of the inspector and the morality of the packer. So it seems to the writer that after all there is not very much difference between present and past conditions.

It will not be until October 1st that the Department of Agriculture will have thoroughly organized its corps of inspectors, which by the way, will include a

great many of those who were stationed at the packing plants under old methods. In this connection, it is stated that the Secretary of the Department of Agriculture has received information that the packers not only in Chicago but elsewhere, will only live up to the provisions of the new law under compulsion, and will seek to evade them as much as possible. In regard to this, Mr. Wilson in a recent semi-official statement, intimated that his department will not hesitate to use to the utmost a weapon which Congress has put in its hands. Just what this weapon is will be gathered by the following on the part of the Secretary: "There will be no controversy between the Department of Agriculture and the packers, if the latter do not live up to the law. If they do not want to let our inspectors keep a close watch on every detail of manufacture, if they hinder our inspectors in their efforts to do so, that is their outlook, but in such a case they will get no labels."

Mr. Wilson knew what he was talking about. Without the Government label the business of any firm would be ruined in short order. It could not ship its products out of the state in which they were prepared. The packages without the label would be unsaleable anyhow, for consumers would naturally refuse to purchase them. Indeed, it may be stated that, provided the inspectors do their work in a measurably honest manner, this fear of having labels withheld from them will make the packers "keep their toes close to the Government chalk line" as nothing else in the law will.

One of the weak points of the law apparently is, that the inspectors have no power to pass upon the material that actually goes into the cans, their duties appearing to begin and end up to the point of packing. A committee of experts from the Illinois Manufacturing Association recently handed in a report to the effect that while, since the publication of *The Jungle* and the public agitation, there has been much cleaning up in the Chicago packing plants generally, yet there are certain features of the canning processes that are open to criticism. For instance, they cite the fact that hogs' snouts and ears are used

in some of the canned products, and they urge that Government inspection should extend to a close supervision of the material placed in the cans. The idea is certainly a good one and proves among other things, that there is yet much to be done before the products in question can be considered as above suspicion.

"There is a Providence that shapes our ends, rough hew them as we may" says Shakespeare, and the remark stands as good in regard to packing house affairs as it does in the case of the everyday concerns of individual life. Providence seems, in the long run, to even up things although we may apparently ignore or divert its rules and regulations. In the case of the packers, they smashed pretty nearly every law, human and Divine, prompted thereto by their greed, and there appeared to be nothing to stay them. Then came *The Jungle* and forthwith there was a falling off in the demand for the products of the packing houses that was nothing short of a catastrophe. The export trade suffered in particular—in fact in some countries, it was practically extinguished. It is certain that it will be a great many years before confidence will be re-established in American meat products abroad on the old lines. Meantime the foreign rivals to the American packers have not failed to take advantage of the situation, for which they are hardly to be blamed. The millions lost by the exposé will certainly offset to a very great extent, the millions gained in an ill-gotten way by those who have been exposed. The moral law or whatever you like to call it, has asserted itself, and, in the long run, the margin of profit if any, on the credit side of the ledgers of the criminal packers, will probably be found to be mighty small indeed.

Meantime we give another extract from *The Jungle*, as follows. It gives point to the need of the Beveridge measure:

"There were the men in the pickle rooms, for instance, where old Antanas had gotten his death; scarce a one of these that had not some spot of horror on his person. Let a man so much as scrape his finger pushing a truck in the

pickle-rooms, and he might have a sore that would put him out of the world; all the joints in his fingers might be eaten by the acid, one by one. Of the butchers and floorsmen, the beef-boners and trimmers, and all those who used knives, you could scarcely find a person who had the use of his thumb; time and time again the base of it had been slashed, till it was a mere lump of flesh against which the man pressed the knife to hold it. The hands of these men would be criss-crossed with cuts, until you could no longer pretend to count them or to trace them. They would have no nails—they had worn them off pulling hides; their knuckles were swollen so that their fingers spread out like a fan. There were men who worked in the cooking-rooms, in the midst of steam and sickening odors, by artificial light; in these rooms the germs of tuberculosis might live for two years, but the supply was renewed every hour. There were the beef-luggers, who carried two-hundred-pound quarters into the refrigerator-cars; a fearful kind of work, that began at four o'clock in the morning, and that wore out the most powerful men in a few years. There were those who worked in the chilling-rooms, and whose special disease was rheumatism; the time-limit that a man could work in the chilling-rooms was said to be five years. There were the wool-

pluckers, whose hands went to pieces even sooner than the hands of the pickle-men; for the pelts of the sheep had to be painted with acid to loosen the wool, and then the pluckers had to pull out this wool with their bare hands, till the acid had eaten their fingers off. There were those who made the tins for the canned-meat; and their hands, too, were a maze of cuts, and each cut represented a chance for blood-poisoning. Some worked at the stamping-machines, and it was very seldom that one could work long there at the pace that was set, and not give out and forget himself, and have a part of his hand chopped off. There were the 'hoisters,' as they were called, whose task it was to press the lever which lifted the dead cattle off the floor. They ran along upon a rafter, peering down through the damp and the steam; and as old Durham's architects had not built the killing-room for the convenience of the hoisters, at every few feet they would have to stoop under a beam, say four feet above the one they ran on; which got them into the habit of stooping, so that in a few years they would be walking like chimpanzees. Worst of any, however, were the fertilizer-men, and those who served in the cooking-rooms. These people could not be shown to the visitor—for the odor of the fertilizer-man would scare a visitor at a hundred yards."

(To be Continued.)

### HITTING THE NAIL UPON THE HEAD

From Lebanon, Pa., comes an interesting communication from Mr. John S. Snavely in regard to vaccination. He hits the nail on the head when among other things he says:

"Vaccination is a positive interference with the primary principles of health. It is blood-poisoning. It produces disease and renders the vaccinated more liable to other diseases. The greatest preventative against disease is good health. Health is the harmonious interaction of the organs and functions in the human economy.

"Disease is an abnormal condition of the human body. Vaccination is op-

posed to the dictates of common sense and antagonistic to the basic principles of sanitary science, and civilization can only be continued when humanity secures good health unpolled by the vaccinator's lancet. Vaccination in its relation to the law of cause and effect, means a lessening of vital force, a weakening of the conservation of health, it means the introduction of disease where a condition of health existed.

"Compulsory vaccination is a reckless departure from the straight and narrow path of medical righteousness and in open disregard of American principles and constitutional rights."



## Weird and Wonderful Story of Another World

Unparalleled Experiences of a Young Scientist Who Solved the Problem of Navigation, not only of the Atmosphere, but of the Heavenly Spaces outside of it. Claims that Jupiter is peopled by a Superb Race who are Ideal Physical Culturists

By TYMAN CURRIO

### CHAPTER XXIV.

I THINK I may fairly say that I never had a more delightful ride than that one with Mira. We might have done the two hundred miles in a much shorter time, but I begged Mira to fly as low as possible so that I might see as much as possible of the country, and to go slowly.

It was scarcely past dawn when we started; and I must pay tribute here to the advantages of the simple life as lived on Jupiter. We were out of bed in full possession of our activity, at the first streak of light; we plunged into the lake, dried ourselves and donned the simple single garment that sufficed to travel in; we mounted our machines and were up in the sky, on our way.

I have not heretofore said anything of the effect upon me of the simple, wholesome food I had been eating. I think I ate about one-eighth of the bulk of food that I had been accustomed to, chewing it to a liquid, which I may say "swallowed itself," and of course I ate no flesh food at all. The effect of this upon me was remarkable.

Apart from an almost intoxicating sense of vitality, unlike anything I had ever experienced before, even when in the best of health and spirits, I was conscious of a number of changes in my physical manifestation of myself. I was no longer malodorous even to the sensitive Jupiterians, my perspiration was as sweet as purest water; my breath was like a baby's fed on mother's milk; my endurance was amazingly increased, and the most strenuous of novel exercise never produced the least soreness

of the muscles; the formation of gas in the intestines was absolutely unknown to me. I ate the simple, unseasoned foods with a zest never before known to me, and the subsequent process of digestion went on without my consciousness; and what was most remarkable to me was, that there was no longer that disagreeable waste product of undigested or indigestible food, discharged through the bowels. In other words the intestines were able to perform their office in the scheme of digestion and were not converted into a sewer to carry off food in excess of what was required for the needs of the body. Once or at most twice a week, sufficed for the discharge of the small quantity of accumulated and absolutely inoffensive waste.

I could enumerate other changes caused in my body by the manner of my living, but I must reserve the narration of such particular facts for another opportunity; just as I must postpone the narration of many of the other things of which I fully intended to speak when I began this story. I know that if I had had more literary experience, more the art of the story teller, I could have left out much that I have told to have given place to matter in which the general reader is more interested. I have done the best I could in the space given me, and I must ask the reader to forgive me if I have not told those things of life on Jupiter which his or her particular fancy or need demanded.

Returning now very gladly to that dear little Mira, whose extraordinary sweetness endeared her to me more than I can express, I will say that we

beguiled the way to the home of her little friend with an exchange of confidences.

Perhaps it will seem very singular that I should have been moved to tell that child of my passionate love for Bel. I did so, however, and would have it understood that she was not like a child of the same age on Earth, but was as full of comprehension as of tenderness and sympathy.

She did not try to buoy me up with any false hopes, but shook her little head gravely as she told me that it was in the nature of an impossibility that Bel should be the mother of a child by me.

"Of course she loves you, Wuzzy," the dear child said in her tender tones, "and she knows that you are doing your very best to raise yourself above the low level of life that you were on when you first came here, but you must realize that you are and must ever be too backward in mental, moral, spiritual or physical development to be a father."

"Well," I answered sadly, "I admit all that, but I love her and I am unhappy when I am not with her. I ask nothing more than to be permitted to see her and love her."

You will say that I must have reached a pretty low level of self esteem to be able to say such a thing, and I am ready to admit it. I knew I was unworthy of that peerless woman, and I had no hope whatever of winning her to let me be the father of her child, but I was beginning to be imbued with the spirit of the people and was trying to think of doing something in an unselfish spirit.

I would not occupy valuable space with the story of my love for Bel were it not that it is intimately connected with the occasion of my return to Earth; yes, and with a far more important event than that.

When I began this story I had not intended to reveal what I may now say is the most potent factor of my life at present; Bel returned with me! She is here, on Earth.

There! I know I have spoiled a chance for what a story writer would call a dramatic climax, but I am very little concerned about that.

I am surprised now when I look back and recall what Mira and I talked about besides Bel. I remembered that she had said she was studying geology and as I knew not a little of that subject, myself, I was minded to discover how much this child knew.

I will confess that I began to question her with that same superiority of feeling that an adult on Earth always has in his relations with children. It was not long, however, before I discovered that, in the simplest way imaginable, she could tell me many new things concerning the growth of a planet.

I ended my talk with little Mira filled with a profound contempt for the mystery of words and manner that we throw about special knowledge on Earth. I have marvelled ever since at the pedantry which impels us, here, to obscure the knowledge which might as well be the common property of all.

When I asked her about the text books from which she studied, I learned that text books were never used in their system of study, but that the men and women who made a speciality of any subject, kept themselves posted in the growth of knowledge by means of frequent meetings with other specialists, or by means of pamphlets containing accounts of discoveries made or of theories projected.

Books indeed were written to make a record of knowledge at a given date, but the greatest of care was always taken to avoid the appearance of finality, which might have tendency to discourage research. The wildest theories were treated respectfully and given such discussion as they seemed to demand on the ground that if false they should be demonstrated to be so, while if true, the truth could not be too soon known.

The one supreme principle with the Jupiterians seemed to be to respect nothing because it happened to be accepted, because it happened once to have been demonstrated. They wish the truth and only the truth; they worship no fetishes; precedent they scorn.

It was so delightful a ride that I regretted when Mira told me we were near the cottage of her friend Atte, that the distance was not greater; and yet

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when we sank gently down on the lawn surrounding the cottage and dismounted our machines, I was charmed beyond expression by the greeting we received.

A beautiful, dark-eyed child of Mira's own age came running out crying her welcome in the most silvery tones, her dark curls framing her glowing face and making of her a picture not soon forgotten. Her mother followed her at a slower pace but with as shining a face of welcome, while from another direction came a beautiful little boy of six, evidently just out of the water, for his naked body glistened with drops of moisture.

"Welcome, Wuzzy!" the matron said; "it is most kind of you to come to us."

It seemed odd to be thanked for making her a visit, but among the reasons that afterward occurred to me to account for it was the one that life is so simple a matter with the Jupiterians that the details of care and work inseparable from having visitors on Earth are entirely lacking there.

While I remained at that cottage, visiting Adi—the name of the sweet matron—I took care of my own simple bed and did my full share in all that was done either in preparing or in clearing away a meal.

The circumstance that seemed oddest to me on Jupiter was that there was no home life in the sense that we know it on Earth. I discovered this when I was visiting Adi.

I cannot pretend to make an ordered nor a complete story of the Jupiterian home, but I can set down briefly a few of the features of it that struck me most forcibly.

I believe I had not met Adi and her beautiful children before my mind was occupied with the thought of the head of the house, the father of the children the husband of Adi, so I may as well concern myself with him first.

He had an establishment of his own, not very far away, and visited Adi just as much her guest as I, excepting that no doubt he was an even more welcome one, since she loved him passionately, as I should judge from the way they greeted each other on the one occasion when I saw them meet.

The children visited their father

according to their desire, but they evidently looked upon their mother's cottage as their home. As a matter of fact, however, any cottage in the land was open to them as to anybody who came along; though the peculiar attitude of the Jupiterians toward children was as if every adult was in the relation of a loving parent toward every child.

When I first saw the children with their father I instinctively looked for some manifestation of authority on his part, but I quickly remembered that authority was one of the things that was not, in Jupiter. He was their friend, that was all.

The next remarkable feature of that home was that Adi was not the drudge, the house-keeper. She had her activity in life just as her brother might have or as her father or mother had. She was a book binder. And what exquisite work she did!

The necessary work of the cottage was done by its occupants. Perhaps it would be more correct to speak of its users, for the cottage was not slept in nor yet eaten in. Anyhow, whatever there was to be done was shared in by all, so that the labor of mere living was reduced to a minimum. And, of course, this cottage, like Bel's and like all others that I saw, was equipped with all sorts of labor-saving devices, with all sorts of devices for making life easy in every way.

All waste matter was rendered utterly innocuous by reduction through combustion; and there was no possibility of unsanitary conditions due to decomposition. To this end chemistry had been utilized in a marvellous way. I have drawings and copious notes which will enable me eventually to introduce many of the labor saving devices here.

I had here a verification of what Zil had told me in regard to all Jupiterians being students. Adi worked at her book-binding whenever she could find some one to work for, but also she studied art in a general way under the guidance of a very gifted woman, some of whose productions in pure decoration I afterward had the pleasure of seeing.

Even little Eba, the six year old boy, did his share of the work about the cottage, though it should be understood

that nothing whatever was required of him. I asked Adi once what she would do in case Eba refused to bear his share of the burden. Her answer was peculiar.

"There is no burden to share," she said when I explained more fully what I meant. "He who refrains from doing only adds to the pleasure of those who are permitted to do for him. How can it be otherwise? If you will watch Eba when he is doing his work, you will see with what zest he acts."

I may say here that since my visit to Jupiter I am satisfied that the golden rule is a practicable one; though before that time I had always looked upon it as a sort of counsel of perfection, utterly impracticable.

#### CHAPTER XXV.

The school to which Mira took me was as absurdly unlike one of our schools as it would be possible to imagine and it reminded me of what I had read of the schools of the old Greek philosophers.

I found a beautiful young woman—almost as beautiful as Bel—sitting by the shore of a lovely lake, talking to a group of men, women and children, who listened to her with breathless interest.

We were given a smile of welcome, but no interruption of the talk occurred by reason of our coming, and I had the good fortune to hear the most absorbingly interesting explanation of the formation of fertile soil on the surface of a planet.

It was told so simply, yet with such a wealth of illustration! And what a romance the subject became as she developed it! I did not need to be told that this girl had early developed a positive genius for geology and cognate subjects.

I learned by inquiry that she had been talking that morning on the evidences of geologic change and formation carried by the planet in its own bosom, and that the talk of soil formation had grown out of a question asked by one of the children.

Later I witnessed what was to me one of the most beautiful of sights. The teacher was deep in the subject of erosions in ancient river beds, when a

question was asked involving knowledge which this young woman did not possess, and which it was important in her opinion should be had before she went on.

Finding by inquiry that no one there could answer the question, she suggested that they all mount their machines and go at once with the question and its bearings fresh in their minds, to one who could give them the information they needed.

No one made any false pretence of knowledge, no one tried to guess at it, no one thought less of his neighbor for not knowing, all conceded the importance of knowing and all congratulated the child who had asked the question on having forced the breaking of new light on a subject.

How eagerly they all hurried to the teacher who had the information! how happy he was that he was able to answer! how happy they all were in the discussion that followed!

I knew after that experience how natural it was for a Jupiterian to pursue knowledge. No one bore himself with crushing superiority. Unimportant questions were answered as seriously as important ones. Even the answer of the teacher was not delivered as a finality of knowledge, but only as the best possible at that moment. And how delighted I was when my little Mira with charming ingenuousness picked a flaw in the reasoning of the teacher, and gave a new trend to the logic of the facts!

The startling factor in the situation was that all these students, whether adult or child, discussed the subject with a learning and an acumen that would have put our Darwins and Tyndalls and Huxleys and Spencers on their mettle to follow, but at the same time with a spontaneity and enthusiasm that made it all seem like so much play.

I wish I might give a fuller description of this and some of the other schools that I visited with Mira and Atte. Atte, I may say, was far more interested in mechanical things than Mira, and through her I was led to visit the places where some of the most marvellous things were done in mechanics.

I may say that this involved a visit to Dolha, and that while with him I came once more into communication with Bel. And it was at that time that I first made use of the perfected telephone by which I could see as well as talk to that adorable woman.

I had been going about—sometimes with Mira, but as often without her—for over six weeks when I made arrangements with Bel to join her at the ruins, where she wished to make some researches at the great museum in order to establish some point in relation to an almost extinct species of rose.

They had been a very full six weeks for me, spent sometimes at the ruins with Zil, sometimes visiting the cottage homes of new friends, sometimes examining into some new phase of the extraordinary social life of my new friends.

I fell completely into the ways of the Jupiterians and had no thought but of my pleasure in the various things I did; and yet I believe I never in my life before acquired a tenth part of the knowledge I did in that time, and all without any fatigue whatever.

I was to meet Bel at the ruins, and I will confess that I was as unsettled and nervous as a man well could be at the prospect. I had been happy enough during the time that I had been separated from her, but had seen no woman who could take my thoughts from her.

Perhaps you wonder that I still clung to any hope in connection with her but if you do so wonder it is because you have never loved. She had said that I might not be the father of her child, but also she had admitted that she loved me, and it was on that admission that I based my hope of eventually winning her.

We were all in the lake, playing one of the games with which they made every form of exercise so pleasant, when Bel came. She must have started before dawn to arrive there so early in the morning, but never was face more fresh and radiant than hers when suddenly it rose out of the water in front of me wreathed in smiles. She had quietly dived and glided out to where she had seen me, while I was still unaware of her presence.

I cried out aloud in my joy at seeing

her, and would have taken her in my arms and kissed her had I dared. As it was we faced each other in the deep water, holding hands in their fashion; and I know I was not mistaken in believing that she was rejoiced to see me.

"I have missed you so," I said.

"But you have been busy and happy?" she queried.

"Both; but I have thought of you constantly. I cannot tell you how happy I am to see you. Shall you be here long?"

"I do not know," she answered, and then we had to separate for the time being, for the others came and greeted her; and in a little while the play went on until it was time to go ashore.

It is a truism that no one can measure the relative importance of the little happenings of life. Frequently the thing that seems to have a vast and even tragic importance turns out to be of the most trifling value, while the occurrence which seems of the most commonplace character at the time may be the hinge upon which turns the most critical episode of one's life.

It was so with me while Bel was at the ruins engaged in her investigations. I knew very little of botany as compared with Bel, though I had considered myself pretty thorough on Earth, and I had no idea of being able to assist her in any way in her researches; but I wished to be with her at the first and so made an excuse of the first suggestion to accompany her to the museum.

I think she quite forgot my presence from the moment that she plunged into her work, but I was unable to go at anything at all and therefore made a pretence of doing something while I really watched her as she leaned over the big tomes that belonged in the botanical section.

How beautiful she was! Whatever she did seemed to reveal a new beauty of pose or movement; and I was quite content to watch her and feed my heart on vain speculations of what the future held in store for me.

I don't know how far back the volumes belonged, but they were very ancient though in a remarkable state of preservation. I think Bel was seeking for a link that would connect certain

families of plants. Anyhow, after a long and patient study of many volumes, she cried out with sudden and unrestrained joy:

"Here it is now! Look Wuzzy! No, it is not exactly what I wish, but I am on the verge of discovery."

I looked over her polished shoulder at the figures on the page and saw that the plant she hailed with such delight was exactly our common sweet-brier rose.

"That is common on Earth," I said; and went on to tell what I knew of its various relatives.

She turned from the books and began to question me with the eagerness of an enthusiast. Alas, I could tell her but little of what she wished to know, for her knowledge went so much deeper than mine, and her purpose in wishing to know was so far beyond my ken that I soon was forced to admit that I could tell her no more.

When she was sure that she had exhausted my stock of information she went at the books again and again forgot me.

She spent quite a week studying the old volumes there during the day but entering into the morning and evening sports with us with the spirit of a child; so that I saw a great deal of her.

I gave up trying to be with her while she studied, however, for it was impossible for me to stand there watching her without being filled with impulses to demonstrate my affection for her which I would not have dared to give way to, but which at times seemed about to master me.

So I took to wandering about the museum in the aimless way of a child looking at mere curiosities; and one day I had what a person of the Earth would certainly call an adventure—I came upon a collection of gems of extraordinary value.

I call it a collection, but in fact it was nothing more than a careless heap of diamonds, rubies, sapphires and other precious stones, in broken settings or in no settings at all. I fancied at first that they were mere imitations, but I had a sufficient knowledge of gems to quickly assure myself that they were real.

I believe I looked around to see if anyone could see me before I came to the consciousness that no one would even care what I did with those jewels. I almost held my breath as I gingerly picked up first one and then another, calculating the values of the stones and realizing that there lay before me in that neglected pile millions of dollars worth of gems.

I knew perfectly well that these stones were no more than any other stones to these extraordinary people, and yet I could not believe it. I could not rest until I had gone to Bel and talked with her about them.

I interrupted her in her studies and she listened to me with that sweet courtesy which has no counterpart anywhere on Earth. She could not recall having seen the gems and seeing how eager I was, went with me to that part of the museum where they were.

"And you say such stones as these have a great value in your land?" she asked, picking up a handful with shocking calmness and letting them fall through her fingers.

"Oh," I laughed thickly, "if I had that pile of stones I should be a person of vast consequence in my land."

She took up another handful and studied them in silence for a while.

"I suppose they are pretty," she said. "Tell me, Wuzzy! if you had these in your land could you by means of them command such attention that you could bring your people to listen to your words concerning the possibilities of a better and nobler life than they are now leading?"

"Oh yes, yes," I cried.

"Then you shall take them with you when you go," she said. "I am sure we shall be very happy if we have anything, whatever it may be, that will give you pleasure."

"I may have them?" I gasped, overpowered; for in that pile was a fabulous wealth measured by the standards of the Earth.

"We might get you as much more by going to some of the other ruins," she said.

"There will be quite enough here," I answered, even my greed being checked by her easy unconcern.

## CHAPTER XXVI.

I may say as to the jewels that they were removed that evening to my etheroplane by Bel and some of the other students in the museum, greatly to the delight of all of those who became aware of what had taken place.

For a week after that episode Bel seemed very much preoccupied. I could not imagine what had happened to make her so, but whatever it was it passed away when suddenly she announced to me that she had set her heart on learning my language.

What my joy was I leave you to imagine; for it did not take me three seconds to realize that in teaching her to speak English I should of necessity be brought into daily contact with her for as long as she studied.

It was marvellous to see how she learned. I taught her out of the books I had with me, so that she learned many things about the Earth that would otherwise have been hidden from her; and how she marvelled as I unfolded the various truths to her!

I was struck by the fact that she spent very little time in discussing the facts which must have seemed extraordinary to her, but simply accepted them as true and tried to put herself into such an attitude toward them as enabled her to understand their place and their bearing in our system of civilization.

She was such an apt scholar that I took great delight in teaching her a correct and accurate pronunciation; and so clever was she, so good her ear that from the first she spoke as if English had been her tongue from childhood.

She never learned to speak a colloquial English, but always used the pure dignified speech of Shakespeare or of the King James version of the Bible, for I used both of those sources of the language in teaching her.

I was very proud of my pupil for one thing, and for another I lived for six months in a fool's paradise. We were together all the time, sometimes alone together for weeks at a time at her cottage, sometimes going about the country in my etheroplane, which, by

the way, she learned to use with as much skill as I, and sometimes wandering about the various ruins of the ancient cities, where I gave her full accounts of the institutions of the Earth.

When I look back now I feel that I was a dolt that I did not understand what it was that was gradually forming into a definite conclusion in the brain of the woman I loved.

All I knew, however, was that if she betrayed no very great love for me, she yet treated me with a kindness and a tender consideration that showed that I was more to her than I had been that day when I had madly dreamed of running away to Earth with her.

It made it seem very much as if she were merely a most beautiful and most extraordinarily unconventional girl of my own race when she got so that she could talk to me freely in English. And I think it made me feel much nearer to her when we talked in my own tongue.

One day—we were at her cottage again after a long absence—she and I were sitting together on the little elevation from which there was such a beautiful view of the sunset, when she said to me:

"Wuzzy, you once told me that in your land there were many specimens of the sweetbrier and other kindred roses."

"Yes, Bel."

"Well, you know that if I could make a study of those various species I could add much to our stock of knowledge and could enable our specialists to pursue their experiments in improving our fruits to a much better advantage."

"Yes" I said, my heart beginning to throb with a hardly defined emotion.

"I think I will ask Dolha to make me a machine like yours and will go to your Earth to pursue my studies. I have been thinking of it for a long time, as you will know from my having taken up the study of your language."

I could hardly speak for the emotion that took possession of me at this announcement. My head buzzed and I thought for a moment that I would lose consciousness. What might I not hope for if she would go to Earth? Above all if she went with me. I cried out as soon as I could find my voice:

"Why ask Dolha to make you one? Why not go with me? Why not let me give you my machine? How can I be happier than in knowing that you have it! Take mine, Bel dear!"

"Will it give you pleasure, Wuzzy?"

"More than I can express."

"Then I will take it. When shall we start?"

I caught my breath. She spoke as if it were nothing more to do than to go to the ruined city, whereas it meant everything to me. Nevertheless I answered as I sought in the darkling heavens for the shining spot to which we were going.

"It is for you to say, Bel dear. I am ready to do as you decide."

She considered for a few minutes and then in a tone of decision said:

"I will go speak over the telephone to Dolha and some others and then we will start."

I would have liked to see Mira and Atte and some of the other dear friends I had made there, but the thought of that long journey alone with Bel, the prospect of having her with me on Earth subjected to the influences there, with the hope of having her thereby won to me, were not to be withstood.

"I will get the machine in readiness in the meanwhile," I said.

As a matter of fact there was not much that needed to be done, for I had kept the machine in perfect condition by using it so much, so that there only needed that I should see that the apparatus for supplying us with fresh air was in good working order with a sufficient quantity of oxygen in storage.

By the time Bel had returned I was ready for the long voyage. I did not ask her what had been said by her friends, nor did she betray on her face any signs of having had any difficulty with them.

She stepped into the etheroplane and I set it in motion. We rose and rose straight up. I shot the panels into place and tested the fresh air valves. Up and up we went.

I cannot tell you how Bel felt, for she stood by me as if absorbed in placid thought, not a line on her beautiful face betraying any extraordinary emotion; but for myself I may say that

I was a prey to emotions that might well have overcome me if I had not been in the perfect physical condition that I was.

I will attempt no account of the voyage through space. Bel maintained her serenity as if proof against any ordinary emotion, though she over and over again expressed her wonder and admiration for the universe which we were traversing; and once she turned to me and said:

"Wuzzy, I do not think we gave you sufficient credit for your marvellous ingenuity in devising this machine for cleaving space."

Another time she said to me:

"Wuzzy, your people must be lifted out of the slough they are in. With the knowledge we have, we should be able to bring about a marvellous change within a comparatively short time."

She had such a beautiful and sublime unconsciousness of the prejudice against new ideas on the Earth that I feared for the consequences to her if I could not make her comprehend our ways better; so I over and over again impressed it on her that she was going among a people who were ashamed of their bodies and considered them impure and vile; that they hated above all things to change their ways of doing or thinking; that force and violence ruled everywhere; that dungeons were gaping for her if she attempted to live the pure and natural and lofty life of Jupiter.

Partly she was saddened by my constant iteration and reiteration of these things and partly she could not understand me. Once she put a very odd question to me.

"Wuzzy," she said, "you have never betrayed the brutal, savage traits you assure me are characteristic of your people; are you then so much better than they are?"

"Do you forget the day I murdered that innocent bird?" I asked in a low tone.

"True," she murmured; then added brightly, "but see how quickly you became as you are! Why should not your people do the same?"

"Ah!" I sighed, "if only you knew the hatred my people have of ideas!"

I speak of these talks with her be-



cause they are the reason for my uneasiness now. But that you will understand better presently.

Bel wished to make a landing at the first place we sighted when we came within sight of the Earth, which fortunately was at night; but it so happened that we were over New York at the time, and I told her so, explaining how dangerous it would be for us to be seen in such costumes as we had with us.

I am sure she listened unconvinced; and when I think it over now I can understand how it might be so. What was there in the facts of her life to permit her to comprehend the unreasoning violence of a civilized community of the Earth?

Well, I sent the etheroplane speeding over the Earth toward my little island, where I could make a safe landing and where my machine—I mean Bel's machine—could be secreted from the vandal and destructive hands of my people.

I timed it to drop on the island by early morning, explaining to Bel just where we were and what my plans were. She listened carefully and with an odd expression in her great, beautiful eyes which I did not understand then.

I removed my jewels and all the note books I had filled with my observations while on Jupiter, getting everything ready to put on the little schooner that

(The End)

rode at anchor as lightly and securely as if I had left her but the day before.

I think I had taken one load to the little boat that served to bring me into communication with my schooner and was going back for another, when I saw my etheroplane rising in the air.

"Bel! Bel!" I cried in alarm, as I ran toward the machine.

"Do not be disturbed, Wuzzy," she said, looking down at me from the machine which hovered over my head some twenty feet above me. "I have decided on this course as being the best for both of us. I feel that I shall be hampered in my studies if I am with you, and therefore I am going to make my way in this strange world of yours alone, just as you made your way among us. Good bye, dear Wuzzy!"

The etheroplane darted up into space despite my agonized cries, despite the mortal anguish that made me sink in a convulsed heap on the sand.

What would become of her?

Merciful heavens! what has become of her?

To this day I do not know. But she surely is on Earth, and I am seeking her everywhere. Perhaps, indeed, this story would never have been written but for the hope that through it I might find some clue to her whereabouts.

I shall be forever grateful to anyone who will send me word of her.

## A "BEWILDERED MORTAL"

TO THE EDITOR:

The discouraging letter of B. Wildord Mortle in the April number of your magazine set me to thinking and also writing. I am afraid that B. Wildord is one of those unlucky "Mortles" who need explicit directions in order to pound sand in a rat hole, keeping one afraid even then that they will pound their fingers. One is sorry for these people and impatient sometimes. I have received great benefit from PHYSICAL CULTURE and therefore hate to see it run down. I believe one should think something like this: "I ought to know pretty nearly as much about myself as anyone else. Still one man cannot know everything, and some one else knows things which I don't know, as I know things which they don't."

If anything sounds reasonable or if your experience tells you it ought to be right, give it a trial. But don't take anyone's advice too literally. You may not do just what they mean anyway. Use your reason. If you find that three fourths of any person's advice is good, you will be lucky. I am afraid, however, that Mr. Mortle did not follow all the teachings of PHYSICAL CULTURE, as I don't see how the latter could have the effect on him which he describes. I can say that I have followed them with the result that I am rid of a case of cat rrh and neuralgia of the face. I sincerely hope Mr. Mortle will give physical culture one more fair trial.

E. R. S.

Beardsley, Minn.

## Cocoa an Ideal Food and Beverage

It appears to be free of those harmful qualities which in the case of tea, coffee and alcohol, play havoc with the nervous system—Besides that, it is rich in flesh-forming material, and in those elements which supply fat to the system—Opinions of scientists regarding the cocoa-bean and its products

By JAMES HENDERSON

THE Spanish discoverers of America found that the natives on the islands and the shores of the Caribbean Sea were in possession of two articles of daily use which were unknown to Europeans. One of these was excellent, namely, cocoa; and the other, the reverse, this being tobacco. Both of these were taken by the explorers back to their native land, and that the use of them subsequently spread all over the earth, is a matter of history. But while tobacco is now grown in many places in the eastern hemisphere, the cocoa tree, the fruit of which is the bean from which cocoa and chocolate are made, remains true to its native habitats—namely, those tropical or semi-tropical regions in which it was originally found.

With the dietetic peculiarities of cocoa this article will deal later. First of all, let us say something about the history of the bean botanically and otherwise. As has been intimated, the Europeans took very kindly to cocoa.

Curiously enough, however, the primitive methods used by the American natives in the preparation of the bean were in vogue for at least a couple of centuries after its introduction into Europe. A rough sort of pestle and mortar were used for crushing it, and a lot of uncanny ingredients such as capsicums, spices, and perfumes were mixed with it, prior to its being drunk or eaten. However, with the advance of years the method of preparation was improved until, at the present day, it calls for delicate and elaborate machinery, together with a number of processes which

have for their end the development of the flavor of the bean, and the elimination of those elements or incidentals which have no food value.

The chocolate or cacao plant is known to botanists as *Theobroma Cacao*, the first portion of the name meaning "food of the gods." The plant or tree, belongs to the *Sterculiaceae*, a natural order attaining forty-one genera, and five hundred and twenty-five species. Only six of these species produce the bean, and scientific cultivation has practically reduced these six to two.

The trees average thirteen feet in height, and five to eight inches in diameter. The two choice kinds are known as El Crillo, and El Trinitario; while the former is less prolific it is much more valuable, and hence is more widely cultivated than its rival. A plantation is very much like an apple orchard; but little attention need be given to the trees which, at five years of age, bear fruit, and will yield two crops per year. The average bearing life of the tree is forty years.

The seeds are borne in irregular shaped pods, something like cucumbers, which may be anywhere from 9 to 12 inches in length, and about half that size in diameter. When young, these pods are green, but later they become a yellowish brown, their rinds being thick and tough. The pod is filled with the beans, which are packed in a cellular tissue that has a rather pleasant acid taste. The beans themselves are about as big as ordinary almonds, whitish and bitter to the taste, but when dried they turn brown. They are about four

months in ripening, and while as intimated, a tree gives two crops per year, yet such crops are at no stated intervals as far as the plantation is concerned. In other words, the process of gathering is almost continuous from spring to spring.

The ripe pods are cut down by laborers who have a peculiarly shaped implement for that purpose. Once on the ground, they are gathered in heaps and left to "warm" for twenty-four hours. Then they are cut open and carried in baskets to be "sweated" or cured. The sweating process is done by allowing the beans to ferment in boxes made for that purpose, or in holes or trenches in the earth. In the latter case, they are lightly covered with earth or clay. It takes about two days for the process of fermentation to reach completion. During that time, great care has to be taken that they do not get too hot, or are unduly "steamed." Skilled men are employed to watch the fermenting, as upon it depends much of the final flavoring and quality of the bean. Later, they are put in the sun to dry, and finally sent to market. In view of the somewhat primitive nature of the fermenting as told, it is not to be wondered at, that as the beans are received in this and other countries, they are usually mixed with a good deal of dirt, clay, twigs, etc.

The most prolific plantations of the trees are to be found in Ecuador, the Brazils, Caracas, Cayenne, Maracaibo, Guatemala, San Domingo, Trinidad, Martinique, Bourbon, Sychells, and other territories in South America, or adjoining the Caribbean Sea. On the other hand, trees have been successfully grown in Ceylon, Java, and some parts of Africa. But nevertheless, and as intimated, the great cocoa producing districts are even yet, south of Florida.

When the beans reach the hands of American chocolate manufacturers, they are thoroughly cleansed by machinery of the foreign matters that either cling to them, or are found mixed with them. In order to accomplish this a number of most ingenious devices are used from which the bean finally emerges as free from undesirable elements as it was when embedded in its native nut or pod

Next comes the roasting, which is a very delicate operation indeed, inasmuch as over or under roasting will not only interfere with the food qualities of the bean, but in addition materially change that characteristic flavor which makes the finished product so acceptable to the average palate. During the roasting, the color and taste of the bean are much modified, and more than that, the flavor which is practically lacking in the raw bean, is developed to a delightful degree. After the roasting is over, the shells which enclose each bean are easily detachable, this being done by more machinery, until finally the bean only is left, it, by this time, having that tint which is known to artists and modistes as "chocolate color." At this stage of preparation the beans are known as "cocoa nibs."

The shells that have been detached from the beans are not wasted. They find a ready market among persons of limited means, for if boiled sufficiently long, they make a light and wholesome drink which has a genuine chocolate flavor. Sometimes too, the nibs themselves are boiled without grinding, and while there are those who claim that by this means their flavor is preserved in all its original purity, there are others who declare that the delicate essential oils upon which the flavor depends, are destroyed by too long a process of cooking.

If it is intended to manufacture chocolate, the nibs are next ground until they are reduced to a paste. This is done by special mechanism of a complicated nature, for owing to the peculiar consistency of the bean, due to its richness in oil or fat, such machinery is absolutely necessary. After grinding as told, sugar and the needed flavors are added, the mass is then pressed into the desired shape by yet more machinery, and we have the eating or cooking chocolate of commerce.

In the case of so-called breakfast cocoas, however, a certain proportion of the oil has to be removed, and there is an additional fineness of grinding. Under proper conditions, the oil can be extracted by mechanical means, that is by hydraulic pressure, this being done before the nibs are ground. It is true that

there are chemical processes for extracting the oil, but these are much to be condemned, and are not used at all by manufacturers with reputations, inasmuch as the chemicals in question are of a harmful nature, and besides that they to a very great extent spoil the natural flavor of the bean. The reason why this oil is removed is, that it does not agree with all persons. Besides that, a fatty layer on the top of one's cup of chocolate neither looks enticing nor is always palatable.

It is a peculiar fact that every nation of the world, savage or civilized, has its stimulant or stimulants, and in the great majority of cases, such are possessed of noxious element. In each and all of these, a harmful quality is not only known to exist, but is made obvious by its results. The cocoa bean, however, seems to be practically free of harmful elements. Chemically, its makeup is as follows—the reference being to the raw bean, which is but little altered by the roasting process.

Moisture, 7.11; Oil, 51.78; Theobromine, .35; Starch, 5.78; Cellulose, 3.1; Carbohydrates, 10.05; Protein, 15.61; Ash, 3.60.

It will be seen by this that the bean is singularly rich in oil, or as it is popularly known, cocoa butter, which has many excellent qualities both as a food, when used as an ointment, or other ways. One of its peculiarities is that it never gets rancid, which together with its other qualities, accounts for its healing properties when applied to wounds or raw surfaces. The theobromine is the stimulating element which acts on the nervous system, but as will be seen by the foregoing table, its proportions are very small, and besides that it is claimed that it is almost entirely free from the harmful qualities of a similar element in coffee known as caffeine, or that of tea which is theine. The starch is of course a true food, and so are the other carbohydrates, as well as the protein. Altogether then, cocoa, in any of its forms is an admirable food.

To quote an authority on the matter "Theobromine is practically free from harmful influences on the nervous system. The essentials of a perfect food are, proper proportions of carbo-hydrate,

albuminoids, and mineral matter, the latter being substantiatedly the same in all seed foods."

The fact that cocoa or chocolate is on the bill of fare of all Physical Culture Restaurants is proof positive of its good qualities on the lines started, but it is pleasant nevertheless to have this confirmed by the authority quoted, who by the way, is one of the many scientific men who endorse the use of the bean of the Caribbean. Those who have experimented with chocolate as an individual article of diet are in a position to vouch for its staying qualities, and it has the further advantage of being a sort of condensed nutriment. To many who have tried the experiment, a cake of pure chocolate is not many removes from a solid meal. In more than one army of the continent of Europe, cakes of chocolate are served out to the soldiers when on a long march and in all such cases, the results are entirely satisfactory. Furthermore, the pure bean properly prepared, has medicinal qualities of a high order, acting as it does as a regulator of the digestive and intestinal systems.

Unfortunately, there are numbers of unscrupulous manufacturers of cocoa and chocolate who do not hesitate to use adulterants in order to increase their gains. Some of these adulterants are comparatively harmless, including as they do, starch, corn meal, ground rice, etc., but the use of these robs the cocoa of much of its nutriment. On the other hand, some preparations of cocoa or chocolate are mixed with ammonia, soda, potash, caustic or carbonated alkalies, these for the purpose of making the cocoa dissolve more rapidly in the cup. It need hardly be added that these chemicals are of a highly injurious nature, and not only that, but they destroy the natural delicious flavor of the bean.

As in cocoa and chocolate so in other things. It is better to pay a little more money for them, and get them from a manufacturer who has a reputation to maintain for honesty and quality, than to buy them of those who apparently give you more for your money, but actually rob you of both coin and health.

## Dr. Hutchinson and His "Dietetic Errors"

By HARRY ELLINGTON BROOK

The Article Recently Published by the Well-known Physician in Question, in Which he Criticizes Physical Culture Dietary Principles and Advocates the use of Pork, White Flour and Other Food Abominations is Severely Criticized by an Expert—Dr. Hutchinson Flatly Contradicts Himself in the Course of his Screech, and Flies in the Face of the Elementary Teachings of Physiology.

The author of this article, Mr. H. E. Brook, is a well-known expert on matters relative to food and hygiene, and is the author of many pamphlets and books having to do with the same subjects. He is furthermore, the editor of the "Care of the Body" department of the Los Angeles Sunday Times magazine. In both lay and medical circles, his opinions are accepted as authoritative, and hence this article should be received with the respect that it merits.—Bernarr Macfadden.

IN a recent issue of a metropolitan magazine appeared a somewhat remarkable article, entitled "Some Diet Delusions," by Dr. Woods Hutchinson, who is said to be regarded by his fellow physicians as the most brilliant man of his profession on the Pacific Coast.

There are some good and truthful statements in Dr. Hutchinson's article, but there are many that are quite the opposite. Indeed, a prominent hygienist writes from Chicago to the editor of the magazine in question: "I have never anywhere seen so many incorrect statements and conclusions about hygiene gathered together as are found in that article."

Dr. Hutchinson admits, in his opening remarks, that "we doctors are almost as bad as any of them"—in reference to dietetic reform. It would be surprising if the doctors were as good as most of "them," when we remember how exceedingly brief a portion of the average medical college term is devoted to dietetics—not one hour out of fifty. Surely, therefore, it is preposterous to suppose that graduates of such institutions can possess as much thorough knowledge on the subject of food values as men who have devoted the greater part of a lifetime to that subject. Dr. Hutchinson makes the further damaging admission:

"Eighteen grave and reverend doctors assure us that overeating is the prevalent dietetic sin of the century, while the remainder of the two dozen are equally positive that the vast majority of their patients are underfed."

He claims that, in regard to food, instinct is superior to reason. That is true, when man is in a normal condition, but not when he has been artificially trained, from youth, to believe that certain food substances, or stimulants, or condiments, are not only pleasant to the taste, but necessary for the body.

Dr. Hutchinson—who seems inclined to run amuck against everything hygienic—criticizes the conclusions of Prof. Chittenden, of Yale, who, as a result of careful experiments which were described some time since in PHYSICAL CULTURE, has declared that a vast majority of people eat from two or three times as much as is necessary, provided it is thoroughly chewed. Yet, we know that the hardest workers, physical as well as mental, are as a rule, the smallest eaters.

Dr. Rabagliati of England—of whom Dr. Hutchinson has doubtless heard—in his book, "Air, Food and Exercise," has furnished abundant proof that overeating is the cause of a great majority of ailments.

Dr. Hutchinson comes to the defense of spices, which he declares do not "heat the blood." That may be. But every one who has mastered the first principles of hygiene knows, however, that the stronger spices, like black or red pepper, curry powder, etc., are powerful stimulants, which cause enlargement of the blood vessels, and ultimately diseases of the heart. Their immediate effect is to increase action, with subsequent inflammation, not only of the mucous membranes of the digestive canal, but also of the organs which secrete the digestive fluids. Their ultimate effect is to weaken and deaden these organs, and to destroy the nerves of taste in the mouth. They also clog the liver. Strong spices are unnecessary for the process of digestion in a healthy state of the system, though they may assist the action of a debilitated stomach, for some time. Their continued use will always produce a complete debility of that organ. Like alcohol and drugs, spices bring but temporary relief at the expense of future suffering.

The author claims that spices are valuable intestinal antiseptics, "checking putrefaction, they were used for embalming Egyptian mummies." Well, if any one wants to embalm the contents of his stomach, it would doubtless be a good thing to consume largely of cinnamon, mustard and other spices—also to take plenty of boric acid, salicylic acid and other preservatives. A majority of sensible people will, however, prefer to see their food go through the natural course of digestion as rapidly as is compatible with nature.

Dr. Hutchinson concludes, among other things, that the notion in regard to meats and fats being "too heating for the blood" in the tropics is baseless. Let us hope that many dwellers in the tropics will not be led astray by this dangerously false doctrine. How many, many valuable lives have been sacrificed to the folly of beef-eating Britishers, who carry a diet, more or less suited to the moist, cool climate of Great Britain, to the torrid plains of India. Would Dr. Hutchinson advise an Eskimo to subsist on bread-fruit at the North Pole, or a South Sea Islander to live on whale blubber? The idea that you can safely

eat the same food—or the same amount of food—in the tropics, as you can at the North Pole, is just as sensible as would be the idea that you need as big a fire in your parlor on the Fourth of July as you do on the 25th of December.

Of course, vegetarianism comes in for a big share of Dr. Hutchinson's philippic. Nevertheless he admits that "human life can be maintained in fair health and vigor upon a chiefly vegetable diet."

It should scarcely be necessary, at this late day, to point to the fact that the greatest endurance—the greatest capacity for sustained mental and physical labor—as well as a freedom from many diseases that overtake those who eat largely of flesh containing uric acid, is enjoyed by those who select a well-balanced flesh-free dietary. The German army, which achieved such wonderful victories in 1870, was mainly fed on coarse bread and "erbs wurst" (pea meal), and during the siege of Paris, many regiments had to subsist almost entirely on coarse rye bread, while their death rate from diseases was exceedingly low. In the late Turco-Greek War and the Russo-Japanese War, the daily records show that the simple living Turks and Japanese, whose staple diet was chiefly cereal foods and vegetables, with but little animal food, recovered in a marvelous and unexpected manner from their wounds, while the meat and wine consuming Greeks and Russians had by no means such marvelous powers of recuperation, and often languished for weeks or months from disease. It is also noteworthy that, during the Indian mutiny, British surgeons were astounded at the recovery of vegetarian native troops, from wounds that, in the case of the beef-eating Britisher, would inevitably have proved fatal.

As to endurance, there can be no question as between the meat eater and the vegetarian. In every contest of this kind in Germany—such as hundred-mile walks—meat eaters have not only lost, but they have not been "in it." Weston, the celebrated endurance walker, showed thirty years ago, and still shows, what a vegetarian could do, in this line. Again, a vegetarian recently made a phenomenal walk, from Land's End in England to John O'Groats in Scotland,

about 900 miles, that put every previous record out of sight. Look at the porters of Constantinople, probably the strongest men in the world, who trot along with a burden that the average white man could not lift. What do they eat? Beefsteak? Pork? Not at all. Their diet consists mainly of a little black bread, with figs and watermelons.

More than two-thirds of the human race are vegetarians, either from choice, from religious conviction, or from necessity, and of the remaining one-third, not more than 10 per cent. get meat more than once a day. Dr. Haig has shown how many of our prevalent diseases are chiefly attributable to the uric acid contents of flesh foods. It is true that Dr. Haig is inclined to be a man of one idea, but that there is much to be said on this side of the subject cannot be doubted. The condition of the blood of flesh eaters, that makes a surgical operation dangerous, also renders them liable to an army of ailments that non-flesh eaters either escape, or have in a mild form.

Dr. Hutchinson is far behind the times, when he attempts, in a superficial way, to refute a fact that is now admitted by the leading scientific investigators of the world, namely, that the anthropoid apes and man have a common ancestor and that man's natural food is consequently fruits and nuts, and grain in the milk, with an occasional bird's egg. The nearer he adapts his diet to this theory, the more healthy and long-lived will he be. Dr. Hutchinson says that monkeys in captivity will eat meat. Doubtless. Horses have also been trained to eat meat, and dogs to chew tobacco. In his natural state, however, the ape is a fruitarian, except that he may occasionally eat a young bird, when robbing a nest of eggs. Even the hog only becomes carnivorous when domesticated, and is tempted—or forced—by man to eat carrion.

Dr. Hutchinson quotes Virchow, who said that "vegetarianism is the diet of the enslaved, stagnant and conquered races, and a diet rich in meat is that of the progressive, the dominant and the conquering strains." Yes. Of men who are constantly battling, physically, socially, financially and politically. A hyena could easily dispose of a sheep.

Is a hyena, therefore, a more worthy and useful animal than a sheep? Jim Jeffries could easily clear out the average faculty of a college. Is, therefore, the champion heavyweight to be regarded as ranking above a roomful of college professors? Dr. Hutchinson is, perhaps, not aware that Virchow, later on, changed his opinion, and said: "The future is with the vegetarians." He also, to a great extent, adopted a vegetarian diet, in his later years.

