

PHYSICAL CULTURE

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

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No. V

Vitality-Building Exercises

By BERNARR MACFADDEN



WING to the simplicity of the character of the movements illustrated herewith, they can be taken almost anywhere, for no special apparatus is required. They also possess the advantage of being among the best exercises for general use that I have ever known. It is true that something is required on which to place the hands, though any substantial object of a suitable height would be available for this purpose. I would suggest the foot of one's bed, for this is, perhaps, the most convenient object at hand for the exercises, if they are indulged in immediately upon arising. However, the edge of a table, dresser, or desk, or the sill of an open window, if high enough, would answer the purpose equally well.

The reader will note that these exercises, with proper variations, are suitable to those who are very weak or very strong, or to those whose degree of strength lies at any point between these two extremes. The muscles most involved are not those of the arms and legs, but those of the trunk of the body, especially of the abdomen, stomach and chest. In a system of special exercises for physical training there is usually less need to give attention to the legs than to any other part of the body, that is, as far as the actual muscular development is concerned. It is true that the legs of the average individual are usually more or less lacking in mus-

cular development, but that this condition is in evidence to a greater extent in other parts of the body. This is because the legs, at least, do get some usage in supporting the body, in walking about and climbing stairways, in rising from a chair and in various other ways, while the muscles of his upper body are frequently entirely neglected. Hence the above conclusion. But apart from the question of mere muscular development, it is of prime importance that the legs be given considerable exercise, in walking especially, for the very large muscles of these parts, even when moderately used, have an important influence in accelerating and improving the circulation of the blood throughout the entire body, thus benefiting the general health by helping to build up the tissues of every part and increase the working efficiency of all of the various organs. Indeed the chief value of exercise, of whatsoever kind, consists in its importance in building health and increased nervous energy. Muscular development should be a secondary consideration, though, as will readily be seen, it is through the use of these very muscles that this primary object of health and vitality building is attained.

Accordingly, irrespective of all special movements for certain purposes, the practice of taking long walks daily is to be commended. This form of exercise will usually be sufficient for a normal development of the leg, though of course running or movements of a special

nature would naturally improve it. In some cases the first thing to which the enthusiastic beginner in physical development exercises gives his concentrated attention is his arm—sometimes to the exclusion of almost every other portion of the body. The result is only too often a pair of marvelous biceps

of firm, vigorous muscles about the sides, stomach and abdomen, combine to make the entire figure one of pleasing symmetry and rugged beauty. And without doubt strength in the various important muscles of the torso, for purposes of external activity and the proper carriage of the body, is at least as



Photo No. 1.—Stand about four feet away from the foot of the bed, taking hold with both hands, and lower the body to the position illustrated. Raise the body by straightening the arms, and especially raising the hips. The exercise is made more vigorous by lowering the hips still more, from the position shown, though if not strong it may be performed while simply holding the body straight and rigid. This is comparatively easy, and can be executed by anyone. It can be made still easier by placing the feet a little nearer to the bed, so that the shoulders will approximately touch the bar upon which the hands rest, and it can be made more vigorous by moving the feet farther away from the bed.

accompanied by a proportionately undeveloped and unsymmetrical torso. And for these reasons the rational physical culturist should ever keep in mind the necessity for using thoroughly the various important muscles about the trunk of the body. A well developed back is as handsome as an equally well-formed arm or leg, whereas a finely-modeled chest, accompanied by graceful setting

important as in the upper and lower limbs.

But the building of muscular vigor is not the only, nor indeed the chief aim of the movements illustrated here. They were intended primarily for the development of internal strength, that is to say, vitality, general functional vigor and that constitutional energy which makes for superior nervous powers

as well as physical strength. Of course, as we have said, all exercises make for this result to a greater or less extent, and, according to their influence on the general circulation, they arouse the depurating organs, accelerate the elimination of waste matter and promote

to guard against this, and it is rarely that one is harmed in this way. It is frequently insufficiency, rather than excess, of physical activity of which men should complain.

But though all forms of exercise make for health, as well as for strength, in the