Dr. Alexander Haig, of England—a man as famous in his profession as Dr. Hutchinson—says, in his book, "Diet in Relation to Strength and Endurance:"

"If man is to be regarded, as I believe he should be, as a frugivorous animal, nuts and fruits are probably his most natural diet; nearly three-quarters of the required albumens being in this case obtained from the nuts."

Dr. C. W. Saleeby, in his recently published book, "Evolution the Master Key," shows that it is proved, as far as any scientific fact can be proved, that the anthropoid apes and man have a common ancestor. This fact clearly points to a profound resemblance in the bodily chemistry—a physiological similarity no less striking than the anatomical resemblances so familiar—of man and these creatures.

Dr. Hutchinson claims that tuberculosis affects vegetarian animals, but is rare among meat eaters. Supposing this to be measurably true, which is questionable, they have other diseases, in place of tuberculosis. All disease is really one. Sometimes it shows itself in one form, then, again, in another.

Dr. Hutchinson is a great admirer of pork. He declares that the prohibition by Moses of this food, and the echo of the same prohibition by Mohammed "were on purely ceremonial and irrational grounds, and had nothing whatever to do with dietetics and hygiene." On the other hand, the consensus of opinion is that most of the laws of Moses regarding health were based on a solid hygienic foundation. Dr. Hutchinson admits the remarkable vitality and longevity of the Jews, but believes it may be attributable to other interdictions of the Jewish law. Why so? According to information received from pork-packing establishments

in Cincinnati, 95 hogs in a hundred have ulcers on their livers, often reaching the size of a hen's egg. Setting aside, however, the condition of hogs fed on slaughterhouse refuse—which makes them carrion—even the home-raised hog, fed on clean grain and grass, is an unclean animal. So obscured is the skin of the average hog with tetter and scurf and mange, that you almost expect to see the rotten mass drop off, as the grunting creature rubs it against a convenient scratching place. He is a mountain of fat, a majority of this fat being stored-up filth, that should have been excreted from the body. Nature has provided the hog with additional excretory organs, in the shape of fissures on the foreleg, to aid in eliminating some of the foul matter with which he abounds. Grasp a hog's leg high up, and press downward, you will see a mass of corruption pour out. That opening is the outlet of the sewer—a scrofulous sewer. The word scrofula itself is derived from the sow. Among diseases that have been directly traced to the large consumption of pork are leprosy, cancer and scrofula. Cancer is said to be practically unknown among the orthodox Jews. Farmers who live largely on pork suffer notoriously from some physical ailment or another, and are the main supporters of the patent medicine manufacturers. Yet, Dr. Hutchinson actually goes so far as to say that pork has "laid the literal foundation of our western civilization." One would almost imagine that the worthy doctor is indulging in a little quiet sarcasm. He appears, however, to be thoroughly serious. We hear occasionally, in a jocular way, of family fortunes that have been founded on pork, but a civilization based on the flesh of a filthy animal is about the limit. He should be at home in Hawaii, where the women make pets of piglets.

Dr. Hutchinson asks: "What would an army, an exploring party, a railroad gang, or a lumber camp, or a harvest field be without bacon?" What is the matter with ripe olives or nuts or olive oil, or cottonseed oil, or peanut oil, or corn oil, or any other vegetable oil, as a substitute for pork, which is mainly used by explorers or prospectors to grease the pan in which they cook the necessary

beans or in Canadian lumber camps the peas.

Having—at least to his own satisfaction—proved that the flesh and fat of swine are not only desirable, but absolutely necessary to the human race, Dr. Hutchinson next attempts to show that white flour—the "whitest of white flour" from which the outer portion has been removed, is much superior to wholemeal flour. In this, again, Dr. Hutchinson shows his superficial knowledge of dietetics, because he bases his entire argument on the proteid contents of the grain, entirely ignoring the main question at issue, namely, that in white flour the highly important mineral salts have been to a great extent removed, so that those who live largely on white flour must necessarily suffer from nerve starvation, owing to lack of the essential salts that are found in the body.

There is the well-known experiment of the French physician, Majendie, who fed two dogs for forty days, one on whole meal bread, the other on emasculated, or white bread. The result was, that at the end of the period the dog fed on white bread was dead, while the other was well and healthy.

By the way, if white bread, consisting principally of starch, is superior to the whole meal variety, why is it that Nature did not grow that kind of wheat? Such wheat is not to be found anywhere in the world. A man takes up a dangerous task when he attempts to improve on Nature.

The writer believes Dr. Hutchinson to be quite right when he declares that too much brown bread is bad. This is especially true, in regard to those doing sedentary work. It is not necessary to use the extreme outer portion of the kernel—the bran. It is that portion lying directly underneath the bran, rejected in making the "whitest of white" flour, which is the most valuable, containing, as it does, the largest proportion of salts. Dr. Hutchinson directly contradicts himself, when, after lauding very white flour—the "whitest of the white"—as the "best, most healthful and most nutritious food which the sun has ever yet grown from the soil," he later on, declares that modern perfected milling processes take the middlings



which they steam, parch and regrind, so that the best flour should not be pure white, but should have a slightly yellowish tinge.

At the close of his article, Dr. Hutchinson declares that "intelligent omnivorousness is our only safeguard." Incidentally, it may be observed that the only truly omnivorous animal we know is the hog, of which Dr. Hutchinson is such a great admirer. It may also be observed, en passant, that omnivorous humans sometimes greatly resemble the hog. If you are determined to be omnivorous, see, at least, that you do not mix too many foods at one meal—especially foods that fight with one another after they are swallowed—for that is the cause of a great majority of digestive ailments. On this subject, Dr. Hutchinson is entirely silent.

That "white flour, red meat and blue blood make the tri-color flag of conquest" is an absurd misstatement of fact, and a gross glorification of wholesale massacre. It would be difficult, even for a Cæsar or Napoleon, to lead to victory an army fed on such impoverished food. The Roman legions fought their way to victory on a frugal but nourishing diet, composed of entire wheat and light wine—not white flour.

In regard to Dr. Hutchinson's flippant, not to say sneering allusion to Horace Fletcher's mastication doctrine, it may be pointed out that he, Hutchinson, somewhat contradicts himself, inasmuch as he declares that "disturbances of digestion are due in eight cases out of ten to the circumstances under which food is eaten, the disgraceful rush and hurry, etc."

While it is, of course, possible to overdo mastication, as any other good thing, it is difficult to overestimate the importance of thorough mastication of food, with which Dr. Hutchinson deals in such a supercilious manner. Read, for instance, what is said on this subject by Dr. J. H. Kellogg, of Battle Creek, who has forgotten more in regard to food values than Dr. Hutchinson will ever know:

"If all the people in the United States would at once begin chewing properly, three-quarters of the doctors would be put out of business. The patent-medi-

cine men would have to turn their factories to some more reputable use. Human life would soon be doubled in length, and nearly all the digestive maladies would disappear; and if the digestive disorders disappeared, Bright's disease, liver disease, consumption, and most other maladies would disappear also; for at least nine-tenths of all the chronic maladies from which human beings suffer, grow out of disordered digestion due to dietetic errors."

If it is notoriety that Dr. Hutchinson is seeking, he will undoubtedly attain this end. Statements so diametrically opposed to the teachings of hygienists, and of most intelligent physicians, will, of course, arouse comment all over the country, just as did the absurd statements attributed to Prof. Osler—which the professor has since denied. Dr. Hutchinson's ideas will also be exceedingly popular among the ignorant masses. In brief, his "theory" may be summed up in the meaningless phrases that we so often hear from physicians, who should know better—"Eat whatever agrees with you." "Eat whatever you like." We all know how much more popular is the physician who tells you this, and gives you a "tonic," or a "digestive," than the well-taught and conscientious physician, who insists upon your abandoning foods and drinks that are not good for you. Yes, the masses will surely enjoy Dr. Hutchinson's easy-going programme, just as a man whose life is not altogether what it ought to be, applauds the doctrine of universal salvation, and a man who is somewhat loose in his social relations indorses, either openly or secretly, those who preach the doctrine of free love.

All such superficial and misleading statements as these of Dr. Hutchinson cannot change, one iota, the everlasting and inscrutable laws of Nature.

Surely he will not deny the fact that a vast majority of the ailments that afflict poor humanity are due to errors of diet, ailments that serve to support, in this country alone, over 100,000 physicians, and will continue to support such a number so long as many of those physicians preach and practice such wrong and dangerous doctrine as that of Dr. Woods Hutchinson.

## Comment, Counsel and Criticism by our Readers

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### The Value of Laughter

TO THE EDITOR:

How few people know what remedies lie hidden in a hearty laugh! How many are "laugh-haters!" To them a hearty laugh is an ill-bred display, a kind of mental degradation. Yet happily in spite of this aversion to mirth on the part of the many, there is still a popular conviction even among the unlearned who know nothing of diaphragms or congested veins, that a "good laugh" makes the current of life move more briskly. This conviction receives the support of learned authority, and from Aristotle's time to the present, vocal exercises, of which laughing is certainly one, have been recommended for increasing strength of lungs and insuring general health of the organism.

The hearty laugh is a healthy and violent interruption of the respiratory movements. Its effects seem to be twofold, involving not merely the mechanism of respiration, but of the circulation of the blood as well.

The spasmodic expirations during prolonged laughter, increase the pressure within the chest, thus impeding the flow of blood from the veins into the heart, while on the other hand, the exceptionally deep inspirations expand the lungs with oxygen and drain off the blood from the veins into the heart. Thus the flow of blood is both quickened and more thoroughly oxygenized by the alternation of deepened inspiration and prolonged expiration. The advantage of all of which will be self-evident.

The quickened circulation has an exhilarating effect upon the brain, relieving possible congestion.

Laughter ought to be included among all bodily exercises, for through it there is a vigorous use of the large muscles which carry on the work of respiration.

We are all familiar with the activity of the muscles when one is in a genuinely hilarious mood. Notice the child's sudden glee, and coincident movements of arms, legs and trunk. Anyone who has felt the "stab" of a good joke knows how hard it is to keep the arms down, and the body erect.

So laugh, laugh, laugh and *live*, LIVE, LIVE! Drive away those moods and depressions that are so baneful to character building, and to bodily health and vigor! Let nothing make you gloomy, wind, rain or cold—but laugh with the innocence and vigor of the child and your reward will be certain. It will bless, not only yourself, but those friends and loved ones about you who cherish your happiness.

Off with the "blues" while the skies are dark and gloomy, and blessed summer will reward you with increased happiness and mirth.

A. K. HECHEL.

Johns Hopkins Univ., Baltimore, Md.

### Divorce From the Medical and Ecclesiastical Viewpoints

TO THE EDITOR:

The term "the divorce evil" has become so common and is used so indiscriminately that it is quite difficult to decide just what is meant when it is referred to. This alone is sufficient to warrant the statement that popular opinion in this particular is not the result of well established facts or of reliable data.

The fact that it is usually possible for married persons to secure a divorce from their spouses with less difficulty in some State other than the one in which they are domiciled, is, undoubtedly, one of the popular conceptions of "the divorce evil." But the facts do not warrant such conclusions.

The Hon. Carroll D. Wright, after compiling the statistics of 231,000 divorce cases in the United States, covering a period of twenty years from 1867 to 1886, discovered that, where the place of marriage was known, 80.1 per cent. of these divorces were granted in the States where the marriages occurred. It also appearing that about 23 per cent. of the people were not living in the same State where born. The Rev. Dr. Samuel W. Dike, the Secretary of the National League for the Protection of the Family, who assisted Mr. Wright in his investigation, estimated that not more than 2 or 3 per cent. of these

divorces were secured by persons changing jurisdictions for that purpose. That conditions have since improved is claimed by Prof. George Elliot Howard, an eminent authority, who says: "At present (1905) the relative number of such clandestine divorces is doubtless much less than in 1886, for in many vital points the laws of the States then chiefly responsible for the evil have become more stringent." So it would appear from the best available authority that the evils of the migratory divorce are chiefly imaginary.

Statistics also show that the number of divorces in proportion to the number of marriages is increasing in European countries as well as in the United States. Therefore, it is quite evident that American legislation is not solely responsible for the present condition, as some would have us believe.

While the statutory grounds for divorce vary in the several States from one in New-York to fourteen in New Hampshire, there does not seem to be any perceptible difference among the States in the number of divorces granted in proportion to the number of marriages. The slight variance that does exist is more liable to be the result of other causes than the difference in statutes.

A somewhat extended, though unsystematic, inquiry among lawyers and judges who have given the subject unbiased consideration, confirms my experience that it is the exception rather than the rule for a divorce to be sought solely because of statutory reasons. An exception should, however, be made in cases where the statutes permit divorces for confinement in the penitentiary, for insanity, and the like. But with these exceptions it appears to make very little difference what the statutory grounds are, so long as the desire to be freed from the matrimonial bond exists. The mere matter of evidence is largely a formality.

It is right here that Science and the Church are in sharp conflict, the latter insisting that it is a sin to satisfy such "fickle desires;" the former believing that these desires are the result of violations of Nature's laws over which legislation and religion have no control.

Shortly before the meeting of the National Congress on Uniform Divorce Laws, in Washington, D. C., during February, 1906, I began an investigation in order to ascertain the extent to which the scientific view prevailed among members of the medical profession.

In reply to the query sent to a number of physicians as to what were the principal primary causes for divorce, the answers of 89 per cent. of those who responded may be generally expressed as being "improper marriages and unnatural marital conditions." These conditions, it is claimed, are often pathological and the results of ignorance, indiscretion, incorrect modes of living, etc.

The want of proper instruction seems to be a most important factor, as 97 per cent. of the replies expressed opinions that education in sexual matters would overcome, at least to a large extent, the evils of improper marriages and unnatural conditions. Only

3 per cent. doubted this. The character of the instruction is, of course, of primary importance, and a distinction must be recognized between moral and purely intellectual education.

The unreasonableness and injustice of our past and present divorce legislation is clearly seen when we understand that no matter what the real causes are which prompt married people to separate, it is necessary for one of them to commit a statutory offense, and in many States a crime, before a Court of Equity can take cognizance of a prayer for relief. To what extent these conditions tend to foster crime and disregard for law, would be an interesting subject for investigation. Ninety-two per cent. of the physicians who replied to this query concerning the foregoing recommended that divorces be granted whenever pathological and psychopathical states, such as accompany or create abnormal sexual conditions, exist.

James Bryce is authority for the statement that in one-half of the cases in the United States, divorces have been granted within six years from the date of the marriage, and that nearly two-thirds of the divorces were granted to the wives.

While a few hundred physicians cannot voice the sentiments of the whole profession, the unanimity of these opinions, coming as they do from some of the most prominent as well as the less conspicuous practitioners, certainly demands the most serious consideration. And though there is slight consolation here for the ecclesiastic, who can doubt but that an application of the remedies suggested would go far toward solving the real evils of the divorce and many other social problems?

E. D. LEACH,  
Member of National Congress  
on Uniform Divorce Laws.

Moundsville, W. Va.

#### As to Fake Peruna Testimonials

TO THE EDITOR:

I wish to heartily commend you upon your fearless attacks upon quack "Doctors." I am sorry to say that I am not a regular subscriber as yet, but I shall be in the near future. I read your magazine every chance I get and find in each issue some information that is worth the price of a yearly subscription.

The main object of my letter is to say a few words about that "booze" called Peruna. I read in your last issue accounts of fake testimonials. I wish to say a few words in regard to one of the same to which you allude and which quotes one Dr. A. Morgan as recommending the "dope." This testimonial gave as this Dr. Morgan's address 314 West Gater St., Indianapolis. Some gentleman wrote him a letter and found that there was no such street in said city. Now I might throw a little light on this fake and show how by a change or omission of a letter these swindlers may take advantage of some honest doctor's name. Some time since I was a solicitor in this city and when

I read this name and address it looked familiar to me, and I find that about a year and a half ago Doctor C. A. Morgan lived at 314 West "Galer" street, this city and upon further investigation that he did move to Indianapolis, living somewhere as I understand on E. Washington street. From the foregoing you may draw your own conclusions.

In speaking of newspapers aiding in these swindles, I desire to say that a short time since, one of the leading papers of this city had some argument with certain doctors about quack medicines. During the controversy the paper in question boldly declared that neither it or any other paper could live without these quack medicine advertisements. I wish you all success in your work in the interest of humanity.

B. H.

Seattle, Wash.

#### A Reply to a Comstock Defender

TO THE EDITOR:

The appearance of a letter in the April issue of PHYSICAL CULTURE, written by an advocate of Comstockery, has prompted me to say: If the character of the writer discussed, A. B. Hurtin, of Middletown, N. Y., bears any resemblance to his name, which by right should be spelled "H-U-R-T-I-N-G," so as to harmonize with the tone of his letter, we physical culturists can but feel sorry for him, and his idol—Comstock.

Mr. Hurtin says that you lost your head in denouncing Comstock, in other words, that you were hot headed. Let him practice what he preaches, an ice pack in the region of his brain would be of great value to him.

I have been a constant reader of PHYSICAL CULTURE for the past five years, and during this period, I have noticed that those who took issue regarding physical culture morals were, *without exception*, people possessed of no praiseworthy personality whatever and of mighty little mentality.

Mr. Hurtin is "Hurtin" himself, and no one else. That you will emerge triumphantly from your struggle with the Big Prudes, is the hope of the writer, who is a student in a University and a student of physical culture.

JOSEPH JACOBS.

Orono, Me.

#### Not as Good as He Looks

TO THE EDITOR:

I have been reading your magazine, enjoying especially the "Weird and Wonderful Story of Another World." In regard to Comstock, the "Good Man," I don't think he's as good as he looks, although that doesn't say much. He may be as good as a holy archangel, but I doubt it. "Let him who is without sin cast the first stone." The Honorable Saint Anthony may be a paragon now, but how did he know the difference between good and evil if he was so innocent all his life? A lot of this funny business of his is taking up valuable time in which he might be helping the nation,

if he could. Please soak him for me, and go on in the way you are going.

Yours truly,

J. R. JARVIS.

Caney, Kan.

#### An "Athletic World" Correction

TO THE EDITOR:

I trust you will excuse the liberty I am taking of calling your attention to an error in "The Athletic World" section of June PHYSICAL CULTURE.

In discussing rowing you express the opinion that the American College Races are held over too long a course and in support thereof you say:

"For instance, the English 'varsities, Cambridge and Oxford, row just over two miles." Should this not be "just over four miles?"

I am an Englishman born and bred on the banks of the Thames and have followed this race for years, thus I am able to speak from actual knowledge.

You are usually so accurate and fair in all you write about England that I hope you will not feel hurt at this little "kick."

With best wishes for your own success and that of the "anti-pharisee" crusade on which you have started so fearlessly.

AN ADMIRING BRITON.

#### Disease Germs and Spontaneous Generation

TO THE EDITOR:

Among the "Comments" in the March issue there appeared a discussion by J. T. Sutton, M. D., in which were brought up some interesting questions relative to this subject. It is, however, generally admitted that infectious diseases are due to the activity of bacteria. They may gain admission from external infection or they may be already present, ready to gain a foothold as soon as an unhealthy condition favors their multiplication. But in either case, they must have had a beginning somewhere. The hypothesis which Dr. Sutton proposes, namely that they arise by spontaneous generation from the decomposition of food in the stomach, seems hardly tenable when we consider the nature of decomposition. When food or anything else decomposes, it separates into simpler constituents. Now no living being has yet been found which does not contain protoplasm and originate in other living matter. How then can food decompose into non-living products simpler than protoplasm and give rise to living organisms? The generation of human germs, which Dr. Sutton cites as an instance of spontaneous generation, is brought about by the union of the parent germs which are themselves derived from the living ovary or seminal cells. This process can hardly be called spontaneous in the commonly understood sense of that term as applied to the generation of life.

Considered in its relation to the evolution of life, the mystery in the existence of disease germs disappears. While it is doubtful if the dawn of life can ever be repeated artificially, the most primordial form must have arisen, ages ago, in a suitable protoplasmic medium, possibly under conditions not realizable by

our modern experimenters. In the aggregation of these primordial units and the subsequent struggle for existence, some forms of life were evolved which became so specialized as to most effectually maintain an existence of even so simple an order as that of the bacteria, without further development. The remarkable fitness of their survivors for their parasitical life is shown by the disturbance which our disease germs can create when they secure a foothold in the systems of the higher animals.

W. M. BARNES.

Lehigh University.

#### Physical Culture as an Aid in Singing

TO THE EDITOR:

Perhaps it will be interesting to the readers of **PHYSICAL CULTURE** to know about my experience with exercise and diet, and its relation to the singing voice.

I used to be troubled with mucus in my throat and nose, while singing. Two years ago I determined to try physical culture and began to eat less, finally omitting breakfast entirely. Then I eliminated such articles of diet as sweets, pastry, animal fats and excess of meats. I also ate many vegetables, fruits and blood purifiers like onions. I also found olive oil very good in connection with salads. I took daily exercise, cold baths and never slept with my windows closed.

The change in my condition was miraculous. In less than two years I possessed a physique capable of considerable endurance and free from impurities.

It is needless to say that my voice also improved. There was no need of clearing my throat before singing. It was always clear.

Whereas I once had catarrh, regular colds, pimples, indigestion, constipation and lack of general tissue firmness, I now have no catarrhal condition, good digestion, regular peristaltic action and muscular plumpness.

C. LEROY LYON.

#### The Truth and Nothing but the Truth

TO THE EDITOR:

Just a few words which may or may not be of value to you, still they are written with the hope that they will.

I have read this somewhere: "Parents answer the child, not telling him the actual truth, but giving him that which will satisfy—that which he can mentally digest. To say 'the fairies brought it,' may be all right until the child begins to ask who the fairies are, and wants to be shown one, and then we have to make the somewhat humiliating confession that there are no fairies.

"But now we perceive that this mild fabrication in reference to Santa Claus and the fairies, is right and proper mental food for the child. He must have a resting place for his thought, so the fairy tale comes in as an aid to the growing imagination," adds the author.

I should say, give the people the truth as they are ready for it, you can't make the people ready for the truth.

JOSEPH SILBERSTEIN.

865 E. 180th St., New York.

#### Hostility Toward Physical Culture Ideas

TO THE EDITOR:

I have the utmost sympathy for B. W. M., Chicago, as I am up against the same difficulty with regard to the banter of relatives and friends; but more especially the silent contempt evinced toward the physical culture treatment.

It is hardly possible to sit at table with our relatives and other friends and conform to health treatment with regard to foods when they look upon us as having fool ideas.

The ridicule of our dearest friends, albeit they are in error, is the hardest form of persecution, and under it, we are apt to give up the fight, and fall by the wayside, defeated. With regard to "misguided enthusiasm" on the part of our friend in Chicago, our editor is in no wise to blame as he teaches a gradual adoption of ideas and is by no means an extremist.

I will say to our friend in Chicago "you will come back to us for we need you." The glory is to him who overcomes the great difficulties in the way of advancement.

H. S. DAY.

Cleveland, O.

#### Are Girls Brighter Than Boys?

TO THE EDITOR:

It is claimed by those who have given attention to the matter, that girls are brighter in the schools than boys. If this is so, a partial explanation of the fact may be found in this statement by a school superintendent:

"Tobacco is the worst hindrance to boys. Tobacco is the reason for the great preponderance of girls in the upper grades. It is pathetic to see bright and promising lads wither and fall by the way from excessive use of tobacco."

Nothing is truer than this. And yet what are we going to do about it? The destruction goes on uninterruptedly. Not, we think, increasingly, but much more than is good for society. One young man gone wrong through smoking cigarettes is a loss to mankind. The victim of the cigarette habit not only arouses one's sympathy, but should act as a warning to those not too far gone in the habit. The confirmed victim can be told, usually, by his listless walk and aimless manner—having nothing more important in view than to consume the cigarette in order that he may the sooner get a new one.

To be sure many good people smoke cigarettes and many appear to do so without any perceptible hurtful consequences, but their use is no help or credit to any one, and the thousands who are absolutely ruined in health and usefulness should turn all people against the pernicious "coffin nails." When a young man becomes wedded to the cigarette habit he usually has it for life.

To such an unfortunate it seems as if he would rather lie down and die peacefully than split a cord of wood or clear an acre of ground. He can "roll" a cigarette with the deftness of a magician and that's about all he's good for.

R. M. HUGGAN.

Tacoma, Wash.

# General Question Department

By BERNARR MACFADDEN

In the past we have at times published detailed information for 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 any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

## Anti-Toxin in Diphtheria

Q. Kindly give your opinion of the anti-toxin method of treating diphtheria.

A. The medical profession itself is divided on this point, just as it is divided upon the subject of vaccination. Some physicians insist that it is the ideal treatment, while others are as firmly opposed to it. I consider it on a par with the vaccination fallacy, and believe it a useless, if not a dangerous form of treatment. Diphtheria can be cured so quickly and effectively by the natural treatment that the "regular" treatment need hardly be considered.

## Exercise in old Age.

Q. Is violent exercise dangerous in advanced years? I am past seventy. Can you not give us old boys some suggestions as to exercise that will preserve health, strength and activity until we reach the century mark? Is there anything that will prevent that degeneration of the arteries—arteriosclerosis I think it is called—which is the blight of old age?

A. It is true that very violent exercise is not advisable for persons in advanced years. But as a matter of fact, such exertion is not always most beneficial for young people, being suited only to those who are exceedingly vigorous. It is thought by many that old persons should take no exercise whatever. However, a proper amount of physical activity is just as much needed after the age of three score and ten as at any previous time of life. When a person of advanced age ceases to take any exercise whatever, then the end is not far off. Activity is life. Stagnation means death. You can best overcome the degeneration of the arteries referred to by maintaining a healthy, vigorous circulation of the blood and by living in harmony with all of those natural laws which are conducive to the highest degree of health. Exercise and appropriate bathing are necessary to insure a good circulation. I would

suggest walking as a particularly good exercise for people of your age. Stretching exercises also are to be recommended. Deep breathing is invaluable. You can also take any other exercise which you enjoy—your own intelligence will determine whether or not it is suited to your strength.

## Exercises that Interest

Q. I find that exercise with dumbbells is uninteresting and monotonous, while my pulley weight machine affords me constant pleasure. Under these circumstances, do you believe exercise with the latter to be as beneficial as the former?

A. I would say that in your case the use of the pulley weight machine would be much more beneficial. Exercise should be enjoyed. It should appeal to you as play, as recreation, and should bring with it some degree of that natural exhilaration which is a part of all normal, healthful activity. You may build some muscle through exercises that fail to interest you, but they will not accelerate the circulation to the same degree as those that give you pleasure and will not result in as much general constitutional benefit. Furthermore, if your exercise is tedious and monotonous, there is always the danger of losing interest in it altogether and so ultimately discontinuing the habit of exercise entirely.

## Exercise and Quantity of Food

Q. If one so governs his diet so as to exactly meet the bodily demands for nutrition, and does not burden his digestive organs with an excessive quantity or inferior quality of food, can he not largely dispense with physical culture? In other words, is not physical culture, or more exercise than is incidental to the ordinary vocations, simply a method of eliminating the superfluous supply

of waste matter produced by improper or too much food?

A. One whose diet is perfect in both quantity and quality cannot dispense with physical culture. A perfect diet is an important part of physical culture, but a part only. Exercise remains an essential under the circumstances referred to. It is true that exercise will help to eliminate the waste products in the body due to overeating, and also that one who overeats is more urgently in need of vigorous exercise than one whose diet and habits are more rational. But at the same time, one whose diet is restricted to merely that amount which is actually required by the body, could take and comfortably endure a far greater amount of exercise than a gross feeding individual, for the reason that none of his energy is thrown away in disposing of a burdensome surplus of food. But even with the diet perfectly arranged, exercise is necessary to maintain a proper circulation of the blood and to stimulate to healthy action the vital organs and functional processes of the body. Inactivity is stagnation under all conditions, and is inconsistent with the best of health.

#### Treatment for Lame Knee

Q. Kindly advise me what exercises will strengthen a knee that has been "thrown out" in a baseball game.

A. You do not state the exact nature of your injury, but if the knee is actually dislocated it should first be set by an osteopath or a physician. Even if it is only a strain, you should not attempt to exercise or use it for some time. It should be given complete rest until the tissues shall have had time to mend, after which, all exercises for the leg will tend to strengthen it. At first, you should only take free movements with it without placing the weight of the body upon it, gradually making the exercises more vigorous. In case of severe pain and inflammation, apply hot compresses. Later, wrap the part in cold wet cloths, especially when retiring.

#### Strength and Endurance

Q. How can one best develop strength in the arms and chest. Is continuous lifting of small weights until tired desirable or is the use of a heavy weight that requires one's full strength in one effort still better? Is deep breathing good for the wind?

A. Long continued handling of a light weight will develop some endurance, and tend to improve your "wind," but will not build such positive strength as the use of a weight which requires all one's efforts to lift it only. That is why would-be professional "strong men" adopt weight lifting. Heavy weight lifting, however, is not to be advised, one being almost certain to over-tax himself occasionally in the practice of it. Further-

more, the one tremendous effort which uses all your strength is not conducive to endurance. It will make you the kind of a man who is "awfully strong for a minute," but who, after that, is at the mercy of any one of less strength but better endurance. If you wish rugged strength, I would strongly advise you to practice the tensing exercises which I have been describing and illustrating recently. Some light, active, long continued exercise, such as rope skipping, or running, would be of advantage for the sake of "wind" and endurance, if taken in connection with the tensing exercises. Wrestling is excellent for developing both strength and endurance.

#### Marriages Between Different Ages

Q. What is your opinion of the marriage of a man of forty-five and a woman of twenty or twenty-five? Would it be a success?

A. It is possible that such a marriage would be a success, though everything would depend upon the two individuals who are parties to it, the same as in all other marriages. But while it is possible, yet as a usual thing, such marriages are not as successful as those in which the two parties concerned are of a more equable age. This for both physiological and temperamental reasons, for usually persons between whom there is much disparity of age are not compatible. However, it is possible that in your case all conditions are satisfactory, and if neither can find a mate of similar age who is as satisfactory, it is likely that you can make such a marriage a happy one, provided, of course, that you render strict obedience to the natural physiological laws which govern the marital relations.

#### Growing Old Quickly

Q. Does too much work or too vigorous exercise make a person look old quickly, or will lack of exercise be more likely to bring about this result?

A. It is true that one can work too hard, and thus wear himself out, and also that physical exercise can be over-done. The result in each instance would be a premature old age. But lack of exercise will make one deteriorate and age far more quickly than excess of exercise, if indeed it does not bring disaster upon one before he reaches a point where he can appear old. Furthermore, one is far more liable to take too little than too much exercise, anyhow, for men are not usually given to over-exertion, unless driven to it by the necessities of business pressure or other conditions. What we call laziness is very often only a protective instinct which prevents us from exhausting our physical energies when we cannot spare them. However, you must remember that most cases of laziness are not due to excess of physical effort, but rather to the over burdening of our functional systems through overeating and other detrimental habits of life.

# Detailed Menus for Four Days

By MARGUERITE MACFADDEN

**MONDAY.**  
*Breakfast.* Peaches,  
Egg-o-See and Cream,  
Eggs with Herbs,  
Graham Griddle Cakes,  
Postum.  
*Dinner.* Fresh Lima Bean Soup,  
Beets Aladdin,  
Cabbage with Cream,  
Stuffed Potatoes,  
Egg Plant Salad,  
Frozen Peaches with Graham Wafers,  
Pineappleade.  
*Supper.* Baked Eggs,  
Potato Salad (No. 3),  
Raspberries,  
Whole Wheat Crumpets.

**TUESDAY.**  
*Breakfast.* Stewed Fresh Plums with Grape Nuts,  
Fresh Tomatoes Broiled, and Nuts,  
Graham Toast,  
Cocoa.  
*Dinner.* Chicken Gumbo,  
Stuffed Baked Cucumbers,  
String Beans,  
Carrots in Cream,  
Macaroni Salad,  
Plum Sherbet,  
Lemonade.  
*Supper.* Lettuce and Peach Salad,  
German Bread,  
Chicken Sandwich,  
Milk.

**WEDNESDAY.**  
*Breakfast.* Pears Sliced on Shredded Wheat  
Biscuit with Cream,  
Dipped Toast,  
Cocoa.  
*Dinner.* Shrimp Soup,  
Salsify au Gratin,  
Potatoes with Parsley Sauce,  
Green Peas,  
Pear and Apple Salad,  
Baked Custard,  
Raspberry Negus.  
*Supper.* Puffed Rice with Honey,  
Stuffed Fruit Tomatoes,  
Brown Biscuits,  
Milk.

**THURSDAY.**  
*Breakfast.* Cantaloupe,  
Grape Toast,  
Boiled Eggs,  
Postum.  
*Dinner.* Split Pea Soup,  
Nut and Vegetable Hash,  
Stewed Parsnips,  
Young Beets with French Dressing,  
Cabbage, Tomato and Onion Salad,  
Huckleberry Tart; Crust Without Shortening.  
*Supper.* Blackberries and Cream,  
Lettuce, Radish and Young Onion Salad,  
Whole Wheat Bread,  
Koumiss or Buttermilk.

## *Eggs With Herbs.*

Break and beat your eggs until light. Season with pepper and salt. Chop finely a few sprigs of parsley, the same of garden cress and one small onion. Have a piece of butter melted in your skillet, turn in the eggs, and when they are beginning to set, sprinkle liberally with chopped savory, turn all out upon thin slices of buttered toast and serve.

## *Graham Griddle Cakes.*

One cupful of graham flour, 1 cupful of wheat flour, 1 pint of sour milk, 2 eggs, 1½ tablespoonfuls of brown sugar, 2 tablespoonfuls of cold water, 1 table-

spoonful of butter (melted), one-half teaspoonful of salt, and a heaping teaspoonful of soda. Mix the brown and white flour thoroughly with the sugar and salt. Dissolve the soda in the water and add to your milk. Mix the flour with this latter, and finally add your eggs beaten stiff and fry on hot griddle. Serve with maple syrup.

## *Cream of Fresh Lima Soup.*

Heat one quart of water, and one quart of milk to boiling point, then add one quart of freshly picked lima beans, with a pinch of mace and a dessert-spoonful of salt. Boil until beans are



tender. Then stir in two level tablespoonfuls of flour, blended smooth with one tablespoonful of cream, or milk and butter, let boil for three minutes, then remove from the stove, and serve.

#### *Beets Aladdin.*

Boil until tender, one dozen new beets, remove and rub off the skins with a coarse dry towel; do not peel. Boil in a separate vessel a quart of new peas with four new carrots. When done, drain and chop the carrots fine. Mix them with the peas, two heaping tablespoonfuls of butter and the juice of a lemon, salt and pepper to taste. Remove with a teaspoon the centre of the beets, and fill the cavity with the peas, carrots etc., then place in your steamer over a pot of boiling water so that they may be heated thoroughly before serving, as this delicious dish is ruined by being served half cold. Garnish with parsley. The centres removed from the beets should not be wasted, but set aside in a cool place to be chopped fine at leisure and added to your potato salad for supper.

#### *Cabbage With Cream.*

Choose a fine, firm white cabbage. Remove the outer leaves and cut the head into thin shreds. Place all in a buttered baking dish, pour over it enough milk to cover, with pepper and salt to season, and a piece of butter the size of a crab apple. Bake in a slow oven for three hours, stirring occasionally.

#### *Egg Plant Salad.*

Cut cold egg plant into dice, and spread on a bed of lettuce leaves. Pour over this the cream dressing No. 1, given in June number of PHYSICAL CULTURE and serve.

#### *Pineappleade.*

Take one good sized pineapple, one lemon and one orange. Pull the pineapple to pieces with a fork on a large platter, but do not endeavor to slice and peel it, as this is ruinous as well as wasteful, and much of the delicate flavor is lost by so doing. Slice your lemon and orange thin. Place all in a deep bowl and sprinkle over it one pint

of sugar. Set aside in a cool place for three hours, to allow the juices to run. Now turn all into a cheese cloth or muslin bag, strain into a large jug, add three pints of cold water, a cupful of crushed ice, shake or stir, when this delicious drink is ready to serve.

#### *Baked Eggs.*

Boil one dozen eggs until hard, peel and mince fine. Break up three shredded wheat biscuits, and pour over them one pint of hot milk to which has been added a small piece of butter. Place this latter in your baking dish, pour over it the minced eggs, with a sprinkling of pepper and salt and some dabs of butter and bake for four minutes.

#### *Potato Salad (No. 3).*

Cut your cold potatoes and beets into dice, and season with salt and pepper. Rub the yolks of two hard boiled eggs through a sieve, chopping finely the whites, with two slices of onion and a sprig of parsley. Arrange your ingredients in alternate layers in your salad bowl, over all pour a mayonnaise dressing and serve.

#### *Whole Wheat Crumpets.*

Two eggs, half a pint of milk, one tablespoonful of melted butter, one teaspoonful of salt, one and one-half cups of whole wheat flour, two teaspoonfuls of baking powder. Mix the ingredients together and bake in hot tins for thirty minutes. Split while hot and butter. The addition of maple syrup or fresh stewed fruit makes this an inviting supper dish.

#### *Fresh Boiled Tomatoes and Nuts.*

Slice firm ripe tomatoes and broil over the coals. Mince one cup of walnuts, add a piece of butter and liberal sprinkling of sugar and salt. Have a layer of thin buttered whole wheat bread on a hot platter in the oven, on this lay your tomatoes as they come off the fire, and over the whole sprinkle the nut mixture and serve.

#### *Chicken Gumbo.*

Cut up two chickens, not necessarily young ones, old fowl really make better

gumbo. Brown them in a little butter in your frying pan, then place in a stew pan. Slice a good sized onion and brown in the butter remaining from the chicken browning, add one quart of okra finely cut, six sliced tomatoes and a sprig of parsley. Fry all of these together for twenty minutes, then add to the chicken in your stew pan, pour over all, one and a half pints of boiling water, one and one-half tablespoonfuls of salt and a little pepper. Allow it to stew slowly for from two to three hours, then add one cupful of cream or milk and the same of boiled rice. Boil up once and serve.

#### *Stuffed Baked Cucumbers.*

Take four good sized cucumbers, peel and cut in half and set in salt and water for half an hour. Now remove from the water, taking out the seedy part. Mince finely, one cup of nuts of any variety desired (I prefer almonds with cucumber) one stalk of celery, one sprig of parsley, one green pepper, two tablespoonfuls of cracker crumbs and three tablespoonfuls of cream. Mix thoroughly, fill your cucumber shells with the mixture and sprinkle the top with cracker crumbs and butter. Now dip the cucumbers into a well beaten egg mixture, or dust over with the same, and bake in a moderate oven for thirty minutes.

#### *Macaroni Salad.*

Break into inch pieces a pound of macaroni, and toss into boiling, salted water, and cook for twenty minutes. Strain through the colander and immerse immediately in cold water to insure against its becoming pasty. Boil until hard six eggs, chop up the yolks finely, saving the white of the eggs cut in rings to garnish your salad. Cut into tiny cubes, one and one-half cups of cheese, and one large green pepper, mix all together with your macaroni, and turn upon a bed of lettuce leaves. Over the whole, pour one pint of slightly salted, whipped cream with a light sprinkling of grated cheese and serve.

#### *Plum Sherbet.*

Boil together one quart of granulated sugar and one quart of water until a

thick syrup is formed, pour this over one quart of ripe plums, which have been stoned and stewed in a pint of water. Strain all through the colander. Now pour into your freezer and when about to congeal, add the stiffly beaten whites of three eggs. Freeze to a snowy consistency.

#### *Lettuce and Peach Salad.*

Choose crisp firm lettuce leaves, and arrange a bed of them in your salad bowl. Cut into shreds with a pair of sharp scissors two full cups of lettuce and take the same quantity of sliced ripe peaches, mix these two thoroughly and pour over them a French dressing, and serve with cheese crackers.

#### *Dipped Toast.*

Beat two eggs lightly, add two tablespoonfuls of cream, one tablespoonful of melted butter, a little pepper and salt. Slice your bread thin and toast slightly. When this is done, place all in a good sized dripping pan, pour over the eggs, etc. Place on the top of the stove to rebrown slightly, then serve.

#### *Shrimp Soup.*

One quart of shrimps shelled and rinsed, two tablespoonfuls of butter, four tablespoonfuls of flour and two quarts of milk. Scald your milk in which is melted your butter, add a dash of cayenne pepper and salt to taste. Blend the flour with a little cold milk and add to the boiling milk, then toss in the shrimps, boil for three minutes and serve, with puffed rice.

#### *Salsify au Gratin.*

Scrape enough salsify or oyster plant to make three pints, and allow it to stand in cold water for half an hour. Then toss into boiling, salted water and cook until tender. Remove from the fire, strain and mash, adding a piece of butter half the size of an egg. Line your baking dish with cracker crumbs and grated cheese, place in it your mashed salsify, over which pour half a cup of milk, sprinkle again with cracker crumbs and cheese and bake for fifteen minutes in a moderate oven.

*Raspberry Negus.*

This is an excellent summer drink. Take three quarts of red raspberries and two pounds of white sugar. Moisten the sugar with the juice of four lemons, and set on the back of the stove to gradually melt. When this is done, add your fruit and allow all to boil for ten minutes. Now cut up the rind of one lemon and add to the hot raspberries. Let stand all night. In the morning mash thoroughly with a pounder and strain through a sieve. Bring again to boiling point, and bottle. When using it as a drink, allow one tablespoonful to a glass of water and a leaf of fresh mint, slightly bruised.

*Stuffed Fruit Tomatoes.*

Remove the centres from ten tomatoes. Cut up into cubes one small pineapple, one lemon, and one small green pepper. Over this pour three tablespoonfuls of olive oil, a dash of pepper and sprinkling of salt. Mix all together, fill your tomato shells with it, garnishing each with a sprig of parsley. Serve on a bed of lettuce leaves.

*Brown Triscuits.*

One quart of sifted graham flour, one-half teaspoonful of salt, two teaspoonfuls of baking powder. Mix with your flour two heaping tablespoonfuls of butter, and the same of molasses, add enough cold sweet milk to make a soft dough, roll and cut into biscuits. Bake for twenty minutes in a quick oven.

*Grape Toast.*

Take fresh grapes and squeeze each, putting pulp and skin together in your saucepan, place on the stove, add sugar in the proportion of two tablespoonfuls to a cup of fruit, and scald. Cut your toast into thin slices and butter, strain the hot grapes over the buttered toast and serve.

*Split Pea Soup.*

Take two onions, two carrots, two medium sized potatoes and two quarts of boiling water. Boil all for half an hour. Now add salt, pepper, a piece of butter the size of a walnut, and set aside. Have soaked over night one cupful of split peas and fifteen minutes before dinner add these latter, which will be tender in the fifteen minutes allowed, having first rubbed your onion, potato and carrots through the sieve, so that all will be smooth and only the peas visible. Serve with croutons.

*Nut and Vegetable Hash.*

Boil together half of one small turnip, four carrots, two onions and four potatoes in just enough water to cover. When done, strain, and turn into your chopping bowl and mince finely, adding pepper and salt to season. Chop separately one large cup of walnuts, or any variety of nuts preferred. Now, mix with the minced vegetables and pour over all, one-half cupful of melted butter or olive oil. Brown in your skillet and serve on a platter garnished with tiny cubes of toast.

*Huckleberry Tart.*

This has a crust without shortening. Boil eight good sized potatoes, drain and mash, add just enough flour to make a very stiff dough, salt to taste, then add rich cream in sufficient quantity to render the dough soft enough to roll out. Carefully wash and drain your huckleberries, and sift flour enough over them to give to each a little white dusty coating, for flouring the berries while damp from washing counteracts the watery character of their juice. Allow a scanty cupful of sugar to each pie, stir it well into the fruit, and bake your pie on deep plates with both under and upper crusts. Piercing of the top crust slightly will prevent its becoming soggy.

## PHYSICAL CULTURE FOR PUBLIC SPEAKERS

## TO THE EDITOR:

The question often arises why do so many men fail in the art of public speaking? One reason I think is, because their body will not respond to their mind. Had they taken a course in physical culture such would not be

the case, as their body would then be flexible and do as the mind dictates. I do not know a successful teacher of expression who disputes this fact.

GEORGE BECK.

Chicago, Ill.

## Ideal Babyhood

By MARGUERITE MACFADDEN

"How careful should the parents be  
The better part to choose,  
Since e'en the baby in the house  
Is walking in their shoes."

THE warning, "not to allow baby to put any weight upon his legs until he is such and such age" causes much distress to mothers, who heeding this foolish advice, pull baby gently down from off his feet whenever he attempts to use them. This they do forgetting that baby is but following Nature's promptings in his effort to stand alone. We hear on every hand the declaration "Oh, that poor baby will surely be bow-legged," or, "fancy anyone allowing a child that age to stand, why its little legs will be most unsightly." Then we either smile at the folly of such beliefs, or wiser still, give some advice upon the subject.

If baby's food be nourishing, pure and simple, and the child is not overfed so that that monstrosity "a beautiful enormous baby" is the result, the question of crooked legs need cause no anxiety. If poor baby, however, be overfed or illy fed, with all sorts of mixtures including white bread, sweets, etc., as soon as the mother's milk or cow's milk is discontinued, a "rickety" condition frequently results. The bones and muscles are not properly nourished, and hence are unable to sustain the weight of the little body. In such cases the child is backward in attempting to walk and not infrequently its limbs show a tendency to curve.

Then too, baby's daily exercises may have been neglected. These are a definite factor in his or her development. If the daily air and sun baths are taken, and the little legs regularly and perseveringly exercised, and no attempt is made to urge baby to stand upon its legs except at Nature's promptings, all will be well. The mother who urges baby to stand before an inclination to do so of its own is manifested is court-

ing deformity as far as the child is concerned. Let the attempt to rise and stand be voluntary on baby's part and not due to motherly suggestion. The bumps and falls attending these efforts are rarely hurtful, as the little bones are comparatively soft, and the muscles elastic, so that baby rebounds unhurt, from whatever it landed upon. Don't rush to pick it up, to caress, and kiss the "wee one" as if it were really hurt. Endeavor to teach it to endure and the lesson will not be lost upon it when later the really hard knocks of life come. The infant that is fussed over at every little knock, fall or bump it receives, is apt to foster a peevish and cowardly disposition which clings to it obstinately in childhood, and even in young womanhood or manhood.

While the question of walking is under discussion it seems but fitting that the subject of "foot gear" should receive its meed of attention. More feet are injured in infancy than at any other time in life. Baby's feet should be protected but not maltreated. The shoes of infancy should be soft, yielding, and roomy. Nothing is better than the sandal to my way of thinking. A sandal made of heavy sheeting, bronzed or gilded, with soft leather sole, and three straps reaching well above the ankle can be gotten, which to me is the most satisfactory form of baby foot-wear that has yet been devised. Let the air and sunlight get to baby's legs whenever possible, and do not supplement the sandal by a long stocking except in very severe weather. In the summer the little sock or no covering other than the sandal is required.

As baby grows older, it should be permitted to romp and play about in the grass barefooted, but until it can

discriminate regarding rough places, etc., the sandal should be used. Second to the sandal, comes the soft moccasin, which is very easily made. It has an advantage over the sandal, in that it may be washed, yet I prefer the sandal because of its firmer sole.

Having considered baby's external cleanliness, we have now arrived at the all-important subject of its internal economy. If baby is normal at birth, nursed by a judicious mother, who herself indulges in a wholesome diet, and sees to it that her child has its frequent drink of clear water, there will be no danger of a constipated or clogged condition of the system which is in itself, one of the most prolific sources of ill health. How could it be otherwise when the waste matter, the residue from one's daily food, instead of being eliminated, is lodged in the bowels to decompose there and send into the circulation its poisonous products? Nature herself has provided the only medicine that baby should even know in the form of the first secretion of the mother's breast. After the nursing of this, it acts as a complete laxative freeing baby's system from the discharge known as the "meconium," which is of a tar-like color and consistency and thus frees the bowels completely of all offensive matter. When such does not occur, as in instances where the mother is unable to nurse her child, a gentle injection of a teaspoonful of olive oil into the lower bowel will effect a clearance.

It will be a difficult matter to imagine a case of obstinate or persistent constipation when the mother's diet, and thereby the diet of her child, is a judicious one. Not so, however, in the case of artificial foods, unless it be cow's milk, which usually occasions little trouble in this direction, provided the infant is not overfed. I need scarcely mention to readers of **PHYSICAL CULTURE**, the fact that drugs in any shape or form should never be used. The various "soothing syrups" have for their basis a sugar syrup, which in itself is ruinous to the poor little stomach. Then, too, opium in some shape or form enters into the compositions of all the "soothers" such as

paregoric, and other alleged soothing syrups, etc., and the opium is fearfully constipating be the quantity ever so trifling. Needless to say that the action of any parent in administering such nostrums to their little ones, is only short of criminal, bringing as it does in its train, mental and physical ailments ranging from a disordered stomach and bowels to a dulled intellect, and ruined constitution in general.

Should, however, an hereditary constipated condition exist, it should not be neglected, but by attention to existing conditions the mother should seek to establish normal and healthful ones.

Regularity is the first requisite. A normal baby will have from two to four evacuations during the day, if its food be satisfactory. After the first six or seven months, there should not be more than two in twenty-four hours. A little watchfulness will usually aid you in gauging the hour when such evacuations are liable to take place. Very soon the little one will form cleanly and healthful habits in this way. If baby's bowels be too relaxed, attention should be given to its food, and those things that tend to produce such a condition, discontinued by the mother if she be nursing her child, or if the baby be bottle fed, the milk should be scalded before being used. Should a condition of diarrhoea exist, it will be well to wash out the lower bowel. For this purpose there can be purchased a tiny rubber bulb syringe that is made entirely for babies' use. A little olive oil should be used to lubricate the nozzle. Lay baby on its left side, and gently insert the nozzle of the syringe, having filled it with water that has been boiled and reduced to the temperature of the body; inject slowly, and hold a folded napkin over the rectum, so as to insure the water being retained for a minute or two.

If an irritated condition of the bowel exists, the injection should be of thin corn-starch water, as this tends to soothe the irritated lining membrane. Should a constipated condition exist, it can usually be overcome by proper diet, and a gentle kneading or massaging of the bowels daily. The simple warm water injection may be used with

impunity, and should an obstinate condition of constipation persist, a teaspoonful of olive oil may be added to it, without fear of distress. The various syrups and medicines made for this purpose should be tabooed entirely; they are only second to the so-called "soothing syrups" in working ruin to the child's health.

Of this constipated condition, Dr. Page says, in his book upon "How to Feed the Baby:"

"In cases of difficult 'passages' it is common to add barley or oatmeal to the milk, but while this may 'loosen the bowels,' it does not cure the difficulty. For my own part, speaking with relation to the constipated habit so common, I consider that we should look for a remedy to the promotion of the general health, and having decided upon the diet, we should avoid frequent changes of amounts and proportions, which are always made at the risk of the system not getting accustomed to any one variety. A daily kneading of the bowels, gentle but persistent, for ten or fifteen minutes before breakfast will usually, in a little time, induce regular action in the course of the day, and is far better than purgative medicines."

Just here I might say a word regarding the desire upon the part of very many people to possess a "fat baby." For myself, I never saw anything to admire in such children. As a rule the poor wee things are so burdened with flesh and fat as to be rather dull and uninteresting and they appear to be a burden to themselves. In the hot weather they appeal to one's sympathies. Much ignorance prevails as regards the normal growth of an infant and it is also remarkable to note the number of persons whose main desire is to have baby "fat." Excessive fat, considered too often as an indication of health, is entirely the opposite in

most cases, for the muscles, kidneys, liver, etc., are simply enveloped in it, and sooner or later, one of two things must ensue, either a complete cessation in growth for a time or an illness, which latter method Nature sometimes employs as a means to reduce the avoirdupois. The following table of age and weight is considered by authorities to closely accord with the averages of Nature.

	At birth	7 pounds	9 ounces	
1 week	7	"	7½	"
2 "	7	"	10½	"
3 "	8	"	2	"
1 month	8	"	9	"
2 "	10	"	12	"
3 "	12	"	4	"
5 "	15	"		
6 "	16	"	4	"
7 "	17	"	4	"
8 "	18	"	4	"
9 "	18	"	12	"
10 "	19	"	12	"
11 "	20	"	8	"
1 year	about	21 pounds		
2 years	about	27 pounds		
3 years	about	31 pounds	— and so	on.

Girls as a rule weigh something less than boys. Many people may say that the weights given are too light to be normal. But if they will but pause to consider that Nature permits of but one-third of an ounce per day as the embryonic growth rate, except in the case of abnormalities, they will see the folly of expecting an increase of some six or seven hundred per cent. over the weight given from birth on. When we pause to consider the matter, however, we will note that, even in the case of abnormally fat "babies" the usual weight when at five or six years is much less than if the prenatal growth rate had continued.

How did "you baby" just come to be you?  
God thought about me and so I grew.

### VACCINATION PREVENTED SMALLPOX

TO THE EDITOR:

I know of many cases where small-pox has been prevented by vaccination. I saw the vaccinated ones driven off in a

harse and I am positive that they never will have small-pox. The lymph was good and "took" well!

G. H. C.

## Women's Question Column

By BERNARR MACFADDEN

### Hours for Sleep

Q. Is there anything in the idea that sleep before twelve o'clock at night is more refreshing than sleep after that hour?

A. It may seem strange but it appears to be true that sleep began after midnight is not as refreshing as sleep before midnight. That is to say, eight hours of sleep beginning at midnight are not nearly as physically valuable as eight hours commencing at nine o'clock in the evening. There has never been any satisfactory scientific explanation of this, but common experience appears to prove it. It is probable that, in the event of retiring after midnight, it is the late hours of sleep, after daybreak that fail to refresh, instead of the hours immediately following midnight, or the proposition, more accurately stated, would be to the effect that the three hours before midnight, if one retires at nine o'clock, are more beneficial than the three hours from five or six to eight or nine in the morning when one retires at twelve or one o'clock at night. I am inclined to think that if one gets insufficient sleep, the hours immediately following midnight are just as beneficial as those immediately preceding it and the difficulty then lies in the lack of sufficient sleep. The natural time for the sleep of mankind is obviously the night, and hence sleep after daybreak is far less beneficial. Theoretically at least, the ideal plan would be to go to sleep at or soon after sunset, and arise at dawn. It is likely that this plan will be generally adopted when we become more rational and truly civilized. But just now, we reverse the natural order of things in this and many other respects.

### Cancer of the Stomach

Q. Kindly inform me if there is a natural way of treating a case of cancer of the stomach, that is said to be hereditary?

A. To begin with, cancer of the stomach is not hereditary. No one is born with it, or a tendency to it and though one may at birth be hampered by a constitutional weakness which may make one more susceptible to such a disease than one who is naturally vigorous, yet, if one's habits of life are right there is no danger of a cancer. So that a trouble of this kind is really due to an improper mode of living. It may be that you have not a cancer of the stomach at all, for mistakes in diagnosis are frequent, and in such an event, the ordinary physical culture treatment for stomach troubles would undoubtedly effect a cure. But if you really

have a cancer, then it would be necessary for you to live the strictest possible physical culture life, not neglecting a single one of the many factors that go to make up such a life. Among other things and as a preliminary, a prolonged fast would be essential to a complete cure. I have prepared detailed instructions for the treatment of this and other diseases, which may be obtained in the manner referred to in the note at the head of the "General Question Department."

### Stammering

Q. Kindly advise what you would do in a case of stammering?

A. The trouble you mention is to a very great extent the result of an abnormal nervous condition, and a cure could only be brought about by a general constitutional improvement of your entire system. I would suggest a free, out-of-door life, if possible, with plenty of sunshine, air, sun, friction and cold water baths, a moderate diet and suitable exercise. Avoid excitement and make it a special point to speak very slowly and deliberately, feeling certain of each word before you enunciate it. Practically all cases of ordinary stammering can be overcome in this way.

### Bust Supports

Q. What would you recommend a girl of seventeen to wear to support her bust, from which she suffers great discomfort when running or walking?

A. There is only one natural or satisfactory bust support, and that is formed by the muscles and tissues in and about the bust itself. All artificial supports result in a weakening of these tissues, and finally in a loss of shape and beauty of the parts themselves. I would strongly advise the system of exercises published in this magazine earlier in the year that were designed to strengthen the muscles of the bust.

### Painful Menstruation

Q. I suffer the most severe pain at each monthly period. Can you suggest exercises or other means by which I can obtain relief?

A. In those cases where your trouble is not caused by corsets it is usually due to unhealthy blood and general weakness of the affected parts, or sometimes to overeating or the use of stimulating food. Try to find the cause in your own case and then act accordingly. Special exercises will strengthen the parts and be of great benefit. In most instances this alone is sufficient to remedy

the difficulty. Every effort should be made to purify and enrich the blood, using wholesome food in moderate quantities only. As a valuable means of temporary relief in case of extreme pain, warm applications to the lower part of the abdomen or a warm sitz bath could be recommended. However, between the periods, a daily cold sitz bath would be very effective in invigorating the parts involved.

#### Colon Flushing

**Q.** Do you consider the colon flushing treatment a satisfactory means of keeping the digestive organs in good condition? Would it be of value in clearing my complexion?

**A.** The colon flushing treatment is of great value in many cases as a temporary relief. Of course you must not depend upon it alone to keep your digestive system in good condition, for if you eat improper foods, or too much of any kind of food, or neglect to take the exercise necessary to keep the various functions of the body active, then there is no one remedy that will aid you. It is also true that if your diet is satisfactory, if you drink sufficient water between meals and get a proper amount of active exercise, then you should be able to keep your digestive system in good condition without ever resorting to the colon flushing method. Even in such an event, however, this treatment, used perhaps once or twice a month, might be of advantage in keeping the body in a wholesome condition. Of one thing you may rest assured, namely, that this treatment is not in the least injurious, though for one who is not very vigorous it is sometimes slightly weakening. But in a case of chronic constipation, it is invaluable as an aid in restoring a normal condition. If your bowels have not been strictly regular, I believe that it would help you to clear and improve your complexion. The clogging up of this great sewer of the body is one of the most prominent causes of bad complexions and blemishes on the skin. Drink water freely, and do not take the colon flushing treatment unless it is imperatively necessary in order to secure a movement. As you improve, try to get in such a condition that you need not depend upon it, and will only have finally to resort to it only at extended intervals.

#### Time for Bathing

**Q.** What is the best time to take a bath, just before retiring or immediately upon arising in the morning?

**A.** If you refer to a warm bath, for the sake of cleanliness, it is best taken immediately before retiring, about two or three times a week. Of course the more clothing you wear, the more often is it necessary. But always follow the warm bath with a cold shower or cold spooze. A cold bath should be taken at that time when you feel that you can enjoy it most, which is naturally directly after vigorous exercise of any kind, the body

then perspiring, and being thoroughly warm and in a fit condition to recuperate readily and with comfort. Therefore, if you take exercise in the afternoon or evening, the cold bath would be properly taken at that time. A cold bath tends to refresh and make one feel ready to meet all demands of a physical or mental nature. Particularly is it to be recommended in the morning if, as is likely to be the case, you take some exercise and perhaps a dry friction bath at the time, in which event, it should follow the exercise and friction. If occasion calls for it, there is no reason why you could not take a cold bath two or three times a day, though it is not advisable to stay in the bath too long at each instance.

#### Borax in Milk

**Q.** A little borax added to milk will keep it sweet for several days. Is this injurious?

**A.** Milk is a satisfactory food only when it is perfectly pure. It is true that borax is not so objectionable as formaldehyde and other preservatives. But, while it has its uses in the economy of Nature, it is not a food and should never be mixed with food.

#### Dress Reform

**Q.** To my mind, you have not yet settled the problem of perfect comfort and also beauty in dress for women. In wearing two petticoats, one would not care to have each attached to a separate waist, for it would make too much clothing above the waist. I have tried various waists for supporting the skirts by buttons, but think them very little improvement, for the weight and discomfort is not relieved at the waist line. Kindly give us your honest opinion on the subject.

**A.** I believe the ultimate solution of your problem will be a radical one, involving great changes in dress. Others have apparently satisfied themselves with the plan of waists and buttons for supporting skirts, and I do not see what else can be suggested in your case without adopting an entirely different style of dress. You wish a reform dress, but desire to retain the conventional division of waist and skirt. For you I would suggest a garment consisting of only one piece, which I believe to be the only absolutely rational form of dress that can be realized before women ultimately adopt bloomers, knickerbockers or some other costume that will give them that perfect freedom of movement which they can never obtain with the wearing of skirts of any kind. These reforms are of course very far distant. Finally, however, it is also probable that extra petticoats will be abandoned as superfluous. If you need further underclothing to protect you in cold weather, let it be in the form of union underwear. At all times wear as little clothing as you can comfortably get along with.



# Exercises for Reducing Weight

By BERNARR MACFADDEN

Special Movements for this Purpose Particularly Suited to Women—Other Natural Means for Removing Surplus Flesh and Building Increased Vigor and Health.



ALTHOUGH the two articles, of which this is the first, which I shall devote to the subject of reducing weight, may appear to be intended only for readers of the fair sex, yet the exercises and general information presented in them will unquestionably be of interest and value to members of the so-called stern sex who may be afflicted with too much avoirdupois. But since there are exercises which, however, suitable for men, may not be altogether adapted to women. I have thought it well to give a series of movements expressly de-

signed to meet the requirements of females in this respect. There are among both sexes, thousands who are urgently in need of instruction of this character, for there is no more reason why one should be burdened with an excess of fat than with any other form of abnormal growth. Hence these articles. In succeeding issues, I shall likewise present exercises and other means for increasing the weight, of those who are below the normal.

If you wish to rid the system of an ex-



Exercise No. 1.—Lie prone on the back, hands at the sides, palms resting on the floor. Then, keeping the knees straight, raise one leg to a perpendicular position, in the manner illustrated above, return to the floor and raise the other, alternating in this way and continuing the exercise until tired. You will find it a slight help to press against the floor with the hands when making each movement, which should be performed in a smart, energetic manner. The exercise should be continued long enough to make you breathe freely and deeply.

cessive accumulation of adipose tissue, it is necessary to have an intelligent understanding of the nature of your trouble, and the causes which have brought it about. The contributing cause in most cases is lack of sufficient bodily exercise. And in such cases the remedy is obvious. The capacity to assimilate and store up a proper proportion of fat is an evidence of high vitality and good constitutional powers, and indicates that the individual is also able to do an unusual amount of vigorous physical exercise or active work. But the acquiring of too much fat means improper bodily habits and impaired powers of the excretory organs. So that the person who rapidly accumulates fat, needs an unusual amount of vigorous exercise to consume the same, to invigorate the organs involved and so prevent the fatty tissue from accumulating too fast.

There are often other causes of obesity, however, to be found in more or less abnormal conditions and habits of life. Various dietetic errors in reference to the frequency and quantity of the food eaten, are often important factors in producing superfluous fat. This is especially true of those who often eat without an appetite, sim-

ply "from force of habit." Furthermore, the excessive use of starchy, rich and greasy foods will contribute to a greater or lesser degree of obesity. All of which should be well considered in connection with an attempt to remedy the trouble.

Of course there are those who believe that they are fat because it is a constitutional characteristic. They argue that they would be fat no matter how little they ate. This, however, is not strictly true. While we must take into consideration certain temperamental peculiarities, and realize that some are inclined by Nature to secrete more fatty tissue than others, yet rightfully, there should never be any excessive or uncomfortable accumulation of fat even in the case of those who think they were born to plumpness. So

that if you wish to improve your condition, it will be necessary for you to understand that your burdensome excess weight is not a matter of accident, but is the inevitable result of your past habits of life. Hence, if you continue to follow those same habits, and live under identically the same conditions, you will necessarily continue to be fat. If you wish to reduce flesh and acquire a normal physical condition it will therefore be essen-



**Exercise No. 2.**—Stand squarely on both feet, heels together, raising arms sideways to the level of the shoulders. Then turn, or rather twist the body far to the left, in the manner illustrated, then back and far to the right, continuing the movement until tired. Be sure that you turn as far to each side as you can. In a short time you will find that you can twist much farther around to each side than at your first attempt. Excellent for reducing flesh about the waist line.

tial for you to make some positive and radical changes in your mode of life.

While due attention to the subject of dietetic reform is of great importance, yet probably the first consideration should be given to the question of exercise, remembering that the person who is above normal weight, can afford to take far more exercise than can the person who is below it. Curiously enough, there appears to be a general disinclination to exercise among very "fleshy" persons. Their condition seems to beget a certain laziness, probably due to their more or less weak, and generally abnormal bulky bodies. The less exercise one indulges in, the less capable of such exercise does one become, so that matters go from bad to worse, the individual constantly gaining in weight and losing in strength, and becoming more and more indisposed to exertion of any kind.

But as soon as the habit of exercise is begun, the fat will commence to give place to muscular tissue, and you will gain strength rapidly. Naturally, you cannot exercise too vigorously the first day, nor even the second, but you should gradually increase the amount of exercise, and very soon you will be able to do good, hard, energetic work. As soon as you are able to do this, beneficial results will very quickly appear. It may, at first, require a little determination and will power to enable you to apply yourself to your exercises. But as your condition improves, you will come to enjoy the various movements.

There are really two ways in which exercise affects the system so as to reduce weight, first, by consuming the nourishment or energy which has been previously stored up in the form of fat, and replacing it with the firmer and more healthy muscular tissue, and, secondly, by inducing copious perspiration which helps to eliminate the surplus tissue. For this reason, very fast, enlivening exercise is valuable, especially when continued for some time. There are many stout women who dislike to perspire, but if they wish to improve their physical appearance they should encourage such a tendency. With suitable clothing when exercising, and proper bathing habits, there is no reason

why one should object to this, which is one of the most thorough of Nature's methods of relieving the system of surplus material.

In taking the movements presented here, they should be performed vigorously and continued long enough to make your breathe very deeply. There



**Exercise No. 3.**—Stand squarely on both feet, hands on hips. Now raise the right knee as high as you can in the manner shown in above photograph. In time you will be able to raise it high enough to touch the upper chest. After repeating the movement a number of times, do the same thing with the other leg, alternating and continuing until tired. The more snap and spring you can put in the movement, the more satisfactory the results.

is no easy way of accomplishing anything that is of value and importance, and you will have to work if you wish to burn up your burden of surplus fat. Your daily existence must be of a more energetic and active nature than heretofore. Whatever exercise you indulge in, out-of-doors or in, you must remember that it is your purpose to consume the adipose tissue which has accumulated in your system simply because you did not previously use it as fast as it was created.

Anything that makes you breathe deeply will be of advantage, especially long walks, which you should arrange to take each day without fail. A slow, easy-going stroll will be of no benefit



whatever. Your walk must be brisk, vigorous and far enough to make you enjoy the privilege of sitting down to rest at the end of it, though you should of course never exhaust or overheat yourself. If you perspire freely, so much the better, and a cold water bath will refresh and restore your comfort. You can bathe in cold water a great deal, for the "fleshy" individual can stand and be benefited by such bathing much more than can an anaemic person.

Rope skipping would be an excellent thing to practice in connection with the exercises illustrated herewith and the long walks recommended. You do not so much need an exercise that will call for a very great effort at one time, as you do movements of an active, quick nature, which will effectually accelerate the circulation. Easy, enlivening exercises that can be continued for a considerable period are to be preferred to a few violent efforts which do not influence

the circulation to the same extent, and do not compel so much deep breathing. In other words, anything that calls for and develops endurance, is particularly

desirable for one who wishes to reduce weight. For instance, long distance running would be an excellent thing for men who are strong enough to attempt it, being far more effective than weight lifting, which, while it requires all of one's strength, does not consume much superfluous fatty tissue.

Fat is more likely to accumulate upon some parts of the body than on others. Hence the reader will note that the exercises presented herewith, are designed to affect principally such portions of the body, though, of course, they also have a general constitutional effect for good.

**Exercise No. 4.**—Assume the attitude illustrated above, the left foot being some fifteen or eighteen inches in advance of the right. Double up the arms, until the fists are beneath the armpits, and strike out with right and left fist alternately as though pounding an imaginary object. Strike quickly and vigorously, each time bringing the elbow back as far as possible. Continue until tired, then pause or rest for a moment or so to get your breath, and repeat, but this time let the right foot be in front.

## Hand Wrestling for Boys and Girls

**H**EREWITH we are presenting two more illustrations of hand wrestling holds, which, together with the previous lessons, will give you a pretty general knowledge of the tricks and science of the game. It will only require practice to make you an expert. When you thoroughly understand it, you should have little difficulty in getting the best of other boys who may be a great deal bigger than yourself, provided, of course, that they do not know so much about the art as you do.

Do not forget my previous instructions to use the left hand just as much as you do the right. For instance, after you have been wrestling with the right hand for a half dozen falls, use the left hand for an equal number of falls. You will soon find out in which hand you are the stronger. It some-

times happens that when an opponent is stronger than you in his right hand and arm, and so able to throw you easily, you may discover that you are stronger in the left arm, and hence able to turn the tables on him when he attempts to use the same arm. You will occasionally find one who is strong in his right arm, who has never exercised or used his left arm very much and is, therefore, comparatively weak on that side. The value of hand wrestling, as intimated, lies to a very great extent in its developing both arms and wrists alike.

There is one thing of considerable value that this exercise develops, and that is, a powerful grip. There is hardly anything that will so strengthen the muscles of the forearm and the hand as hand-wrestling. And if your

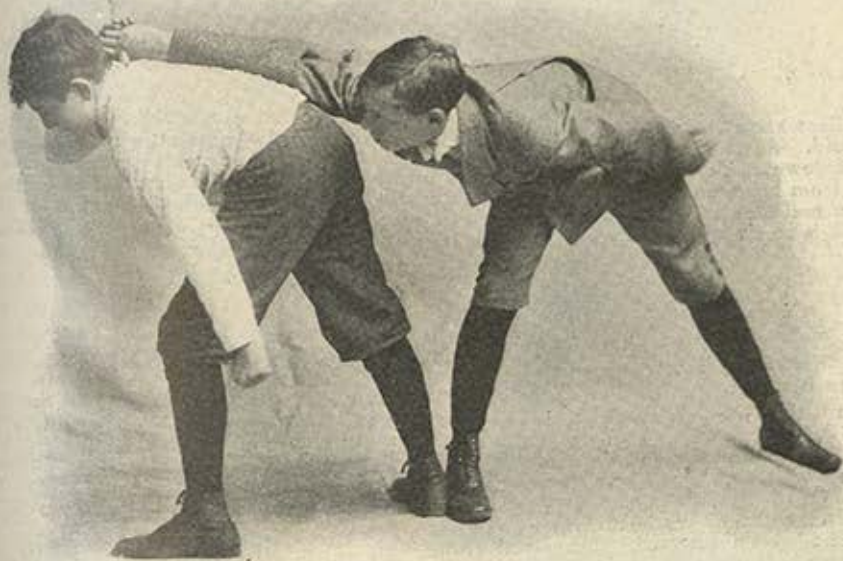


Illustration No. 5.—Suppose that you are in the position of the boy to the left with the white waist. Now suddenly turn slightly, raise your opponent's hand, getting it over your right shoulder, and pull in the manner illustrated. The chances are that you will pull or lift him right off his feet. If possible get as much of his wrist and forearm over your shoulder as you can, which will make the fall more certain.

grip is strong, you can often get the advantage of your opponent. At all events, such a grip is an admirable thing with which to give your friends an idea of your strength. When you meet them and shake hands and squeeze

their fingers so hard that they either squeal or kneel, you can be sure that they will be impressed with your strength, even if they think that such an exhibition is as unnecessary on your part as it is painful to them.

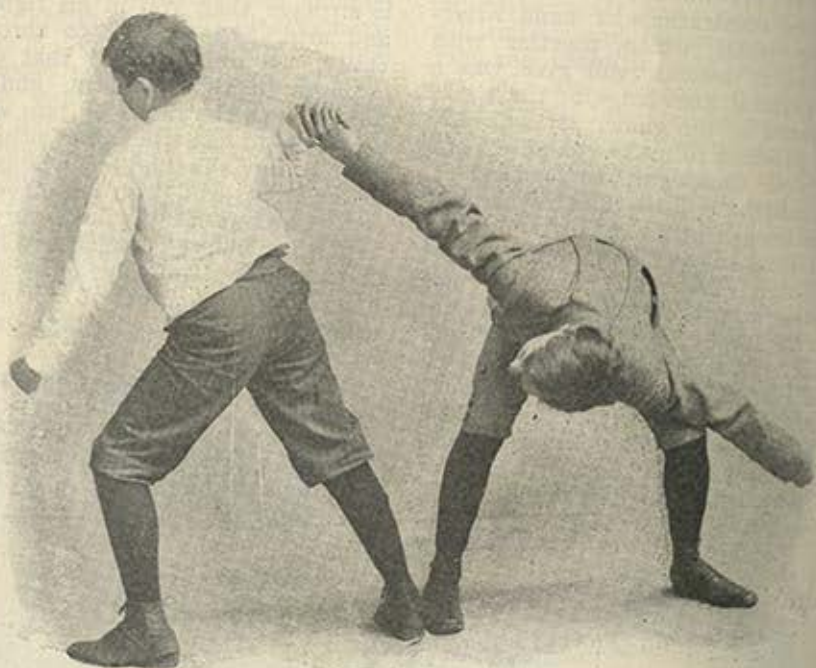


Illustration No. 6.—This photograph shows the method of protecting yourself against the last hold. As soon as the boy on the right perceives the purpose of his opponent, he suddenly squats down as close as he can to the floor, bending his knees, pulling back and getting as far away from his opponent as possible. When in this position it is quite impossible for the other boy to pull him over. If this hold is to be successful, it must be done very quickly, which remark is true of practically all the other tricks of this game.

### A NEW HIGH SCHOOL RELAY RECORD

TO THE EDITOR:

In reading the last issue of PHYSICAL CULTURE, I noticed that in the column devoted to notable things in the interscholastic world, the breaking of the interscholastic relay record by the Centenary Collegiate Institute, at the Wesleyan interscholastic meet, had been omitted. The team from this school, though heretofore unknown in the scholastic world, broke the High School

record for the one mile relay at the N. Y. U. meet this year, the time being 3.30 1-5 seconds. The former record, 3.31 4-5 was held by Hill School. As Physical Culture is a representative athletic magazine I have taken the liberty of informing you of this matter.

Very truly yours,

JOSEPH TERRENCE.

Washington, N. J.

The best definition of friend is that given by a Missouri schoolboy: "A friend is a person that knows all about you, and likes you just the same."

## Ground Tumbling for Boys

By HARRY WELLINGTON

THE first illustration given this month shows the cart-wheel, which is really a kind of hand-spring sideways. It is very simple and easy to learn, and will get you ready for the real hand-spring, which will be described next month. It is also an excellent exercise for building strength. Hand-springs and somersaults require strong muscles in the back, stomach and abdomen, and will develop increased strength in those parts. But the muscles of the sides of the body are strengthened by the cart-wheel also.

After you have learned to turn one cart-wheel in the manner described, then you should learn to repeat it instantly. Soon you will be able to turn one after another in such quick succession that you look just like a wheel rolling across the grass. When you can turn a half dozen fast cart-wheels in this way, you will find it a very enlivening and enjoyable form of exercise or play.

Photograph No. 5 of this series, shows the head-spring. I would suggest that at first you do all of these things on very soft ground. The head-spring will prepare you to do the hand-spring

Photo No. 4.—The Cart-wheel. Stand erect on both feet, and raise arms high over head. Now bend down sideways to either the left or the right. In this case, we will suppose it to be the right, and so you place the right hand first, and then the left hand on the ground at your side, two or three feet away from your feet, at the same time lifting the farthest foot off the ground. As soon as you have your hands in position throw the feet and legs high up over your head, first one leg, then the other, as illustrated, and come down on the other side, first one foot then the other. You must be certain to throw the legs high, and do it all in a straight line sideways. The spreading of the legs and arms in this way resembles the spokes of a wagon wheel. Hence the name, cart-wheel.





Photo No.5.—The Head-Spring. This is really similar to the hand-spring, except that it is easier, and the head is placed on the ground as a partial support for the body. In fact, you do a regular head-stand in the first part of the movement. The above illustration shows the manner of coming up to the head-stand, which should be done somewhat slowly and carefully, first raising one leg and then gently pushing off with the other and coming up as stated above. It is not necessary for you to try to stand still in this position, but as soon as you feel yourself up and ready to fall over on your back, make the spring. Suddenly throw your feet over and downwards as forcibly as you can, at the same time pushing off hard with the hands, thus raising the head quickly, face upwards, and bring the body around to an upright position and alighting on your feet. You may not be successful the first time, and may only find yourself sitting down, instead of standing on your feet. But a manly boy will not mind that, and the next time you try it, you may do better. The worse you can do is to fall on your back. Continuous practice on soft ground will soon enable you to accomplish the feat. Be sure and do it with a quick jerky movement.

properly. There is a certain quick pull or jerk performed by the muscles of the back and stomach used in somersaults and hand-springs which it is necessary to learn, and this head-spring

will help you to do so. Some may find the hand-spring easier than this, but not when it is done properly. I shall try to explain this to you next month in discussing the hand-spring.

#### NOT INTENDED FOR HIM

Mamma (to little Joey, aged four, who wants to stay in bed)—“Come, dearie, it is time to get up now. Don't you hear that robin outside your window? He

says, ‘Get up, get up now, get up quick.’”  
 Joey (listening thoughtfully)—“Yes, I hear him, mamma dear, but I think he says it to his own children.”—*Selected.*



# 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.

If the lives lost in all the wars in history were added in one grand total, they would not be a hundredth part of the number of deaths that have been and are still being caused by the errors in so-called medical science. In the quiet of the sick room, where we find drawn curtains and closed windows, there have been more murders committed than the human mind can possibly conceive. Probably

## THE CRIMES OF MEDICAL MEN

one of the most striking proofs of my statement is found in the recent so-called discovery of medical men as to the value of open air methods in the treatment of pneumonia. Thousands of patients suffering from this disease have been AND ARE STILL BEING placed in closed rooms, where they lie gasping for a breath of pure satisfying air. The so-called men of science stand over their bed-sides. But they are enwrapped in the mysteries of medicine and the windows remain closed. Just read the following description by a medical man, of the old method of treating pneumonia.

"This radical treatment," speaking of the open air method, "is diametrically opposed to the old methods, which required that the patient's chest be incased in cotton batting, protected by an outer wrapping of oiled silk. The patient's room was then made as nearly air-tight as possible, and was kept hot to an uncomfortable degree. The advocates of the open-air treatment now declare that these are most irrational measures. The air quickly becomes foul, and the functions of the lungs, already hampered to the danger point by the consolidation of the pulmonary tissue, become further impaired by the poisonous, germ-laden air that grows more dangerous to health and life with each inspiration."

Now, imagine the number of deaths that have been AND ARE STILL BEING caused by these methods.

In 1900, there were 105,000 deaths from pneumonia in this country. How many of these deaths could have been prevented by rational methods? Could it not easily be stated that at least 100,000 of these deaths were needless? In other words, 100,000 people were murdered in the United States through the blundering methods of medical men in treating in one year ONE DISEASE ALONE. The mortality of pneumonia, practically amounts to nothing under rational treatment. It does not run over 3 per cent., and might be less than 1 per cent. In fact, drugless physicians cure it in a few days, with but little inconvenience. Now, take all the various other diseases where the same idiotic methods as that just cited are used, and it is certainly reasonable to conclude that not less than one million human beings are being passed on to their graves each year in this country, because of medical mistakes.

I am not condemning medical men in a wholesale way. There are many men in the profession who really do understand the cure of diseases. But these are in the minority and do not use "scientific" methods. I will not call it the "science" of medicine, for there is no science in medicine. It is all bosh and humbug from beginning to end. The biggest bluffer, the man who has a showy exterior, who can cultivate the most impressive dignity in appearance and in manner, is usually the most popular physician, as he is the one who demands the biggest fee. Knowledge counts for but little, because it is easy for a man to bury his mistakes, and Divine Providence takes the blame. And strange as it may seem, no matter how many patients a doctor may bury, this positive evidence of his lack of ability as a healer of the sick, does not lessen his patronage. If anything, it seem to advertise, and bring him additional patients. As a doctor, you can do as you please, Providence has to shoulder the consequence.

Though my criticisms of medical men are harsh, they, the doctors, are not altogether to blame. They are serving up to the poor, misguided public, just what the latter is calling for. A man enters the medical profession because he considers it financially remunerative. As nearly as possible, he tries to give his patient the kind of treatment that he wants, and as long as doctors have fools for patients, just so long will they continue their present murderous methods. The majority of cases with fatal endings can be called nothing else but murders. There is no excuse for death from an acute disease, except in extremely rare cases; but look at the thousands of people dead from diseases of this character. They are all murdered. They should be alive and well, and live to a good old age, if a physician who really understood the cause and cure of disease had treated them. I will not say that there is absolutely no use for medicine of any kind, under any circumstances, but there is absolutely no use for poisons in the cure of the sick.

A few days ago, I received a letter from a young man whose wife had recently died. He told me the story of her illness. It began with pneumonia. She partially recovered, but was greatly weakened by the treatment. The poor, miserable creature was then compelled to struggle against such poisons as strychnine and morphine. Morphine was used to deaden the pain and then, the funeral. Thousands, yes, millions have passed away because of the use of this terrible drug. Yes, morphine does deaden pain, but it does not change the condition, and it does STOP THE CURATIVE PROCESSES. The average doctor may tell you that it tends to produce constipation, but he does not tell you that it almost paralyzes the activities of the bowels and the entire nervous system. The average case of appendicitis is caused by morphine and other nerve paralyzing drugs, and not from the food you eat.

It is about time for the average individual to awaken to the terrible danger that confronts him through the medium of the doctor's profession. A medical doctor has never cured patients by drugging methods. They get well in spite of the poisonous drugs that he administers. His advice in some cases, outside of drugging, may be good, but when his investigations in the mysterious realms of medical "science," so thicken his brain, that he has not sense enough, first of all, to thoroughly cleanse the lower bowel in the treatment of an acute disease, he is a dangerous man in any community. His methods will be far from curative, and every patient that he attends, would unquestionably have recovered far sooner, without his attention. This is saying nothing of thousands who are laid away in their graves because their vitality could not endure the drugs that the average doctor administers.



**S**INCE this magazine popularized literature appertaining to the building of health, various writers of more or less ability have been giving their opinions on the subject. Publications of all kinds have taken up the discussion of health making in its various aspects. All this is undoubtedly accomplishing a great deal of good,

#### SO-CALLED AUTHORITIES ON HEALTH CULTURE

notwithstanding the obviously meagre knowledge of many of those who attempt to write on the topic. One of the subjects that is just now being much discussed by various writers, is the method adopted in the current treatment of consumption. This insidious disease which steals upon you like a thief in the night, has sent thousands to early and untimely graves. Hence it is pleasant to note that there is a general agreement among all writers as to the value of outdoor air. Undoubtedly it is the lack of fresh air which has made this disease so general in its occurrence and so terrific in its mortality. Illustrative of the recklessness of "health authorities" is a recent article on the subject, in which the author states that "those who do not care for meat, are very likely to die of tuberculosis." He might have added that those who do care for meat are likely to die of tuberculosis. The author has not one reputable fact to back up his statement. The mortality in consumption is always highest in meat eating countries. Has he ascertained the mortality record of this disease in Japan, where but little meat is consumed?

I call attention to this to show the pitiful incompetency of some of the writers who attempt to discuss this and kindred subjects. Then, this same writer goes on to state that consumption is caused solely by spitting; that if consumptives did not spit, there would soon be no consumption. Perhaps it might be of interest to know where consumption first originated, if it comes entirely from germs that find their home in the sputæ of diseased persons. This nonsensical theory about spitting being the cause of consumption, might be of advantage in so far as it restrains those who practice this disgusting habit in public places, but beyond that, it is valueless. Attenuated germs of consumption have been found in the throats of healthy persons, and they can be breathed by the thousands by anyone enjoying a normal degree of health, without the slightest chance of the latter acquiring the disease. If consumptive germs alight on fruitful soil, if they come in contact with tissue ripe and ready for their propagation, they may thrive, and perhaps (?) be the means of hastening the advent of the disease. But the proper method of avoiding consumption and all other diseases, is to build and maintain a degree of physical vigor that will enable you to resist the influence of all and any disease germs, provided such an influence does actually exist.

But one of the most striking proofs of the dense ignorance of the average writers on this subject, is very clearly shown when they deal with the causes of the malady. Though no one can question the statement that impure air and dietary errors are among the contributing causes, even these are overshadowed by the terrible devitalizing influences of sexual perversions and excesses. Not one writer who has dealt with this subject has mentioned this important matter. Read the history of the average case of consumption, and you will find that in nearly every instance, it began at a time or immediately following a period when evils of the character in question were sapping the vitality of the victim. Why is this prominent cause not mentioned? It is either due to ignorance or prudery, but in either case, writers are equally to blame. There are no influences in life so terribly demoralizing as excesses or perversions of the character mentioned. They sap the vitality and lessen the vigor of the entire functional organism, and any writer who ignores them in discussing causes of consumption, simply shows how little he actually knows of the subject.



IN the past I have been careful to avoid the discussion of theological subjects. It is my distinct purpose to teach that which is of benefit now, here and to-day. I want to show men and women how to live, that they may make the best of themselves from every stand-point. That is all. This attitude of mine is the outcome of the fact that there is so much prejudice on religious topics.

#### THE WAY OF GOD IN MARRIAGE

There is so much difference of opinion in the doctrines of theology. And it is wise for one who desires his physical culture arguments to be seriously considered to avoid discussing such subjects as are proper to the pulpit but hardly so in the pages of this magazine.

A religion, if it be worthy of its name, should teach the development and maintenance of a clean, well developed human body. One cannot have clear, well defined views on any subject unless the functional organism is in perfect working order. A deformed type of Christianity which does not prompt its followers to the possession of strong, virile manhood and superbly perfect womanhood, is feeding the fiery furnace of race suicide and leading its followers towards physical and moral degeneracy. Unfortunately it is this type that most generally obtains and hence the churchmen are everywhere neglecting their plain duty in regard to those whom they are supposed to instruct. They are teaching men and women how to save their souls, but are neglecting the dwelling places of those same souls. Certainly one must be influenced by the house in which he lives, and no one can doubt that the human soul is vastly influenced by the body which it inhabits.

If ministers of the Gospel would only realize the vast value of physical house-cleaning and the elevating influence of physical wholesomeness, they would soon begin to teach those practical truths which lead men and women towards a higher earthly existence. There are some religious teachers who are beginning to see the truth from

this stand-point. They are the reformers who are doing a work of incalculable value to the human race. They believe in the up-building of the human body in order to make it a fit habitation for the soul.

Mrs. Mary E. Teats, the well known National Purity Evangelist of the Women's Christian Temperance Union, believes thoroughly in a theology which teaches the Physical Culture life. She has been preaching these glorious truths for many years. She has been talking to thousands of men and women on these vastly important subjects. She is, and has been showing clergymen everywhere a proper interpretation of the Scriptures in regard to the subject in question. She has written a book, entitled "The Way of God in Marriage." According to her view of the Scriptures, there is no difference between God's laws and Nature's laws. They are one and the same. She fearlessly takes her texts from the Bible to reinforce her convictions and theories. She bases her every conclusion on the statements made in this inspired book. The theology that she teaches, is the right kind. It will help men and women in the present and the future. It will make them stronger and nobler in every way. She believes that marital conditions as existing to-day, are a serious perversion of God's plain laws. Her book will unquestionably be of incalculable value in the religious world. It will shed light on a matter of the most vital importance. It will teach men and women the right way in marriage. We have accepted Mrs. Teats' book for publication, and our readers will be able to secure a copy from us in the near future. To give an idea of her work, I make the following quotations from her lectures:

"Every child that comes into the world has the right to demand that it be well born."

"God never created man with physical needs so great that in order to satisfy them, it is necessary for him to sin."

"If you think the grace of God is sufficient to enable you to overcome the world, the flesh and the devil, I ask you to live up to this belief."

"Every father should make a confidant of his son, to the end that he will seek advice and counsel when the difficult places in life's pathway are reached."

"No young man who has been unchaste in his manner of living has any moral right, and should not be given legal right, to ask for the hand in marriage of a pure, chaste young woman unless he can give in return those virtues for which he asks."

These are noble and helpful sentiments and indicate the character and trend of the work in general.

*Bernarr Macfadden*

#### HE GAVE THE BEST OF REASONS.

Dr. Knaggs, L. R. C. P., of Camden Town, London, was recently summoned to court for refusing to have his children vaccinated. He gave the magistrate the four following reasons for his attitude in the matter:

First, That neither the analyst bacteriologist, nor the pathologist has as yet given any information as to the nature or composition of glycerinated calf lymph, and that there are no means of ascertaining whether calf lymph is made from the poison of cow pox or that of small pox.

Second, That cow-pox was so similar to a certain other loathsome disease as to make it most difficult to distinguish between the two.

Third, That dentition in children was greatly injured by vaccination, especially as regards permanent teeth.

Fourth, Because in his experience the effects of vaccination were often of a very serious character and that it cannot be proved that vaccination ever saved a single life, but that the statistics of the Registrar General (Eng.) show that scores are annually killed by it

# The Athletic World

By ARTHUR F. DUFFEY



Looking back over the college athletic season of this year, it must be admitted that it has been an extremely busy one. For the most part, the incidental honors were confined to these: Harvard, Yale, Princeton, Pennsylvania and Cornell. Beginning in September, 1905, and ending in June this year, the events of the season were fairly evenly divided among the five universities named in a victorious sense, which was to be expected.

The season was ushered in by the college cross-country championship, which was again won by Cornell. Following the cross-country championship, foot-ball occupied the arena for a period with attendant spectacular enthusiasm.

Yale was foremost in foot-ball in the East, and probably in the whole country. Penn was a close second. In baseball, Princeton proved herself particularly proficient and was nearly always the leader. In track athletes and on the water, Cornell held the premier position. Of the other leading colleges, Harvard and Penn went through the season without winning any championship in the major sports, but proved themselves formidable opponents at all times. Apart from the leading contests of skill and strength, the different colleges met in the less strenuous sports of trap shooting and chess. In the Spring intercollegiate shoot, Yale was first with Penn; Princeton and Harvard finishing in the order named. In the intercollegiate chess tournament, Harvard was first, Yale second, Columbia third and Princeton fourth.

Wrestling also thrived among the college students. Yale had a most successful season on the mat, winning the Intercollegiate championship and dual competitions. The annual gymnastic championship brought a triumph to one of the lesser colleges, the New

York University, who defeated Harvard, Yale and Columbia. Looking over the field of sports one is led to ask, what would the college year be without these manly rivalries and tests of nerve, muscle and endurance?

Although, as stated, the college athletic season has been an extremely active one, still other sports which are



Foster H. Rockwell, Yale's Head Football Coach for the Coming Season

open to other athletic followers have not been neglected.

Internationally we have been successful and unsuccessful. Our Olympic athletes practically made a clear sweep at Athens. Outside of this, however, we are forced to admit that, in several other contests, we came to grief.

At tennis, our American players were defeated. Miss Sutton also met her superior in Miss Douglas, who last year was a loser owing to an injured wrist. At Henley, we had no American crew, but in the Sculls were represented by W. D. West, of Philadelphia, who was defeated in the preliminary heat by the Australian representative.

Football this coming season is in a precarious condition. Anxiously will its followers await the effect of the many sessions of the Football Committee, and its endeavors to place this grand sport on a better plane than heretofore. This time last year, the football agitation was just beginning. The rules committee and the newspapers were deluged with scores of suggestions for the betterment of the sport. The one suggestion in particular which seemed to find favor among certain members of the committee was, that the distance to be gained in the downs should be increased from five to ten yards. Of course this alteration of the rules had its adherents as well as its opponents. It has been tried in the West before, but proved rather unsatisfactory. There is no getting away from the fact that, the adoption of this distance rule, will tend to make the game more open, but whether or not it will free the game from the seeming brutality which has been in evidence in the past, remains to be seen.

The members of the Big Six in the East are already to a certain extent trying out the new rules in question. One thing notable about the recent football reform is the lack of games which the colleges have placed on their schedule. This applies to the East as well as the West. With the exception of Columbia, which is practically down and out as far as football is concerned, the forthcoming season appears just as alluring as heretofore from a critical standpoint. Yale, Penn and Princeton,

have many of their old men back in college. Harvard too, has passed through that stage of football reform which, at first, seemed to place her in the rut, but has escaped unscathed and, under Reid, will again dispute collegiate honors. Last year, although the Crimson team played as a whole rather mediocre football against Yale in the annual match, they put up a game which proved she had the material for one of the greatest football teams ever produced at the Cambridge institution.

At Yale this year, everything looks promising. The men will be coached by Rockwell, an old player, and with the loss of but a few men, the Elis are looking forward to another championship team. Probably one of the hardest losses to fill will be Shirlen, who quits college athletics for good and all.

Penn's showing on the gridiron last year, proved one of the surprises of the college world. This year, although some of the star men have graduated she still has a fine line of substitutes which will doubtless prove most formidable. It seems most unfortunate that in the past, the college world has not had an opportunity of seeing a game between the Eastern and Western colleges. The fault surely does not lie with the Westerners, for these athletes have been doing all in their power to bring about such a contest.

In the West, the football schedule has likewise been cut down. The University of Chicago and Minnesota, two of the Big Three, have already arranged their schedules and have limited the same to five games. This is in accordance with the ruling of the faculties, and in nearly every instance, the games are practically on the home grounds.

Wisconsin and Illinois are still grappling with the subject of the graduate-coach and until they settle this question once and for all, we may expect to see affairs rather chaotic in these colleges.

The A. A. U. championship contests to be held at Travers Island on September 8th, will mark one of the closest struggles between the N. Y. A. C. and I. A. A. C., ever recorded in the history of these games. The greatest rivalry has

always existed between these two organizations, and from now on, no pains will be spared on either side to get an advantage over the other. Last year, the Winged Foot contingent won, and the establishing of such an enviable reputation has stimulated the N. Y. A. C. to such an extent that they will again try and administer a drubbing to their rivals.

Copeland, the Princeton trainer, looks after the fortunes of the Mercury Foot men at the Island, and Hjertzberg controls the destinies of the Irishmen at Celtic Park. The incidental athletic politics in which these two prominent trainers are the chief figures, are nothing short of laughable, and only go to show how all-dominating is that word "victory."

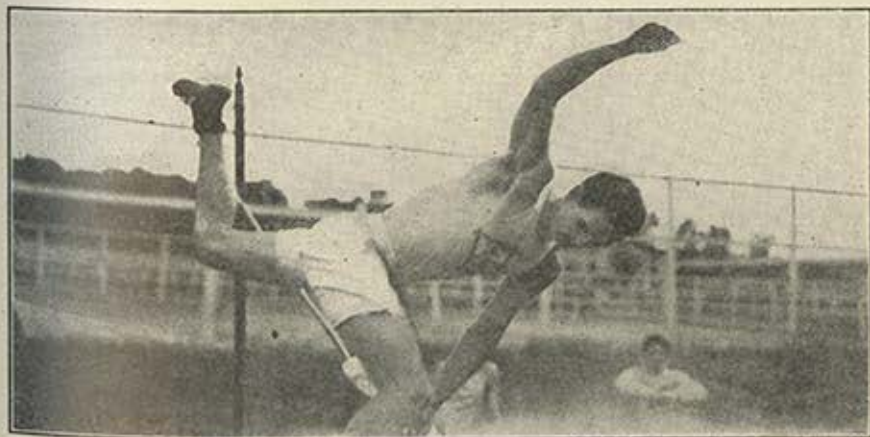
The preliminary skirmish between these trainers in the securing of available material, has resulted in about an even thing. Personally, I am inclined to think that Copeland has a little the best of it, owing to the reputation of the club with which he is connected. Hjertzberg is not saying much about the chances of the I. A. A. C., except that he makes the repeated wail, that "the N. Y. A. C. has everything." At any rate we are sure to see some spirited contests, and this will make the followers of the Simon-pure amateur rules and regulations forget to a certain extent, the means by which the end is secured.

The Western contingent at the next

will undoubtedly be a strong one. Chicago, Milwaukee and Miltonah A. C. will be well represented, but will not jeopardize to a great extent the respective chances of the I. A. A. C. and the N. Y. A. C.

The followers of track athletics hope that that wonderful sprinter Dan Kelly, of the M. A. C., will be present so that experts will have an opportunity of seeing him in action. As the reader will doubtless recall, Kelly recently ran the 100 yards dash in the 'alleged' time of 9 3-5 seconds, also doing fine performances in the furlong and broad jump. Kelly's rise to world's honors—if the records are correct—is sudden. He came as a thunderbolt on the athletic domain and then departed. We, in the East have been awaiting to hear more from him. But, his right to phenomenal honors is somewhat questioned by the fact that he was fourth in the A. A. U. championships, last year, being defeated by Parsons and Hahn. I have followed his performances with a great deal of interest. And I am trying to reconcile my mind to the fact that Kelly really did recently perform as the newspapers chronicled. But at present writing, Kelly ought to prove his calibre to men of repute in the East, before asking that his time be placed on record.

As the matter now stands, Kelly won his race practically against unheard of runners. According to a photo which I viewed at the race, the



W. A. McElroy, Jr., Kansas City Athletic Club, jumping 5 feet 11 inches at Handicap Games, June 2, 1906. Photo taken from Roof of Grand Stand



Thomas F. Kiely, Irish All-Round Amateur Champion, Winner American All-Round Championship. Total number points, 6,274.

second man was well up. The track was not laned, furthermore we have not heard the conditions of track and day.

At the forthcoming championship at Travers Island, should Kelly succeed in winning and defeating a creditable field, I will be inclined to believe in his 9 3-5 seconds record.

Now comes a report from Japan to the effect that one Minoru Fujii, ran 100 yards in 9 3-10 seconds, thus breaking my own record and Kelly's yet-to-be-proved record. If this Japanese athlete's time is correct, we may in the future look to see the Japs leading the world in this branch of athletics as they certainly do in acrobatic and like performances. But I am inclined to take the reports of both of these sprinting performances with a pinch of salt.

This year, there seems to be a wholesale invasion of America by Old World champions, instead of the usual descent of American athletes in Britain. Already

#### Foreign Athletes in America

American athletes in Britain. Already

competing in our sports are John Daly, Irish Cross-Country champion; Dennis Hogan, Irish and English shot putter, Kiely, the all-round champion, and it is more than probable that Nelson, the promising distance runner of England, will soon be here. This is probably the greatest number of foreign athletes that ever visited America at one time since the International Games between the N. Y. A. C. and the London A. C.

Kiely's win in the All-Round Championship was expected by everybody. With Sheridan out of the contest, he had no trouble in defeating Beedemus and Ellery Clark of the B. A. A. The British All-Round Championship is always an interesting event. Followers of athletics while believing that we should have just such championships, seem to delight more in reading about the results of the same rather than witnessing them. As a rule our championships produce no real amount of excitement, owing chiefly to the fact that we never have enough competitors. This year, Kiely scored a total of 6,274 points, Beedemus, a school boy, made 5,074 and Clark 4,678.

America is discovering the fact that her athletes beat the world. If we desire to live up to this opinion, it is up to us to take more interest in the All-Round Championship and produce a man capable of defeating such an athlete as the big man from Ireland.

Of late much comment has been created among American athletes and sportsmen, by the efforts of one of the Henley Stewards to bar all of our crews from competing at Henley on the grounds that they are tainted with professionalism.

In my articles on "Amateur Athletics Exposed," I spoke at some length of the amateur conditions that exist abroad as compared with those that obtain in this country. So that I will not comment further on the subject except to say that the action of the Henley Stewards appears to be ill-fetched. They are dealing a death blow to international competition. But if our British brothers can help or com-

#### American Athletes in England



pel the cleansing of our amateur sport in this way, they will surely be doing a noble work. Personally, I believe they are working in the wrong direction. At any rate, it is perfectly evident that the Henley committee do not want our oarsmen at Henley. Such being the case, why do we try to send over a crew? In this connection it is pleasing to note the welcome that is extended to the American track athletes when they visit England. In every case the treatment accorded them is ideal. It would be well for the Henley committee to copy in this respect.

The British Track and Field Championships this year, were robbed of a little of their halo owing to the non-appearance of American champions. It is true that there were foreign competitors present, but they were not of championship calibre. The American athletes in evidence were C. Bacon, I. A. A. C., and J. Hagerman, of Los Angeles, a protege of Wadswley, the Tex-champion British sprinter from the West. Nigel Barker, the

Australian champion, was a competitor, but showed no form whatever. The running of Halswell and Butterfield proved to be the stellar attraction of the meeting. At the Olympian Games at Athens, Halswell was not particularly up to form, but in the British Championship he proved that he is one of the fastest quarter milers since the days of Burke and Long. His 48 4-5 for the quarter needs little comment, for it speaks for itself. Butterfield, of the Darlington Harriers was not a competitor at Athens, and probably it was just as well he wasn't, for our American distance runners would have suffered materially. To cover one mile in 4.18 2-5 is a task far beyond any of our American milers.

The second place was won by McGough, who accomplished 4.19 1-5 seconds. Third was won by Lee, who did 4.22 3-5. I particularly comment on these three respective performances, for they all distinctly indicate how far advanced are the British distance runners. We have at present, no athlete in America who is capable of doing



A Scene in the recent Golf Championship, showing Travers, the Grand Old Man of Golf

4.19 1-5 seconds for the mile, and Lee, who finished third in 4.22 3-5 seconds, is capable, on this performance, of winning many of our open races.

Jack Morton again defended his title, which makes his third consecutive win. With no American sprinter present, he had things practically all his own way. Now that Morton has again won the British Championship, I hope that he will again make up his mind to be present at our forthcoming American Championships. If he does this it will give the South London Harrier an opportunity to see some of our real classy sprinters, and not the type of athlete he defeated during his last visit here.

Although we had no representative American crew at Henley this year, the report of the Harvard crew's intentions to row against Cambridge 'Varsity on the Thames, will be received with enthusiasm in college aquatic circles. It is true that the Harvard 'Varsity is not the fastest aggregation of college oarsmen that could be selected in this country for such a race, but still, from the showing that the Crimson eight recently made against Yale, we may expect to see the former give their British opponents a strenuous time of it.

The race will be rowed over the Oxford-Cambridge course, which extends from Putney to Mortlake, a distance of just over four miles. Whether Harvard will be able to stand the strain, has yet to be proven. At the recent Harvard-Yale race at New London, when the course was four miles, the collapsing of members of both crews at the finish was the subject of much discussion among athletic followers, many believing that the distance was too much for the oarsmen.

Wray, the Harvard coach, will accompany the crew to England, as it is now understood that the Englishmen will not object to him in spite of all the talk and discussion by the English Henley Stewards concerning the true definition of "an amateur?"

Relative to the Harvard crew's venture, there can be no question that among the results will be additional knowledge regarding rowing. England,

somehow or other, is particularly strong in this branch of sport. Her crews have always shown skill and strength in their contests abroad. In 1899 and 1900, when Lehmann, the well-known English coach and oar, visited Harvard in order to instruct in the English stroke, he was closely followed and subjected to much criticism. But all fair minded sportsmen will recognize the fact that Lehmann worked wonders with the members of the crew, considering the short space of time he had to coach them.

Daniels, the crack Mercury Foot swimmer, still continues his winning streak abroad. It is evident

that this wonderful "crawler" is at the height of his form judging from his recent performances at Nottingham, England. In these English races, which are practically world's championships, Daniels' win over Healy, the Australian champion, and De Holmay, of Austria-Hungary, will I trust, prove to the somewhat prejudiced Englishmen the fact that Daniels was capable of doing the time in question viz., 58 3-5 seconds. It will be remembered that the Britons doubted the American record time of this swimmer.

The recent playing of Byers of the Allegheny County Club at Englewood in the National Golf Championships, proved a great boom for American golfers. Never before did the Golf Championship of the United States come so near passing into Canada as it did this year.

For nine years has Byers' work on the links been closely followed. At Glen View in 1902, and at Nassau in 1903, he was the runner up, and his recent victory over Lynn the Canadian champion, showed him to be a player of great perseverance and grit.

There were a half dozen good preliminary matches, but the one which attracted the greatest attention was that by W. J. Travis and Jerome D. Travers. Both players exhibited fine playing, but the veteran was finally forced to succumb to the younger man.

In looking over the list of contestants that were entered in the championship, one thing that cannot escape notice

was the lack of entries from the West. In fact, those that were entered from this section could be counted on one hand. For some years past, and both in the men and women's championships, the same proportion in the entries has been apparent. But when the contest is held in the West there are many prominent Eastern players absent, and this is doubtless due to the fact that the Westerners do not come on East when the championship is held there. The result of such a condition is bound to make itself apparent. Practically, it results in turning what should be a national contest into a sectional affair. In sending Egan, however, as a competitor, the West no doubt feels that it is doing all that can be expected of it, and, in fact, this appears good reasoning. For if the East can beat the best Western man, what is the use of sending the second raters? Egan, the ex-National champion, in his playing this year put up a good game, but did not live up to expectations.

The many followers of the manly art of self-defense received a startling surprise recently in the wonderful showing of Sam Berger, the leading ex-amateur boxer, against Jack O'Brien, the champion middle-weight pugilist. Before the contest, many were ready to believe that Sam had no show whatever against his shifty opponent, yet strange to relate, he met the champion on equal terms at all stages of the game.

When one comes to look into the contest from various points of view, one cannot be greatly surprised at the excellent showing of the Californian ex-amateur. The latter represents *in toto* the typical lines of the heavy-weight pugilist. He is a second Jeffries in every respect. O'Brien on the other hand is a characteristic middle-weight. No one will deny him the title of middle-weight champion. When he slips his class limit, however, and tries to "butt into" the heavy-weight class, it appears to many that he is making a serious mistake. At any rate the contest proved to be one of the most gruelling affairs ever pulled off in a short-limit



Lyons, Canadian Champion and Runner-Up

prize ring. Whether or not Berger could have outlasted the shifty, scientific methods of the champion, in a twenty round battle, is a much mooted question. The contest anyway, proved one thing, and that is, in the near future we may look to see, with the retirement of Jeffries, a real live heavy-weight champion.

Miss Sutton's defeat by Miss Douglas at the English Tennis Championship at Wimbledon, proved rather disappointing to many American followers of this branch of sport on this side of the water.

When Beals Wright unfortunately met with an accident previous to his sailing, many thought that our chances of winning the Davis Cup were seriously impaired, which proved quite true. But Miss Sutton was expected by all to land us a win in the Ladies' Singles. Last year Miss Sutton successfully won the British championship. She displayed a nery and fast game at all times. The honors which she so justly won were awarded to her by the English public as well as by American tennis followers. Still, at the same time we must not overlook the fact that when Miss Douglas, the English lady champion, was defeated by our representative, she was suffering from a severe injury to her serving wrist. At first the American people were not inclined to place much credence in the report



"Christy" Mathewson, Pitcher New York  
National League Team

of Miss Douglas' injury, but since she has displayed such wonderful form this year, we are forced to admit that she is Miss Sutton's superior at the game.

In America up to the present, we have not shown that par excellence in tennis which our British cousins have done across the water. We have been defeated now for the last few years consecutively in our attempt to lift the Davis Trophy. Our representatives always speak enthusiastically of the sportmanslike treatment they have received abroad and, with this manly spirit of welcome always extended to our representatives, in the future we may look to our team eventually bringing back this famous trophy to its home.

In the professional baseball leagues that stage has been reached **Baseball** in which each game won or lost, counts materially in the battle for championship honors. Of course, as is generally the case, the season has produced its crop of phenomenal players.

Last year, Christy Mathewson's name was on everybody's lips. This year, however, the great twirler has been indisposed and as a result, the World's Champions have suffered considerably. McGraw is certainly to be congratulated on the remarkable aggregation of ball tossers that are in his team. Each player already has an enviable reputation. For a beginner, probably none stands out more prominently than Arthur Devlin, the clever third baseman. Devlin's rise in the professional league has been nothing short of marvellous. He is the youngest member of the team, and formerly hailed from Georgetown University, where he enjoyed the reputation of being one of the greatest all-around athletes ever associated with that institution. As a matter of fact Devlin is acknowledged as being the fastest third-baseman in the League.

But although his fine work is notable even among the Champions, still it does not outshine the clever work of Hal Chase, of the N. Y. Yankees. Chase also is a youngster, so to speak, in League ball, hailing formerly from California. Griffith has by careful coaching, developed him, with his wonderful capabilities, into the fast first baseman of the League. Formerly, our real star men were all well over the thirty-year mark. With the development of such young material by Griffith and others, we may look to see professional ball reach that stage of efficiency which will be nothing short of marvelous.

No greater stigma has ever been placed upon League baseball than that resulting from the recent acts of rowdism that have cropped up, especially in the National League. The closeness of the race for Pennant honors has been the cause of such acts. But the sooner our star players learn to control themselves and be gentlemen at all times, the better it will be for our national sport.

# The Use of the Single Paddle

By RAYMOND BARKER

**T**O the novice, there is something mysterious in the way that a skilled canoeist can, with a single paddle, both propel and steer his craft. He dips

the blade of his paddle into the water say on the right side

Many beginners, despairing of ever being able to learn this trick, get along as well as they can either by using the clumsy double paddle, by adopting the still more awkward method of using the single paddle alternately on either side or by paddling a stroke or two on one side and then backing water in order to keep on a straight course. It is,

however, a simple enough matter to use the single paddle correctly, with the "Indian stroke" as it is sometimes called,



Back and Side Views—  
First Position



Second Position—Middle  
of Stroke



Finish of Stroke

of the canoe and brings it back with apparently the same motion which the aforesaid beginner uses with quite different results; for, instead of the bow of the canoe being carried to the left, the canoe keeps steadily on in a straight line, or if the paddler so desires, even turns a little to the right.

If asked how he does this, he generally replies that there is a certain "trick," or "turn" to it which is hard to explain.

though it does require much practice to make this stroke smoothly and perfectly.

The way the writer learned it was as follows:

Grasping the hand-hold at the end of the paddle with my left hand, and the handle near the blade with my right, I dipped the paddle into the water on the right side of the canoe and well ahead of me and then drew the blade back until my right hand was near my hip. I then backed water for an instant, but not in the usual way, which is to hold the paddle still or to press outward and slightly forward with the front side of the blade. Instead, I pressed outward (away from the boat) and backward with the back side of the blade. In order to do this, I had to rotate the blade slightly to the left, say through an angle of forty-five degrees, curling in my right wrist. Thus this diagonally outward and backward finish to the stroke prevented the canoe from going to the left and, if made with enough force, would bear it to the right. I then, of course, repeated the stroke. I soon found, however, that this part of the stroke need not be very long continued and that it was not necessary to rotate the paddle suddenly at a certain point, as I just described. The two parts of the stroke should rather be combined into one sweeping curve.

As the right hand, drawing the paddle back, nears the body, the blade should be gradually turned and the stroke, instead of remaining parallel with the keel of the canoe, should sweep outward and back until finished. The path of

the paddle through the water will then be a gentle curve, and the more the stroke is practiced, the less noticeable will be the turning of the blade. Moreover, if a long stroke be taken, one which finishes well behind the paddler so that he lifts the blade almost horizontally from the water at the end of the stroke, then, by pulling sharply just as the blade is about to leave the water, he can so "catch" the water as to carry the bow of the canoe to the right (presuming that he is paddling on the right side). By combining this "catch" with the outward stroke already described, he can greatly economize his efforts. At first, however, it is best not to make any special effort to learn this "catch," as it will come gradually with practice. When one paddles on the left side, the stroke should, of course, be the same as the one described for the right.

Every one who paddles an open canoe will find it much more convenient, as it certainly is more graceful and neater, to use the single paddle in preference to the double one. With a little practice, it is quite as fast. Races of the American Canoe Association have been won with the single paddle. The position taken with the single paddle is less cramped than with the double and by occasionally changing from one side of the canoe to the other, the two sides of the body will be equally developed.

### HERE'S A POSER FOR THE DOCTORS

One of the stock phrases of the pro-vaccinist is that "properly done with pure lymph, vaccination is a certain protective against small pox." Will one of these owlshy-wise gentlemen now rise to explain. (1) How vaccination should be done in order that the public may know when it has been "properly carried out; (2) What is "pure lymph?" Is it "lymph" or is it virus, and if the latter, can it be called "pure?"

Every vaccination that has ever been carried out was said to have been "properly done" by the man who did it. Yet the moment the "protected" victims take smallpox they are coolly told that they could not have been "properly done." No sensible argument on the subject of vaccination can possibly take place until the thing itself is clearly and exactly defined to the public who are asked to suffer.

# PHYSICAL CULTURE

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

VOLUME XVI

OCTOBER, 1906

NUMBER IV

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Entered as Second class Matter at Spotswood, New Jersey, Post-Office.

PRICE, \$1 PER YEAR, POSTPAID. WITH FOREIGN POSTAGE \$1.60

BERNARR MACFADDEN, EDITOR-IN-CHIEF.

PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.

PHYSICAL CULTURE CITY, SPOTSWOOD P. O., NEW JERSEY

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# Tensing Exercises

By BERNARR MACFADDEN

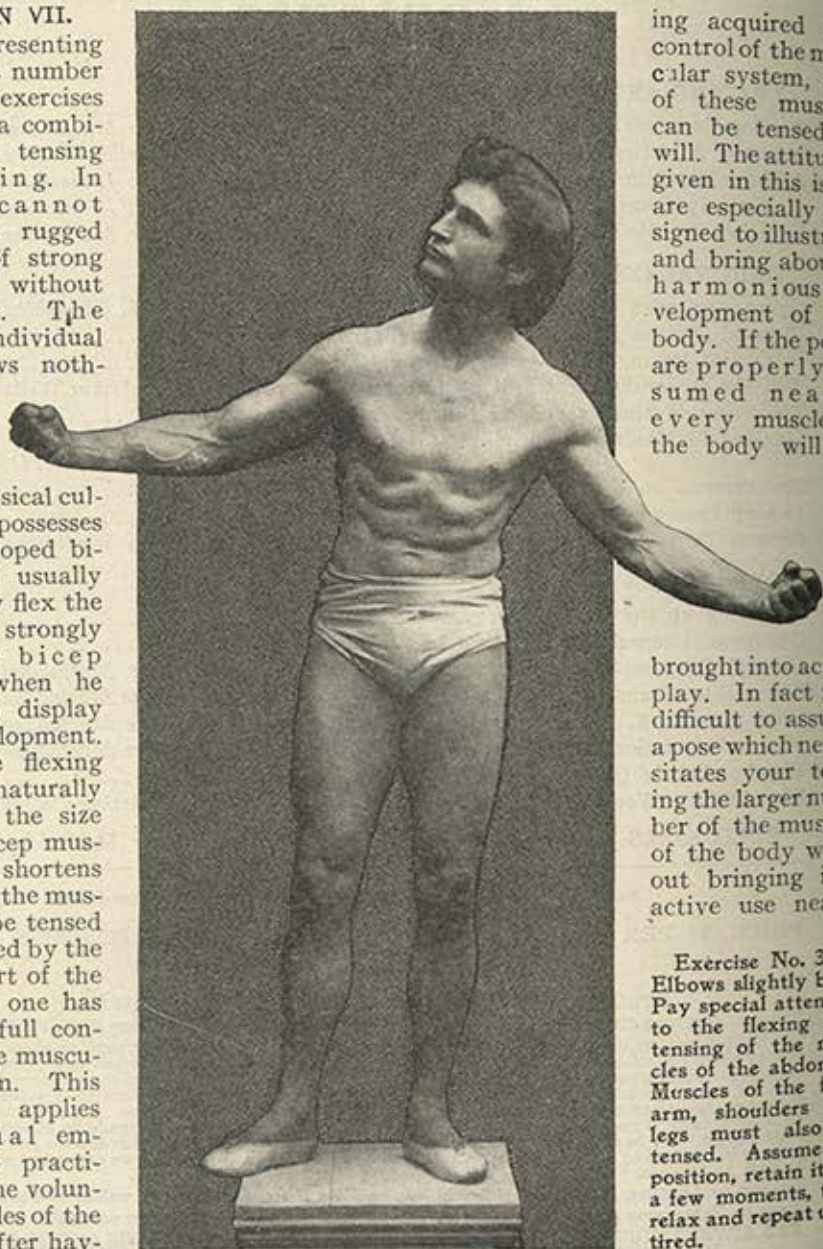
Used by all Great Athletes when Posing—One of the Most Effective Methods of Developing the Muscles

## LESSON VII.

I AM presenting in this number a few exercises that are a combination of tensing and posing. In fact, one cannot show the rugged outlines of strong muscles without tensing. The average individual who knows nothing

of physical culture and possesses well developed biceps, will usually vigorously flex the arm and strongly tense the bicep muscles when he desires to display this development. Of course flexing the arm naturally increases the size of the bicep muscles, as it shortens them, but the muscles can be tensed or hardened by the mere effort of the will, after one has acquired full control of the muscular system. This remark applies with equal emphasis to practically all the voluntary muscles of the body. After hav-

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ing acquired full control of the muscular system, any of these muscles can be tensed at will. The attitudes given in this issue are especially designed to illustrate and bring about a harmonious development of the body. If the poses are properly assumed nearly every muscle of the body will be

brought into active play. In fact it is difficult to assume a pose which necessitates your tensing the larger number of the muscles of the body without bringing into active use nearly

Exercise No. 30.—Elbows slightly bent. Pay special attention to the flexing and tensing of the muscles of the abdomen. Muscles of the forearm, shoulders and legs must also be tensed. Assume the position, retain it for a few moments, then relax and repeat until tired.



all the other muscles. These exercises, however, will bring into active service the muscles of the abdomen, the sides, the arms and shoulders, and these, it goes without saying, are important parts of the body.

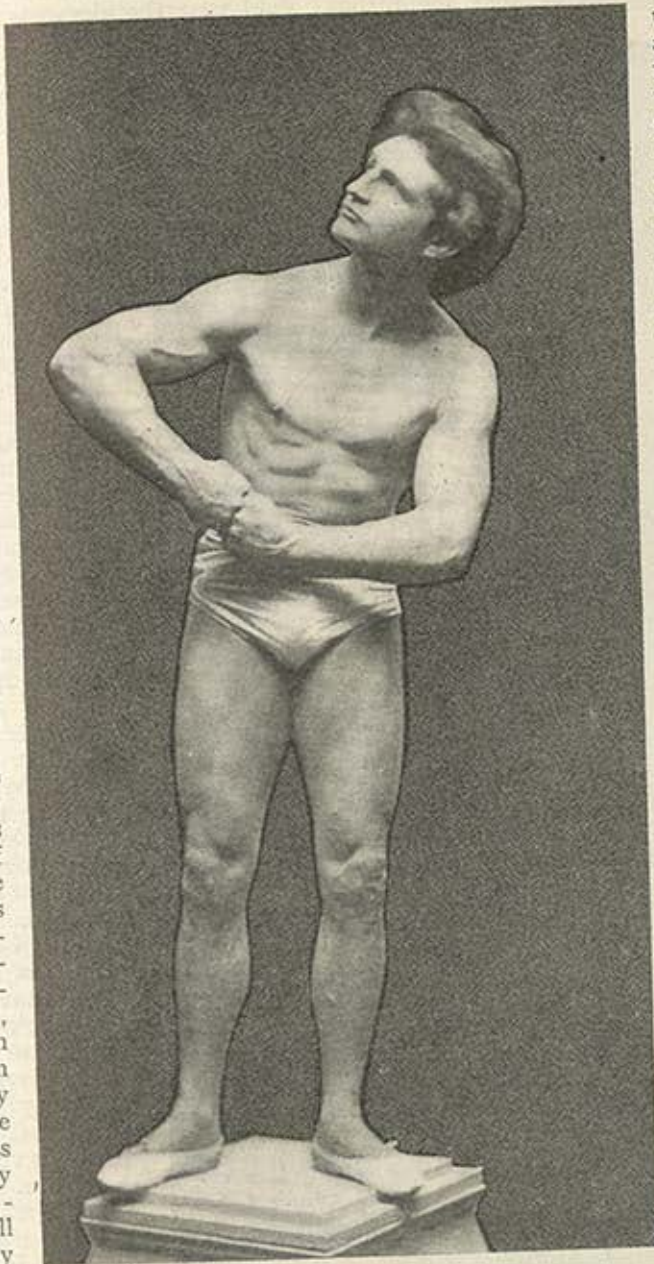
Practice the poses before a mirror, as your so doing is to a certain extent essential in order that you may assume the positions and acquire that knowledge of the body necessary in this connection. No matter how superior a development one may possess, unless he thoroughly understands the art of handling the body, unless all the muscles are developed symmetrically, unless each part works in harmony with the other parts almost any position assumed will look ungainly and inartistic.

Grace and ease in the handling of the body is

what one might term an instinct with the ordinary animal. It is rarely, indeed, that one sees an ungainly or awkward

dog or horse, unless they are sick or unwieldy through excessive fat. In other words, a perfect development of the muscular system gives to practically every movement and position of the body, a harmony of outline and a grace and bearing that is exceedingly pleasing to the eye.

These posing exercises, I am satisfied, will assist my pupils, not only in increasing their general development, but in giving them a grace of bearing and a general command over their bodies not previously possessed. As already stated, these exercises will, in especial, strengthen the muscles of the abdomen and sides. The importance of these mus-



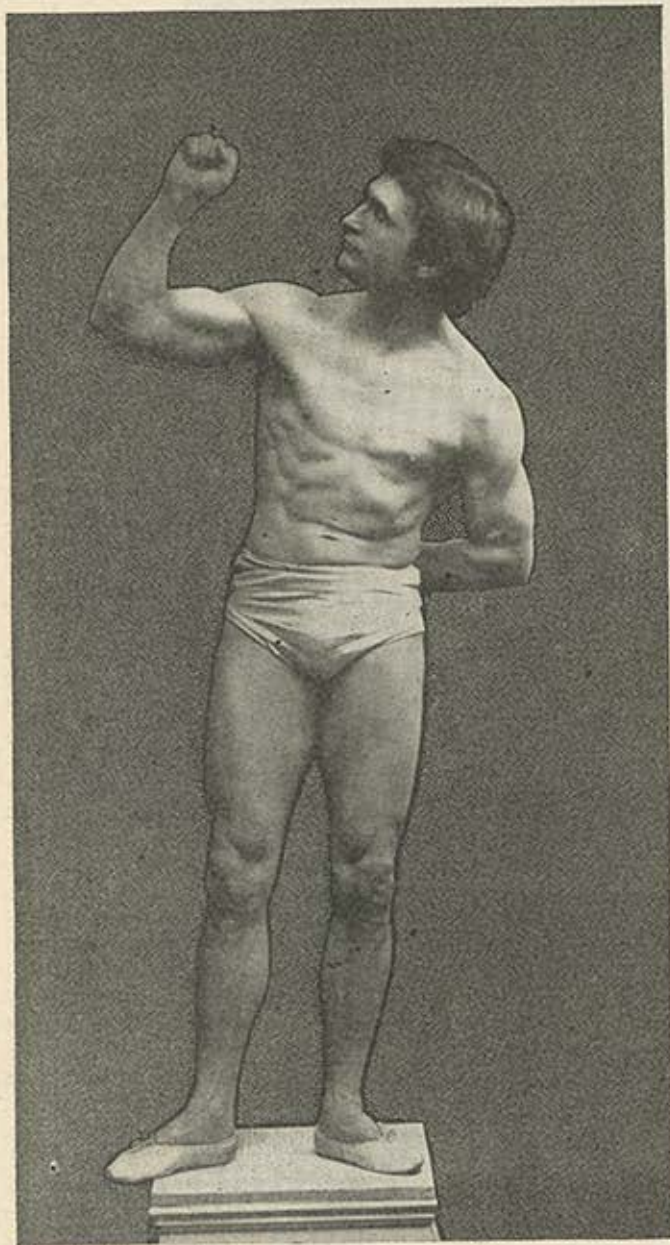
Exercise No. 31.—Head turned to the right, hands closed and pressing strongly against each other. The neck, chest, abdomen and legs strongly tensed. Assume the attitude here shown as nearly as possible, holding it for a few moments, then relax, and repeat until thoroughly tired.

cles can hardly be overestimated in the case of one who is desirous of improving his digestive and assimilative organs. It is in these organs that the blood-

making process begins and continues. It is well said that "the blood is the life." It is from [this stream of vital fluid that the elements are selected for building the body and for creating the energy which enables one to make life worth the living. But few persons realize the importance of having strong muscles surrounding one's vital organs. Under no circumstances should these muscles be neglected. By building strength in these parts you actually add strength to the organs which they enclose and protect. Regardless of whether or not one may have athletic inclinations, the development of these muscles is essential. You cannot live, in the truest sense of the word, unless the functional organism furnishes your body with pure blood.

The fact is unquestionable that disease of almost every character begins in the digestive, blood-making organism. If one could keep all the functional processes in a proper condition there would be no disease. Though of course I must admit that even with a fair development of the muscles in question one can so overload the vital organs by improper food, or excessive food, that disease is certain to result therefrom.

The great importance of using nutritious foods only, and in proper quantities, has been emphasized in this magazine over and over again, and I can hardly repeat it too often. With a fair development of the muscles



Exercise No. 32.—Right arm flexed and held in the manner shown. Left hand behind back, body leaning over slightly to the left. Special attention to the tensing of the muscles of the abdomen and sides. Muscles of the upper arms, chest and legs also strongly tensed. Assume the position for a moment relax and repeat until tired.

surrounding the vital organs, proper attention to a nutritive diet, with a view of selecting only those foods which build vigorous health, and with a full recognition of the necessity for thorough mastication, chewing every morsel of food to a liquid before swallowing, one can be assured of possessing vigorous health, while disease, under such circumstances, is hardly possible.

Then, too, one should realize that it is weakness of the abdominal regions which makes rupture possible. A larger percentage of the population is ruptured than one imagines. I believe that the average is one out of four or five. Now, all this is uncalled for. It proves, in every instance, that there is weakness in the abdominal regions. With the abdominal muscles properly developed, you will have to come in contact with

extraordinary conditions in order to produce a rupture. It is only those who are afflicted with this annoying defect who realize what a handicap it is. One must indeed be careful in taking exercise under these circumstances. Yet I firmly believe that rupture can be remedied, that the opening can be closed and be made to knit by a very strict regime. Still there are cases that are of such long standing, while the opening has grown so large, that a cure cannot be definitely promised. But it is unquestionably easy to avoid this annoying defect. One who is not well fortified with strong abdominal muscles is liable at any time to be ruptured from a slight fall, and then begins the harrowing experience of being compelled at all times to wear a truss. The result is discomfort, often torture, and rarely a cure.

### A DOCTOR'S DISCOVERY

Among the "marvels" of modern medical science, perhaps the most marvelous is that doctors hail with acclaim as startling discoveries, facts and methods that have been known and practiced by physical culturists for many years. This would be a humorous matter were it not that because of the failure of the doctors to have apprehended the facts in question, the silent populations of the grave-yards are much larger than they should be. As it is, it would really seem that the medical world is still in a condition of scientific childhood, and only on the verge of evolving into the manhood of common sense and physical culture principles.

A recent case in point is the proclaiming by the medical profession of an almost certain cure for cerebro-spinal meningitis, a disease which under the treatment of the "regulars" has been fatal in from 70 to 75 per cent. of cases.

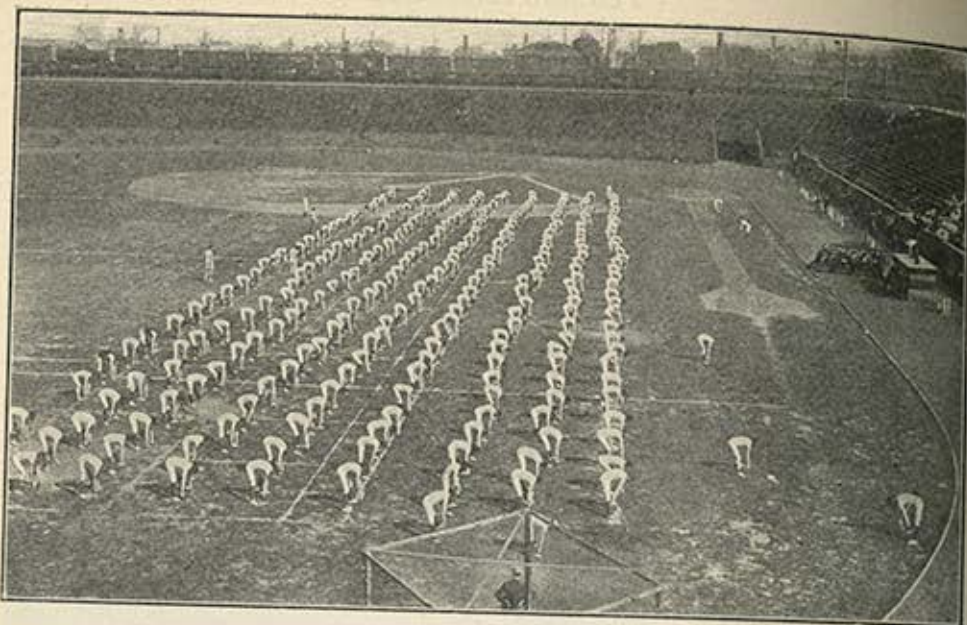
Dr. Joseph W. Goldsmith, of the house staff of the Long Island College Hospital, is the "discoverer" of this "new" cure. He has been using it for over a year, so it is said, and by it has effected cures in at least 85 per cent. of the cases treated by him. If this proportion of recoveries is compared with the usual percentage of fatal cases,

the importance of this "new" treatment will be realized.

Heretofore doctors have treated the disease by using opium or some of its active elements in order to relieve the congestion of blood which is the chief and usually fatal symptom of the malady. But Dr. Goldsmith, to use his own words: "Employs baths of 110 degrees temperature for fifteen minutes, several times a day. These baths draw the blood away from the internal organs to the surface and thus relieve congestion, subject the blood to increased circulation, and a process of radiation. Vigorous rubbing is employed during the bath."

It will be seen then, that the "new" discovery simply consists of the good old fashioned physical culture hot bath and massage. And these as already stated, have proved so efficacious that they have to all intents and purposes removed cerebro-spinal meningitis from the list of fatal diseases.

The "regulars," so it is said, look upon the new remedy as something akin to the miraculous. Physical culturists look upon the ignorance of the doctors in this and other respects as the miraculous element in the matter of diseases in general.



A Small Army Engaged in Open Air Calisthenic Drill on Franklin Field, University of Pennsylvania

## Gymnastics on a Gigantic Scale

By H. C. ASHLEY

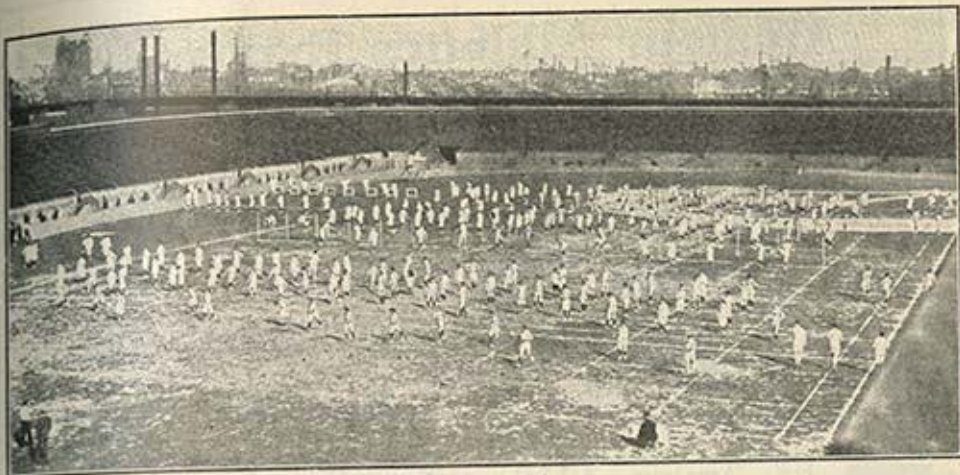
### Good Results from Compulsory College Athletics



WHEN the faculty of the University of Pennsylvania instituted a regular course of compulsory physical training as a part of the curriculum of the college, the slogan was "Every boy a trained athlete." The wisdom of the step was publicly demonstrated not so long ago, when the first open air drill of the students was given before an audience that made Franklin Field, the University's athletic grounds, ring with applause.

At a given signal, a long line of athletic young Americans ran out of the doors of the magnificent gymnasium and continued running until the entire contingent was massed in front of the spectators' stand, thirty-two abreast.

Then began a novel open air entertainment. The white clad gymnasts went through a regular program of movements with the precision of a huge machine. The first of the movements consisted of calisthenics for the development of the trunk, back and shoulders and chest; next came the boxing movements, several hundred youths guarding and hitting out as one. Following this came the dancing steps. It is part of the training of the gymnastic course at Old Penn to do jig steps to music. Keeping time to the music of the band, the boys treated the spectators to a massed sailors' hornpipe and then, to the tune of "Tammany," executed a two step. The appearance of the boys all jiggling in perfect time at first excited laughter among the spectators, but the

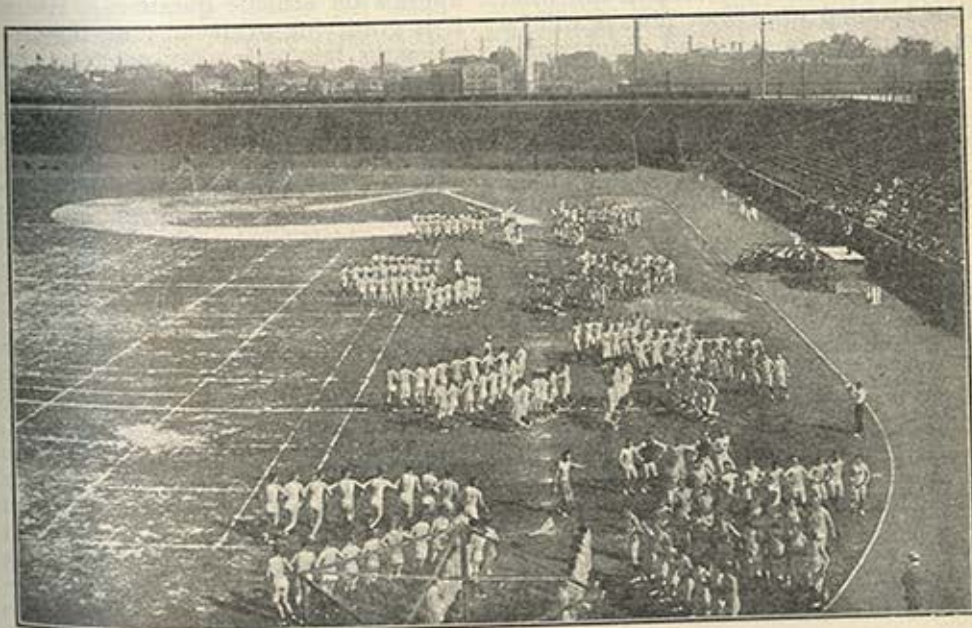


All-round track and field athletics on a tremendous scale

united movement was done so well that it gradually assumed the aspect of a graceful spectacle and the applause broke out again and again.

There was another prolonged outburst of applause when the students executed the wheel formation, in four divisions. Each wheel contained nine spokes. The athletic contests came next, in five divisions, consisting of the straight sprint, clearing the low hurdles, three standing broad jumps, putting the

twelve pound shot and running high jump. When every class had gone the rounds, each boy jumping, putting shot, hurdling and sprinting in his turn, the students went through a drill formation. Finally with locked arms and singing the anthem of the college they marched in perfect step across the field and halted, facing the spectators. The exit was made by the entire body doing the running split and retreating to the gymnasium through both doors.



Wheel formation, nine spokes to each wheel

# Amateur Athletics Exposed

By ARTHUR DUFFEY

The Amateur Athletic Association of Great Britain refuses to recognize the asinine rulings of the A. A. U.—The author's world's records are in England still held to be standards of amateur track athletics. Jas. E. Sullivan as an author—"Fine writing" and flowery adjectives of the secretary-treasurer of the A. A. U.—More about the treatment of the American athletes at Athens—Still more practical protests against the treatment of athletes by Sullivan and his associates



THE Amateur Athletic Association of Great Britain has administered a well deserved rebuke to the A. A. U. by its refusal to recognize the asinine ruling of the latter body in regard to its "expunging" of my records. That it also declines to endorse the methods of James E. Sullivan in other respects, is another story, regarding which I may have something to say in the future. But in the present instance, it recognizes that my records are what they are and what they always will be in the minds of sane and disinterested athletes, that is, the amateur sprinting records of the world. Thus in a recent programme of the Amateur Athletic Association Championships held at the grounds of the Chelsea Football Club of London, we have this:

100 Yard Flat Race.

Challenge Cup, presented by Prince Hassan.

British Amateur Record 9 4-5 sec., by A. F. Duffey.

American Amateur Record 9 3-5 sec., by A. F. Duffey, Georgetown University, 1902

Best Amateur Champion performances, 10 sec., by A. Wharton, 1885; C. A. Bradley, 1893 (up hill); R. W. Wadsley and F. W. Cooper, 1898; A. F. Duffey, 1900-1; D. Murray, 1901 and J. W. Morton, S. L. H., 1904.

World's Professional Record—doubtful.

It will be seen by this then that the A. A. A. recognizes the fact that I always was and have been, an amateur; that I hold the world's championships as an amateur, and that, to again quote the A. A. A., the "world's professional record is doubtful."

Furthermore the A. A. A. in its official list of previous winners of the Hassan cup, names me as the winner for the four successive years of 1900-1-2-3.

It is recognized by amateurs the world over, that the British athletic authorities are, in a way, the final court of appeals on athletic questions. Hence, it is gratifying to me to note the foregoing, as reinforcing my assertion that in spite of the action of Sullivan and his associates, my records still stand. While athletically and in other ways they may have their faults, yet no one will deny that in the sporting world, the British exhibit a spirit of fair play and justice which is not always evident in the instance of the A. A. U. This for the reason that in England, sport is considered as sport, and not as a method of furthering the interests or lining the pocketbooks of a little clique of men to whom the average amateur is a mere means to an end. In fact, in England, the A. A. U. would be impossible. In the first place, the laws of the country would not permit of its existence as it is now run, and in the second, the spirit of amateur sport would not allow of the existence of a one-man organization—an organization whose cowardice was so great and whose sense of justice so small

that it did not dare to give me an opportunity of answering the charges which it formulated against me.

I referred last month to the treatment of the American athletes at Athens in the way of board and lodging. There has been no contradiction to my statement that the management lodged the men in what were practically barns, and fed them on food that was only food by courtesy of its title. But I have received a goodly amount of confirmation of the charges. I quote from one letter from a prominent athlete, whose name for obvious reasons I withhold. Here it is in part:

"In conversation with several of the athletes who returned from Athens, I find great dissatisfaction with the entire management of the team. The reasons are; the trip abroad was the cheapest affair ever. The athletes were quartered in the most cheap hotel, and the food served, was of such a quality, that the boys refused to eat it and were forced to go out and buy their own to keep bodies and souls together. Some of the athletes absolutely refused to compete in their events if the conditions were not improved. They informed me that never again would they take part in any athletics under the same management. They assured me that nothing but the honor of the country that they represented would have induced them to put on a spiked shoe in Athens. They make strong insinuations regarding the financial end of the trip which I would sooner you would find out for yourself. There is no question regarding the truth of most of the foregoing. If you can get in touch with some of the lads and get a full and accurate account of the affair, it might put another nail in the coffin of the A. A. U."

I may add that I am following the writer's tip.

In further regard to the Olympic Games, I see that that brilliant literary gent, James E. Sullivan, is, according to its outside cover, the "editor" of a Spalding publication of about two hundred pages entitled "The Olympic Games at Athens." On the title page, however, the statement is made that the book is "By Jas. E. Sullivan." There

is a distinction between editing a publication and writing one, regarding which Sullivan's comprehension has apparently slipped a cogwheel. The work is dedicated to President Roosevelt who, according to the editor is "America's foremost exponent of athletic sports." This sounds well but is hardly accurate. "Exponent," according to the dictionary, is one who demonstrates or explains. While the President is undoubtedly a lover of strenuous sports and exercises, I have yet to learn that he is the holder of championship honors or a teacher in a gymnasium, either of which he should be, in order to be one of the "foremost exponents" of athletic sports. What Sullivan really means is that President Roosevelt is a prominent patron and devotee of athletic sports.

The book itself is chiefly remarkable for the fact that a good part of it is in French, and that the rest bristles with "fine writing." For instance, the commissioner-secretary-treasurer-author-editor, waxing enthusiastic over the hymn of Samara, dips his quill in rainbow-colored ink and gets this out of his system: "The full of inspiration and of great genius work was played indeed in a perfect way." Lest the reader may think that I am evolving this lovely sentence from my inward consciousness, I would refer him to the third paragraph on page eleven of the book.

This is but a sample of the many rhetorical gems that are scattered through the book, which is indeed worth buying if only to see what a secretary-treasurer, etc., is capable of when he leaves the affairs of the track and tries to tread the flowery path of literature.

And still they come. In recent installments of these articles I have spoken of the formation of an Amateur Athletic Protective Association in the Metropolitan district, such formation being the outcome of the general dissatisfaction with the methods of the A. A. U. And now from New England comes the news that a similar organization has been formed in Boston under the leadership of W. D. Eaton. Boston, as I need hardly remind my readers, is in the New England district of the A. A. U. The purposes of the new organization are to

remedy many of the evils that exist in the district in question. It is now up to up-to-date athletes in other of the A. A. U. districts to do likewise. And it is a commentary on the methods of the A. A. U. when athletes have to form protective associations in order to guard their rights. It may be remarked in this connection, that while the organizers of these new bodies specifically put themselves on record as not being antagonistic to the A. A. U., yet their very titles go to show that they need protection against somebody or something, and as they only come in contact, in an athletic sense, with the A. A. U., it is an easy matter to judge against whom they find it necessary to "protect" themselves.

Eaton undoubtedly has the backing of a number of prominent New England athletic officials, and my impression is that he is representing a more important revolutionary movement than appears on the surface. I have reasons for making this statement. It is to be hoped that Eaton and his associates will accomplish more than the New York body has up-to-date, although I am told that the latter is simply lying low and watching out for such events as will warrant their taking action.

What makes New England conditions all the more lamentable is the fact that the "Honorable" Joe Maccabe is the "It" of affairs, athletically speaking. As will be remembered, Maccabe recently took a fence-mending trip to the West with but little if any results. He apparently overlooked the fact that house-cleaning, like charity, should begin at home, and that the conditions were such in his own little burg that he could be kept busy there indefinitely, instead of seeking trouble west of the Mississippi. The fact is that there is an element in the New England association of the A. A. U. that represents personal selfishness and petty politics. And between the two, many good men who would be in office, are policed out of it. I would be insulting the intelligence of my readers to remind them that precisely the same state of affairs exists in the case of the metropolitan district.

The indications that the amateur is coming to his own in a financial sense,

continue to multiply. It will be remembered that I recently spoke of the tendency amongst Canadian amateur athletic organizations to place some of their members on the same footing that certain of the American colleges and universities have put their summer baseball players. Their so doing, however, was opposed to the methods of the Canadian Amateur Athletic Union, which is apparently an organization of very much the same character as the A. A. U. The main point about the Canadian movement is, that it contends that amateurs shall play with and against professionals, and relative to this matter, the *Ottawa Free Press* in a recent issue says:

"It looks as though the C. A. A. U. will be spurned right along the line. The lacrosse people wasted no time giving Gorman and his crew the shoulder. Now approaches the football season and the major clubs in the Quebec Rugby Union will follow suit.

"A meeting of the Rough Rider executive was held yesterday afternoon and the question of what stand the club should take was carefully discussed. The club had been quietly informed that the M. A. A. C. would put the motion before the Union at Saturday's meeting, to follow in the steps of lacrosse and play with and against professionals. This means, of course, breaking away from the Canadian Amateur Athletic Union. The Rough Riders then instructed their delegates, Messrs. Tom Godfrey and D'Arcy McGee to support Montreal in this move, and as these two clubs carry much weight, it is more than probable that the Quebec Union will acquiesce. On the question of admission of Nationals of Montreal to the Union, Rough Riders will oppose it."

Somewhat pertinent to the foregoing is the following letter, which explains itself:

ARTHUR DUFFEY:

Dear Sir:—Kindly accept my heartiest good wishes in your work along the lines you have laid out for yourself in the Athletic World. What you say about amateur athletics being on a more solid footing in England



than they are in the United States, is an undoubted fact, partly because of the Englishmen's greater love of sport. What is needed in general is encouragement of athletics amongst the young fellows who have to live by the sweat of their brow, because it will uplift them both physically and morally. I, myself, compete as an amateur, as under the existing conditions, I deem it advisable. But frankly, I think there should be but one class and money prizes to be given. And let me cite for example the riflemen who shoot for cash prizes and they as a class are quite as gentlemanly as any other body of sportsmen, amateur or professional. You will, of course, have learned ere now, that the lacrosse people have broken away from the C. A. A. U. and that the footballers are almost sure to do the same this Fall, which will permit them playing with and against professionals.

H. WELFORD FERGUSON,  
Vancouver, B. C.

I was present at the annual convention of the National Association of Amateur Oarsmen, which took place in August at Worcester, Mass., and the feature of the meeting which struck me most, was the sportsmanlike spirit of fair play which characterized the proceedings throughout. A case in point is that in which the Vesper Boat Club, of Philadelphia, and the Mulcahey-Farley affair were investigated by the Association. It will be remembered that rumors were set afloat to the effect that both the crew and the men named were receiving money in violation of the rules of the organization. Whereupon Mr. James Pilkington, President of the N. A. A. O., advised the Executive Committee to inquire into these same rumors as a preliminary, and at a subsequent meeting and on the strength of the report of the Executive Committee that confirmed the rumors, the members of the crew and the two men in question were found guilty of violation of the rules of the Association and were duly suspended.

Contrast the action of the Association in this instance with that of the A. A. U. The latter organization accepts tattle, gossip and rumor as truth, with-

out inquiry, and suspends or disqualifies on the unverified basis of such gossip—in a great many cases without giving the accused athlete a hearing. The exact contrary is the case in the instance of the A. N. A. O. This is but another illustration of the disastrous effect of the one-man power, particularly when that one man is on the lookout for himself all the time, and uses the powers vested in him to further, not sport, but his own interests. If the A. A. U. had an honorable gentleman at its head like James Pilkington, it would be less a stench in the nostrils of athletes than it now is, and sport would be benefitted as a consequence. Mr. Pilkington is a sportsman above all things, and as a result, the Association of which he is the head is flourishing financially, athletically and in other admirable ways. The Association is also free from those peanut policies and despicable qualities which characterize the officials of the A. A. U. in the majority of cases.

In connection with my visit to Worcester and the subsequent trip through New England, I was struck by the attitude of athletes generally in regard to the A. A. U. In each and every instance the A. A. U. was criticized, condemned and anathematized not as an organization, but because of the one or two men who dominate it, particularly here in the East. The decent element among the officials of the A. A. U. is large, but there is no mistaking the fact that this element is dominated by that other and worse element, that, as I have repeatedly said, seeks to control affairs, not for the good of the athlete but for the furtherance of their own ends. I only wish that I could, without breach of confidence give here some of the criticisms regarding the A. A. U. officials in question. Suffice it to say, however, that they are heartily hated, and in New England, to say nothing of the Metropolitan District, there is only wanting a leader to start another organization that shall relegate the A. A. U. as it now is, to deserved oblivion.

The Second Annual Open Championship of the Metropolitan Golf Association, which was held on the links of the Hollywood Golf Club at Hollywood, N. J., furnished another evidence of the

current trend of amateur sport, for professionals and amateurs both took part in the event. The meet was a notable one, as among the players were such stars as Jerome D. Travers, Walter J. Travis, Alec Smith, of Nassau, and many others of local or international fame. But the most interesting feature of the meet from my standpoint was the mingling of professionals and amateurs, which as I have already intimated, is one of the solutions of the much vexed question which has been discussed in these articles. In view of the fact that one of the most notable social and athletic organizations in the country; that several prominent colleges and universities; that certain influential athletic organizations in the West and the East, all ignore the A. A. U. rule that an amateur who plays against a professional shall be disqualified, it may begin to penetrate even the muddled mentalities of the A. A. U. officials alluded to, that their rules and regulations have ceased to have weight with men and individuals who have the best interests of amateur sport at heart.

There is no necessity of analyzing at length the reason why the A. A. U. protests or attempts to protest against amateurs competing with professionals. I shall only allude to the old bug-a-boo which it flourishes in the faces of amateurs who may venture to differ with it on this question, which same bug-a-boo is, that the average amateur would have no chance whatever, against the average professional. But in reply to this, I may call the attention of my readers to the fact that practically every world's championship record in every branch of sport is held by an amateur. This simply knocks on the head the parrot cry of "the amateur has no chance with the professional."

It may be that the A. A. U. officials alluded to, know that the professional is naturally on the lookout for as much money as he can make, and that he, therefore, might object to some of their little methods which would deprive him of the dollars that are legitimately his. Hence their holy horror when it is suggested that professionals shall meet amateurs on the track or in the field.

### NEW YORK'S APPALLING DEATH RATE AMONG INFANTS

With a population that is equivalent to about that of one-half of the whole State, New York City during one of the recent summer months showed 76.2 per cent. of the total deaths of children in the State, between the ages of one and five years! Does this not point to appalling conditions in the Empire City? Nathan Straus believes that the mortality among the little ones is in the main the outcome of poor or infected or adulterated milk, such as is more particularly sold in the crowded districts of the city. His further opinion is, that the only remedy is to compel the sterilizing of all milk used by New York children, which can be compelled by proper laws.

In the month in question, the diseases which were responsible for the majority of the children's deaths were measles, diphtheria, tuberculosis, pneumonia, diarrhoea, and digestive ailments. These were responsible for the taking off of 2,720 infants. In the rest of the

State, 1,062 children died from the same maladies within the same period. In view of this terrible mortality in New York City, it is evident that there is a crying need for radical improvements in the modes and methods of the daily life of a vast number of the population. And this will be accomplished—never—or at least, as long as the laws having to do with crowded tenements, adulterated foods, poisonous milk, etc., are not enforced. The old cynicism that "a public office is a private snap," unhappily stands good of many of the minor political offices of the metropolis. And the "snap" takes the form of looking the other way—for a consideration—on the part of the official when the law is being violated. Hence reeking and collapsing tenements, food that is unspeakable, germ-laden and watered milk, and the frightful death rate among children. Well may the heathen pray "From Civilization, Good Mumbo Jumbo, deliver us!"



Physical Culture in Park Open-Air Schools in San Francisco

## Physical Culture Lessons of the San Francisco Disaster

**P**HYSICAL culture in some one of its ramifications is so closely identified with almost every action or happening of human existence, that it is hard to get away from either its benefits or its lessons. Hence it is that a catastrophe such as that which recently visited San Francisco, is not without certain aspects that are of great interest to the students of physical culture.

In a few hours, nay, minutes, thousands of people were reduced to primeval conditions in the matter of homes or habitations. They were without shelter, having no roofs over their heads or floorings under their feet except the dome of sky in the one instance, and the

carpet of the earth in the other. Then the parks opened their wide arms to the refugees and by nightfall, those who from birth had been accustomed to the artificial surroundings of so-called civilization, found themselves reduced to the first principles of living as practiced by Adam and Eve in the past, and the savage tribes of the present. The blue ceiling of the night-sky overhead, the green rug of the grass underneath, and the clear and unpolluted air around, were alike theirs. Morning came and the only beverage with which they had to quench their thirst was water, and for the most part, the only food obtainable was the plain bread doled out to

them by the relief committees formed for that purpose. In hundreds of cases, the garments of the homeless were scant indeed. Of necessity, they were compelled to take more or less exercise. On the whole, they were living the life of the extreme physical culturist.

And now mark what happened. The newspapers raised the cry that epidemics were inevitable, that pneumonia would slay by its hundreds, and malaria and fever by their thousands. All sorts of plagues of the enteric sort were prophesied, and appalling pictures in general were drawn of the results of the "exposure" to which the refugees were subject, and of the "debilitating diet and drink" upon which they were subsisting.

What really happened? The cases of sickness were almost *nil*, typhoid, dysentery were practically unknown, and the same remark stood good of pneumonia and allied diseases. The physical and moral condition of the masses in the parks alike excited the wonder and the admiration of the world throughout. San Francisco had attracted the attention of the nations by reason of the

terrible disaster which had befallen her San Francisco, through the medium of that which followed, had given the nations the most emphatic object lesson on the soundness of the principles of physical culture that the world had ever witnessed.

Hundreds of thousands of people were suddenly given an opportunity of testing the advantages that accrue from an outdoor life, and they found that Nature, if you will only come in contact with her, is the most lovable of mothers. The old superstitions that she poisons with her night air, that she sows seeds of ague and a myriad of other diseases by her mist and dew, that her earth exudes malaria and rheumatism, that her water is an insufficient beverage, and that it is necessary to go to Chicago horror-chambers for food to eat, were exploded once and for all by the homeless San Franciscans.

It was a vast and a noble if involuntary physical culture experiment on a big scale. And how triumphantly it succeeded, let the past and present health of the ex-refugees attest.

### A NOTABLE VACCINATION HOMICIDE

The special attention of the readers of PHYSICAL CULTURE is directed to the following paragraph which appeared recently in a New York daily newspaper.

#### VACCINATION KILLED HER

Trained nurse succumbs after long illness to infection of the wound.

Miss Eleanor M. Buckley, 35 years old, a trained nurse, died on Tuesday in the Cumberland Street Hospital, Brooklyn, as the result of infection through a vaccination wound, from which she had been suffering for five months. Over a year ago she was graduated as a trained nurse from the Cumberland Street Hospital, and for some time was employed in the institutions on Blackwell's and Randall's Islands. She was sent as a nurse to the Kingston Avenue Contagious Diseases Hospital in Brooklyn in January, and in accordance with the rules had to submit to revaccination. Within twelve days the wound in her arm became infected and she was removed to the Cumberland Street Hospital. Multiple abscesses soon devel-

oped and all the efforts of the hospital staff failed to save her life.

It is only when a case such as Miss Buckley's occurs that the frightful danger of the vaccination outrage becomes apparent. She was, in the first stage of her fatal experience, surrounded by every possible precaution, and in the second stage, she had at her service everything that medical "science" could offer to offset its blunder. Nevertheless, she died. And with the sarcasm of fate, she was poisoned in an institution whose specialty is the combating or prevention of contagious diseases.

If this kind of thing is possible in the case of a young woman of the profession and advantages of Miss Buckley, it is to be wondered at that the mortality role of the "common people" is considerably increased annually through the methods of the medical men whose enthusiasm for vaccination is based on a desire for revenue.



A Salutation in Japan

From stereograph, Copyright by Underwood & Underwood, New York.

## In Quaint Japan, the Physical Culture Nation

**H**OW excellently Japan emerged from the ordeal of scrutiny which was consequent on her late war with Russia, goes without saying. That the admiration which she excited then and subsequently among us, was not entirely due to the friendship with which this country regards her, is proven by the fact that even her then enemy, Russia, and certain of her European critics were compelled to acknowledge her virtues of right living and right thinking, even when they sought to exaggerate her not very numerous shortcomings. And the most dominant fact in connection with the light thrown upon the Japanese people, their manners and customs, is and was, that they are a nation of physical culturists. This it is, that explains that which they have accomplished, and that which they are now accomplishing.

That first impressions are the strongest and usually the most reliable, is a maxim, the truth of which has been repeatedly proven. A traveler who recently visited the land of the Rising Sun has set down his first impressions of it in such a graphic and interesting manner, that it is the purpose of the writer to quote some of them at more or less length. It will be seen that these

impressions bear out the assertion just made, that Japan is the home of physical culture principles, and that her people are the consistent exponents thereof. Some of these impressions may jar a little upon our Western susceptibilities, especially those that relate to the employment of women as laborers. But in regard to this, it may be said, that, if the women are fitted for that same labor, as they unquestionably are thanks to their natural modes of life; if they enjoy it, as they undoubtedly do, for laughter is the accompaniment of their work; and if they do not lose their womanly characteristics as they certainly do not, criticism is disarmed in the presence of these facts. Without further preface then, we will quote Mr. John G. Woolley, Editor of the *New Voice*, the traveler in question as follows:

"Our great ship picked her way among the islands and entered the beautiful harbor of Nagasaki at sunrise. Five dapper little doctors in Prince Albert coats came out to inspect us. \* \* \* All this was in the outer bay. When we were found physically fit to enter Japan, we heaved anchor and sailed into the inner harbor and tied

up to a buoy, where we were encircled by a fleet of coal barges manned, so to speak, by women. Almost before we knew what these women were up to, they were alongside and scaling the black steel walls of the ship with bamboo scaffolding, and making their way to the trap doors of the coal bunkers, thirty-five feet above the water. Then they formed a line to every trap door, like an old-fashioned fire company. Next, the shovelers took their places in the barges, filling baskets which forthwith were run up the lines of hands as steadily as if upon the endless chain of an elevator, tumbling their contents into the ship and dropping back to the shovelers with automatic regularity and precision. Meanwhile the women chattered like magpies, laughing and singing, and sometimes hooting the occasional blunderer. I had landed just shortly after they begun work, and on returning

to the ship at 3 o'clock that afternoon, I met them going home, sooty but still jovial. They had put twenty-three hundred tons of coal into that ship and were apparently keen for another job right away.

"Eighty thousand Japanese soldiers embarked from Nagasaki during the late war, and during the whole time, no one of them was seen here in a state of intoxication. Since the conclusion of peace, many thousands have returned, and I have not been able to hear of one boy that was spoiled by the service.

"Graves, which in China are piled at random everywhere, here contain only ashes, as cremation is universal, and are collected on the hill-tops in pretty cemeteries with stones and walks and dainty gardening.

"Farms, which in China are flat little fields, are here terraces of every size and form and color, set in walls of stone



*From stereograph, Copyright 1905,  
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View looking South over gardens from home of Mr. Y. Namikawa, the famous leader in art and industries Kyoto, Japan

from sea to mountain top and forming the prettiest imaginable mosaics of greens and grays and browns. Good roads wind everywhere, and bullocks in grass slippers, carry, on pack-saddles, many of the burdens, while funny horselets, also in grass slippers, draw little trucks and stages, with harnesses of wood and straw.

"Passenger travel is by jinrickshaw, mainly, and men and women throng the roads, carrying staggering loads of garden stuff and merchandise and kits of tools and fertilizers and building stone and road-metal.

"Japan has absolute prohibition of the opium trade, except by chemists for medicinal purposes, and the law is enforced. If a man is caught smuggling opium he is sent to prison for ten years, and the drug confiscated. The result is, that opium-smoking is practically at an end in Japan. The richest Chinese merchant in Nagasaki persisted in smoking opium, and was able to elude the officers in their efforts to cut off his supply. He was simply told to pack his traps and quit the country. His great business still goes on here, but in charge of sober agents. He is exiled

until he can come back and let his pipe alone. Japan has set out to suppress opium-smoking, and has practically done so. There is no trouble about prohibition when the government is honest and energetic.

"One of our excursions was particularly interesting. We took jinrickshaws, each with two men, to take us over the hills to Moji, a fishing village, on the other side of the peninsula. The air was crisp, the sun was bright, the roads were fine, and the scene quite new. Our stout little human ponies—one pulling, one pushing each jinrickshaw—trotted up hill and down for five miles, through countless terraces, and by countless villagers, coming to the city or going from it back from the market to their work, all in grass sandals which cost a cent a pair, and are good for many weeks. Waterfalls dashed down in rollicking cascades to the roadside, and from thence on in staid and orderly irrigation streams from terrace to terrace, every drop utilized.

Japanese dwellings, from an American point of view, are very poor excuses for homes. They are, as a rule, small



From stereograph, Copyright by Underwood & Underwood, New York.

Thrifty farmers' wives heading barley by pulling it through iron combs, near Iwakuni, Japan



A Japanese Dinner Party

*From stereograph, Copyright by Underwood & Underwood, New York.*

wooden structures, with sliding paper screens for windows, and no furniture but the matting on the floor. This matting, however, is very nice and soft, being both carpet and bed. Cooking, what little there is, is done on a stone or metal brazier somewhere in the unknown regions in the rear. Food is served on a little lacquer tray with legs three or four inches long, while those who eat simply recline or kneel on the floor.

"At bed-time, some mats are brought out of a closet and the sleeper rolls himself up and lodges on the soft side of the floor. The family and the guests alike take off their shoes at the outer door and put on slippers, or enter bare-footed, or in the stockings, which are low white mittens with a stall for the great toe. The home of the average individual in Japan costs about a hundred dollars."

### ENGAGEMENTS SHOULD BE TAKEN SERIOUSLY

TO THE EDITOR:

It is a question whether our social life would not be bettered by a more formal recognition of an "engagement." Our young people are too apt to regard it as half a joke and half a secret, lightly entered into and as lightly escaped. In Europe, they look upon it as only secondary to marriage in importance. So that there is much less of what we vulgarly call "flirting" among the young people of that older and more experienced civilization. Of course, a little harmless flirtation may be all right in the preliminary stage of the great game of "selection" that comes before the engagement. Unfortunately, however, our system of semi-clandestine engagements carries this preliminary stage beyond its proper sphere and there is too much of the experiment in many of these understandings, and too little of the feeling that they should

not be entered upon until both parties are fairly certain that they are likely to prove permanent. I would not limit the wholesome freedom of our courting. In no other way can we be sure that tastes and affinities will govern the selection. This is a point in which we are immensely better off than those who have to carry on the carefully restrained matrimonial negotiations of the old world. Liberty of choice makes for happiness in spite of all the preaching of worldly wisdom and parental prudence. Marriage for love is not a fiction and marriage for money is always a risk and often a folly. But a little more frankness and what we might call domestic publicity over the making of engagements, would save many of our young people from regrets, and from what the novelists call "heart-breaks."

ARTHUR E. BROWN.

Sydney, Cape Breton, Can.



## Rounding up the Quacks

There are, at the present day, so many quacks, medical fakirs, mail-order grog sellers, and scoundrels of every kind enriching themselves at the expense of the ignorant and sick that it would be impossible for us to take up each particular fraud and deal with it at length, even if we had the space of a dozen magazines at our disposal. But as heretofore, we will continue, in this series of articles, to expose those individuals or concerns, that we deem worthy of the space. Readers are invited to send in items of information suitable for this purpose.—Bernarr Macfadden.

If a foreigner was asked to judge us on the basis of the quack advertisements that appear in the columns of the press, he would undoubtedly assume that we are a nation of credulous idiots, or invalids whose minds had been affected by our maladies; this in view of the astoundingly absurd claims made by the charlatans in regard to their nostrums or their "treatments." Even as it is, this possible judgment of ourselves and ours is to a certain extent warranted, for the fact remains that we, who pride ourselves upon our national acumen and "smartness," are the most gullible collection of quack-ridden individuals in modern civilization. And to our shame be it said, there is not another nation in the world which gives these cure-all impostors, so much leeway as does the United States of America. National egotism—or patriotism, as you please—is, of course, a commendable characteristic. But, in view of the facts just stated, it is hard to see how we can support our claims that we are the most intelligent people on the face of the earth, when the effete nations of Europe have long since declined to swallow the preposterous statements of quacks such as we now eagerly gulp at. Of course, bribed legislators and subsidized newspapers are to a very great extent responsible for this shameful condition of affairs, but that does not lessen the national disgrace, or cause us to appear less ridiculous in the eyes of other countries. When it be remembered that, according to Mr. Champe S. Andrews, Counsel for the Medical Society of the County of New York, there are no less than

20,000 quacks in New York City alone, and that each of these quacks does a more or less flourishing business, it would seem that in spite of our boasted "supremacy" and so forth, we have yet to learn a good deal from the effete nations aforesaid, who would refuse to stand, not merely for 20,000, but for even a single quack if his pretensions were such as the American charlatan makes every day of his nauseous existence.

The writer begs to thank the hundreds of PHYSICAL CULTURE readers who have been good enough to send communications relative to the scoundrels in question from all parts of the country, and also from foreign countries. Such communications will be touched on in due course, but as the space devoted to this department is necessarily limited, and as PHYSICAL CULTURE has probably a couple of thousand complaints and so forth relative to the quacks, the reason why some of the communications in question have been apparently overlooked, will be evident.

Here is a sample of the many letters received:

TO THE EDITOR:

Dear Sir:—I enclose you herewith some printed matter that I have just received, as I think that it might be of some use to you in the great work that you are doing of "Rounding up the Quacks." I have received quite a number of similar letters but I think that this diagnosis blank is pretty near the limit. Wishing you every success,  
F. E. Butz.

Latrobe, Pa.

The matter alluded to by Mr. Butz comes from a "Dr. V. J. Hamill, a specialist," of 115 W. 43rd St., New York City. The criticism regarding the diagnosis blank is indeed warranted. There are seventy-four questions in it, the majority of which would warrant a descent on Hamill's office by Anthony Comstock were the latter as much in earnest about the suppression of really immoral things as he pretends to be. As for the rest, Hamill is an ordinary barnyard sort of a quack, whose letters are full of the wearisome statements that characterize quack literature in general. Naturally, Hamill claims to have "uniform success," in handling his patients. He probably means in handling their pocket-books. Some of the illustrations which spangle his literature are of an indescribable nature. Naturally, too, the fellow claims that he can accomplish the impossible, and he signs himself "with assurance of my respect and esteem, I am, sir, sincerely yours." The respect and esteem of a quack lasts just as long as his victim can pay up and no longer.

TO THE EDITOR:

Dear Sir:—Some time ago, the enclosed circular and symptom blank came to my address without my asking. Of course, I consider that it comes from a quack concern. There is a class of so-called specialists who send out their literature to addresses obtained from an address agency or otherwise, in hopes of securing victims to their noxious drugs. I heartily endorse your fight against prudery, quackery, and immorality. PHYSICAL CULTURE improves with every number. It should be read by every one who wishes to better their physical and moral condition.

HARRY D. WHITTAKER.

Nye, Ore.

The Laredo Chemical Co., of Cincinnati, is the title of the combination of saltimbancos that had the impudence to send its unsolicited literature to Mr. Whittaker. Such literature is of the usual foul sort and has to do with the pet diseases of the quacks. It too, is illustrated in a manner that would cause Comstock to have a catnip fit.

The members of the Laredo Chemical Co., are nostrum mongers of the most virulent kind.

TO THE EDITOR:

Dear Sir:—Remembering an article once published by you in *Beauty and Health*, I take the liberty of enclosing some samples of literature I have been receiving for some time past. I feel anxious to know if the letter is fictitious which is represented to have been published in the *Health Journal and Beauty Magazine*. I suspect that there is no such publication. If not this man ought to be exposed. I enclose the literature to you to make what disposal of it you please.

E. J. T.

Hopkinsville, Ky.

The name of the writer is in the possession of PHYSICAL CULTURE. The literature to which she alludes has been sent her by one W. Augustus Pratt, M. D., B. S., whatever B. S. may mean. Pratt describes himself as a "Pre-eminent Plasto-Cosmetic Operator." And he claims to be the inventor of the marvellous "Immediate Process." Part of the printed matter that he sends out includes a fac-simile of a clipping from a Western newspaper in which is stated among a lot of other stuff that, "the remarkable work being done in the complete treatment of facial blemishes by the Dr. Pratt Institute at 147 State Street, is the subject of a long editorial in the 'New York Health Journal and Beauty Magazine.'" It is in regard to this magazine that the query of E. J. T. is made. We beg to inform E. J. T. and the readers of PHYSICAL CULTURE in general, that there is no "New York Health and Beauty Magazine." Every publication, not only in New York City but of the United States of America in general, is listed in the *American Newspaper Annual*, published by N. W. Ayer & Son, of Philadelphia. No matter how small the publication or what its purposes, it appears in the Annual. But there is no reference to the "New York Health," etc., whatever. The readers of PHYSICAL CULTURE on the basis of this fact, may therefore, draw their own conclusions as to Dr. Pratt and what he is. There is another

aspect about this fellow's pretensions which is as follows: The actual Pratt Institute of Brooklyn, N. Y. is an educational establishment of a high order and has an international reputation. Of course it is a mere coincidence that Pratt, the "pre-eminent plasto-cosmetic operator" uses in his literature, the words "Pratt Institutes," but it is curious nevertheless. Pratt also makes this astounding statement. "Why not have perfect features, a clear complexion, and a smooth pleasing face \* \* it is now possible to remodel old, haggard, hollow, wrinkled, flabby skinned faces *in one visit*. Remove all kinds of blemishes without trace. Correct imperfect or odd looking features all *in one visit*. We correct, *at once* and forever, outstanding ears, ill-shapen lips, bulging eyes, receding chins, humped, crooked, hooked, prolonged, shrew noses, baldend, pug, flat, big, turned-up or dish noses, cross eyes, hair-lip, etc., etc., etc." After this there is but little to be said. Any man who in cold blood can make assertions of this nature is—well, he is so economical of the truth that there is no doubt but that he believes in his own lies.

Speaking of Pratt and his "Institutes" reminds the writer of another particularly impudent attempt to trade upon a noble reputation on the part of a Chicago quack or combination of quacks. The matter was brought to the attention of the writer through the medium of the following:

TO THE EDITOR:

Dear Sir:—I enclose you some literature from a concern in Chicago. It may be that this is a new firm of quacks. Anyhow I never heard of them before as their stuff came to me unsolicited through the mails. Possibly you could give them a write-up in your magazine, and your so doing might save some man some money.

H. E. BROWN.

Grinnel, Iowa.

I hasten to comply with Mr. Brown's request with great pleasure. The firm in question calls itself Dr. Joseph Lister and Co. Now, Sir Joseph Lister was one of the most famous of English surgeons and physicians, who, to a great extent

was a believer in more or less natural means of cure and the inventor of Listerine, a lotion which is one of the few proprietary preparations that has a reputation of a well deserved sort. Sir Joseph visited America some years ago and taught, amongst other things, the aseptic method of treatment, which is nothing more or less than absolute cleanliness, internal and external. As Dr. Lister and Listerine are both pretty thoroughly known to everybody, it follows that the unwary and the ignorant would assume that Dr. Joseph Lister & Co., of 40 Dearborn Street, Chicago, was the *simon pure* Lister. Evidently, and having in mind the fact that there is such a thing as obtaining money under false pretenses, however, the Chicago quacks in some of their literature admit that their firm's name is "in honor of Dr. Joseph Lister, the most famous English physician of modern times." This is clever, or rather would be. But as for the rest, it is quack literature, quack methods, quack assertions and quack inducements from beginning to end. Time is too short and space too precious to tell of the claims of "Dr. Joseph Lister & Co., in detail. But the facts remain as stated.

It has been intimated that communications regarding quacks have been received from countries other than the United States. Here is a case in point.

TO THE EDITOR:

Dear Sir:—I have been very much interested in your articles exposing a number of frauds and fakes who are preying upon suffering humanity. Lately there has appeared extensive advertisements in our local papers, signed by a Professor G. A. Mann, Toronto, Canada, offering to cure all sorts of diseases entirely without charge. Many people, among them several of my friends, have written to him and have received a large amount of literature giving them a diagnosis of their infirmities, for which he says he charges nothing, but inviting them to send \$10.00 for the necessary medicines. Believing this to be a swindle, I have advised my friends not to send the money until I found out something about this Prof. Mann. Most of the

literature comes with the name of "Prof. G. A. Mann, Institute of Radiopathy, Rochester, N. Y." Now the question arises, why does he advertise from Toronto, if the institute is in Rochester?

If you can give me any information in regard to this party, I shall be much obliged. I enclose one of his circulars in Spanish, so that you can get an idea of his *modus operandi*.

R. B. JONES.

Guayaquil, Ecuador, S. A.

The Spanish circular to which Mr. Jones alludes, is of the invariable quack sort, and we have not the slightest hesitation in placing this fellow Mann on our list of charlatans. We have in the past exposed some of the swindlers who use alleged preparations of radium, and can only repeat what was then said in regard to any quack who claims to cure with the assistance of this rare element. Two of these radium quacks exposed are now doing time in Ossining Prison, New York; one who *PHYSICAL CULTURE* lately exposed in the South, is also in prison, and we propose to still further attempt to put others of this dangerous type of quack where they belong. The pertinent question in Mr. Jones' letter as to why Mann advertises from Toronto when his "Institute" is in Rochester, is easy of explanation. Quacks have the habit of changing their addresses at short order for reasons which are so obvious that it is perhaps unnecessary to lay stress upon them.

"Doctor" Rupert Wells, of St. Louis, another radium fakir of the worst, regarding whom *PHYSICAL CULTURE* had something to say some months since, is still after fresh victims, judging by communications which reach this office from time to time. For sheer and fluent lying in his own particular line, this fellow takes the cake. There has been so many complaints regarding him sent to this office that no apologies are offered for again alluding to him. Here is a characteristic letter with regard to this worthy.

TO THE EDITOR:

Dear Sir:—I herewith enclose letters and circulars sent to me by one calling

himself Dr. Rupert Wells in answer to a letter I wrote him out of curiosity. He is about as big a fraud as you could find anywhere in the country; it is astonishing how any Government can allow such fraudulent people to exist. After reading his letters, you will be greatly surprised to learn that such a charitable individual is living in our midst when you take into consideration that Dr. Curie, late professor in the faculty of sciences of the Sorbonne, and joint discoverer with Mme. Curie, of the metal "radium," made the statement that to produce a kilogram of this metal would cost \$6,000,000. I wish you would insert this little communication in your next issue with the necessary remarks so as to relieve the mind of this great benefactor, because he may possibly think that I have succumbed to the dread disease cancer, or from the "shock" on hearing the marvellous results of his Radol treatment. Trusting that you can give a little time and space to our friend.

T. W. Watlington.

1327 W. Lafayette St., Baltimore, Md.

It is indeed astonishing that "any government can allow such fraudulent people to exist." It may be added that very recently, a committee of European scientists that has been experimenting with radium for the cure of cancer and similar diseases, has officially stated that it does not effect such cures and that furthermore, severe and in some cases incurable maladies can be induced by the misuse of it. However, in the case of Wells, one need hardly fear such results, inasmuch as there is not the slightest doubt but that his "radol" contains no vestige of radium, in spite of his assertions that "radol is a radium-impregnated fluid and is prepared for both external and internal use." We call upon the St. Louis prosecuting authorities to do their duty in regard to this swindler. A peculiarity of the Wells' literature is its bad grammar and evident lack of knowledge on the part of its author of some of the first rudiments of physiology.

Such ignorance however, is characteristic of the quacks. They need a five year's course with a prison school-master

## Will the Beveridge Meat Bill Be Enforced?

By HENRY ARTHUR WELLS

Within a Few Weeks From the Present, the Measure will Allegedly be in Force—That Which Follows Will, to a Great Extent Depend upon the Public, Whose Duty it is to Insist that the Meat Inspectors Shall Actually Inspect—What Senator Heyburn says on this Point—Much Printed matter and More Advertising are Being used by the Packers to Pacificate the Public and the Press—An Unconsciously Humorous Pamphlet Issued by the Armour's, Which is a Rehash of an Ancient Inspection of their Plant by "Disinterested" Experts.

WITHIN a few weeks of the time that this issue of PHYSICAL CULTURE is in the hands of the readers, the Congressional measure commonly known as the Beveridge Meat Inspection Bill, whose purpose it is to put an end to the abuses and horrors of the great Western abattoirs and packing-houses, will be in force. Whether it will be properly enforced is another question. As the Bill stands, it is not above criticism. But it is infinitely better to have at least a partial check on the methods of the meat packers than no check at all, as was the case prior to the publication of *The Jungle*, of which the Beveridge Bill is the legitimate offspring.

The measure originally provided by Senator Beveridge and carried through the Senate, allowed for the cost of inspection of the meats used in the packing-houses being borne by the packers, and it also proposed that food products put up in cans or other packages, should have on their labels, the date of manufacture. Both these clauses were eliminated by the friends of the packers in the House. The result is, that the government bears the cost of inspection and the public will be kept in the dark in regard to the age of packed goods because the date of the putting up of same will not be on the labels.

It is a curious not to say scandalous fact, that the House of Representatives

has placed itself on record during the past few months as being opposed to any measure framed for the purpose of insuring to the public pure food in any form or shape. Another writer in this magazine lays stress on this fact, hence there is no necessity for my dwelling upon it. But explain it as they may, attempt to palliate it as they will, the fact remains that the House that was in session during the first half of the year of 1906 will go down in history with an indelible stain of infamy upon it. The Senate, in a practically unanimous fashion, passed the two measures which had for their end the insuring of pure and wholesome food to the nation. The public by its applause of the action of the Senate, indicated the only course which an honorable and unbiased House could pursue under the circumstances. And yet the voice of the public was drowned by the still, small and gilded voice that came from the lobbies of the food adulterators and the packers at Washington. How the mutilated Pure Food Bill was passed by the skin of its teeth so to speak, and how the Beveridge Bill was deprived of two of its most important clauses, the public isn't likely to forget. The Senate stood for the interests of the people; the House, for the interests of the professional poisoners of food, and once more our European critics were enabled to point

with a well deserved sneer at the beauty of republican institutions as exemplified by the actions and methods of the House.

In the last installment of this series, the writer called attention to the fact that, while laws might be all right or approximately so, they were absolutely useless unless they were thoroughly enforced; and when, as in the present case, those entrusted with the enforcement are underpaid and many of them "kids" and when they have to do with unscrupulous corporations with millions on millions of dollars behind them, there is every possibility, if indeed, not a positive certainty, that the laws, while on the statute's books, will remain there so to speak, and their possibilities for good will remain dormant. Senator W. B. Heyburn, the father of the original Pure Food Bill, in commenting upon its enactment and enactments of just similar measures says: "It is now up to the people to see that the law as enacted is enforced, and to give such intelligent study to the provisions of the law and its enforcements as will enable them to make suggestions for further legislation, should experience demonstrate the necessity thereof."

That the desire on the part of the packers to evade the law, even in spite of the recent fierce white light that has been thrown upon their methods, still remains, has been made evident in many instances.

Thus and recently, at Chicago, out of a total slaughter of 120 head of "lumpy jaw" and otherwise infected cattle, only twelve carcasses were condemned after post-mortem inspection. This means that, at an average weight of 1,200 pounds each, there will be sold in Chicago during the next few days at least 129,600 pounds of "lumpy jaw" beef.

The quantity of the same kind of meat shipped into Chicago from Kansas City and other places where its sale is forbidden cannot be estimated, but undoubtedly it is large.

The people of America are proverbially an easy-going lot, whose memories are of a short order in connection with impositions or wrongs inflicted on them by individuals or corporations. Thus

it is that so-called legislative investigations of trusts, conspiracies and corporation, rarely and indeed never, lead to the punishment of the wrong-doers. There may be condemnation in the newspapers and reprimands from high places, but that is all. The interest in the subject flickers out, and before long and in another shape or through another medium, the unconvicted criminals proceed to work their illegal way with the public as before.

Perhaps then it is useless to remind this nation that the wrong inflicted on it by the packers is not confined to the hundreds of thousands of cases of sickness brought into being by the sale of their foul products, or the thousands of graves that are due to the same cause. Outside of these wrongs, which the slack memory of the public has apparently already condemned to oblivion, is the wrong done to our national prestige, honor and finances by the same scoundrels. Chancellor Day, of Syracuse University, the "disinterested" defender of the packers, in his attack upon President Roosevelt for the stand that he had taken in regard to the Beveridge amendment, and speaking of *The Jungle*, admitted that the disclosures made in that book and the things that followed, "has not cost the nation merely tens of millions of dollars and made the world nauseated of us, but has lost us the respect of mankind." And then he proceeded to abuse both Upton Sinclair and the president in unbridled terms. to which Bishop Samuel Fallows, of Chicago, replied: "Some of the men criticized (the packers) have by facts as indisputable as the laws of gravitation, by the findings of courts and by the unprejudiced judgment of sober and saddened thinking men, cost the nation hundreds of millions of dollars, and made the whole civilized globe stand aghast at their offense. You would stop the march of progress if you were to call a halt upon any man or woman who is trying to concentrate blazing publicity on the colossal wrong-doers. If, in this focal blaze, there is a chief sinner, so far so good. But if he shall be made to stand out with every mark of the beast in his dealings with his fellowmen blazoned upon him, so

much the better for the common good."

Pertinent to the foregoing, is the fact that Nelson Morris, one of the big packers, who purchased the John Harvard home at Stratford-on-Avon with the intention of presenting it to Harvard College, admits that he is hesitating to do so "on account of the prejudice that had lately been aroused against the American meat-packers." Good! This goes to show that even Morris and his ilk realize that dirty dollars are not pleasing to the educated youth of America, no matter what form they may take. Mr. Morris also stated that "owing to the canned-meat scandal, my firm has suffered a net loss of two million dollars in its foreign trade on account of the outcry raised against products of the Chicago packing-houses." Again good, but only in a way. It is pleasing to see these vendors of lumpy jaw beef and measly pork, and carcasses afflicted with tuberculosis and slunk calves, etc., suffer in their souls, which are located in their money bags. But on the other hand, and as already said, the obverse side of the medal is the fact that this falling off in the foreign trade of the Morris and allied firms, represents so many workmen out of employment, so many women and children hungry, worrying and perhaps houseless, and so much more tarnish on the commercial and national prestige of the United States.

Packers are doing their utmost to offset the effect of the ordeal which they have been recently subjected to, by pamphlets, circulars, paid for statements in newspapers and the distribution of enormous quantities of advertising. In regard to this last item, it is pitiful to note that in the case of a number of those publications which are supposed to be devoted to the interests of the household, they contain editorial attacks upon *The Jungle* and its author, that they belittle the purposes of the Beveridge Bill and that they, point blank, defend those very products that have been proven to have been put up under unutterably filthy and unsanitary conditions. If the reader should chance upon one of these editorial utterances, let him immediately turn to the advertising section of the publication and the

probability is, that he will see several pages setting forth the advantages of the alleged foods over which editors wax so enthusiastic. The writer ventures to think that this is short sighted policy on the part of the proprietors of these publications. The American public is not quite so much of an ass as these editors imagine it to be. It prefers to rely on the statement of President Roosevelt, honest legislators and investigating committees of honorable men, rather than the subsidized utterances of the editor of a petty magazine or what not.

A typical sample of the "personal literature" issued by the packers is the pamphlet emanating from the Armour packing-houses. But the force of the statements contained therein is rather weakened by the remark about "the wave of hysteria over packing-houses." The Armours may have their own ideas about the fitness of phrases, but it seems to the writer that the national movement which resulted in the statements contained in *The Jungle* being practically confirmed in all cases, and the passage of a fairly stringent measure directed against the packers, could hardly be the outcome of a mere "wave of hysteria." The Armours, apology for their business takes the form of the report of an inspection made by certain government "experts." But the Armours are compelled to admit that this inspection was made before "the wave of hysteria" started. To which may be added, that there have been for a number of years, government inspectors and inspections of the packing-house before "the wave of hysteria" and it was while these inspectors and inspections were in being, that the horrors of the packing-houses flourished. Naturally the government experts "requested" by the Armours to inspect, denounced *The Jungle* and declared that its author "had made statements which betrayed utter ignorance of what government inspectors are and how they work, that many of his assertions were intentionally misleading and false from beginning to end, that he had made atrocious attacks, wilful and deliberate misrepresentations of facts, and that his book in general was characterized by utter absurdity."

To which the writer, meekly beating his head three times against the ground as one should do in the presence of such Supreme Wisdom as the Armour experts manifest, ventures, nevertheless, to timidly remark that it was by reason of this "utter absurdity" and "ignorance" that President Roosevelt appointed an investigating committee, and strange as it may seem, that same committee reported that the utter absurdity was more or less utter truth. Likewise as another result of the "absurdity," was the Beveridge Amendment, and because of this last "absurdity" the Armour people find it necessary to rehash an old inspection in the form of the pamphlet under notice and distribute large wads of advertising. Isn't it absurd that an "utter absurdity" can do so much? It is due to the great and good men who form the Armour corps of investigating experts that their names be handed down to an admiring posterity, and so here they are: Dr. John R. Mohler, Dr. Rice P. Steddon, chief of the animal and meat inspection service of the United States, (which service has been declared to be totally inadequate) George P. McCabe, solicitor for the Department of Agriculture, and Dr. A. D. Melvin, chief of the United States Bureau of Animal Industry.

In the light of subsequent events it is almost unkind of the Armours to dig up the reports of these "experts."

\* \* \* \* \*

The following are further extracts from Upton Sinclair's wonderful book "The Jungle:"

"The packers had secret mains, through which they stole billions of gallons of the city's water. The newspapers had been full of this scandal—once there had even been an investigation, and an actual uncovering of the pipes; but nobody had been punished, and the thing went right on. And then there was the condemned meat industry, with its endless horrors. The people of Chicago saw the government inspectors in Packingtown, and they all took that to mean that they were protected from diseased meat; they did not understand that these hundred and sixty-three inspectors had been appointed at the

request of the packers, and that they were paid by the United States government to certify that all the diseased meat was kept in the state. They had no authority beyond that; for the inspection of meat to be sold in the city and state the whole force in Packingtown consisted of three henchmen of the local political machine. And shortly afterward one of these, a physician, made the discovery that the carcasses of steers which had been condemned as tubercular by the government inspectors, and which, therefore, contained ptomaines, which are deadly poisons, were left upon an open platform and carted away to be sold in the city; and so he insisted that these carcasses be treated with an injection of kerosene—and was ordered to resign the same week! So indignant were the packers that they went farther, and compelled the mayor to abolish the whole bureau of inspection; so that since then there has not even a pretense of any interference with the graft."

\* \* \* \* \*

"The fertilizer-works of Durham's lay away from the rest of the plant. Few visitors ever saw them, and the few who did would come out looking like Dante, of whom the peasants declared that he had been into Hell. To this part of the yards came all the 'tankage,' and the waste products of all sorts; here they dried out the bones—and in suffocating cellars where the daylight never came you might see men and women and children bending over whirling machines sawing bits of bone into all sorts of shapes, breathing their lungs full of the fine dust, and doomed to die, every one of them, within a certain definite time. Here they made the blood into albumen, and made other foul-smelling things into things still more foul-smelling. In the corridors and caverns where it was done you might lose yourself as in the great caves of Kentucky. In the dust and the steam the electric lights would shine like far-off twinkling stars—red and blue, green, and purple stars, according to the color of the mist and the brew from which it came. For the odors in these ghastly charnel-houses there may be words in Lithuanian, but there are none in English."



## The Farce of the Pure Food Bill

The appropriation of money which will make this mutilated and enfeebled measure operative, is still to be considered by Congress—In consequence of which, the bill is a bill in name only and, for all practical purposes, does not exist—Indications are that shilly-shallying tactics will be used when the question of the appropriation comes up this fall, and that the matter will go over indefinitely



NOW that the preliminary burst of self-congratulation is over in regard to the passage of the so-called Pure Food Bill, a glance at the situation reveals the fact that it is not quite so satisfactory as it appeared to be in the first instance. In the last article of this series, attention was called to certain clauses in the measure which weakened its usefulness and left loop-holes through which the manufacturer of adulterated food products might easily escape the consequences of his ill-doing. In many other ways too, the measure as passed, lacks the vigor and thoroughness which distinguished the Heyburn Bill as the latter came from the Senate to the House. Apart from all this, however, the question of the appropriation necessary for its enforcement, has been postponed until the forthcoming Winter, so that, as the matter stands, the adulterators have at least a leeway of several months in which to still further impose upon and poison the public. The bill in its current shape is of precisely the same use and value as a locomotive minus coal and water. More than that, there are not wanting indications that when the question of the needed appropriation comes before Congress, there will be bitter opposition and tactics of delay, both of which, it is hardly necessary to add, will be due to the Anti-Pure Food Lobby established in Washington last Spring, and which, in the interval, has never ceased in its work to further

emasculate the measure or hinder its action.

Indeed, many who have closely watched the trend of events declare that the Bill has yet to undergo its most critical ordeal, and that there is every possibility that the tactics alluded to, may result in its being rendered inoperative for a year or more.

There is this to be said, however, in regard to it; the public has been so thoroughly aroused on the question that neither Congress of the lobbyists will dare to ignore or run counter to its total intention which is that the Federal Government shall protect the people against the makers of poisonous food products. As has been pointed out, this fact was made evident by the passage of the Bill during the closing days of last Congress. The evident desire on the part of its opponents was, that it should drag over until this Fall, in the hope and belief that in the meantime, the public would have lost its enthusiasm, as the public often does in connection with affairs that affect its interests. But it was found that in this instance, the people were so much in earnest that even corrupt legislators dared not ignore their wishes. This conclusion was not reached, however, until June the 23rd last, and after a series of wholesale amendments which materially deprived the original bill of much of its usefulness, as has been told.

Summed up in brief, the new law when it "makes good" will do what all other laws of the same type have failed to do, namely, strike at the root of the

evil—the manufacture of adulterated or unhealthful food products. While the measure does not prohibit any person from making and shipping into another state any food article that he desires, and while it does not prevent any person purchasing such article, yet it *does* compel the maker of such article or articles to tell the truth about them before they go out of the state in which they were manufactured. In other words, every package or can of so-called food, must have on its label an accurate description of what is contained within no matter what the nature of the latter. As it goes without saying, that people will not purchase adulterated foods that plainly proclaim themselves as such, and as too, they will not buy food products that are not labelled, inasmuch as non-labelling would be equivalent to a confession of impurity, it follows that the manufacture of adulterated or harmful foods will become totally unprofitable and in this respect, the law will be self-enforcing.

Foods are declared to be adulterated, under the law, if any substances are mixed or packed with them that reduce their quality or strength; or if any substance has been substituted wholly or in part for the supposed food; or if any valuable nutritive constituent has been wholly or partly abstracted from the foods; or if such foods be mixed or colored in any manner whereby their damaged condition or inferiority is concealed; or if they contain any poisonous or other added ingredient which renders them injurious to health.

Foods are declared to be misbranded, when they are imitations of or offered for sale under the name of another article, or if they are labelled with the intention to deceive; or if they purport to be a foreign product when they are not so or if the terms of their weight and measure are not correctly stated on the label; or if the label shall bear any statement or device which is false and misleading.

The Bill also declares that drugs are adulterated if they do not come up to the standard of strength, quality or purity determined by the tests laid down in the United States Pharmacopoeia or National Formulary.

One of the most important features of the Bill is that section which requires that all proprietary or quack medicines shall show upon their labels the quantity or proportion which they contain of alcohol, morphine, opium, cocaine, heroin, alpha or beta, eucaine, chloroform, cannabis indica, chloral hydrate, acetanilide or any derivative or preparation of such substances. When it is taken into consideration that four-fifths of the so-called proprietary or quack medicines have no medicinal qualities whatever outside of the alcohol or morphine they contain, the importance of this section of the Bill just named will be evident. Inasmuch as no sane person will buy a nostrum which openly proclaimed itself as a vehicle for one of the dangerous drugs in question, it is no wonder that the proprietors of these same medicines so bitterly fought the Bill, even in its present shape. It is probable however, that those "medicines" which are to all intents and purposes nothing more nor less than "booze," will retain a good deal of their popularity inasmuch as that same popularity was entirely due to the intoxication which the preparations produced. In other words, they will sell for precisely the same reason that whiskey, rum or gin sells.

It is perhaps needless to remind our readers that the original Heyburn Bill as it passed the Senate, provided that it would go into effect on the 1st July last. As it passed the House, the penalty provision for misbranding was not to go into effect until eighteen months from its passage, so desirous were certain legislators to protect the interests and guard the feelings of their friends, the poisoners and food adulterators. This proposition, however, so aroused the country that the conference committee of the House and the Senate compromised by making the act take effect on the 1st January 1907. This will enable the manufacturers to dispose of a goodly proportion of their misbranded, adulterated and poisonous "foods."

Meantime the American public will continue to fall sick and die by reason of these "foods" as heretofore. That is no concern of the House of Repre-

representatives, however. The concern of the House seems to be that the professional poisoners and manufacturers of death-dealing foods shall not sustain any financial loss by reason of the passage of the Bill.

The feeling of the country in regard to the need of a pure food bill, was made and is still being made, manifest in many directions and through the medium of many organizations. One of the notable features in connection with the matter has been the work of women in all parts of the country. At the Eighth Biennial Convention of the general federation of women's clubs, which took place at St. Paul last June, the question of pure foods and the need of Federal legislation in connection with them, was the prime question before the gathering. The work done was of an admirable nature and included the bringing of pressure to bear upon certain legislators and an inquiry into the methods of other legislators, who for some reason or other, were steadfastly arrayed against the passage of the measure. The fifteen hundred delegates at the Convention, represented 750,000 club women in America, and as in the majority of cases, each of these is the executive head of a household as far as the kitchen is concerned, it will be seen that the voice of the convention was as practical as it was powerful. This fact was duly recognized by the legislators with whom the Convention got into touch, and there is every reason to believe that the action of the House tardy as it was, was, to a greater or lesser extent, the outcome of the arguments and resolutions expressed and passed by the club women.

Affiliated with the Federation of Women's Clubs is the National Consumer's League, the majority of whose members are prominent in the Federal Union.

Miss Alice Lakey, who is chairman of the committee, during a Pure Food convention at Hartford, said, amongst pertinent things that: "It was actually due to the consumers of America that the Pure Food Bill was passed and not to the so-called legislators. She suggested that it would be an excellent thing if an exhibition of pure and

impure foods were inaugurated, indeed, the League proposed to hold such an exhibition during the coming winter. The keynote of the League and the many women's organizations of a kindred nature was, that apart from the financial loss involved by the purchase of adulterated food, the chief reason why such food should be made impossible of manufacture or sale is, that it affects the health of the public for the worse, and that disease increases and doctors flourish as a consequence. In this belief the League is supported by numberless medical authorities who have become interested in or associated with it or the affiliated organizations. Another organization of women has been formed for the purpose of fighting "coal tar" food. Readers of PHYSICAL CULTURE need not be reminded that coal tar products enter very largely into the manufacture of many foods, and that in each and every instance, they are more or less harmful. Prof. J. Shepard, State Chemist of South Dakota, has a collection of woolen goods which he has dyed all colors of the rainbow with the aid of drugs extracted from foods and beverages that are in constant use. He declares that coal-tar dyes are used in practically all candies, soft drinks, ice creams, so-called fruit syrups and the like, and that these products retard the process of digestion from 30 to 50 per cent. Here is a statement from Prof. Shepard which is of an illuminating sort. "I have a large piece of woolen cloth that I have dyed red with coal-tar from a small quantity of candy. The inside of this piece of candy was starchy paste, the second layer was glucose, and the outside was coal-tar dye. There wasn't a bit of sugar in it. Seven ounces of a 'cherry' beverage so-called, gave me enough coal-tar to dye two square yards of cloth a vivid cerise. A 'strawberry' drink produced a darker shade. From 'pure fruit' ice cream coloring, bearing the label of a Chicago concern, enough coal-tar was obtained to dye seven yards square of woolen material a brilliant green." Is it any wonder that we are a nation of dyspeptics and that quack's preparations for the cure of the disease are well-nigh innumerable?

## A Marvelous Vindication of Physical Culture Principles

Leprosy, which has from time immemorial been looked upon as the most terrible and incurable of diseases, can be permanently cured by Physical Culture methods—Official declaration to that effect by the State medical authorities of Louisiana—Baths, exercise, and fresh air have wrought miracles with lepers treated by the State—Several discharged as permanently cured, all others on the road to recovery

By CHARLES J. STEGMAN



HUNDREDS of cures of chronic and allegedly incurable diseases have been effected by physical culture—cures of so remarkable a nature that they have been called "miracles." While the term was more or less appropriate, inasmuch as physical culture had succeeded where the theories and methods of the regular medical practitioners had failed, yet we, who are fortunate enough to understand that physical culture either in health or in disease, is nothing more nor less than a going back to Nature will know that there was nothing "miraculous" about such cures but that instead they were entirely natural. The only miracle in this connection is, that the world in general does not realize those fundamental facts upon which physical culture is founded and the curative principles which they involve.

The foregoing remarks are pertinent to the latest and perhaps most convincing proof of the soundness of physical culture theories and methods. It is now officially declared that leprosy, which from times immemorial has been looked upon as the most dreadful and incurable of diseases has been and can be permanently cured by those simple and natural methods that are consistently advocated in the pages of this magazine. This assertion, be it remembered, is no matter of mere belief or speculation. After more than ten years

of continuous experiment the doctors who have been entrusted with the task by the State authorities of Louisiana now announce that, with the aid of physical culture methods, they have not only wrought permanent cures of leprosy but that other of their leprosy patients are on the road to recovery.

It is perhaps hardly necessary to remind our readers that leprosy has, up to the present, always been looked upon as the one malady that defied human skill to even alleviate and much less cure. In ancient times, the person who showed signs of the awful disease was looked upon as one singled out by Divine displeasure and as such was not only shunned because of his physical affliction but by reason of his having, in some mysterious fashion, offended the Creator. A reference to the Old Testament will go to show that the leper was to all intents and purposes, dead to his kind. He was forbidden to marry or even to hold social intercourse with his fellows. If he happened to see others approaching, he was compelled to withdraw from their path crying "unclean! unclean!" His nearest of kin were not allowed to associate with or even speak to him, and while he was given the pitiful boon of his miserable existence, that was about the only consideration shown him. To be a leper was to be the victim of a living death in comparison to which death itself was preferable.

In later times, the leper was treated

much in the same fashion, this by reason of the fact that the disease was held to be highly contagious. In the temperate zones, leprosy is and always has been comparatively rare except in one or two countries. But in the tropical and subtropical regions in which it flourishes, the unfortunates are condemned to spend their miserable existences in isolated colonies in which, although cut off from their healthful kind, they marry and are given in marriage to bring forth leprous offspring. Many of these colonies are in existence and the reader will, without doubt, remember how that noble and self-sacrificing men and women have devoted their lives to the task of alleviating the mental and physical sufferings of the lepers.

Apart from the horror which leprosy has always inspired because of its presumed incurable nature, it was additionally dreaded because of the change which it wrought in the appearance of its victim. The leper has monstrously deformed features or limbs—so grotesquely misshapen that they often resemble the imaginings of a Dore or a Dante. Besides this, the skin of the leper is either of a ghastly pallor or of a dull bronze that is as unnatural as it is repelling. The disease also attacks the organs of speech and the leper's voice becomes a croak or a groan. In general he is much less like a man than a monstrosity born of a night-mare. And this is saying nothing of the physical agony that he endures.

One of the centers of leprosy in this country has been for many years, the State of Louisiana, where it has existed for over a century, having been brought there from Acadie, now New Brunswick, when the Acadians were exiled from their homes by the British. Up to recently, lepers in Louisiana were treated in much the same fashion as they were in other States and countries. Originally and when the territory was under the Spanish rule, the lepers were isolated. When, however, the French had possession of the region they chased the lepers into the swamps where they married and brought up leper families. Subsequently their settlement was broken up and many of them found

refuge in the Metairie region, which is now, by the way, a prosperous suburb of New Orleans. The matter thus stood until about 1892 when the Louisiana Legislature created a Leper's Home, made a small appropriation for its support, and endowed a Board of Commissioners with the power to arrest and confine any proven leper in it. For obvious reasons the Board had a great deal of difficulty in obtaining a site, for wherever it was proposed to establish the institution, the persons living in the vicinity were bitterly opposed to it. Finally, Indian Camp was decided upon as a desirable locality and it was there that the Home was erected. Indian Camp is a secluded place on the Mississippi River and was once a sugar plantation. While it is difficult of access from New Orleans, its isolation is a matter of necessity for the reasons given. A corps of physicians, including Dr. Isidore Dyer, who is stated to be one of the greatest living leprologists, and a resident of New Orleans, was formed and there were gathered in the home cases of the disease in all its stages.

In all, 101 lepers have been treated since the foundation of the Home, these being 56 men and 45 women. In the first instance drugs were used. These, however, were gradually dropped, the only curative agent retained being chaulmoogra oil. But the final and successful method of treatment took the form of daily hot baths, plenty of wholesome food with practically no meat, regular exercise and to quote the report, "the patients were required to spend as much of their time as possible in the open air." Furthermore, "the rooms of the Home were thoroughly ventilated, while the baths were large and fitted with every convenience such as showers, needles, etc." Also, "baths have been found the best means of checking the ravages of the disease. These combined with ventilation, absolute cleanliness, proper nutrition and an outdoor life, are the secrets by which the 'miracle' has been brought about."

The total results of this physical culture treatment are those summed up by the physicians in charge of the Home thus: "It has been shown that by the treatment in question, there is

no danger of the transmission of the disease; that it can be held in check and finally that it can be entirely cured, except when the disease is in its last stages. A number of cured lepers have already been dismissed, others have been practically cured but it has been deemed safest to let them remain in the Home for a year until all traces of the disease have disappeared. There are only two inmates who are beyond cure. These will soon die and with them will pass away all leprosy in Louisiana."

To be more specific, the first actual cure of leprosy ever known—and that be it remembered by physical culture means—was in 1904, the patient being a boy 13 years of age who had been in the Home two years. Almost doubting their success, the boy was detained by the physicians for a year in order that the cure might be confirmed but at the end of that period, not a trace of it being visible, he was discharged as permanently cured. In 1905, another patient, a woman of 50, was discharged as cured. She had been five years in the Home. Her son, who was also a leper and with her, has so improved that he will soon be freed. A woman, aged 30 of high social standing in New Orleans, was during the Spring of this year, released as permanently cured. Eight others still in the Home are prac-

tically cured, the only symptom remaining being the pallor of their skins. In three other cases, the disease has been arrested even after the victims had lost arms or legs through it. Eighteen others are classified as "improved;" ten are said to be "stationary;" and only two of the remaining inmates are declared to be "hopeless." They were admitted to the Home some years ago when the disease had made great progress with them.

Physical culture has, as already intimated, achieved many triumphs in the past but it is certain that none of these attained the importance of this last and most striking of its victories. Not only have the unfortunates at Indian Camp cause for congratulations in that they were being treated by men who had the wisdom and acumen to use those curative methods which Nature so plainly indicates and man so persistently ignores, but the world at large has reason for thankfulness in that, through physical culture, the most terrible of all the maladies which have hitherto afflicted the race, has been robbed of its terrors. Leprosy is curable; an epoch in the curative history of the world has begun, and again the soundness of physical culture principles have been vindicated in a most marvelous manner.

### TEA CIGARETTES

It is now declared by a famous London physician, that the tea cigarette has taken the place of the morphine tablet with many women of the "smart set" in England. The result he summarized thus: "I have, at least, a dozen women on my hands under treatment for the tea cigarette habit. Once let a woman begin to cultivate a taste for Souchon and Hyson cigarettes and she is doomed. Souchon and Hyson are simply a blend of black and green teas. The taste is by no means disagreeable, but the after-effects are that 'one's head swims,' there is a desire to clutch at things to prevent falling, a dazed condition, semi-

stupor, and then visions of an extravagant nature."

Many physicians of the West End of London are seriously considering the advisability of preparing a petition to the House of Commons recommending the introduction of a bill providing heavy penalties for those of the Bond Street tea houses which retail these cigarettes to their customers. It is in these places that the largest number of clients is to be found. Within the last two weeks, upward of twenty women have been taken to the private sanatoriums suffering from the effects of tea cigarettes.

## 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" just 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.

### THE ACCIDENT

I HAVE no business to be here; it was never intended that I should be here. I am altogether an accident. Stop for a moment before you laugh! How do you know you are not an accident, too?

Neither my father nor my mother wanted me; both did all they could to prevent my coming. I wish they had succeeded.

Yes, I say it in bitterness of spirit. No, I do not honor my father and my mother. It is true that I was taught that it was my duty to do so, and I did so mechanically, not knowing any better. Then, one day, when my father and my mother were quarrelling, I discovered that there was no reason why I should honor them—they disclosed the fact that I was their child because they had been unable to prevent it.

I was only ten years old at the time, but I asked questions because I was precocious which is to say, accursed.

My father and mother were living separately at the time, loathing each

other, but unable or unwilling to be divorced. Unwilling, I think, because they were both very "respectable," and could not endure the disgrace of divorce.

I lived alternately with one and the other; not because either cared for me, but because neither was sure that the other did not, and each wished to make the other as unhappy as possible. So I, the monumental accident of their lives, played shuttlecock to their battle-dores, and went sulkily, unhappily from one to the other as the day arranged by their lawyers came around.

It was on the occasion of one of these changes of "home"—That is a word that always brings a sneer to my lips—that I overheard the few words that set me investigating.

I had been living with my father and should have gone to my mother, but had not done so because I was ill. Not that I was ever well, but on this occasion I was acutely ill and had been kept in bed by the doctor's orders, and by the eager good will of my father, who knew he would thereby torment my mother.

And so it happened. She came

furiously in her carriage to fetch me, and pushing past the trained nurse—engaged by my father for the greater annoyance of my mother—began to question me as if she believed I was participating in a game to cozen her.

"So, you're sick, eh? How sick? Just sick to-day? Who told you to go to bed? You don't look so very sick. Having such a good time here that you don't want to leave? Good time just begun, I guess. Humph! I'll have my own doctor see you."

I really was sick enough to long for sympathy at least, and I recall that as she flung herself out of the room, I turned my face away from the trained nurse so that she should not see the tears that filled my eyes.

Evidently my father was in the next room, for there was a sudden cessation of the rustle of my mother's skirts, followed by a silence which I recognized as ominous, for, as if I had been in the room, I could see them both. I had been present at more than one meeting between them.

My father undoubtedly, was standing in the most advantageous position for his purpose, his impeccable respectability of appearance adding not a little to the effect of his sanctimonious sneer of triumph. My mother, roused to fury by the very subtlety of his expression was, I knew, glancing up and down his well-groomed person in a manner intended to convey the extreme of scorn and disparagement.

But my father, the victor in many pitched battles with her, was proof against this method of attack and was surely permitting a covert smile to curl the corners of his mouth. Then my mother cried out so that I could hear her:

"Contemptible trickster! But I shall bring my own physician here. You shall not have my child here an instant longer than he belongs to you."

"Affectionate mother!" he said suavely; "doting parent!"

"If he is sick," she screamed, "I believe you have given him something to make him so, you whited sepulcher!"

"Gentle creature! My physician seems to think he is suffering from the effects of your tender over-indulgence."

"Oh, you liar!" cried my mother, who no doubt felt the sting in that charge, inasmuch as during my stay with her she seldom saw me and hardly knew what I was doing from one end of the day to the other; "if he really is sick it is because he has inherited some of the foul poison from your body. A nice one you! to be the father of a child—rotten to your bones!"

"Well, I will say for you, madam, that you did all you could to prevent my being a parent. Did you leave any remedy for the affliction of maternity untried?"

At that point the nurse shut the door, and I heard no more. But, as I have said, I had heard enough to set me to asking questions. I remember I lay there in bed for an hour, turning over the conversation I had heard, my childish mind abnormally alert because of the slight fever that possessed me. Suddenly I spoke to the nurse, who was reading by the window.

"Am I sick from poison?" I asked abruptly.

"Mercy! you poor child! No, certainly not."

"Well, you heard what my mother said."

"She didn't mean anything like that. You have a slight inflammation of the large intestine."

"That isn't what the doctor called it," I said suspiciously.

"He used the Latin name," she answered; and I was smart enough to see that she was relieved to have that subject to discuss instead of the conversation of my parents; so I returned to it at once.

"My mother said I had poison in me," I said in the sharp, insistent tone which I knew how to assume.

"She didn't mean anything by it."

"I know better. She said father was rotten. What did she mean by that?"

"I don't know. Anyhow it isn't a subject for little boys to talk about."

"Then it's something nasty, and I'm going to find out. I'll ask father."

"You'd better not. Now you mustn't talk any more; it's bad for your fever to be thinking about such things."

"What things?" I demanded sharply.

"Anything. Now be a good boy or



I shall have to make the room dark and go out."

"If you do I'll get up and open the windows."

She looked at me as if she would like to shake me or do something even more energetic, but contented herself with shutting her lips tightly together and taking up her book again.

I remained silent for a long time after that, but the conversation kept going through my brain with the more persistence now that I realized that there was a meaning in it that I was not expected to understand.

"Why did my father say my mother tried to keep him from being my father? I asked suddenly, after a long silence.

"I shall call your father if you don't behave yourself," she answered, flushing and betraying great dignity. Evidently she thought I was trying to be impudent, though I was not.

My mind at once grasped the second idea as it had grasped the first—there was some mystery in the accusation that mother had tried to keep father from being my father.

I did not say anything more to the nurse, but bided my time. I knew where to go to find those who would be willing enough to talk to me about such a matter—either in the kitchen or at the stable. But first I would approach my father, he might tell me.

Most persons were afraid of my father; I was not. I do not remember that I was ever afraid of anything or anybody. This was not the quality of courage in me, but rather the unconsciousness of fear. This may seem like a juggling with words, but it is not.

Anyhow, I was not afraid of my father, for his air of austere and grave respectability was to me only a cloak, since I had seen him so often in his true character when he was goading my foolish mother with his suave sneers and mockery.

I had a chance to speak to him about it that same day, when he came into the room on some trivial errand to speak to the nurse, who was very pretty. I have no doubt now that he had chosen her for that reason. Certainly he had never been so solicitous about me before,

and now he was in a dozen times to give directions about nothing, but always in the softest and kindest tones.

After the conversation with my mother, however, my nurse simply stared at him in the most icy manner, listening without smiling and turning to her book the instant he had finished.

"Father," I said. I had never called him papa. He turned to me with a graciousness intended to impress the nurse.

"Yes, my boy," he said.

"I want to know something."

"Very well, my boy."

"What did you mean when you told mother she had tried to keep you from being my father?"

If I had cast a bomb into the middle of the room I don't believe it would have caused any greater consternation. The nurse leaped to her feet and looked as if she meant to run away; my father took a step toward me as if minded to take me by the throat; then he looked furtively around at the nurse, and she, meeting his eyes with a sudden air of haughtiness, walked out of the room.

When my father turned his eyes on me again, they were filled with the same expression they always took on when they rested on my mother—a sort of sardonic mirth, as if they were contemplating something at once grotesque and contemptible. I don't mean that I characterized it so then, but since.

"So you heard that, did you?" he asked.

"Yes, sir."

"And she did too?"

"Yes, sir."

"Ah, that accounts for the icy stare;" and he shrugged his shoulders and was turning away when I said:

"You haven't answered me, sir."

He turned his eyes on me again and with an amused air looked me over as if taking my measure.

"What was the question?" he asked, looking at the door, probably to see that it was shut.

"What did you mean when you said that mother had tried to keep you from being my father?"

"My boy," he said, a cruel sort of sneer curling his lip, "if you are as lucky as I was in the matrimonial lottery, you

will find out all about what I meant when you get a wife of your own."

With that he left the room, and I could hear him talking to the nurse in his suavest tones again, but evidently failing to impress her, for she came in to me while he was still speaking.

When I was well enough to go to my mother, I sought first the kitchen, where my report of the conversation was received with loud outbursts of laughter, but with no elucidation beyond a number of jests whose veiled meaning I was not then able to understand. In the stable I met with better success, for the groom explained everything with a salaciousness and a gusto that left nothing but the truth to be desired.

I have set down these very unsavory matters because they have meant much in my life; and moreover they will serve to introduce myself as:

Reginald Piel Barnes-Carter.

## CHAPTER I.

When I was twelve years old I was sent to a high-class boarding-school. I believe this was agreed upon by both my parents because they were tired of trying to annoy each other through me. And perhaps, because both of them had discovered that I was becoming too knowing to have around with any comfort.

Anyhow I was sent to a school, which as I have said, was high-class. I repeat the adjective because I wish to explain that the school was one especially for the sons of the wealthy. It was socially high-class, not educationally so.

Of course, one could learn there if he chose, but if he did not choose, it did not greatly matter; we were fitted for college anyhow.

We all knew a great deal of life when we went there—of what we called life—and after we had been there a while, we were finished little gentlemen. The importance of good manners was taught us if nothing else was; and I remember that it was not long before we learned to be impudent to the under teachers, in a very polite way.

But this is an after reflection. At the time, it seemed to me that life was going

on seriously and according to the regular rules of chance. Sometimes I was unhappy, sometimes I was happy; but I don't remember that it ever occurred to me that I was or could or should be a factor in the matter.

Doing as we pleased was "having a good time," no matter whether what we did had a good or an evil purpose. Doing as we pleased without any harm resulting, was splendid luck. Mainly we were occupied in trying to cheat luck.

Previously to going to Doctor Todee's school, I had gone to a day school in the city, and had learned more than anybody would suppose was possible under the circumstances.

What circumstances? Well, I might as well put down my pen here and write never another word if I did not give some notion of the conditions under which I passed my childhood up to the time of going to Doctor Todee's.

I was what is called a sickly child; that is one who is neither sick nor well when he isn't downright sick—which is actually in bed. But when I consider how hard my mother tried to murder me before I was born, it seems to me only a wonder that I lived at all after I came into the world.

And yet I often think I might have won good health if I had been given a fair chance, for I am still alive after having gone through enough to have killed a person of the most robust constitution. Indeed I am sure that if I were to detail all that has happened to my poor body during the course of my comparatively short life, no one would believe me.

I cannot recall just how old I was when I began to be curious about my body and the fundamental facts of life. It seems to me that my memory does not go back to a time when my little, curious mind was not busy with questions about all sorts of "forbidden things."

I put the words in quotation marks because I seem to remember that some topics were forbidden before I can remember being curious. Always in my memory are the two conflicting ideas—the things that I most wished to know about are the things that I was forbidden to know.

I talked to my nurse first, and my questions, innocent enough, heaven knows, seemed to her very comical, and she repeated them in my hearing before some of the women in the kitchen. So that, without ever being answered seriously, I got the notion that I was very smart, and asked and asked my questions till somehow my little mind became imbued with the idea that behind the jests and laughter of the maids there was hidden something delightfully mysterious and nasty, to be discovered by me somehow.

Then, when I was a little older and had found my way into the stable, I put my questions to the men there, and I received franker answers with a grain of truth concealed in a mass of filth. These things I went to the kitchen with and retailed them to the maids, who chided me in bursts of loud laughter that encouraged me to learn and say more.

I became an adept in filthy talk while my little mind was still innocent of any harm. I had no notion of what I was saying, but the maids took it for granted that I was as wise as my words and soon talked freely before me, but yet without in the least enlightening me. And on all sides I was warned not to repeat the things I heard to my parents.

Notwithstanding I, one day, committed myself to my mother. I had been taken to her, all tricked out in my best finery so that I might be exhibited to her callers; for I had developed, in spite of my poor health, a considerable degree of good looks, and it pleased my mother to hear the ladies exclaim over me.

"Oh, the dear child! how pretty! the image of you, my dear!" was what they would say to her. Heaven knows what they said when they were out of the house.

However, there I was, looking as much like a big wax doll and as little like a healthy human child as possible, sitting with my mother, waiting for callers; eight years old; my brain full of questions. I am sure my mother had forgotten all about my presence when I suddenly demanded:

"Where do babies come from?"

"What? my goodness! you little wretch! how dare you! Oh, dear me!"

Then she burst into a laugh, which she immediately checked as if the thought had come to her that she was my mother and that she must give me some sort of an answer. "The doctors find them under cabbage leaves," she said; and then, seeing me about to pursue the subject, added: "There! don't bother me any more. Not another word now or you'll have to go up to the nursery."

As that meant I would not get any of the candy which was sure to be passed around, I kept still and decided in the quiet of my mind that my mother was a liar, and that when I wanted to know any forbidden thing I would better resort to the servants.

I fancy my mother decided after that that it was time I was sent to some school to keep my mind from busying itself with improper things; so I was sent to a day school each day in charge of a maid.

I learned to read and write a little, but mainly I exchanged my ignorance of the forbidden things with my school-mates, who had evidently been bent on discovering the facts of life just as I had, and who had learned in the same way.

When I look back and think of the things that we little boys talked about, I am filled with a fierce indignation, or more often with a bitter scorn for the *wisdom* (?) of our parents.

If they had been trying to retaliate upon us in very hatred for the cruel ignorance of themselves in which they had been brought up, they could not have acted in a way better calculated to that end; for by every circumstance of their treatment of us they stimulated curiosity about the very things that they systematically kept us in ignorance of.

Our parents told us nothing but lies when our curiosity got the better of us, and so we resorted to servants, who were as ignorant as they were ready to talk to us about the forbidden things.

Then, primed with misinformation and a thousand times more curious than the full truth could possibly have made us, we little creatures were thrown together to compare notes.

Well, we compared notes in the school I went to. At recess time, going home and later whenever we came together for play we talked of the one thing—

classing all the forbidden things as one topic.

One little boy had accidentally seen his mother coming out of the bath! Oh, good! What was there he could tell us? We gathered about him with starting eyes and bated breath, ready to scatter at the first alarm that some adult was approaching.

Another little boy had seen his father undressed! Another gathering. A new mess of nothings, only attractive because the grown-ups were in a conspiracy to hide something from us.

At first we didn't even know or guess what it was they were trying to keep so secret; but by and by an older boy, who knew some of the most delightful secrets, made a friend of a younger boy and taught him all he knew. Little enough, but more than enough.

Then the little boy communicated what he knew to one of us and he to another; and pretty soon each boy constituted himself a committee of one to report on the new topics.

That meant that each little wretch converted himself into a spy upon the persons of his father and mother and sisters and the servants. Some of the revelations were amazing.

One little boy had found his sister as curious as he and a mutual revelation had resulted. Another little boy, spying upon one of the maids had discovered a liaison between her and his father. He had nothing definite to tell us, but oh! the salacious morsel! Another little boy by pretending to be sound asleep had spied upon his mother when she was disrobing.

We gradually grew into little hypocrites, spies and liars. Oh, such gross liars! for when we were not successful as spies we invented scenes, based upon the lewd stories told us by older boys; and hardly one of us but told the most scandalous and mostly untrue stories of our parents.

Occasionally one of us developed into a successful blackmailer. This was one who had actually seen something compromising done by a parent. Perhaps he had innocently betrayed his knowledge to the parent in question, and had thereupon been bribed into silence by money or candy. The instinct to make

his knowledge pay, soon had the boy demanding bribes.

By degrees we children divided ourselves into two classes—pursuers and pursued; boys and girls.

The girls talked these things over just as we did, and in the earlier stages the more innocent of the boys and girls discussed the forbidden topics together; but that soon ceased, and we boys were soon regarding the little girls as natural prey, while the girls grew to fear us.

Of course the girls were hardly out of the nursery before they were told to beware of the boys for reasons unspecified and therefore, naturally classed among the forbidden things.

The girls wrote notes to each other and giggled hysterically over them; the boys covered the sidewalks with obscene words and suggestive designs. The drawings were grotesquely untrue, but we all, boys and girls alike, knew what they meant and therefore they were suggestive.

We learned new words, and searched Bible and dictionary for them, gasping with joy when successful. We used these words in secret, with thrilling effect.

Once I went into the kitchen and boldly uttered one of these words to the cook. She did not understand what I had said.

"What?" she asked.

I repeated it, holding the door in my hand, ready to run and slam it after me, as I had been told by another boy was the proper procedure.

"You dirty little villain!" cried the cook; "I'll tell your mother on you; see if I don't." But she laughed outrageously, and I knew she wouldn't.

When I went to school the next day, I called the boys about me and proudly told my story of the exploit; and this was the way it went as revised by me:

"I went into the kitchen and said \* \* \* to the cook. Oh! you ought t' see her. She got as red as fire and grabbed up a broom and chased me. I dodged her and made for the laundry; I thought I could get out of the window, but the window was shut and she had me."

"What did you do?" demanded one of my excited hearers.

"Why, I just up and told her that if

she touched me I'd tell my mother about her and the coachman. You bet that settled her."

"You bet it did. What did she do?"

"Gave me all the charlotte russe I could eat."

I think they all knew I was lying, but inasmuch as we all lied about such matters, it was a part of our code not to question such a story unless we disliked the teller of it.

I went to that school until I was twelve, when I was transferred to Doctor Todee's, as I have said.

I was only fairly well-grounded in arithmetic and grammar and geography and the other studies I had been occupied with, but I may honestly say that I was proficient in all those subjects that children are expected not to know.

I knew a great store of lewd words, had a rich stock of obscene stories, had just begun to practice a secret vice taught me by one of the older boys at the other school, and, strongest claim of all to consideration, I had been caught creeping into the room of one of the maids.

Doctor Todee's school was on the outskirts of a little village, and it was the doctor's proud claim that his pupils had all the advantages of refined and cultured surroundings together with the benefits of fresh country air. In other words, all the best of both city and country.

I am not going to say that his claim was not correct; perhaps it was. It did not concern me then whether it was or not, and never did. I was aware of the fact that I had been taken from a place where the alphabet of obscenity only had been taught and had been put in one where the letters were put together to some definite purpose.

My stories were laughed at as old and played out, my pretended experiences were outrivalled by the real ones of my new school-mates. A completer and more finished hypocrisy became necessary as the difference between the lives we lived and the lives we were told to live became greater.

As a matter of fact the words I had learned theretofore had had no real relation to my life for the reason that

in my lack of experience I had been unable to realize the image intended to be conveyed by the special word. As, for example, the word elephant without a description of the animal or a picture of it, would mean nothing to one who had never seen the animal.

So it was the important part of my education that took place soon after I went to Doctor Todee's—the images were supplied for the meaningless words. And a very clever device it is which accomplishes this; a device which fits into our system of education perfectly.

Our parents and teachers kept us in ignorance of a whole set of facts; facts not only of paramount importance, but the very set of facts which suggest themselves naturally to every child that is born. Being suggested by Nature every child's mind works upon them constantly, seeking elucidation.

The child turns naturally to those nearest to it for information, and quickly learns that either it must not ask such questions or that it is lied to. There is a great gap in the life of every child, therefore, and that gap is filled, not by the parent or responsible teacher, but by a class of purveyors whose work is all done in darkness and secrecy, and who produce books purporting to give answers to the questions which come into every child's life.

These are the so-called obscene books; books filled with distortions of the truth when not dealing in absolute lies; books which could have no evil effect at all on the mind of an informed child, but which are greedily devoured as true by the child who has been brought up on the lies and half-truths of the kitchen, the stable and the play-ground.

I remember my first sight of one of these books. I had been tested by the older boys and had been found in a fit state for the advanced knowledge which they had to impart.

The fit state, I may say, is shown by a fluency in obscenity, by an eagerness to know more and by a frankly expressed determination not on any account to confide in parent or teacher. As for me, I proved myself completely by my anxiety to learn to smoke cigarettes and by my desire to drink beer; but really I was precocious; a great many

boys don't get that far when they are fourteen.

The boys of my age were supposed to be in bed by nine o'clock, the older boys by ten. This being the rule we broke it as frequently as possible, of course, devising many expedients for doing so; but I do not need to say much about that, since what the little boys did by themselves was of comparatively small account. It was what they did in conjunction with the older boys that became important.

On the occasion I have referred to—that of seeing my first obscene book—I was told to go to bed and wait until old Holmesey—Mr. Holmes had charge of the smaller boys—had made his round of inspection, when I was to get up and sneak into Billy Gerard's room.

It was the first time I had done such a thing and every sound was an adventure to me until I was safely inside of Billy's room, where four of the big boys were gathered, ostensibly studying, but really reading one of the books in question.

"Here's the little son-of-a-gun, now!" cried Billy hospitably; "show him that first picture!"

Even in my excitement I was aware of the flushed faces and glazed eyes of the boys when they lifted their heads to look at me; and I don't believe any revolutionary conspirator ever entered upon a plot with a more rapidly beating heart than I.

I was struck with the ready complaisance of the big boys, who on the play-ground would hardly notice me. They made room for me now in their midst and opened the book to the frontispiece, watching me as I looked with starting eyes at the vile picture.

Even then it required an explanation to make me comprehend it, but the big boys were so kind as to give me every detail with unfailing patience. Later I learned that there was an especial charm to a big boy in initiating a little one into the mysteries of life.

I was as ready as they were eager, so that I took a very deep plunge that night, listening to all they said, and telling them all I knew and much more.

Afterward I was given the book and permitted to gloat over it in secret,

being strictly enjoined against showing it to my room-mate until he had been properly sounded by one of the older boys.

Later I learned how to buy the books for myself; and as I was well supplied with money owing to the quarrel between my father and mother, I soon had a fine library. And what there was of vileness that I did not know must have been very trifling.

How it came that I had any time at all for even so much studying as I did I cannot say, but the human animal is a marvel of endurance. Hence I contrived to study enough to make my way from one class to another, so that by the time I was sixteen I was actually preparing for college.

It would take two years more before I could enter, and I was determined to get in if possible, for it had been represented to me that my life would not fairly begin until I had entered college.

But I was losing no time in waiting. I could already smoke the blackest cigar, though that was not considered good form in my set, cigarettes being held the only proper form of tobacco indulgence. Of course my fingers were stained a beautiful yellow, and I often remarked in a careless tone, that I was no good until I had had my fifth cigarette in the morning.

I had been drunk twice; once having been found out by Holmesey, who had no business snooping around the big boys' dormitory. I bribed him to keep still about it, and won great credit from the other boys by my spirited conduct on the occasion.

How I happened to grow at all under the conditions of my life I don't know, but grow I did, after a fashion. I was slender and always sickly, but good looking in a way, and with manners that everybody said were wonderfully fine.

I had a sarcastic tongue and could be incredibly insolent in a polite way. I think now that that must have been an inheritance from my father. The very big boys—ones who shaved—told me a great many times as I treated them at the village bar, that I would be the devil among women as soon as I was loose.

I believe that the most cherished ambition of the older boys was to be that thing called a devil among women. It was so strong in me that I could not rest until I had proven my powers of seduction.

I do not remember ever hearing any of the boys speak of women excepting as prey; and the comments they made on the girls who came under their eyes, were something beyond the belief of any man who has smugly lost his memory of his boyhood thoughts.

I had conducted myself very freely with the maids at my mother's the two latest vacations, but had not gone beyond obscene suggestion, though that had given me great delight; but the time had come when I must get beyond mere talk.

There was a girl of about my own age, who had joined the kitchen force at the school. She attracted my attention because she went to her home in the village every night after her work was done, and frequently passed me while I was in a little lane not far from the school, having the smoke that had become so necessary to me.

She was evidently a good, shy girl, for when she saw me, she would hurry on with her head down, making no reply to my salutation. This happened two or three times, when I blocked the way in front of her and asked her why she was in such a hurry.

"My mother is expecting me, sir," she answered, stammering.

"But your mother doesn't want you to be rude, does she?" I asked; "and it is very rude you know not to speak when you are spoken to."

"She said I wasn't to have anything to do with any of you young gentlemen,

if you please," she answered in a silly, simpering way that told me that she was little better than half-witted.

"Well," said I, "why need you tell her you've talked with me?"

"If I don't get home in time she'll ask me questions; and then she'll lick me."

"Suppose I walk with you and give you a quarter to buy some ribbons with; she won't know, will she?"

"She will if you go into the village, sir."

"Then I won't go into the village," I said; "and now to show what good friends we are I am going to kiss you."

"Oh, my!" she simpered, too silly to know how to protect herself.

I kissed her and walked a short distance with her; then kissed her again and hurried back, so eager to boast to my especial cronies of the "cinch" I had with a young lady who was to remain unknown that I could hardly wait to get to my room with the first friend I met.

The next night and the next and for several nights I met the girl and walked with her. Then I began to arrange meetings with her at night, all the while growing more and more familiar with her, persuading her to accept little sums of money, and feeling very secure because she was such a fool.

For indeed she was a silly, half-witted thing as I know to a certainty before I had talked with her three nights. I congratulated myself a hundred times a day that I had been the first to see her and discover what an easy prey she was.

Then one Saturday I arranged with her that she was to tell her mother that she was going to visit some friend, when in fact, she intended to join me and go for a buggy ride.

(To be Continued.)

## SWEETS WORSE THAN MEAT

TO THE EDITOR:

After much experimenting with the different diets, I agree with you, that an uncooked diet of nuts, grains, fruits and vegetables is the best. But, although I have discarded meat, I think you take too strong a position in regard to it and do not speak emphatically enough about other injurious foods such as sugar and all unnatural concentrated foods. These are impoverished and should not be

eaten, nor should milk and milk products as these are unnatural foods and pass through many hands. They are as good as meat for food and are open to disease germs. I am not advocating meat eating. On the contrary I do not think it should be eaten when other foods can be had. But if the average person drops meat he is too liable to use an unbalanced diet; too much sugar, starch, etc.

Belleville, Ont. ED A. KELLAWAY.

## The Cries of Baby and What They Mean

**I**N an infant, the only symptom of a diseased condition may be crying.

The cry of a sick infant or small child is often pathognomonic. The cry produced by the pain of a bruise or wound is violent, and the storm is quickly over. A perfectly healthy infant or child rarely cries, but when disease is present, all this is changed in proportion to the severity of the attack. Who that has ever heard the hydrocephalic cry that cannot distinguish it from any other; it is a short sharp cry, paroxysmal in character, very loud, and is more of a shriek than cry, and is soon over. On the other hand, those who have heard the cry of pneumonia or pleurisy (which I class as the suppressed cry) will never forget it, says Doctor Charles Moir in the *Medical Brief*. It is a jerky sob, and the patient will fight against crying in either of these diseases, as the necessary expansion and contraction of the lungs during the act of crying, necessarily produces increased pain.

The cry which occurs before or during an evacuation of the bowels has its own peculiar tone, and when accompanied by excessive wriggling of the body, is positive proof of intestinal disease.

Then there are the nervous cry, which occurs when the child is looked at; the nasal cry, where a peculiar tone indicates obstruction of the upper air passages, are alike, distinctive. An indignant cry is indicative of an approaching attack of spasmodic croup. An almost inaudible cry is due either to extreme emaciation or diphtheria. The peculiar cry accompanied by pursing of the lips is positive evidence that we have a case of gastro-intestinal trouble, and so on.

What I want to emphasize, however, is the importance of the foregoing facts. If we carefully study the cries of our little patients, as well as cultivate and master the art of feature reading of diseases, a great many mistakes of diag-

nosis will be avoided, particularly if we never fail to use other means of making a careful physical diagnosis.

The mother, in order to prevent the baby from "taking cold," not only dresses it warmly, but often envelopes it in a blanket until the child is completely overwhelmed, if not half suffocated. The room should not be warmed more than 70° F., and the clothing should be light and loosely fastened.

The infant must have light and air, the bed should be in the center of the room, rather than in a corner.

During the heated season I have saved the lives of many infants by having them placed in a hammock in the center of the room. This arrangement permitted the air to circulate all around them; while they had sweltered lying in a cradle or bed, they were comfortable, lying in the hammock. When a hammock was not available, one was constructed by means of a sheet, which answered the same purpose, viz., free circulation of air with least possible heat.

The baby should be kept in the open air at least two hours every day. Where this is not possible, on account of the inclemency of the weather, the baby should be wheeled about in a large room where windows have been raised.

It is a strange fact, says another writer on the subject, that the average father and mother thinks that when the baby is howling if only something can be given to stop the noise and make the baby sleep, the cure is complete. Now, no baby cries without reason; it is Nature's signal bell that there is trouble going on, and the last thing that should be done is to muffle the bell. Find out what makes the baby cry and remove the cause, but whatever you do, do not dope the poor sufferer with any preparation put up for money by unscrupulous persons, no matter under what name or circumstance.



## Comment, Counsel and Criticism by Our Readers

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

### A Canvasser's Experience

TO THE EDITOR:

I am a regular reader of your magazine and am much profited by it. Recently I have had many opportunities of interesting women in its teachings. I am that awful thing a book agent, and I am brought in contact with a great many people, and a large proportion I find are in a most wretched state physically. I am amazed at the appalling ignorance of my sex as to their own physical make-up, and I understand why the doctors are reaping financial harvests by their atrocious operations on women, to which the latter submit in view of the false promises of restored health made by the physicians.

I loaned January, February numbers of **PHYSICAL CULTURE** to a lady two weeks ago, called yesterday and found she was taking the exercises with a resulting benefit that greatly encouraged her to persevere. You are preaching the gospel, I believe, just as truly, and more helpfully than nine-tenths of the clergy. I wish you abounding success. Knowledge is the only safeguard to man or woman. What woman having it, would submit to the horrible mutilations that are becoming so common?

I think the combined magazine is a great improvement.

L. G. T.

London, Ontario.

### Are Americans Degenerating?

TO THE EDITOR:

Your magazine of April came under my eyes here and I must confess that I quite admire the editorial of yours on hero worship. It is condensed common sense.

In regard to the editorial, "Are Americans a Degenerate Race?" I am of foreign birth but an adopted citizen of the United States since I was twenty-one years of age. But I feel all the same that a movement to check the downward tendencies of our race should be the concern of us all.

American cities are full of poverty. The fear of becoming paupers must have, without a doubt, something to do with the decrease

of our birth rate. Our college educated people and New England home people are not degenerating, under their present environment they simply do the best they can. The root of the real evil and the remedy for it should engage our attention.

H. C. SCHMIDT.

Middletown, Conn.

### "Fletcherism" Not New

TO THE EDITOR:

In the March *World's Work* is an article on "Fletcherism". I have been a reader of **PHYSICAL CULTURE** since beginning of its publication, say for fifteen years, and there is not a number in its entirety with no "Fletcherism" in it. Going back to Dr. Beaumont's experiments on a living stomach, Conebe, Fowler, Trall, Shew and scores of other medical writers, all their writings teach the so-called "Fletcherism." Yet it comes up now as a new discovery. The article speaks of a chain of fifty dairy restaurants in New York and elsewhere with folders containing a "dietetic code." This all hygienists will commend should the dietary be in keeping with the code. Is it?

R. S. LACEY.

Ballston, Va.

### Buttons Better Than Safety Pins

TO THE EDITOR:

I noticed in April number of **PHYSICAL CULTURE** in Comment, Counsel and Criticism Department an article "A corset not necessary to support the skirt," signed M. J. M. I am with you in denouncing the corset, for I believe that it causes more diseases among women than any other one thing. I have not worn one in six years, but do not agree with M. J. M. in regard to fastening the skirt to the waist with a safety pin, as that always pulls, tears the waist and is invariably slipping below the belt which gives one a very untidy appearance.

If M. J. M. would adopt a waist using the button and button hole plan; I think she would find the buttons for supporting the under skirts and for fastening in the back

to hold the waist down and the skirt up more satisfactory than the "string and safety pin." As such a waist can be made to your order of knit material with no stiffening, and can be laundered regularly, and as it allows free movements of the body, I pronounce it the ideal waist for physical culturists.

FRANCES HUSON.

Willow Creek, N. Y.

#### Yet Another Victim of Comstockery

TO THE EDITOR:

I have read your editorials about Comstockery in your magazine, and am positive that many people have been ruined for life by him and what he stands for.

I have been a victim of the dreadful ignorance that springs from prudery, but thank God that I have learned the truth through your publications. Your magazine has done much for me, in fact, it has made a man of me. I will be willing to do all I can to help you fight this depraved idea of prudery. You can publish this letter in your magazine if you wish.

Thanking you for the great work you are undertaking,

O. E. H.

St. Louis, Mo.

#### Further Instructions for the Use of Sour Milk

TO THE EDITOR:

Re the discussion of the use of sour milk as a drink (and food) I may say that in my native land—Finland—it is used in preference to sweet milk. There the people will let milk turn sour purposely, believing it to be far healthier than any other beverage. They also eat bread, made of rye and allowed to "sour" previous to baking. It may be added that our country people are a healthy race and long lived.

The Editor who sent you the receipt on how to prepare sour milk evidently exaggerated when he says that "milk should be allowed to stand for ten days in a warm room." Had he stated *cold room* and reduced the days to five, he would have had advised correctly. Milk allowed to stand for over four or five days especially in a warm room, will unquestionably become so fermented that it would be bitter to the taste and anything but wholesome.

The best method of preparing milk to sour in the shortest possible time without it reaching the stage of fermentation is as follows:

Place a little sour cream (about two tablespoonfuls) in the bottom of a porcelain vessel. Pour on it about two quarts or more of fresh milk. Set to stand for two or three days according to temperature and you will have the finest dessert for a summer's dinner you have ever tasted. It is used as above in our country and sold under the name of "Fäl" (swedish).

O. OSWALD LINDRODS.

#### Comstockery and Cigarette Pictures.

TO THE EDITOR:

The absurd ideas of Mr. Comstock as

related in your magazine recalls to mind an experience of my own.

Several years ago, I was the possessor of a large collection of cigarette pictures and though not of my own gathering, they seemed to escape the general periodical overhauls I gave my possessions. But after perusing a copy or two of PHYSICAL CULTURE I destroyed them, instead of giving them to a younger boy, as the other fellows had done.

If, under my previous "Comstock" training I had done this, I would say "Good" but as it is, it will not take Mr. Comstock more than a year to figure out whose banner I am working under now.

A. CHESTER.

Grand Rapids, Mich.

#### Spring Heel Shoes the Best

TO THE EDITOR:

I have often wondered why the subject of sensible shaped shoes has not been discussed in your valuable magazine. Think that the matter concerns many and has much to do with the good nature and temperament of a number of people.

Some seven or eight years ago and after a few corns had formed on my feet due to ill-shaped shoes, I had my eyes opened by an article in a scientific publication regarding shoes for walking.

I was unable to get any shoe-maker or dealer to make me shoes like those described in the article, so all I could do was to get sensible shaped shoes, have the heels pulled off and then half soled, making them spring heel shoes. It is impossible to obtain at any shoe store a spring heel shoe for men. Dealers don't carry them and manufacturers don't make them for the reason that there is not enough call for them.

About eight years ago I tried to get several shoe manufacturer's in New York and Boston to make me a pair of spring heel shoes as per the description in the article referred to, but all refused. One manager of a large shoe factory in Boston or New York wrote me that "he doubted very much if I could wear such a shoe; that it was a well known fact that in the army, men were often rejected on account of having a low instep, as it was claimed that they could not march as far nor stand as much endurance as a man with a high instep."

This same man probably didn't stop to think, that an Indian who never wore a heel on his moccasin, could walk him to death in a short time.

Well, I took a new pair of broad toed shoes to a shoe maker and had him pull off the heel and half sole same making spring heel shoes and I can say, that they were the most comfortable shoes that I've ever worn, my corns departed and have never been troubled since with my feet in any way. Some dealers have told me that unless the arch of the foot is supported by a heel, a broken down instep will result. I don't believe it. Mankind was and is still born

flat footed and surely nature knew what she was about.

I noticed in a recent number of PHYSICAL CULTURE "a Chinaman's opinion of us" and think he hits pretty near the truth. A Chinaman's shoes look very comfortable to me and the fact that they are very slow to adopt American shoes would seem to indicate that they know what is good for their feet.

I have often noticed the display of shoes in large shoe stores and rarely ever see a pair of shoes that I would attempt to wear, were they given to me. People buy anything because its "style," and then wonder why they have corns and their feet hurt.

Notice any child's feet before they are pinched by shoes made for "style," and see how different the shape of the feet from the shoes worn. No "style" goes for me, I want comfort and I can speak from experience after sixteen or seventeen years of walking, (delivering mail) the last seven or eight years wearing spring heel shoes that I have found them the easiest and most comfortable and will have no other when I can get them. Have had people ask me how I could walk in such shoes and told them I have only to walk as nature intended, otherwise would probably have been born with a bump on my heel to tilt me forward.

L. S. WRIGHT.

Portland, Oregon.

#### Suggestion From a Victim of Youthful Errors

TO THE EDITOR:

In the question department of PHYSICAL CULTURE I notice a letter from one seeking aid in escaping from the clutches of an evil habit. Perhaps a little advice from one who has drunk the bitter cup to the very dregs will not be amiss. While the reply to the letter contained excellent and necessary advice, one consideration of most vital importance was omitted. Above everything, irritation of the bowels must be avoided. Nothing under the sun so surely excites the sexual passions. By irritating the prostate and the reflex nerve centres of the lumbar region, it arouses involuntary voluptuous impulses, against which the will and resolution of the sufferer are powerless.

Since the writer learned the awful effects of the habit in question and determined to break free from it, every relapse has been traceable to irritation of the bowels or to stomach trouble. Unless precautions are taken to avoid these, no number of good resolutions can avail.

It is a well known fact in psychology that of all bodily stimulations those from the internal organs play the most important part in arousing emotions. The pessimism of the dyspeptic is proverbial. If any intestinal trouble begins to manifest itself, flush the bowels with warm water. An enema syringe should be obtained, and used until the patient has found out what foods to

avoid. The following is a list of which I have found most irritating:

Pepper, raw oatmeal etc., (especially when containing hulls) corn, popped-corn, nuts, apple cores and skins, seeds of raspberries, blackberries, cucumbers, tomatoes, etc., figs, some prepared breakfast foods, dry toast, raisins etc. The list will necessarily vary with different individuals. My own case was much aggravated by a previous use of purgatives.

If proper attention is paid to thorough mastication, exercise and water drinking, the normal action of the bowels will not be hindered. Eggs should not be eaten too freely, as the yolks play havoc with the bowels. Olive oil should be taken to assist the bowels.

X. Y. Z.

#### No Difference in Sex

TO THE EDITOR:

When we come to understand the law, we shall know there is absolutely no difference in sex. The law must be enforced.

I. DWIGHT GILBERT.

Omaha, Neb.

#### More About the Teeth

TO THE EDITOR:

I have read the article on "Preservation of the Teeth" in the March number and think there should be some more said. While a chemical analysis of foods, etc., is all right as an aid in the selection of food for tooth material, and while I fully endorse the statement that cleanliness is the all important thing, I would like to call attention to a few cold facts. My cow gets little but blue grass in summer and blue grass hay in winter and yet she is like a furnace out doors in coldest weather, gives milk containing all the elements of the human body and has teeth as hard and durable as could be desired. Considering the little variety of food of many animals and their good teeth, I think we should look for a greater cause than lack of variety in food, for our poor teeth. Again my cow never uses a tooth brush, tooth powder or dental instrument; and yet I claim she keeps her teeth cleaner than we do. She uses something better than a tooth brush and uses it more than skin deep. I refer to a vigorous flow of healthy blood accelerated by hard chewing. We eat little that is as hard as God calculated to have us, and then wonder why our teeth deteriorate. It's want of exercise, the same as with our muscles. If I understand it, teeth often start to decay inside. Desirable as the brush is it won't clean the inside. Good blood will.

Another important thing may be easily demonstrated by pressing the teeth firmly together; then relax and tighten the muscles a few times and see how the mouth will fill with saliva. We miss most of this with our soft mushy food.

If these ideas are not of a physicial culture kind then I surely do not know the meaning of physical culture.

I have been asked how I can compare men with animals. In reply to this I would ask if God did not know his business as well when he made man as when he made animals, or does he love them more than us?

I do not claim to be a physiologist. I have no idea that the blood goes through the enamel and may be, not much through the solid part of the rest of the tooth. I know, however, that when it is needed it will "get there just the same," if given a chance.

FRED FRANCIS.

Kewanee, Ill.

### More Vulgar Than Nudity

TO THE EDITOR:

It seems to me that the March magazine is the best that you have issued.

There ought to be a law to prevent obscene pictures and talk and literature. But obscene means offensive to chastity and delicacy; impure, foul, disgusting, etc. Is anything more offensive to real chastity than a woman, or picture of one, with huge hip pads, bustles and false bust? The armless Venus has not these parts deformed by exaggeration. The Venus de Capitolina is so beautiful, but the second thought is always how ashamed she looks, and how much better a sensible, alert position would have been. Apollo Belvidere is ideal and noble, except the silly and suggestive fig leaf. I heard a minister of the gospel state in a sermon that he did not believe any man could see nude statuary without impure thoughts! I no longer wish to hear the sermons from such a distorted mind. By the way, he is weak looking physically, with apparently no muscles or flesh to cover his bones.

I do not wonder that some people hide their bodies, unwashed and deformed, showing plainly the excesses and crimes committed against Nature's laws.

Some profitable, healthful and pleasant occupations, both for men and women, are the raising of celery; violets or other flowers, garden stuff, fruits, eggs, pet animals, young trees, etc.

It is a good thing to be an agent when one has a necessary and excellent article to sell at a reasonable price.

F. R.

Lorain, O.

### Clothing to be Aired at Night

TO THE EDITOR:

Much has been written on the necessity of always breathing pure air—especially during sleep. I would like to call your attention to the bad habit some people have of keeping their clothes in their sleeping room at night, and consequently breathing the impurities that always emanate from such clothes. In my opinion, the clothes should be aired every night in a separate room or else put into a closet. Windows should always be kept open to admit fresh air but when a person puts his clothes on a chair

right near his bed the open windows cannot prevent his inhaling many impurities.

HARRY GINSBURG.

160 Bleecker St., N. Y.

### Sleeping Without the Pillow

TO THE EDITOR:

About a year ago on reading a discussion upon the subject of sleeping without pillows, and the benefits to be derived from their disuse, I was convinced that to discard them would do me no harm and might be productive of much good. I was then stoop-shouldered and my lungs seemed cramped so that I could not take a full deep breath without experiencing a sort of suffocating sensation. Therefore, I decided that as the pillow might be partially responsible, therefore, it would have to go.

On retiring that night, I removed the pillow. In a few moments I thought my neck would be unjointed. The next night I slept with a pillow.

But I reasoned that if others could forego the pillow, so could I. So I determined to try it again. I stuck to my determination and in a short time I began to feel better, my respiration less impeded and the general results all I had hoped for.

To anyone who decides to try the experiment I would say: If the change causes inconvenience at first, do not be discouraged but "try, try again." The position will soon become natural and comfortable.

I have also had some experience in outdoor sleeping. Last spring I purchased a large roomy tent and slept in the yard until late in the fall.

I cannot overestimate the value of thus sleeping near to Nature, inhaling invigorating pure air. As a result, my lungs, I believe, are perfectly sound or nearly so and when I take a long deep breath, I can feel them easily expanding to their full capacity.

Would say in closing that the principles advocated in PHYSICAL CULTURE coincide with my views and I am with you in your fight for the physical, mental and moral uplifting of humanity.

GEO. F. ALBIN.

Lancaster, Ohio.

### Let Us Get the Blood off of Our Hands

TO THE EDITOR:

Being humane is not a plausible reason for abstaining from eating meat that is the product of the slaughter pen.

The man or woman who wears leather shoes, kid gloves, uses a leather saddle or leather harness on a horse or lies on a leather couch is, if not just as responsible, nearly as much for the killing of the cow, calf, horse, kid, or mule as is the man who eats the flesh of the animals.

Are not these leather articles but very poor, clumsy and irritating substitutes for the articles that are made or could be made of substances which could be obtained without slaughter?

V. B. H.

Crowley, Louisiana.

# General Question Department

By BERNARR MACFADDEN

In the past we have, at times, published detailed information for 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.

## Study and Manual Training.

Q. I have a strong, healthy boy, who takes an active interest in athletic games, and who is about to enter High School. He appears to need all the study he can get, so do you not think it better for him to take an additional study instead of manual training, which is optional?

A. In general, manual training can be very highly recommended as a part of an educational course. I believe that your son will get all the study he needs in the average High School, without adding any more. With our present school system there is always the danger of too much cramming and too much confinement. However, I would suggest that you consult the wishes of the boy himself. A boy cannot do nearly so well with a study or an occupation that is uncongenial as with one which he likes, and to which he therefore applies himself eagerly and earnestly.

## Health and Occupation

Q. Do you believe blacksmithing and horse-shoeing to be a healthy occupation?

A. Compared with most occupations, I should consider it an unusually healthy one, though of course much will depend upon the ventilation of the place in which you work. The work being somewhat one sided, you should take pains to practice special exercises each day to develop the left arm and other parts of the body proportionately. All active work is more or less healthful, though apart from this, the ventilation and lighting of your working quarters and the amount of dust, or the freedom from it, which prevails, will have a great deal to do with the state of your health. From these considerations, each one should be able to judge pretty well for himself whether or not his occupation is a healthy one. Even office work, can be endured fairly well if the ventilation is good and the hours short, thus leaving opportunities for out-of-door games and active exercise.

## A Wound That Will Not Heal

Q. A friend of mine, aged forty-five, has, for several years, had a small wound in his back, just above kidneys, from which there constantly exudes a gray fluid matter. Surgeons, in operating, are unable to find the source of pus formation. He gets fresh air, plenty of sleep and wholesome food, looks robust and feels good, but the wound will not heal. Can you suggest anything?

A. Your friend should avoid further operations. In addition to the fresh air, sleep and good food which he already enjoys I would advise considerable appropriate exercise, especially lots of walking. I would recommend a very light diet for a time, and if this is not effective, a fast of from one to three weeks may be advised. If he is "robust" as you describe him, a fast should not inconvenience him, and it would rid his system of the impurities and foreign matter which now find outlet through this running wound. The formation of this matter or pus is evidence of such impurities. After the system is thoroughly cleansed by fasting, the wound will have a chance to heal, and subsequently the impurities will, doubtless, be eliminated by the depurating organs.

## Influences that Shorten Life

Q. Does lifting heavy dumbbells break down the health of the professional "strong man" and shorten his life? Louis Cyr is still alive after twenty years of this work, and is now nearly fifty. Would the strong man live an ordinary lifetime if he keeps up his exercise?

A. I have repeatedly given my opinion of heavy weight lifting, which, as a rule, cannot be recommended. It is too great a tax on one's vitality, and builds up tremendous muscular strength, often at the expense of health, functional strength and length of life, though, of course, those possessing unusually

rugged constitutions can endure the strain better than others. A weight lifter may live to be fifty, or even considerably longer, but who knows how many years more he might have lived had he not consumed so much of his vital strength in this way. But on the other hand, persistent lack of all exercise is undoubtedly far worse. There are countless other ways in which one can dissipate his nervous energies, some of these being bad habits, the use of stimulants, overeating and other excesses, which will shorten life even more than weight lifting. Every one knows the average length of life, at the present, to be short. We do not really know what the age limit of man would be under ideal conditions, but it would probably be far beyond the century mark. And even we who have learned approximately correct habits of living, have no definite idea of how long we may live, for no people in the past have ever thoroughly understood the laws of life.

#### Numbness in Arm

Q. I have been annoyed recently with a numbness in my left hand and arm. Kindly give cause and cure.

A. The symptom you mention may be an indication of approaching paralysis, in which case you need to live a strictly physical culture life. Or it may simply be the result of poor circulation, in which event you should take more exercise, especially for the arms, and also adopt other natural methods for improving the circulation and building up a better degree of health and strength in general. Wrap a cold wet cloth around the arm when retiring at night, and avoid lying upon it during sleep. Massage and the use of dry friction brushes are also to be recommended.

#### Straining the Eyes

Q. My eyes have recently been very weak, and since it has been necessary for me to do considerable reading by lamp-light they have been getting constantly worse until now I can hardly read at all. Have been following the treatment prescribed in your book, "Strong Eyes" but while it relieves temporarily, it does not cure permanently. What can I do?

A. All you need to do is to continue the treatment referred to and stop straining the eyes. Do no more reading by lamp-light and rest the eyes as much as possible by daylight. Either you must stop reading voluntarily for the present, even if you are obliged to change your occupation, or you will be compelled to when your eyes give out. No treatment could possibly help them while under this continuous strain. Remember that your constitutional condition also has an important influence on the eyes, and you should try to improve your general health.

#### Forever Hungry

Q. What shall I do with an insatiable appetite? I am always hungry. Even after eating a hearty meal, I do not feel any more satisfied than when sitting down to the table. No matter what or how much I eat, I have a continuous craving for more. Otherwise am in fairly good health.

A. Your stomach is in a very abnormal condition, and without doubt you eat too much. And it is probable that you do not secure sufficient real nourishment and strength from the food you do eat, which may, in part, explain your continuous craving. You may not assimilate well, and the selection of foods in your dietary may be unsatisfactory and inadequate. Avoid meats, condiments, and all rich and stimulating foods and drinks. And after being assured that the foods you use are wholesome and perfectly suited to the needs of the body, restrict your diet to two moderate meals a day. Foods should not be cooked too much, in fact considerable raw food would be of special advantage in your case. You may, however, have some difficulty in restricting your diet in the manner suggested, and it may be necessary for you to take a fast of a number of days, to get your stomach in a normal condition. An entire fast is usually easier for a person of weak will power than a restriction of the quantity of food eaten. It is also important that you avoid a variety of foods at any one meal. Simplicity in this respect, with only two or three foods at a single meal, will do much to remedy your complaint.

#### Nervousness in Public Speaking

Q. I am of a nervous disposition but in good health. When I attend different lodges and feel that I would like to make a few remarks, I become possessed with an indescribable nervousness, a strange feeling shoots up my back bone, and I generally keep my seat. Can this be cured?

A. The nervousness you feel on such occasions, is one of the most common of all human experiences. It is nothing more or less than timidity, lack of self-confidence and fear—fear of disapproval. Greater bodily strength and stronger nerves will help you to overcome this weakness, though it will be necessary for you to make a practice of speaking in public on every possible occasion. Disregard your feelings and get up and speak, for it does not feel half so bad after you are on your feet, and intent on the things that you wish to say rather than on the appearance you make. The more you do this, the easier it will become. You can train and strengthen your will and courage by using them in the same way that you can develop any other faculty or physical organ.

## Is Anthony Comstock Insane?

His latest and more recent outbreaks indicate that he is suffering from a mental disorder known as paranoia, the characteristic symptoms of which are colossal egotism linked to an itch for continual notoriety—If Comstock declares that he is sane, however, and can prove it, he is a self-confessed hypocrite—Twenty thousand quacks in New York City alone, are daily distributing literature of the vilest—Of these, Saint Anthony takes no notice, but raids an Art Institution of the highest type and character—Comstock's assistant "Art Critics" are thinly-disguised bouncers

By HENRY F. FERGUSON

**E**VILS almost always breed their own antidotes. The theory of the advocates of toxines is, that from the germs that cause diseases can be gotten a serum that destroys the germs. Nauseous and noxious substances, by reason of their very natures, are usually burned, buried or destroyed. A man who is morally corrupt, rarely if ever lives out his allotted span of life. In short, the remedy for nearly all the ills, harms and evil influences of our existence are to be found in the elements which make them ill or harmful or evil.

Remembering this, we are more or less consoled when considering that eminent public nuisance, Anthony Comstock—the human moth-ball as he has recently been called. Precisely why he has not been removed in an official sense here this, or why the public has permitted itself to be so long saddled by his malodorous personality, is due to the fact that no one has taken the trouble to take the initiative in his case. This reminds one of the joke regarding the Irishman who was complaining bitterly about the manner in which he and his neighbors were used by their English landlord.

"Well," said a listener, "the wonder is that some of you have not shot him before this."

"Faith, t'is th' wonder," replied the aggrieved tenant, "but ye know the old

saying, sor, what is everybody's business is nobody's business."

The same apparently stands good of Comstock. While his suppression is in reality a matter of everybody's business, nobody has tried in all seriousness to suppress him up to date. At the current writing, however, the man seems to be entangled in a legal snarl from which he will find more or less difficult to extricate himself. The allusion is, of course, to the manifest intention on the part of the Art Student's League, of New York, to treat Comstock in precisely the same way that mankind is accustomed to handle any creature that is offensive or dangerous, be it biped, quadruped or insect. That is, the creature or the vermin is so treated that it shall no longer have the power of causing annoyance or disgust or worse.

In theory, the objects of the organization of which Comstock is the secretary, are of a praiseworthy nature. But the trouble is, that this fellow not only departs from those objects and distorts and misuses the powers vested in him by reason of his office, but in addition, he goes entirely outside of the intended scope of his Society. By reason of his moral strabismus he is everlastingly "seeing things" where they do not exist, and from this standpoint alone he is a sufficient nuisance. But when this pot-bellied prude, this hunter of corruption

in clean places, this professional sniffer-out of malodors, has the impudence to elect himself a critic and a censor of art, it is time for the sane and moral to call a halt on him and his. And this halt is apparently being called by the League as stated.

Comstock is a man of very ordinary education and his "deputies"—who are his assistant art critics—are in some cases, men of little or no education at all. They are mostly of the type that one sees hanging around Fourteenth Street resorts, dressed in an alleged uniform and wearing a big tin badge on their burly breasts—the type that disguises its actual business of bouncer under the title of "special officer." Yet it is men of this sort that, with the aid and connivance of Comstock, have the impudence to pass upon what is proper in art and what is not, and upon the strength of whose verdicts, Comstock applies for warrants and raids institutions that are radial centers of high art. It will be remembered that one of Comstock's deputies named J. S. Bamberger, was the former's assistant in the raid on the League, and it is understood that it was on his evidence that Comstock applied for a warrant. The action of these two men was entirely characteristic. It did not matter for a moment that Gutzon Borgum, the noted sculptor, had endorsed the drawings seized by the S. S. V. despot; that the Faculty of the League had also declared the "obscene matter" attached by Comstock to be good and clean art; it did not matter that that same "obscene matter" had been selected as typical examples of American student art; and it did not matter that the purposes of the League, are admittedly for the fostering of art of the best, and that it has succeeded in its purposes to an appreciable degree—all this did not count for one iota with Comstock or his trained corps of "special" critics. And so they did not hesitate to do that which men with an actual knowledge of art would never have attempted. They declared that to be lewd, which was only so to their befouled senses and, was pure to others of normal eyes and normal minds. Like the fools that they were, they rushed into where their mental and intel-

lectual superiors did not dare to tread. It was of trifling consequence to them that a body of artists had declared the League pictures to be true art—to be decent in drawing, pure in conception and excellent in technique. Comstock, the man with the microscopic mind and the cavernous nostrils expanded for moral stanches, ignored art and art's leaders, and brushing these aside, announced with characteristic and colossal impudence that he and he alone was qualified to pass upon what is pure, and what is impure in art. And so with the assistance of his Bamberger—melodious name—he arrests the little girl who acts as book-keeper of the League, seizes the "obscene matter" and exits in triumph with a halo of self-gratification playing around his head. The writer has seen a halo playing around decomposed fish or meat at night. It may be that the halo of St. Anthony is due to his decomposed morality which he calls virtue, but which others name prurient prudery.

Yet, after all, there is perhaps some excuse for this man. The writer in all honesty believes that he is mentally unbalanced. There is a well recognized form of insanity which takes the form of intense egotism allied to an idea which has assumed such proportions that it stands between and blots out all other ideas that attempt to enter the mind of the afflicted. It is an easy matter to observe in the case of Comstock, marked symptoms of the malady in question. Any one who has even the slightest acquaintance with his career, will have noted that during recent years there has been an ever-increasing craving on his part for notoriety. His spectacular raids, his outbreaks at the most unexpected times and in the most unexpected of places, his apparently otherwise senseless descents upon the stores of reputable art or book dealers, and much more of the same, are evidences of the fact in question. In no case does he lose an opportunity to have his name in the big head lines of the newspapers. He is utterly disregardful of the methods by which he secures publicity as long as he secures it. It counts not what terms of disgust or ridicule are hurled at him, or how much he adds to the total sum of the contumely and hate which



has been and now is heaped upon him by his fellow citizens, or how much he may be lampooned or caricatured or berated—of all this and these he takes no heed as long as he achieves added notoriety; as long as his insane appetite for publicity is temporarily assuaged. This is a most characteristic symptom of the mental malady from which he is undoubtedly suffering.

Another proof of the foregoing is to be found in the fact that in New York City alone, there is, according to the County Medical Society, twenty thousand medical quacks, each one of which is distributing literature that, if Comstock was the honest and zealous officer of the Society for the Suppression of Vice which he would have us believe he is, would keep him busy from years' end to years' end. This, with a saving of a good many lives, to say nothing of the saving of the dollars of the quack's victims. Day by day PHYSICAL CULTURE receives complaints from decent citizens to the effect that without solicitation, they have received through the mails, filthy and obscene literature—a great deal of it obscenely illustrated—from these quacks. Such literature is not merely obscene by reason of its language and suggestions, but in addition, the obscenity is allied with an attempt to swindle. Some of the symptom blanks of the charlatans ask questions that a decent man or woman would blush to ask him or herself; while the pictures are of such a sort that there is no mistaking their prurient intent.

But does this man Comstock ever attempt to deal with this form of obscenity? Has he ever made one honest effort to suppress a quack or the quacks that flourish right under that shrew-nose of his? Within a literal stone-throw of his offices on Nassau Street, are dozens of the quack concerns in question. Within the past week complaints have been received at this office regarding the literature of one of these fake medical companies, into whose windows Comstock could, if he chose, throw a biscuit from his own office windows. The evil that these quacks do in a physical sense to those who fall in their clutches is incalculable, but the harm done to the morals of the young

by the pernicious literature distributed by the charlatans is infinitely greater. Nine-tenths of it is nothing more or less than a detailed description or unmentionable vices or certain diseases, and of bodily organs and affairs that have to do with the same. Go any day along Park Row, New York, and the chances are that you will have, thrust in your hands, pamphlets of the sort in question which you are likely to throw away the moment that they pollute your touch. If you take note of that which follows, you will see that there is always some youngster ready to pick up the yellow or the red printed matter. And up above, are the offices of Anthony Comstock who, should he choose to glance out of one of the windows could see the young about whose morals he slobbers so, engaged by the score, in reading the disgusting screeds regarding which the Saint overhead takes no cognizance.

And why doesn't he do so? The answer is easy. There is "nothing in it" in the way of notoriety. The arrest of an ordinary, everyday quack would probably result in only a few lines in the newspapers and perhaps none at all. The form of paranoia which afflicts Comstock, prompts him, as already intimated, only to "go" for those men or institutions which will bring him much advertising in the newspapers. The whole thing can be reduced to a mathematical proposition. If a raid on Physical Culture Exhibition posters is represented by 100, and the seizure of Art Student's League's magazines by another 100, and the suppression of a quack or a bunch of them by 10, it is obvious that Comstock's malady will urge him to select the higher figures, even although no public good results thereby, while much evil is the outcome of the immunity enjoyed by the medical fakirs. But when public benefit puts on the gloves with maniacal Comstock egotism, the former is likely to be and indeed always is, put out in the first round. Naturally, Comstock will reply that he is not mad. Very well then, O! Saint. But remember that the world will forgive the blunders of a zealot if it believes him to be sincere in his mistaken beliefs; but the world

has no use for a hypocrite who strains at a gnat and swallows at a camel. Twenty thousand quacks perpetually distributing obscene literature in New York and Comstock ignores them. An art organization that exists purely for art and publishes for art reasons a private magazine for its own, and Comstock and one Bamberger descend upon and seize the art publication and arrest an inoffensive young woman. In the face of these two conditions, will any man dare defend this fellow Comstock except on the basis of the theory just advanced, viz. that he is a dangerous maniac suffering from a progressive malady? Otherwise he is a Mawworm, a Pecksniff, a hypocrite, a Tartufe, a Janus, a pretender, an impostor, a dissembler, deceiver, and in his own way, a contemptible quack.

The times are ripe for sane and decent people to get together and by means of the surgery of the law remove this offensive excrescence from the body corporate. That this belief is not alone the belief of the writer is proven from the following excerpts taken from some of the leading newspapers of the country. If Comstock ever had any usefulness, which is somewhat doubtful, he has not only outlived it, but has become a menace to the community which has tolerated him only as long as it has, because up to the present, he was looked upon more as joke than a nuisance.

In a vigorous denunciation of Anthony Comstock, Charles Henry Smith, professor of American history at Yale, said that the moral reform of the future could come by giving publicity to the very things that Comstock is trying to suppress.

He also held that statues of the human figure should be placed in the public schools and that familiarity with the appearance of the health human body should be encouraged instead of forbidden, as is the case.

"Official censorship," Prof. Smith continued, "is quite apt to change a normal desire for proper information into unhealthy curiosity, and in that and other ways to do more harm than good. The most successful way to fight an evil is to put good in its place. For example, decent entertainments have cleaned up Coney Island. They have succeeded where laws and police and punishment had failed.

"A capital illustration comes to hand in

the history of Yale College. Visitors at morning chapel were formerly seated in the rear gallery. When the great body of students stood up at the singing, they would turn around and look at the girls in the gallery. This made some disturbance, was embarrassing to the guests, and had to be stopped. How was this done? Simply by changing the location of the visitors, and putting them downstairs at the front, so the students could look at them without making their curiosity obtrusive. In this case, the college officers had the good sense to recognize a natural impulse and furnish a legitimate channel for its exercise.

"A change in the attitude of the public toward pictorial and sculptured representations of the human body would at once remove occasion for a questionable part of Comstock's activity. Familiarity with the appearance of the healthy human body should be encouraged, instead of practically forbidden, as now. No material structure is more worthy of general study and admiration. If well selected pictures and statues of the best human figures could be put in our school-houses and children be led by their teachers to look upon and think of them in the right way, contaminating influences would have much less chance of doing harm than is now the case.

"I firmly believe that the successful moral reform of the future will come along that line. For the present we have a general system of indiscriminate repression and suppression, which is occasionally brought to public notice by some sensational performance of Comstock's. This system is professedly for the protection of children and the purity of the home; but its natural and common result is to poison the very fountains of life.

"Competent physicians tell us that there is widespread physical and moral suffering resulting from the present policy of preventing sex knowledge from being acquired in a legitimate and healthful way. To say that people can go to the doctor does not meet the case. They will not go until after the harm has been done.

"The modern way of getting information is from the printed and pictured page. The use of this for the benefit of the general public is now debarred in the very field of all others where correct and timely information, widely diffused, is of transcendent importance.

"How long will a sensible people allow this to continue?"

The Post Dispatch of St. Louis says:

If Anthony Comstock's discretion were equal to his zeal he would not make the blunder of raiding an art students' league in search of the immoral.

Artists search for the truth; Comstock looks for the impure, the base, the lewd. And he always finds it. Comstock finds what he seeks while the artist often fails; but is not the artist's failure nobler than Comstock's success?

The works of art seized by this guardian of

good morals were approved by the best taste of the best artists in New York. This is evidence enough of their essential purity. But because Comstock has neither taste nor true understanding he is unable to distinguish between the pure and the impure. The notion that the artists who produced and approved these paintings and studies were animated by anything but pure love of beauty and goodness and truth is too absurd for consideration.

Art students are innocent of any evil intent, but they reckon without their Comstocks who can supply an evil suggestion out of their own sadly imperfect and deformed souls. Truth makes its way slowly through clouded minds, which make a medium of high refracting power. It is not strange, therefore, that often what is true and beautiful appears false and ugly.

And it is a pity that real morality has not a guardian in New York who knows what it really is.

#### The Brooklyn Eagle remarks:

The New York Art Students' League owes an important duty to art education the country over by resenting and carrying to the court of last resort the act of Anthony Comstock in confiscating the June number of the "American Art Student."

This number of the magazine, published by the school, simply reproduced in appropriate surroundings, for circulation among art students, studies in the nude such as are to be met with in every life class, shown publicly in every exhibition among art students, studies in the periodicals in every civilized country. There was nothing in the character and treatment, the handling, or the pose of any one of these pictures to arouse any prurient suggestion whatever.

It would be impossible for art education to continue if such pictures are suppressed. If it is wrong to publish them it is wrong to exhibit them. If it is wrong to exhibit them, it is wrong to make them. If it is wrong to make them, the study from the nude becomes impracticable and art education impossible in this country.

Under these circumstances it is plain that no steps should be spared to push this question to its final issue in defending the cases brought. If, as is certain, an acquittal is secured, there should be a suit for damages for the copies seized.

The statutes and legal decisions are clear and unmistakable. They permit no such action and justify no such attack on pictures of the nude, made in good faith, in the course of art education and printed under circumstances which show that their sole intent was the promotion of artistic study.

#### The Philadelphia Ledger asserts:

Having experienced another of the shocks that afford solace to his soul, Anthony Comstock has raided the Art Students' League in New York. The raid can be viewed as the expression of the pruriency that wells and bubbles in the Comstockian personality. Comstock sees evil everywhere, unconscious

that all he sees is, to his vision, colored by the veil of his own nastiness.

As agent for the Society for the Suppression of Vice, there is no doubt that Comstock, did he possess a clean mind and normal judgment, might find something useful to do. Whatever he may have been in the beginning of a career the later stages of which excite disgust, he is now a nuisance and a menace to decency. He has himself become vicious. His presence is a threat against good morals. In all he says there is the manifestation of baseness. So delighted is he to revel in pollution that he perceives his environment to be polluted, and does not realize that this seeming condition is symptomatic of himself. His activities are to be regretted, for if they have effect beyond their capacity to annoy, it is to set up in the mind a train of undesirable thought.

The raid upon the Art Students' League embodied a principle which, widely applied, would strip the galleries of their treasures, create gaps in the library shelves where now repose the works of masters, and snatch the textbook from the hand of the student. It would bring to an end the study and practice of art. It was nothing more than lewdness exercising the right to be censor, and in doing this, to expose its bogus virtue, its grotesque zeal and its crass ignorance.

If the Society for the Suppression of Vice wants to suppress something the absence of which would be elevating to morals and cheering to intelligence, let it suppress its man Comstock.

#### The Boston Journal declares:

Anthony Comstock, of New York, has a habit of periodically breaking out into crusades against decent art in which there is no suggestion—save to him who is naturally depraved—of anything improper or immoral. His raid on the Art Students' League of New York the other day was an excellent example of his misdirected activity. The catalogue of this most celebrated of the art schools in the country was seized because it contained a few pages of illustrations of work in the nude done by students of the league.

We fear the energetic Anthony has an evil mind. Studies of the nude as done in respectable art schools are never salacious nor harmful to right-thinking persons, while they are entirely too pure for the other sort. How Mr. Comstock can possibly think of them as pernicious is one of the mysteries attending a very curious make-up.

#### The Washington Post pertinently remarks:

Anthony Comstock has again demonstrated that he should be suppressed. His latest performance in raiding the Art Students' League, in New York, seizing the works of art found there and placing in arrest the only person who temporarily was occupying the place, a young woman, was an act of wantonness. It is one of those occurrences that are peculiar to the overheated, undisciplined life of New York.

The fact that Comstock committed his

most recent outrage under the forms of law, as administered in New York—indeed, that it was made possible by a process of court issued at his request—emphasizes the necessity for curbing his power. If it could be shown that in his lurid career as an alleged suppresser of vice he had done one single, solitary thing for the protection of the public morals, for the shielding of the innocent from the artful wiles of the wicked, his offenses might be condoned in a measure. But we doubt that any instance of real good accomplished by his activities can be recalled.

At the early stages of the nauseating Thaw-White scandal, Comstock publicly condoned the murder committed by Thaw, and brought all of the power of the organization of which he is the head to bear upon public opinion to save that dangerous, money-mad youth from the retribution of the law. In this undertaking Comstock sought to blacken the name and blast utterly the fame of the victim of Thaw's licentious wrath, while at the same time, he was insidiously injecting poison into the minds and hearts of thousands of callow youths of both sexes, by spreading abroad foul and filthy stories that should never be told, even if they were true. Happily, his machinations were soon checked in the Thaw-White scandal by the newspapers of the metropolis closing their columns to his emanations.

Borgium, the sculptor remarked anent the raid.

"It is an infernal outrage the way this man Comstock goes around in this community. I have never heard of such an outrage as this one. The drawings in that magazine and catalogue obscene! lewd! My God, what are we coming to?"

"Comstock is the one who is lewd. He

is the one who has directed attention to what was conceived in purity and expressed in art. And by directing the minds of the vulgar toward this work he is the one who should be prosecuted.

"These drawings were done in all seriousness and following a high ambition. They represent ideals of professional work.

"Why, if it has come to this pass, are any of our rights safe? Why does not Comstock go into the medical schools and arrest the students there for dissecting bodies without wearing blinders? Why doesn't he go into the libraries and confiscate the Gray's 'Anatomies?' Or the 'Boccaccios' and 'Heptameron's?' Why doesn't he go into the libraries and confiscate Rabelais and Balzac? Why doesn't he go to the Metropolitan Museum of Art and smash Bernard's 'Two Natures?'"

"I am so angry that I cannot say any more except that this whole business is a d—d outrage."

Comstock was asked over the long distance telephone what had prompted him to see evil in the work of the Art Students' League.

"A man wrote to me and sent me one of the magazines or pamphlets," said Comstock. "He said he had found it in the hands of one of his children. The pictures were the worst I had ever seen and so I proceeded to do my duty as I saw it."

And so, if this be true, any man who chooses to telephone a lie to Comstock will find the latter a willing tool for spite purposes. A pretty pass things have come to, indeed! Comstock—but faugh! the name smells ill in the nostrils of decent men!

## PRUDES IN THE POULTRY YARD



Uncle Rufus Comstock.—Come right away, Maria, that's another one of them nood pictures.—*Good Housekeeping*.

# Seasonable Menus for the Week

By MARGUERITE MACFADDEN

## MONDAY.

*Breakfast.*  
Grapes,  
Shredded Biscuit with Sliced Peaches and  
Cream,  
Hot Egg Sandwich,  
Postum.

*Lunch.*  
Escalloped Cauliflower,  
Baked Quince,  
Graham Gems,  
Cocoa.

*Dinner.*  
Cream of Carrot Soup,  
Oysters in Pastry Shells,  
Succotash—Vegetable Marrow,  
Cabbage and Nut Salad with Mayonnaise  
Dressing,  
Grape Cup Puddings.

## TUESDAY.

*Breakfast.*  
Cantaloupe,  
Egg-o-See and Cream,  
Rice Griddle Cakes with Maple Syrup,  
Postum.

*Lunch.*  
Salmon Salad,  
Cucumber Sandwiches,  
Ginger Bread,  
Milk.

*Dinner.*  
Broiled Chicken with Chestnut Sauce,  
Rice Croquettes, Water Cress Salad,  
Nesselrode Pudding,  
Grape Juice.

## WEDNESDAY.

*Breakfast.*  
Watermelon,  
Boiled Rice and Cream,  
Salsify Cakes,  
Graham Bread,  
Chocolate.

*Lunch.*  
Creamed Nut Macaroni,  
Baked Apples,  
Hot Biscuits,  
Milk.

*Dinner.*  
Vegetable Soup with Toast Squares,  
Broiled Salmon with Bernaise Sauce,  
Plain Boiled Potatoes,  
Egg and Lettuce Salad,  
Cantaloupe Surprise.

## THURSDAY.

*Breakfast.*  
Pears,  
Hominy and Cream,  
Rice Nut Hash on Toast,  
Cocoa.

## Lunch.

Squash Cutlets,  
Jellied Tomatoes,  
Graham Bread,  
Postum.

*Dinner.*  
Fresh Lima Soup,  
Chestnut Balls,  
Green Corn, Fruit Salad,  
Crackers and Cheese,  
Sweet Cider.

## FRIDAY.

*Breakfast.*  
Quince and Apple Compote,  
Toasted Triscuit,  
Shirred Eggs with Nuts,  
Postum.

*Lunch.*  
Lunch Stew,  
Quick Cake,  
Cocoa.

*Dinner.*  
Asparagus Omelet with White Sauce,  
Fresh Lima Beans,  
Green Corn,  
Russian Jelly with Whipped Cream.

## SATURDAY.

*Breakfast.*  
Cantaloupe,  
Grape Nuts and Cream,  
Baked Eggs in Tomato Cups,  
Graham Toast,  
Postum.

*Lunch.*  
Green Corn Popovers,  
Angel Food,  
Graham Wafers,  
Milk.

*Dinner.*  
Steamed Hickory Roll  
New Beets with Chestnut Sauce,  
Fresh Lima Beans,  
Salad Superba, Grapes.

## SUNDAY.

*Breakfast.*  
Baked Quince on Shredded Wheat Biscuit,  
Shirred Eggs—Parsley Tipped,  
Graham Gems,  
Cocoa.

*Dinner.*  
Cream of Chestnut Soup,  
Vegetable Duck, Potato Rolls,  
Lettuce and Grape Salad,  
Chocolate Rice Pudding (frozen)  
Olives, Celery.

## Supper.

Nut Macaroni,  
Stuffed Tomatoes a la France,  
Parker House Rolls,  
Chocolate.

*Hot-Egg Sandwich.*

Toast thin slices of Graham or whole wheat bread, butter while hot and sprinkle lightly with celery salt. Arrange half the number of slices (buttered side down) in your dripping pan, break upon each an egg as you would for poaching, and over this, grate a little onion, bake three minutes in a hot oven, and just before removing, put a liberal dab of butter in the center of each, cover with the second slice of toast and serve.

*Escalloped Cauliflower.*

Boil until tender in slightly salted milk and water, one good firm cauliflower. When done strain, and pull into tiny pieces. Have hot in your skillet a liberal tablespoonful of butter, half a cup of cream and a dash of cayenne, into this turn your picked up cauliflower and allow all to come to boiling point. Line your buttered baking dish with grated whole wheat bread crumbs or shredded wheat biscuit, over this sprinkle a handful of finely minced hickory nuts, then a layer of the prepared cauliflower. Repeat this until your dish is filled, then over all, pour the dressing of the cauliflower. Bake to a delicate brown. Cauliflower thus prepared is a delicacy rather than an ordinary vegetable as it is considered by many.

*Baked Quince.*

This seasonable fruit is not only healthful, but very delicious prepared in the following simple manner; pare and core your fruit, filling the core cavities with sugar. Place in a baking dish half filled with water with one cup of sugar to each half dozen quince. Tie the skins and cores in a tiny cheesecloth or thin muslin bag, and place this latter in the centre of the dish. Bake for three hours in a moderate oven. When done, the syrup will be thoroughly jellied if allowed to cool before serving. The bag should be removed immediately upon taking from the oven, and fruit put to cool in the dish from which it is to be served.

*Cream of Carrot Soup.*

Scrape twelve large carrots, cut in

slices, with one small parsnip and two onions, a sprig of parsley. Place all in your skillet with a tablespoonful of butter, cover tightly, and fry until the butter is all used up. Then put all into one quart of milk, seasoned with pepper and salt and cook until tender. Strain, rubbing through enough of your vegetables to render the soup of a proper creamy consistency, and serve.

*Oysters in Pastry Shells.*

Make a flake paste in the following manner: to one large cup of butter, add one and one-half cups of sifted flour and one dessertspoonful of baking powder. Mix your butter and flour (having blended the baking powder with the latter) until smooth, moisten with one-quarter of a cup of ice water, and roll thin. Cut out with the top of an ordinary sized glass, as many "shells" as are required. Then repeat this number a second and third time, but remove an inner circle from these two latter lots, with a glass of about the diameter of a half dollar and lay these circles in double layers upon your first, in this way building a little wall for your patty. Bake in a quick oven. For the filling: To each pint of oysters, allow four tablespoonfuls of cream and one of arrowroot or corn starch, piece of butter the size of a walnut, a dash each of pepper and salt. Bring your thickened cream to boiling point, then turn in your oysters and seasoning, simmer for two minutes, fill your shells, and serve.

*Grape Roly Poly—or Cup Pudding.*

Use one pint of flour, two teaspoonfuls of baking powder, three-quarters of a cup of butter, one quart of stoned grapes and milk enough to moisten. Stir the powder through your flour, and pour into this your melted butter, adding milk enough to form a thick batter. Have ready six well buttered cups. Place in each, one spoonful of the batter, a layer of grapes, and a sprinkling of sugar, and then another layer of batter. Steam over boiling water for half an hour. Serve with sauce of cream, or hot grape juice.

*Cucumber Sandwich.*

The cucumber is considered by many,

as an indigestible article of diet. But it is not if properly treated, any more than egg plant, or such like. Cucumbers should be freshly cut, peeled, and sliced thin. Then sprinkle liberally with salt and place in a deep bowl, cover tightly with a saucer or small plate which will drop inside the bowl and serve as a press lid, place on top of this latter an iron or heavy weight of some description, and set all on the ice or in a cool place for half an hour. The so-called injurious properties are thus pressed out, and can be poured off before seasoning for the sandwich, or table, as the case may be. Make a dressing of one dessertspoonful of vinegar, one tablespoonful of olive oil, and a dash of celery salt, mix thoroughly through your cucumbers, and spread between thin slices of buttered whole wheat bread. The sandwiches thus made, will be found a delicious addition to fish salads or dishes of any description.

#### *Chestnut Sauce.*

This delicious sauce can be served with chicken, and a variety of dishes. Shell and blanch one pound of chestnuts, cook them in slightly salted water enough to cover, for forty-five minutes. Strain and mash. Add to the pulp two pints of rich milk, half a teaspoonful of celery salt, a little salt, pepper, and small piece of butter, with the grated rind of a lemon; boil up once, and it is ready for use.

#### *Nesselrode Pudding.*

One pint of blanched almonds, one pint of blanched chestnuts, one pint of grated pineapple, half a pound of candied fruit (figs and dates may be substituted) one pint of cream, yolks of ten eggs, one tablespoonful of lemon, grape juice or vanilla flavoring, one pint of water, the same of sugar. Blanch and then boil your chestnuts for half an hour, put them through the nut mill, together with your almonds. Boil, water, sugar, and pineapple together for twenty minutes, then stir into this your beaten eggs, stir until it thickens, then remove from the fire, set inside a basin of cold water and beat for ten minutes. Finally add your nuts and chopped fruit, and freeze in your ice cream freezer.

#### *Creamed Nut Macaroni.*

The fresh hickory nuts, or chestnuts, whichever are available, are equally nice for this dish, the hickory nuts being less trouble to prepare, as chestnuts always require to be blanched and boiled, while the hickory nuts are minced in their natural state. Allow one pound of nuts to one pound of macaroni. Boil your macaroni in slightly salted water until tender, then drain, and mince in your chopping dish, but not too finely. Line your buttered baking dish with grated triscuit or shredded wheat, next a layer of minced nuts, then a layer of macaroni; repeat this until your dish is filled. To one pint of cream, add a dash of cayenne, a little salt, and a small piece of butter, boil up and pour over your dish of macaroni, and place in the oven to brown slightly.

#### *Vegetable Soup.*

One small turnip, one parsnip, three carrots, three ripe tomatoes, four onions, an ear of green corn, and six large potatoes. Cover with water, and close tightly and boil slowly for one hour. Take from the fire, remove your corn, and mash the other vegetables in the liquor. Strain through your sieve. Add pulp to one pint of milk and the same of water, with pepper and salt to taste, a bay leaf and sprig of parsley chopped fine. Allow all to boil up once and just before serving, stir in the whites of two eggs beaten to a froth.

#### *Bernaise Sauce.*

Melt slightly and whip smooth, four tablespoonfuls of butter. Beat lightly the yolks of four eggs with half a teaspoonful of salt and a little pepper, add to this the melted butter a little at a time, beating constantly the while, then stir in one tablespoonful of lemon juice and one teaspoonful of onion juice, and heat again, making all quite smooth. Place the saucepan inside one filled with boiling water (or make in a double boiler if you have one) and cook for three minutes, beating constantly. Now remove from the fire, add one teaspoonful of chopped parsley, the same of chopped tarragon and use immediately.

*Squash Cutlets.*

Peel your squash, and cut into slices about an inch thick. Dip each into a beaten egg, and then into equal parts (mixed) cracker crumbs and minced nuts. Cook until tender in your wire basket, in olive oil and sprinkle lightly with chopped parsley, before serving. Persons who do not care for olive oil may prepare this dish by frying it in butter.

*Baked Eggs in Tomato Cups.*

Choose tomatoes of equal size, cut off the tops, and scoop out the inside. Break into each a fresh egg, sprinkle with pepper and salt add a tiny dab of butter, grate liberally with bread crumbs and minced onion. Bake for twenty minutes in slow oven. Serve each tomato on a slice of hot toast.

*Steamed Hickory Roll.*

Mince finely one quart of hickory nuts, add one cup of freshly boiled lima beans, the same of whole wheat bread crumbs, also of boiled rice. Two eggs well beaten, one onion minced and browned, a stalk of parsley (chopped) pepper, salt and a tablespoonful of melted butter. Mix well together. Turn all into a mould with a cover, (or a coffee tin will answer) and steam for forty minutes, and serve with a little horseradish sauce made as follows: Two tablespoonfuls of freshly grated horseradish (the bottled horseradish will answer if you cannot procure the fresh) one tablespoonful of olive oil, or melted butter, two of cream, and one teaspoonful of mustard. Mix thoroughly.

*Salad Superba.*

Lay your platter thickly with crisp lettuce leaves, over these sprinkle lightly a layer of water cress, and the same of nuts, next cut into one-half inch cubes the choicest portions of a ripe watermelon, and arrange these closely on top, pouring over all the following dressing: Beat the yolks of two eggs light, add two tablespoonfuls of lemon juice, one teaspoonful of salt, and a little pepper, cook in double boiler until it thickens, then set aside to cool. When

quite cold, stir in one cupful of whipped sweet cream and a tablespoonful of chopped olives. This salad is certainly worthy of its name.

*Cream of Chestnut Soup.*

Shell, blanch, and boil until tender two pounds of chestnuts in slightly salted water. Drain and add them to two quarts of rich milk, with one teaspoonful of celery salt, one tablespoonful of minced onion, one teaspoonful of pepper and the same of chopped parsley. Cook for fifteen minutes. Just before serving, grate in a lemon rind and add a cup of whipped cream.

*Vegetable Duck.*

Take a large, white squash, place it in boiling water, cook for forty minutes, remove, and when cool enough, skin it. Now remove a circular piece about as large as the top of a tea cup from the end and scoop out the seeds and pulp. Fill the entire cavity with the following: One cupful of chopped nuts, the same of rice, one large green pepper chopped fine, three onions, minced and browned in a little butter, a little powdered sage, pepper and salt, and one tablespoonful each of rolled cracker crumbs and melted butter. Mix all with a well beaten egg. Stuff your squash, closing with the piece you had cut out of the end, and bake for two and a half hours in a moderate oven. For basting, use one minced onion in four tablespoonfuls of butter around it in the pan. Serve with the following sauce: One dozen medium sized apples pared and chopped, one cupful of brown sugar, and one of water, cook until tender, then add a half teaspoonful of cloves, and two slices of lemon, cook for three minutes longer, remove the lemon and serve.

*Lettuce and Grape Salad.*

In preparing this salad only large firm grapes should be used. Cut through the centre, remove the seeds and skins. Use equal quantities of grapes and chopped olives, serve on lettuce leaves with French dressing to which a tablespoonful of grape juice has been added.



# Ideal Babyhood

By MARGUERITE MACFADDEN

(Concluded)

The prayers the little children say  
No toiling angel brings;  
They pass right through the shining ray,  
That searches selfish things.  
(They are so little that they slip  
Between the guarding wings)  
And God says, "Hush and give them way!  
The prayers the little children say."  
—*Post Wheeler.*

HAVING considered in detail the necessities for baby's comfort and well being, from birth, through babyhood, to the threshold of childhood, I would in concluding this series of "chats," ask my readers to retrace their steps with me for a space, to further consider that most important subject of pre-natal culture. Now, while every mother worthy of the name will do her very utmost for her child's well being after its arrival, how comparatively few are there who devote a just degree of attention, to those things which are its due prior to birth? Is not the "life" more than "meat," and the body than "raiment?" asked the voice of Divine wisdom. Yet note what prominent places do meat and raiment occupy in the mind of the mother, while comparatively few pause to ponder on "life" itself and its many possibilities for good or ill? Too frequently, the prospective mother spends the greater part of the nine months prior to baby's advent, preparing an extensive layette, and "doing up" a thousand and one things, not realizing that she has a wonderful mission and that her child's future welfare demands her larger attentions and most careful thought.

It is during the period of pregnancy that the mother most peculiarly influences her offspring that is to be. Oliver Wendell Holmes told us that "a child's training should begin two hundred years before its birth." This would be folly, if one did not pause to think that in reality, pre-natal influence is a thing that began with the conception of the

first of our pre-historic ancestors. Yet we take no note of the months and years of preparation that this work properly demands. The painter, the sculptor, the musician, spend years and years ungrudgingly on their work so that their creations may be worthy of them. But this paramount work, this master creation of which we are the instruments, is alas! neglected and underestimated. Hence, the world has inflicted upon it daily, myriads of souls which bring with them discord for harmony, unsightliness for beauty, misery for happiness, and vice for purity.

Not for a moment do I think, that any mother endowed with an ordinary amount of intelligence would launch a tiny barque of humanity upon life's sea, without rudder or compass, as it were, did she but pause to ponder on this subject of pre-natal influence. The common acceptance of a mother's mission is that her work is post-natal, rather than pre-natal, and that if she but does her duty by her children after birth, she is fulfilling her total duty to her child. And can we wonder at this? Has not such been the accepted code of ages on the part of the overwhelming majority? Do we not constantly hear such remarks as "Well, *our* children have been well brought up and their future provided for as far as lies in our power," or again; "It is no fault of ours that Nellie or John are in such trouble. We did everything for them that our means would admit." Thus accepting the world's standard of the duties of parenthood and never seeming to realize that

mere education or material possessions weigh but lightly, as compared to the inheritance of a pure mind, a perfect body and a radiant soul. These the children could have had, had the parents striven to implant such desirable and inestimable qualities within their offspring.

The influence of parents at the initial stage of life, together with the more potent effects of maternal influence during gestation, is stupendous. Thus, it is that we see on every hand, the reflections of the physical, mental and moral conditions of parents when they gave life to the mysterious germ that later blossomed into a tiny human being. Charles Darwin says: "Heredity produces an exact copy of a parent in the child." I might quote from the greatest minds, the most profound students, of these wondrous truths of pre-natal culture at length, were it necessary. But it is not. Why should it be? We need only to look back down the ages, or read from the pages of *Divine Writ*, words such as these: "The sins of the fathers shall be visited upon the children unto the third and fourth generations" or again: "The seed of the righteous shall flourish as a green bay tree." Look about you and see the countless illustrations of the foregoing which serve as beacons or warnings. Then let each mother, realizing the importance of her mission for good or ill, unite her forces with those of her children's father and weed out the ill and implant the true. Then shall they, the parents, rejoice in ideal children and with them enjoy an ideal existence.

There are eminent authorities who assure us that the power of pre-natal influence, properly, and faithfully wielded, not only works for general good, but that special talents may be implanted in one's offspring. Illustrations galore are to be had of this amazing fact. Look into the parentage and antecedents of many of the gifted orators, musicians, sculptors or divines, and you can trace the impress of pre-natal influence. Unfortunately evidences of the power of the influence for evil abound hence the vicious, the unlovely and unsightly, the weak, miserable and

forlorn, the progeny of weak, miserable and unfortunates. But, in spite of all this how comforting the thought, yes, the assurance that:

"No star is ever lost, we once have seen,  
We always may be, what we might have  
been."

If not in ourselves, then in our children, and generations yet unborn. Seek the beautiful in life, shun the unlovely, in your daily walk and avocations, and thus, you, the prospective mother in particular, will surround your embryonic offspring with an ideal environment. Strive to mitigate, and overcome, as far as lies within you, any bodily defects or weakness; render your body a fitting temple for the temporary abiding place of another soul. Crush out any abnormal tastes and desires that you may have within yourself. Be moderate in all things, so that no tendency to selfishness or greed may mar your offspring. Think beautiful thoughts, seek beautiful things, do beautiful deeds, that the impress of the beautiful may be given to your babe. To quote Professor Fowler, "All existing pre-natal states are stamped on offspring." Dr. John Cowan says that: "In its plastic state, during ante-natal life, like clay in the hand of the potter, the child can be moulded into any form of body or soul the parents may knowingly desire." And most assuredly the reason why the world is so largely peopled by plain, mediocre persons, is a lack of knowledge or neglect of wise practices during the ante-natal period, or neglect of cheerful obedience to pre-natal laws.

As heretofore, then, dear mothers, we have been striving to render babyhood ideal, let us press onward and upward, clinging closer and still closer to higher, nobler, and loftier ideals, in our everyday life, with the realization before us of the wonderful power within us to not only render babyhood ideal, but in addition, girlhood and boyhood, womanhood and manhood, on and on to ideal old age and

"So make life, death, and the vast  
forever  
One grand sweet song."

# Exercises for Reducing Weight

By BERNARR MACFADDEN

Second Article on Special Movements Suitable for Women and Other Natural Means for Removing Surplus Flesh and Building Increased Vigor and Health.




My article on this subject in last month's issue, was chiefly confined to remarks upon the influence of exercise in removing superfluous flesh, and the kind of exercise best suited to the purpose. Now, while appropriate exercise is, perhaps, the main consideration when dealing with this subject, yet

it is usually necessary to make marked changes in a number of one's general habits. And among these, close attention should be given to the diet and manner of eating. Thus, the use of alcoholic beverages almost always brings about an accumulation of unwholesome fat. In such cases, all that is necessary is abstinence from such drinks and plenty of good vigorous exercise. The

same remark stands good of foods that are notoriously fat-producing. Proper changes in diet are invariably effective helps in disposing of excessive weight. Further than this, all of one's general habits should be in strict accord with the laws of health. That is to say, after having adopted a suitable course of daily exercise and assured yourself that your diet is sufficiently limited in quantity and satisfactory in character, see to it that you do everything else in your power to build up a better condition of health and general bodily vigor.

It is true that massage may be of some assistance in moving surplus fat, since it will accelerate the circulation, bring about a healthful condition of the bodily tissues, and lessen the tendency to secrete fat in excessive quantities. But



Exercise No. 5.—Lie flat on the back, with hands on the front of thighs. Then, without any assistance from hands, rise to sitting position as illustrated above. Then back again to reclining position and repeat, continuing the movement until tired. You will be able to accomplish it more readily if you have something to help hold the feet down. You might thrust them under a couch or bed, or any other object of moderate weight. After you are strong enough to do it easily, you should try to do it as rapidly and vigorously as possible.



**Exercise No. 46.**—Stand firmly braced on both feet, one some distance in front of the other. Then, keeping arms straight, swing one arm far back and the other forward to a horizontal position, as illustrated, then reverse, bringing the other arm forward and the forward arm backward. Continue vigorously and as swiftly as possible until tired.

exercise will accomplish the same things much more effectively, and in addition, consume the surplus tissue. So that for one who is strong enough to exercise, massage need not be considered, except perhaps to prevent stiffness after vigorous physical work. But if unable to exercise for any reason, vigorous massage may be used as a substitute.

I referred last month to the power of copious perspiration, induced by active and prolonged exercise, to eliminate

superfluous fat. For this reason, also, cabinet and Turkish baths are beneficial in this direction, as well as other methods by which the body can be subjected to heat with contingent perspiration. These latter are also most valuable in the case of one who is not strong or energetic enough to induce perspiration by means of exercise. But even in such a case, some exercise and walking is positively essential. Furthermore, cabinet and Turkish baths constitute a somewhat artificial and unnatural treatment, and it would be better if you were able to accomplish your purpose by means of exercise, diet, the use of cold water and other natural aids to health.

In taking up the question of diet, two features deserve consideration; first, the reduction of the total amount of food consumed, and second, the restriction of the diet to those foods which are not fattening.

The amount of food can be reduced in several ways, either by limiting the size of each meal, by lessening the number of meals eaten per day, or by occasionally fasting. If you are a hearty eater and enjoy your food, it will, of course, cost some effort to reduce the food taken at each meal to such a minimum quantity as will be necessary. It is absolutely essential that you should avoid gluttony at all times. You will find, however, that it is much more easy to satisfy your appetite with a fairly substantial meal and reduce the number of meals per day, than to eat often and be continually stinting and denying yourself at each meal. If you favor the two meals per day idea, one of these might consist entirely of fruit, but it is far more likely that one meal per day would be of more benefit to you. But remember, that unless you perseveringly exercise you will probably remain fat on the one meal plan.

When you first undertake to reduce, some fasting will be invaluable while, after you have succeeded in getting down to normal weight, one meal per day will be advisable in order to enable you to remain at such weight. Because of the nourishment and energy which you have stored up in the form of fat, you will be able to fast with but

slight, if indeed any, inconvenience. It is the rule that one who is burdened with undue tissue, feels better and stronger the longer he fasts, up to the point that he reaches his normal weight. In this respect he has the advantage of the man who is already under normal weight, but who may be in need of a fast to eliminate impurities or for some other reason.

If you desire a speedy improvement in your condition, a prolonged fast would be the best thing you could undertake as a preliminary. Abstain absolutely from all foods, though you can use water if you so desire. This will sometimes enable one to take off from thirty to forty pounds in a month. You need not be alarmed by the idea that you are starving yourself, or that the process is in any way dangerous. So far from its being dangerous to one in your condition, it is really one of the safest things that you can undertake. Nearly all animals fast at some time or other, on account of some illness or for other reasons. I suppose that every one is familiar with the habits of hibernating animals in this respect, as well as with the prolonged voluntary fasting of large reptiles. Remember that your excess of fat is likely to result in disease and weakness unless you fast and adopt other means for eliminating it.

In this connection, however, I must caution you against one thing, and that is the tendency to gain weight rapidly immediately after a long fast. And it is for this reason that I would insist upon your adopting other means in connection with fasting to effect the result desired. It is after a fast that you will realize the inestimable importance of ex-

ercise, as discussed in my article of last month. But further than this, you must be warned against eating heartily immediately after a fast. A heavy meal is certain to upset your unprepared stomach, and furthermore, the rapid gain in weight due to such



**Exercise No. 7.**—From a standing position, smartly bring both arms high over head and raise one leg, bent at the knee, as high as possible, leaning backward, in the manner illustrated. It should be a quick movement, making a special effort to raise the knee. Return to the original standing position and repeat the exercise with the other leg. Continue the exercise, alternating in this way, until tired. As you are able to do it more easily, try to jump with each movement from one foot to the other, somewhat in the manner of the cake-walk or of the prancing of the circus dance-horse. This is a vigorous exercise and very effective in reducing weight.

eating would defeat the very object of your fast.

In many cases it is a more satisfactory plan to take a series of short fasts, of say a day's length, and continuing this regime for a fairly long period. For instance, you might fast two days out of each week, or three or four days every two weeks. Or you might gradually extend the length of each fast, at first fasting one day with two days intervening, then fasting two days, with four days intervening, then three days, and so on. This is unquestionably the easiest method of fasting.

If you wish to restrict the character of your diet you should refrain from white bread, potatoes and all starchy foods, together with cake, pastries and rich, greasy and supercooked dishes. Meat is too stimulating, and should be avoided, together with tea, coffee, alcoholic beverages, and condiments. Do not drink at meal time, and between meals, drink just sufficient to satisfy your thirst. This is probably the only condition for which the free drinking of water cannot be advised, for such drinking adds to one's assimilative ability and tendency to gain weight, hence you should use no more water than will satisfy the actual needs of your body.

If you follow these instructions, and still have difficulty in losing flesh, then I would advise that you adopt

the nut and fruit diet, which after all, is the perfect natural diet for mankind. It will thoroughly nourish you, though you may not feel as though it "fills you up." Above all things, never eat without an appetite. If you do not appear to be hungry when your regular meal time comes, wait until your appetite returns before you eat.

As stated last month, the exercises given for the purpose of your reducing your weight should be performed energetically. The more speed and activity the better. If they are executed in a listless, phlegmatic manner, they will have little results for good. But if you take the long walks as directed, together with these movements and, if possible, other active exercises and games, and also correct your dietetic habits in the manner indicated, you will surely bring about a great improvement in a little time. To be burdened with an accumulation of useless fat is an unnatural condition, as ugly as it is unhealthy. A natural degree of healthful activity and right living would make it impossible. You can get back to the normal if you are only willing to make the effort. And now that you know the proper methods to pursue, the only excuse for your continuing to carry about your excess adipose tissue, is your own laziness and your unwillingness to exercise a moderate degree of intelligence in controlling your appetite and selecting your diet.

### "AROMATIC ELIXIR" IS SIMPLY "BOOZE"

A New York medical organ draws attention to what it terms the "peril" of the simple elixir, or "aromatic elixir," as it is now denominated in the pharmacopoeia, which, is a preparation that probably most medical men look upon as an innocent vehicle with some approach to palatability, and it is one that many of them must prescribe freely under the influence of that impression. In regard to which "peril" *Drug Topics* remarks: "But let us consider. We dislike to contemplate the probability that physicians often prescribe unwittingly a considerable amount of alcohol

when they order [the 'elixir' of the pharmacopoeia, and to reflect on the fact that it is particularly for children that the elixir is prescribed. A pharmaceutical friend reminds us that the elixir contains almost as large a percentage of alcohol as is to be found in brandy or whiskey. Inasmuch as the elixir is largely ordered as a vehicle for a sedative, it is easy to perceive that its own action, by virtue of the alcohol contained in it, may readily overcome that of the sedative and be inclined to prove positively injurious on that account."

# Women's Question Column

By BERNARR MACFADDEN

## The Change of Life

**Q.** Will you kindly give your opinion as to why the change of life occurs in women at such a comparatively early age, and do you not think that it should be much later in life—say, at sixty or seventy? Is the current arrival of this change due to the physical degeneration of the race?

**A.** Without a doubt, the menopause, or change of life, would occur at a somewhat late period under absolutely normal conditions, though to look for it at sixty or seventy would be expecting too much. As a general rule, it occurs somewhat late in life in the case of one who attains puberty late. For instance, one whose first menstruation takes place at the age of seventeen or eighteen will experience the change of life somewhat later, than one who menstruates at the age of eleven or twelve. There is some such similar difference between the women of tropical and cold climates. Women usually mature much earlier than men, and, especially in civilized communities, the sex function is stimulated and puberty hastened by a variety of influences. Among such influences is the corset, which, in addition to its tendency to weaken and distort, also stimulates the sex organs in an abnormal and unwholesome manner. Independently of the corset, there is usually some amount of lacing and other mistakes in dress. Then there are exciting, cheap novels, sensational newspapers, and most of all, the accursed prudery of our times. There is our educational system, improper food and drink, our artificial life generally, the stimulating promptings that go with it, together with its accompanying general physical weakness, all tending to bring about a premature development. In the case of a natural life and under ideal conditions, the girl would come to a later and more perfect maturity, and the menopause would doubtless arrive several years later in life. Such results could hardly be secured in the case of the adult women of to-day, but two or three generations of right living would unquestionably produce more normal conditions. Another thing must be considered. The usual abnormal habits of married couples are very debilitating, and materially affect the result in question. All of which emphasizes the necessity for right living in every respect. Of course, the average woman, like the average man, is far from normal, but yet, statistics covering the "average" should indicate little or nothing with regard to a natural, healthy individual.

## Breathing through Nose and Mouth

**Q.** Kindly inform me definitely in regard to the proper method of taking deep breathing exercises. Have been told to inhale through the nose and exhale through the mouth, also to inhale and exhale both through the nose, also to breathe through the mouth only.

**A.** Under practically all circumstances, the breathing should be done through the nose, both inhaling and exhaling. In case of great activity, however, as in running or other very vigorous exercise, it is impossible to secure enough oxygen through the nose, hence breathing through the mouth is under such circumstances, both natural and necessary. This is especially so in the case of swimming.

## Poison Ivy

**Q.** Kindly advise treatment for ivy poisoning.

**A.** Treatment for this trouble should be similar to that used for other forms of poisoning contracted by contact with poisonous plants or insects. I do not refer to poisons that are swallowed. The effort should always be to purify the body and eliminate the poisonous matter. Above all things, avoid scratching or rubbing in the case of ivy poisoning. The irritation can be relieved by cold water. Cold wet cloths should be applied and kept on the affected parts. If the poison is spread over a considerable part of the body, the cold wet sheet pack should be given. A steam bath can be recommended, though ordinarily, the wet pack will bring relief. If it is inconvenient to apply the wet cloths, a little olive oil would help to allay the irritation. Other constitutional treatment is important. Adopt the colon flushing treatment immediately. Drink freely of water. Fast absolutely until all traces of the trouble have disappeared.

## Uric Acid in the System

**Q.** I am troubled with too much uric acid in my system, and have been told to rub my body each night with powdered sulphur, and to put it in my shoes to draw the uric acid. Is this remedy of any value? What else do you advise?

**A.** Sulphur would do you absolutely no good. It is valuable for the purpose of killing parasites in certain skin diseases, but would be of no use whatever to you in this instance.

To successfully rid your system of uric acid, there are two things to be considered, first, to eliminate the poison in every possible manner, and secondly, to so regulate your habits that the acid will not be accumulated in the system. If one's diet and general habits are satisfactory, an excess of uric acid will not be formed. Avoid meat above everything, also overeating. Have pure air at all times and wear as little clothing as possible. Drink very freely of water between meals. Deep breathing is of special importance in your case. Use dry friction baths, air baths, sun baths, cold water baths, in short, every possible means to stimulate activity of the skin, which is a most important depurating organ. Take sufficient active exercise, to arouse a vigorous circulation, induce deep breathing and free perspiration.

#### Marriage at Thirty-eight

Q. I am a healthy, unmarried woman of thirty-eight years. I contemplate marriage, but hesitate because I am not sure that I am justified in assuming the possibility of motherhood at my age. Kindly advise me.

A. It is certainly possible for you to have children. It is true that childbirth, that is, in the case of the first child, is often painful at your age, but this is not a strict rule and there are many exceptions. It is also true that this somewhat depends upon peculiarities of individual build, and upon the previous life of the prospective mother. But if you live a true physical culture life, you will surely come out all right.

#### Foods Cooked and Uncooked

Q. What foods are of most value in a natural state, and what foods are improved in digestibility by cooking?

A. In general, I would say that all those foods which can be eaten uncooked and are palatable in that form, should be so eaten.

There is little doubt that they are more valuable in their natural state than when cooked. Among these are nuts, fruits and some vegetables, together with milk and honey. However, there are some foods upon which man can subsist which in their raw state, are not suited to the human stomach. Naturally these are better cooked, in which condition they are not only actually more palatable, but are capable of being more readily acted upon by the digestive juices of the stomach. Among these are beans, potatoes and other vegetables. To these might be added fish, fowl and flesh, if you are still carnivorous. Briefly, the natural palatability of a food in either its cooked or uncooked state, and your ability to enjoy it, should afford you ample guidance in this respect. No one is in a position to dogmatize on the diet question; even the cooking of cereals is a disputed point. Roasting of many foods is far more advisable than boiling, and steaming is fairly satisfactory. It would pay every one to study the subject of diet thoroughly, and decide each incidental question for himself.

#### Coffee and Cocoa

Q. I have heard it said that cocoa is almost in the same class as coffee. Is this true? How about chocolate?

A. It is true that cocoa is stimulating but only very slightly so, hence it really cannot be compared with coffee at all. Its active principle is theobromine, which is somewhat related, chemically, to caffeine, which is responsible for the stimulating effects of coffee. However, the quantity of theobromine found in cocoa is so small as to make it practically unobjectionable as an occasional drink. It is rather rich in other respects, however, and should not be used in very great quantities. The same can be said of chocolate. Owing to this, these drinks should never be served with a hearty or substantial meal, but only with lunches or light meals. Tea and coffee are, by comparison, powerful stimulants and should never be used.

### FOR SUPPORTING THE SKIRT

TO THE EDITOR:

In the April number of PHYSICAL CULTURE, suggestions were given as to the best way to adjust one's clothing when dispensing with the corset. The contributor mentioned a skirt-string for the underskirts. That may be more desirable than the corset, but it always seemed to me a very uncomfortable way.

I have never worn a corset, and have had some time to test the efficacy of my method, which is this: The under-waist (ordinarily called corset-cover) has a band of the same material about an inch wide stitched to its waist line; four good-sized buttons at the centre-front, center-back, and at each side, support all the under clothing below the waist. The dress-skirt and waist are fastened

together in the back either by large hooks and eyes or, if the skirt is the light weight now worn, by large common pins, which approach safety pins in size, but are much less conspicuous when inserted. Thus the whole weight of the clothing is practically borne by the shoulders, there need be no uncomfortably tight bindings or "strings" about the waist, and sagging of skirts upon the hips is avoided.

I am, of course, no judge of the "advantages" of the corset, but I am sure that any one who will give this simple device a fair trial will find it fully as efficient in supporting the clothing. Until a reform in women's attire shall be forthcoming, let us avail ourselves of any suggestions that will make the present fashion more tolerable.

F. W. B.



## Boxing Lessons for Boys



THE boxing lessons given here are a continuation of the series of lessons for boys which we commenced last winter in the Boys' and Girls' department of this magazine. You will remember that the last of this series of illustrations appeared in our May number, at which time, the lessons were discontinued because of the splendid series of articles on self-defense by Champion Jack O'Brien, the first of which appeared in the June

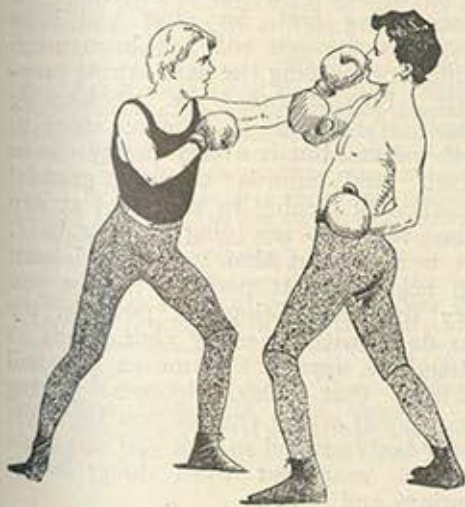


Illustration No. 13.—In the last lesson of the boys' boxing series, Illustration No. 12, we showed a method of escaping a blow by quickly leaning back and out of reach of your opponent. This picture shows the movement that follows the leaning back. As soon as you have escaped your opponent's attack and before he can recover his guard, suddenly bring your body forward again and deliver a blow with the left to his head. In most cases, you will succeed. But your antagonist, if he is quick, will naturally put up his right hand in the manner shown above, to parry the blow. If he should do this, be ready to follow your attack with another blow with your right hand to his body, which he is likely to expose.

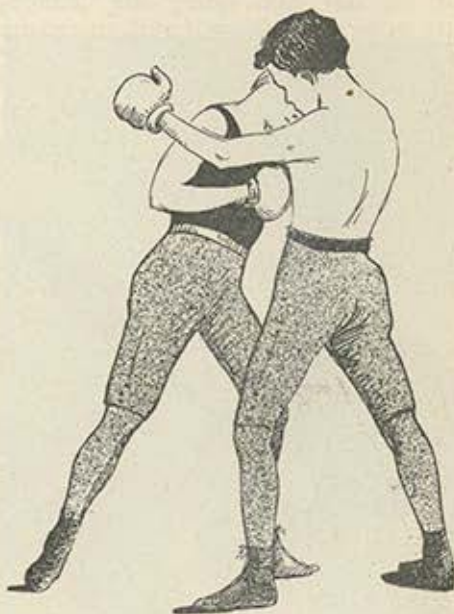


Illustration No. 14.—Right Counter to Body. This involves ducking or dodging, which is another way of escaping your opponent's blows. As he strikes out with a straight left lead for your head, duck quickly to the left, so that his blow will pass by and over you, while at the same time, you lean forward and deliver a right hand blow to his body, as here illustrated. At the same time quickly put your left hand across your jaw to protect yourself against his right.

number. Mr. O'Brien's articles were beautifully illustrated and very instructive, and I hope that those of you who have an interest in this sport, studied them well. If you have done some practicing with the blows and parries illustrated by Mr. O'Brien, and have also mastered the lessons in boxing which we gave previous to these, you should be able to handle yourself in quite a clever fashion. But this need not deter you from further attempts at perfecting yourself in this art, for no matter how expert you become, there is always a possibility of your becoming still more skillful.

## Ground Tumbling for Boys

By HARRY WELLINGTON



Photo No. 6.—This is a very clever acrobatic feat, sometimes called the neck-spring. Lie flat on the back, then bring the feet far up, raising the back from the ground, until your weight rests practically on the back of the neck, head and shoulders, and you find yourself in the exact position illustrated above. Place your hands on the ground in the manner shown in the photo. Then suddenly throw your feet back with a quick, vigorous hitch or jerk, at the same time, jerking your head and shoulders upward as if to land on your feet. At the same time, however, push off hard with your hands, which will give you enough force to bring you upright on your feet. It is important that you land with your knees well bent. If you try to do it with your legs straight or stiff, it will be impossible. Later on, you will be able to do the feat without the use of your hands, but in the beginning, they are necessary

**T**HE two new acrobatic feats illustrated herewith, are both comparatively easy and are both attractive if well done.

They rank next in importance to the complete somersault or flip, which will be illustrated next month. I say that they are easy, for this is only true after you have learned them, and, of course, you may have some amount of difficulty in so doing.

Of the two, you should attempt the neck-spring first, for after you have mastered it, you will not have much difficulty in doing the hand-spring properly. Furthermore, the neck-spring itself, is not only a stepping stone to other feats, but is a very pretty one in itself and affords a very graceful method of coming to your feet at any time that you are lying on your back. It is important that you should learn to accomplish it perfectly before you try the hand-spring. If possible, try to do it without using your hands as described, for by this means you will acquire that quick, vigorous, jerking movement which enables you to throw your body around so that you can come up on your feet when doing hand-springs and flips.

There are two different ways of accomplishing the hand-spring. One is by the method described below, in which one uses a quick vigorous action of the muscles of the back and stomach. This is the proper method, and when you can do it well, you are well on the road to becoming a good tumbler. The other method, I refer to only to let you know what to guard against. The allusion is to the attempt to turn a hand-spring by taking a swift run, putting your hands on the ground, and expecting your speed to carry you over. It is true that if you

run fast enough, you may sometimes be able to get over in this way, and land squarely on your feet. But it is not the proper way and will never help you to progress further in acrobatic work. Of course, a run of two or three steps may be a slight help at first, but speed must not be relied upon to perform the feat.

After you can do it satisfactorily on two hands, you will find that you can do it just as easily on one hand, though the latter will appear to be a much more difficult and remarkable feat. After

\* Photo No. 7.—Start of the hand-spring. You will probably do this much better by throwing up one leg first, as shown in the illustration, pushing off vigorously with the other leg. As soon as you learn to [do this well, you will be able to stand still, put your hands on the ground in front of you and do the hand-spring. But at first, you had better take a run of three or four steps to give you a little momentum. When you feel that your feet are well up in the air and directly over your head, and that you are practically standing on your hands, make a quick effort to throw your feet over and downward and to bring your face upwards to stand on your feet. In doing this, you should use a quick jerking movement of the entire body similar to that used for making the head-spring. Do not try to land stiff-legged, for if you do you are sure to fail, but double up the legs a little when ready to land by bending the knees and drawing the heels as far back under you as possible. It is sometimes advised that one should bend his arms in the first part of the movement, then suddenly straighten them and push upwards in that way, but a boy is not strong enough in the arms to do this, and it is not absolutely necessary. Do not forget to hold your arms very stiff.

Photo No. 7.—Start of the hand-spring. You will probably do this much better by throwing up one leg first, as shown in the illustration, pushing off vigorously with the other leg. As soon as you learn to [do this well, you will be able to stand still, put your hands on the ground in front of you and do the hand-spring. But at first, you had better take a run of three or four steps to give you a little momentum. When you feel that your feet are well up in the air and directly over your head, and that you are practically standing on your hands, make a quick effort to throw your feet over and downward and to bring your face upwards to stand on your feet. In doing this, you should use a quick jerking movement of the entire body similar to that used for making the head-spring. Do not try to land stiff-legged, for if you do you are sure to fail, but double up the legs a little when ready to land by bending the knees and drawing the heels as far back under you as possible. It is sometimes advised that one should bend his arms in the first part of the movement, then suddenly straighten them and push upwards in that way, but a boy is not strong enough in the arms to do this, and it is not absolutely necessary. Do not forget to hold your arms very stiff.

you can do this, you might attempt the jumping hand-spring. This may also be called a diving hand-spring, for instead of putting your hands on the ground while your feet are still on the ground, you jump into the air and appear to dive toward the ground until you come down on your hands and turn the hand-spring in the usual way. In other words, you raise your feet off the ground before your hands have reached the ground, making a kind of jump. This is exceedingly spectacular.



### CRACKING THE WHIP

When I went to school we used to play "crack the whip," and it used to be great fun and it is good exercise, too, so I thought I would let the readers of PHYSICAL CULTURE know of it especially as it now has the former "Physique Culture" subscribers among its readers, and it might be new to some of them. It is very simple; a lot of children, the more the merrier, catch hold of hands and run in a straight line,

after each other. When well started the leader suddenly turns and runs back the way he came, all the time pulling hard on the chain of hands. The result is a tremendous swing on the outer end of the "lash" and often results in the children at the outer end letting go their hold and tumbling over, but as soon as they can get up they will be ready for another try.

FARMER BOY.

## Boys' and Girls' Question Department

Q. I have been troubled with hysteria for practically all my life; that is to say, I have fits occurring every two or three weeks. Please advise me what to do for them.

A. If you live a strict physical culture life you can probably outgrow your trouble by the time you reach manhood. You should pay strict attention to all physical culture methods of building improved health—exercise, diet, fresh air, day and night, plenty of sleep; sun, dry friction, cold water, and air baths; light clothing and everything that affects your health for good in any way. Take part in those active out-of-door games that you enjoy. In fact, you should try to spend all of your time out-of-doors, even if it is necessary to stay out of school for several years in order to do so. Arrange to study out-of-doors. Most school rooms are not satisfactorily ventilated, and the forcing, cramming methods of our modern schools are exhausting to the nervous system, which is especially bad for one suffering from your trouble. Use no meat, tea, coffee or other stimulating foods or drinks. Eat moderately and chew your food to a liquid before swallowing each mouthful. If all your habits of

life are right, you will doubtless in time outgrow the trouble.

Q. We are three girls of fifteen and sixteen years of age, and are very much interested in your publications. We wish to know how far our company with boys of our age should go, if we should have their company at all? It is customary for boys and girls to chum together.

A. I believe that separating the sexes is a mistake. I would certainly advise the companionship of boys and girls, of all ages, both in study and in play, for each sex has a good influence upon the other. But it should be entirely a social companionship. The relation should be one of friendship only. All promiscuous kissing and love-making at this age is unwholesome and unhealthy, if not positively dangerous. Anyhow, it is both foolish and premature. The same can be said of love-making as an amusement at any time of life. But boys and girls should mingle in out-of-door sports, in all kinds of recreation everywhere, and in studies at school.

### STANDING BROAD JUMP

This photograph shows the proper position for a standing broad jump. Balance yourself well on the toes, leaning forward, and bending the knees in readiness for the spring. Then, the instant before jumping, bring your arms far back in exactly the manner shown in the illustration and as you are on the point of jumping, swing them quickly and vigorously forward. This will give you a momentum and a force that will help you greatly in the jump. Your toes should be behind the mark or line from which you jump, and you measure the distance covered from this line to the point where the back of the heel lands. It is not a fair jump if you fall or step backward after alighting. Six or seven feet would be a fair jump for a boy. Nine feet is a good jump for a man, though the record is eleven feet six inches, held by Ray Ewry, of the New York Athletic Club.



# 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.

**W**E have already received a large number of communications from those desirous of taking advantage of the free treatment offered in the last issue of this magazine, to those suffering from so-called incurable diseases. As we stated in that offer, we cannot take for treatment more than one case of each of the common ailments.

## FREE TREATMENT OF "INCURABLE" DISEASES

But we are desirous of proving beyond all possible doubt, that our methods are far more effective and bring quicker results than do those advocated by individuals who are exponents of the alleged art of healing. Physical culture methods go right to the seat of the trouble, they strengthen the vital functions, the nerves and the muscular organism almost immediately. Chronic ailments, in many instances, yield to our methods with astonishing quickness. For instance: in our last series of experiments we had one patient who had suffered from asthma for years, and who had visited hospitals and sanitariums of all kinds without relief. But note: he gained twenty-five pounds and went home practically cured in less than a month after following our common sense methods. Now we do not claim that all or any complaints can be cured with such startling rapidity, for the vitality of many chronic sufferers has been so depleted that it is sometimes a great and lengthy task to bring about the desired recovery. But it is well to remember that it takes more vitality to live under the conditions of illness than it does when in health. In other words, if you have enough vitality to keep life in your body when the functional organism is suffering with disease, you have more than sufficient vitality to obtain at least the ordinary degree of health.

There is a vast deal to learn in the art of healing by natural methods. We accomplished some astounding results in connection with our last experiments, and we expect to do even better in the experiments that we propose to carry out on this occasion. We have learned a vast deal in the last few years, in fact, we are learning every day. Our readers will secure all the benefits of the knowledge that we shall secure through the medium of the various patients that we intend to experiment with. Their photographs will be published in the magazine before and after their treatment, and a full detailed description of our methods in each case will be given to our readers. We want the public to understand that sickness is needless, that weakness is really a crime, and through the medium of the experiments in question, we intend to prove that all the alleged chronic, all the common ailments can be easily and quickly cured at home without expense by those plain common sense methods that we so emphatically advocate. Those who have not seen our offer in regard to free treatment are advised to secure the last issue of the magazine and carefully read it. It will perhaps take one, two or three months to select all the cases with which we are desirous of experimenting with so that we must ask the patience of all those interested in the matter.



**I**N the last issue of this magazine, I asked if it was not reasonable when considering the present deplorable conditions of the healing profession, to conclude that not less than one million human beings are needlessly sent to their graves each year in this country. Perhaps my estimate is large, but I find that the views of the members of the American Association for the Advancement of Science, who met at Cornell College recently, fully accord with my own opinions, although their estimate of the annual needless deaths is just half that of mine. The members of this association agreed that

500,000 NEEDLESS  
DEATHS ANNUALLY

500,000 persons die in the United States every year from "preventable sickness." Prof. Norton, of Yale, went even further and said that two million persons are constantly sick, who ought to be well and happy. It was the opinion of these scientists, that the Government neglects the most important of all the things that come under its jurisdiction, viz., the health of the people. They prophesied that in a few years, when truth is driven home to the minds and hearts of our citizens, the question will be asked why there is not a National Department of Health? Another of the beliefs of the Association is that the well being of the American infant is of vast importance and that the diseases of grown-up men, deserve fully as much attention as the maladies of the American hog. This view was indorsed on the spot by Doctor W. H. Welch, of John Hopkins, whose scientific reputation is world-wide, as well as by the heads of Health Departments of many cities.

When this particular neglect of our Government is noted, one is inclined to the belief that our civilization, so-called, is but a veneer on a barbaric age. Seven million dollars a year is spent in Washington, for developing plant life. In ten years, the Department of Agriculture has expended nearly fifty million dollars in developing products of the soil. But practically nothing has been appropriated by the Government for the development of more than a million infants that are born in this country each year. Prof. Norton, in his paper read before the Association, estimated that during the next census period more than six millions of infants under two years of age must die from avoidable causes, yet with a proper knowledge of preventable diseases at least one-half of these little ones could be saved. These are fearful facts that should make every intelligent American being ashamed of his country. They should awaken us to the necessity of radical action on our parts to the end of compelling the Government to take cognizance of the vital needs of the nation thus presented.

As has been said, the members of this American Association of Scientists state that the lives of a half million adults are needlessly sacrificed every year. I think that they have much understated the number. I believe that my estimate of one million is more nearly the truth. I further believe that Prof. Norton's statement that two million persons are constantly sick who ought to be well and happy, is an underestimate also, and that his figures could be multiplied many times and still be within the facts of the case. Actually healthy human beings are rare. Sickness to the average individual means his being confined to a bed. It means that he is unable to be "up and around." But there are thousands and perhaps millions who keep their feet and perform their daily duties while in a condition that is much nearer sickness than health.

This magazine has opened the eyes of thousands in regard to what may be termed "the right to health". We would like to force the truth of this "right," into the brain of every intelligent human being. Health, individual and national, is not, at present, assuming the one hundredth part of its real importance in the eye of the public. For instance, take the startling statements made by the Association of scientists quoted. These statements were merely given a few lines in some newspapers. But it is to be noted that the newspaper that condescended, to publish in the briefest form, the conclusions of these gentlemen, devoted columns after columns to politics, slander and crime, and other happenings of the day, all of which were not one tithe of the importance of the fearful facts so emphatically proven at the meeting of the Association.



**A**N article appears in this issue which deals in detail with the action of Comstock in his recent crusade against the Art Students' League. Here we have an example of Comstock's efforts to "protect the boys and girls." This is his stock phrase. He puts it forth at every opportunity. But this self-elected "protector of the growing youth," this prime exemplar of the prurient prude, has done more to make the body a vile unclean thing in the eyes of our boys and girls than any other enemy to progress in the history of civilization. It is the malicious prudery for which Comstock so emphatically stands, which is "to blame for no small

COMSTOCK, THE  
ART CRITIC

proportion of the white faced boys and the frail girls that are so plentiful in every civilized community. His unclean conception of the human body has shrouded in vulgar, vile mystery the knowledge that is so necessary to protect our youth from the terrible evils that they must surely come in contact with some time in life.

It is Comstockery that is to blame for the evil and suicidal habits that untold multitudes of boys and for that matter, girls, contract early in life.

It is Comstockery that is to blame for legions of ruined girls and hosts of physically and morally wrecked young men.

It is Comstockery that is mainly to blame for prostitution and the terrible demoralizing influences that accompany it.

It is Comstockery that is to blame for no small proportion of marital unhappiness that is everywhere evident.

It is Comstockery that keeps the divorce courts busy.

It is Comstockery that is responsible for most of the miseries and quarrels of so-called "mis-mated couples."

In fact, Comstockery in its many manifestations is a crime so infernal, that its corrupting effects upon the human race cannot possibly be estimated. It is depraving from first to last. It begins with perversion and ends with moral, physical and mental demoralization.

These are terrible charges to make against the theories of any one man, but I believe that I can prove their accuracy before any intelligent and unprejudiced tribunal.

Comstockery is to blame for the vile habits contracted by boys and girls early in life, for by reason of Comstockery, they fail to learn the sacredness of the body and the physiological truths of their sexual nature.

Comstockery is to blame for the ruined girls and the wrecked lives of young men because these—the victims—are compelled to secure all their information in reference to sexual affairs, from vulgar and vicious companions. They know nothing of the divine institutions of motherhood and fatherhood. Because Comstockery forbids them the Truth, youth is taught that but momentary pleasure is to be looked for in the sacred relations of man and woman.

Comstockery is to blame for prostitution for a similar reason to that given in the previous paragraph. Can any one imagine a young woman diverging from the paths of rectitude, if she fully understood the terrible consequences of her so doing? If she had been taught the sacredness of sex or the divinity of motherhood, if she knew that she was throwing away her opportunities for a happiness greater than she ever dreamed of, would she take the false step that leads to miseries that scourge the soul?

Comstockery is to blame for marital unhappiness, because he has made sex a tabooed subject. Hence men and women take up marital responsibilities without the slightest knowledge of the physiological laws which should govern every matrimonial union. Because of this serious mistakes are the outcome of pretty nearly every marriage. The married pair become the victims of excesses. They finally destroy the love they originally held for each other. Instead of love, a mutual hatred often results. They have not the slightest idea of the cause of their change of attitude, each to each, but they are reaping the consequence of their own acts. If it were not for the indecency of the Comstock code, these deplorable conditions would quickly be remedied, for no man or no woman would dare enter the sacred relations of matrimony without a full understanding of the laws that should govern the relations of the sexes under such circumstances.

The ideas of Comstock, if carried out fully in family life, mean race suicide, quick and certain. The mother and father who teach his beastly conception of the human body to their children, are sowing the seeds of that physical and moral degeneracy, that results in certain oblivion for the family in every case. I defy Comstock or anyone else to show me a single exception to this rule. In fact, it is the prurient prudery of the Comstock order, that is to blame for the terrible degeneracy of the old-time American families. Puritanism and prudery go hand in hand. The result of the combination has filled millions of graves; the pitiful specimens of its teaching who survive beyond the third or fourth generation are few and far between.

Comstockery carries with it, moral and physical ruin for the individual and for the nation. Unless the blighting influence of this man's vile conception of the human body is counteracted, this country will soon exhibit those signs of degeneracy that mark the beginning of the end of a community or a nation.



**B**Y the time that this magazine is in the hands of my readers, I shall, no doubt, be on the ocean on my way to Great Britain, where I have been booked for a lecture tour that will last about two months. I intend to gather material on this tour that will be of interest to my American readers. It may be news to many of my friends

### THE EDITOR'S LECTURE TOUR IN ENGLAND

on this side of the water to know that the reading public of England is nearly as familiar with my publications as is the American public, and that in a professional sense I am about as well known in Great Britain as I am in my own country.

The physical culture reform is moving with giant strides everywhere at the present, but it must be admitted that people in England are really considerably in advance of this country in this respect. They have awakened to the physical degeneracy that confronts them, while the Americans are still asleep in regard to the question. On this side of the Atlantic no Governmental action has yet been taken with a view to counteract the deplorable physical conditions that are apparent everywhere, especially in large cities. On the other hand the leading officials throughout England are adopting various means with a view of improving the physical stamina of the British people. Similar action let it be hoped, is not far off in this country. But up to now, our Government has had millions of dollars to spend for improving domestic animals but has done practically nothing in a financial sense to build up the American man.

I expect to learn considerable while on my tour. It is my intention to make a similar tour throughout this country, and on this latter occasion I do not intend to pay so much attention to the large cities. I believe that in the smaller towns of from ten thousand inhabitants and upwards, there is rich material for this reform work. My friends residing in cities of this size, will, no doubt, have an opportunity in the not-so-far-distant future to hear me expound the theories which I so emphatically advocate.



**A**BOUT the most galling feature of the work with which I am identified, is the manner in which my efforts are—either through ignorance or malice—compared to the methods of the business fakir whose one object in life is to pile up the dollars.

Let me say emphatically, that money is of absolutely no use to me apart from the power which it brings with it. I, of course, allude to its power for good, when rightfully used. And I can hardly recall a time in my life since I have reached manhood, when I could not have easily

### PHYSICAL CULTURE AS A HUMANITARIAN MOVEMENT

earned many times as much money as was required for my actual living expenses. This is by the way, however.

Again and again, I have searched for some plan which would enable me to prevent the physical culture movement of which I am the author, from being classified as a project of a clever but somewhat unscrupulous business schemer. But I must confess that, up to the present, I have failed to find such a plan. Meantime, let me repeat, that physical culture is just now furthering the welfare of humanity much more than any other movement affecting the masses for good. It is needed far more than any other reform, literary, social, or political. But because I have spoken the naked truth in regard to those things with which physical culture has to do, many look upon me as an insincere sensationalist whose only object is to accumulate money through the medium of his teachings and his prestige.

Now why cannot I adopt some method that will make it impossible for my critics to declare that my work is simply a means to the selfish end of money-making? I know that my efforts are understood and appreciated by my readers—but there are others. To these last, I appear to be simply a sordid seeker of the dollar. It is true



that those who think thus of me are mainly they whose limited intelligence will not let them understand that a man can be actuated by any motive except that of cash; hence they are by no means qualified to pass upon me and mine. But unfortunately, where much mud is thrown, some of it is bound to stick, and because of these mud-slingers, some portion of the public has that wrong impression of me and my work to which I have just alluded.

Again and again I have voiced my contempt for money simply as money and apart from the influence which it possesses to strengthen my efforts for the betterment of mankind. I would be willing, now or at any time in the future, to put all the property and financial interests which I have secured through this life-work of mine, into an association, the exclusive purpose of which is to be the physical and moral development of the human race. Such interests would include about \$100,000 in Physical Culture Restaurant stock, which is now paying an annual dividend of 12 to 15 per cent.; also about \$90,000 of Physical Culture Land Company stock which paid a dividend of 8 per cent. during the first six months of its existence, and the property of the Physical Culture Publishing Co., the total value of all of which, would closely approximate the half million dollar mark. Perhaps there are wealthy men and women now identified with humanitarian work, who might like to help forward the physical culture movement in the way indicated. If I could persuade these to invest in an association, such as I have just suggested, twice the amount of my holdings, I would be willing to add to it practically everything that I possess as just set forth. In addition I would give my services for a reasonable salary, at least until the organization was put on a satisfactory working basis. This arrangement would place the physical culture movement where it belongs. It would eliminate the current objection to it on the score of its containing a "business factor." It would make everyone realize that we who inaugurated it, are really working in a disinterested manner for the good of humanity. Let me add, that any opinions or suggestions that my readers care to make in regard to the foregoing, will be thankfully received, and, as far as possible, acted upon.

*Bernarr Macfadden*

#### OUR FREE PARALYSIS PATIENT

Referring to our free offer to cure so-called incurable diseases, the accompanying photograph is a likeness of a patient we are considering the advisability of accepting under our free treatment for paralysis. The photograph shows the patient as he was fifteen years ago. He has just arrived, and we have the word of a reputable physician, and an osteopath of authority, to the effect that his disease is incurable. In fact, our own physician has doubts as to our ability to effect a cure. We cannot say definitely at this moment, that we can without a doubt, cure this patient, as he is in a very bad state. He should have begun the natural methods which we advocate, at least a year or more ago. After inviting the patient here, however, we do not like to send him away without at least making an endeavor to effect a cure. You will have a picture as he is now in the next issue of the magazine and we will be able to say something as to our ability to effect a cure. We can cure so-called incurable diseases when there is enough vitality remaining to bring about a healthy condition, but when one is just about ready to step into the grave, there is usually but little hope, regardless of the methods that are adopted.



Robert N. Wolfe, of Lititz, Pa.



Harvard vs. Yale at Cambridge, last year. Harvard's Ball—Showing One of the Crimson's Most Effective Plays

# The Athletic World

By ARTHUR DUFFEY



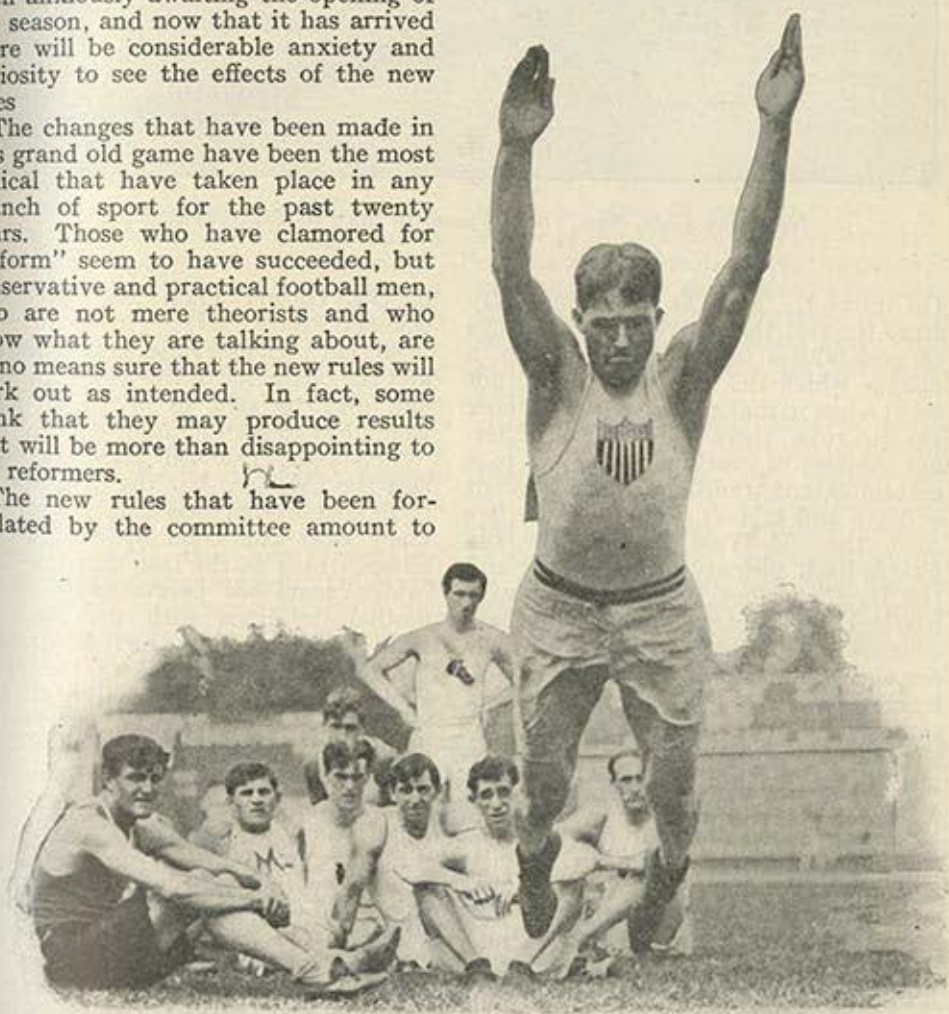
WITH the approach of October's crisp weather and clear days, the eyes of the lovers of athletics are directed toward the football arena. For the past few months, the brains of the football world have been anxiously awaiting the opening of the season, and now that it has arrived there will be considerable anxiety and curiosity to see the effects of the new rules

The changes that have been made in this grand old game have been the most radical that have taken place in any branch of sport for the past twenty years. Those who have clamored for "reform" seem to have succeeded, but conservative and practical football men, who are not mere theorists and who know what they are talking about, are by no means sure that the new rules will work out as intended. In fact, some think that they may produce results that will be more than disappointing to the reformers.

The new rules that have been formulated by the committee amount to

a remodelling of the conditions that have been prevailing in football for the past dozen or more years, when the old rules were only partly formulated and when their possibilities had not been fully tested.

The uncertainty as to what is going to happen in football this year, adds to



Ray Ewry N. Y. A. C., World's Record Holder, in the Standing Broad Jump



Nonpariel Crew, New York, Winner of the Pair Oared Scull Race

the interest. There is no getting away from the fact that there is a wide range of possibilities under the new rules, a change which the astute coach will not be at a loss to make the most of. Under the old rules, there were evolved different systems of coaching which are to a certain extent traditional with different colleges and schools. For instance, we have the old Yale system, the old guards-back formation of Pennsy, and the Tiger's system, while certain schools coached by representatives of these colleges have become imbued with their respective systems as much as the colleges themselves. With the introduction of the new rules, all these traditional systems will be abandoned to some degree, and in their places, will be evolved new systems which their advocates hope, will add to the interest as well as the scientific aspect of the game.

However, the new rules will undoubtedly evolve the new strategist who will be able to grasp their possibilities and put them into effect. Such was the case with Woodruff, whose flying interference was first sprung by Penn, and mowed down the others until they changed the rules to prevent it. No doubt something like this will happen again, and

in this respect Penn will be closely watched.

So that with new rules, new conditions and the character of the freshmen, football may be said to be where many would like to see it, "up in the air."

This year, Yale will play the Tigers and the Crimson, but the Quakers will be unable to even base a claim for supremacy over the Blue by comparative scores, owing to the fact that the Cambridge team has permanently severed football relations with the Red and Blue. Michigan is to invade Franklin Field for a game with Penn, but as the Wolverines do not tackle either Chicago or Minnesota, the status of the Westerners will be undetermined and they cannot pose as Western champions. The Carlisle Indians will come in for their usual share of recognition. The Red men have entered the arena more boldly than ever this year and play against some of the strongest Eastern and Western elevens. The Indians play Harvard and Penn in the East and Minnesota in the West. As Harvard opposes Yale and the Elis oppose Princeton, a word about comparison will be in order.

In the West, Minnesota plays Chicago.

which will to a certain extent give us a line on the ability of the Maroon. But taken as a whole, the football situation appears to be so involved that the question of which eleven is the strongest will be open to question for some time during the forthcoming season.

If the National Association of Amateur Oarsmen are going to determine the advisability of having a permanent course for their annual regatta, Lake Quinsigamond should certainly receive due consideration.

This year as usual, many clubs and cities appealed to the association for the honor of entertaining the oarsmen, but Worcester was the fortunate one. If the Quinsigamond regatta is any criterion on the success and popularity of the meeting, surely it would do well to hold the regatta there.

Rowing is now in a healthy state, thanks to the efficient management of President Pilkington and his associates. In no city in the Union is there a greater interest taken in aquatics than at Worcester. Already has this city established an enviable reputation on the water. It is the home of such champions as Father Jim Ten Eyck, and his son, Ned Hanlon Ten Eyck who won the Diamond Sculls at Henley, besides many other old time champions. This city's hobby is rowing.

The contests this year furnished many interesting struggles. Of course the principal attraction centered in the race of the Senior Single Sculls. Frank Greer's non-appearance caused con-

siderable comment, but in Constance Titus of the Nonpareil Boat Club, N. Y., there was a worthy successor. Indeed many were of the opinion that had Greer competed he would have met the same fate of Shephard of the Seawanhaka Boat Club, who finished at least twenty lengths behind Titus.

It was an extremely unfortunate accident that robbed the Argonaut eight of a sure victory, and the N. Y. A. C. and Riverside Boat Club may consider their victory an empty one, inasmuch as the Canadian crew were disqualified for an unintentional foul.

The Nonpareil Boat Club was very much in evidence in the various events, and to the wonderful watermanship of Titus in the four-oared event, may the victory of this club be attributed. Although this marvelous oarsman had just rowed his single scull championship, he again turned out and piloted his fellow oarsmen to another victory.

One of the drawbacks of the Worcester regatta was the inability of the police to keep the course clear. Many times over-anxious enthusiasts crowded on the course and even the official's boat itself came dangerously near to the contestants.

If ever a champion deserved a just reward for his high and efficient service to the athletic world, Ray C. Ewry, of the N. Y. A. C. is that man. Ewry is a representative of that class of hard and conscientious workers who by their keen, sportsman-like enthusiasm rise to the topmost rung of championship honors



C. S. Titus, Nonpareil Boat Club, New York, Winner of Single Scull Championship

In connection with his recent appearance at American League Park, where he covered the extraordinary distance of 11 feet, 6 inches in the standing broad



John Flanagan, the Great Athlete Policeman, throwing the Fifty-six Pound Weight

jump, it is to be regretted that the ground had a slight incline, so that the record committee of the A. A. U. refused to accept the performance as a world's new record. On the occasion in question, it was one of those sultry days just suited to record-breaking feats, and although the committee might reasonably have expected records to be made, still they did not take the precautions necessary under the circumstances. As a consequence, Ewry, who was all tuned up to a record performance, proved himself capable of delivering the goods, only to be disappointed in the manner stated. This was, of course, exasperating to the Mercury-footer, for champions, like everybody else, can only rise to a great performance at rare intervals. Inasmuch as Ewry has demonstrated his ability to break the existing world's record, let us hope that in the near future his ambition will be realized.

Pertinent to the non-acceptance of Ewry's performance, it is also reported that Dan Kelly's record of 9 3-5 sec., for 100 yards, made at Portland, Oregon, will not be accepted as equalling the world's fastest performance. The record committee is said to have thus decided on the ground that Kelly did not run between stringed lanes, as called for by the rules of the organization.

Probably Kelly may be capable of flashing this time for the century, but it stands to reason that it is much more difficult to run between stringed lanes than on an open track. It is true that the ground was so marked as to give the runner an idea of his limits. Still, there was no confining as in the case of stringed lanes. Here is another case where the committee in charge neglected to see that the usual precautions were taken in connection with the possible creation of a record. Neglect of this kind is without any excuse whatever, and the fact that such A. A. U. committees are possible, is added proof of the slackness of A. A. U. methods in general. Meantime the athletes, as usual, suffer.

If a man has 9 3-5 second possibilities in his system, however, they are sure to make themselves manifest on more than one occasion. Consequently, Kelly should not feel disappointed, but should

buck up and show the athletic world that he is capable of repeating his alleged performance.

Although Martin Sheridan, of the I. A. A. C. continues to act as a policeman in the metropolitan district, that fact nevertheless does not prevent him from hurling the discus in a wonderful manner.

This year, the record committees of amateur organizations have been considerably annoyed with the passing of allegedly *bona fide* records. In some cases, the records were mythical, but Sheridan's work stands out clearly as one of the extraordinary athletic performances of the century. His throw of 137 feet, 11 inches, made at Celtic Park, breaks the record for a seven foot circle by 3 feet, 11½ inches, and it also exceeds the mark of 137 feet, ½ inch, made by himself from a nine foot circle in the recent Olympic Games at Athens.

Unfortunately for Sheridan, however, the A. A. U. committee decided that his record could not be accepted as an authentic one, owing to the fact that the giant Irishman left the grounds immediately after his throw and took the discus with him. To all fair minded sportsmen this seems a rather ridiculous stand for the committee to take. At all contests, when a new record is established, it is the custom to pass on the authenticity of the record at the time of the performance, especially when the feat seems to be practically assured. In this case the committee would have been subject to less ridicule and criticism if it had taken the discus at the time of the throw and then weighed it. Sheridan, like all other champion weight throwers, has his own discus. He accustoms himself to one discus and always uses that one in contests. I feel sure that the champion is not worrying himself particularly over the non-acceptance of his wonderful throw, for in the near future he will undoubtedly improve even on this mark. When this opportunity does come, let us trust that the committee will be awake and not allow any such blundering to again occur as happened in this instance.

Although Sheridan succeeded in

breaking the world's record in this event, nevertheless, because of his absurdly heavy handicaps in the contest the best he could do was to get third prize.

In Brown, the three-fingered wonder of the Cubs, the Chicago National Baseball ionals have a pitcher who may be hailed as the find of the season. Time and time again have the Giants endeavored to solve this enigma of the diamond, but in vain. He has proven a thorn in the side of the World's Champions. Last year, fandom bowed its head to the wonderful pitching of Christy Mathewson, who was instrumental in the winning of the championship for the Giants. But, this year, Brown has unquestionably usurped Christy's place, and occupies the same position on the Cubs which Mathewson did on the Giants.

The action of the New York officials in barring umpire Johnstone from the grounds in the recent game between the Giants and the Chicago nine seems to have been a proceeding that was as high handed as it was absurd. Without doubt Johnstone would have been welcomed if the previous day's game had gone to McGraw's men instead of to the visitors, and had McGraw and Devlin not been suspended for using offensive language to Johnstone.

It is a regrettable phase of our great national game that baseball of the sort exemplified by the Giants' leader should be permitted by the magnates who rule the sport.

There is no doubt in the least, but that McGraw is one of the ablest leaders that ever trod a baseball diamond. But just as soon as he resorts to mucker methods, such as he has been using, just so long will he be subjected to the certain ridicule, if not the active dislike, of fandom, which whatever may be its faults, dislikes an unreasonable kicker.

In view of these circumstances, it is now up to President Pulliam to stand by his assertion made when the incident was first reported to him, viz; he would support the umpire in this and on all similar occasions.

The National League has not had for some years a president who would have had the courage to issue the sharp and plain statement made by Mr. Pulliam.

The organization should stand by him and see that his rulings are carried out in their entirety.

Will our American Rugby game have a rival in Soccer?

**The Corinthians Visit** That seems to be the coming question nowadays. But whether

or not our great American college game will lose somewhat of its popularity, the American football world is to be congratulated over the visit of the great Corinthian Footballers. This is England's premier amateur club, and it is needless for me to state what a vast influence the visit of this body of sportsmen will have on the athletic world.

It is true that followers of football on this side of the water do not at present take heartily to Soccer, simply because they are not familiar with it, still with such footballers as the Englishmen among us, we may yet be able to appreciate the many fine points of the great English game.

This year there seems to be an agitation in tennis circles as to the advisability of changing the

**Tennis** scene of the championships from the Casino at Newport to other courts. To many of the prominent players as well as the visitors, it appears that inasmuch as there are many neighboring courts just as good as the one at the great social center, it would be a better idea and much cheaper for the players if the test matches were played on such courts as the N. Y. A. C. or the Crescent A. C. of Brooklyn. Naturally the Bostonians who are in the supremacy in lawn tennis affairs, are strongly upholding the continuation of the meeting at Newport, but this is to be expected.

The courts at Travers Island would make an ideal spot for such a tournament, so also would those of the Crescent Athletic Club, which recently seems to be making rapid strides in lawn tennis.

The meeting brought about some of the closest and most interesting struggles ever recorded in the history of the Association. In particular the effective playing of Karl Behr, the Yale captain, was most noticeable. He went down to defeat, however, when he met the

veteran Harvard player, W. J. Clothier.

Beals C. Wright's defeat by W. J. Clothier can be more or less accounted for by the misfortune which the Boston player met with this year. Ever since Wright had an accident at Crescent A. C. he has been unable to exhibit his real form, and, as a result, lost his much coveted tennis title. That many expected his downfall in the championships was evident, but the Boston man is to be congratulated on his fine sportsmanship and nerve in endeavoring to defend his title when he practically anticipated defeat.

In the recent Metropolitan Open Golf Championship in which amateur and professional players competed, George Low, the winner, proved by his fine work to be one of the cleverest professional golfers that has ever visited our shores. From the very beginning of the match he exhibited a "do or die" determination, and, after tying for the lead with Mackie (professional) on the first round, was never headed.

Much comment was expressed at the unexpected showing of Alex. Smith. Last year this professional seemed invincible on the links, but this year he appeared particularly off in his putting.

About ten amateurs appeared in the contest, but none did anything of note except J. D. Travers, of Nassau, and G. T. Tiffany. W. J. Travis was distinctly not at his best, and withdrew from the competition. With the downfall of Travers and Tiffany at the third round, the chances of the amateurs disappeared altogether.

Although the contest seemed to demonstrate that the amateurs had no chance when playing against their professional confreres, still, in the near future, we may expect to see that this intermingling of amateur play and professional science, will result in our non-professional golfers gradually equalling the professional players. The fact of our American Golf Association allowing amateurs and professionals to compete together, should prove of interest to readers of the Athletic World, inasmuch as this publication is endeavoring to place amateur sport on a better and more clearly defined basis.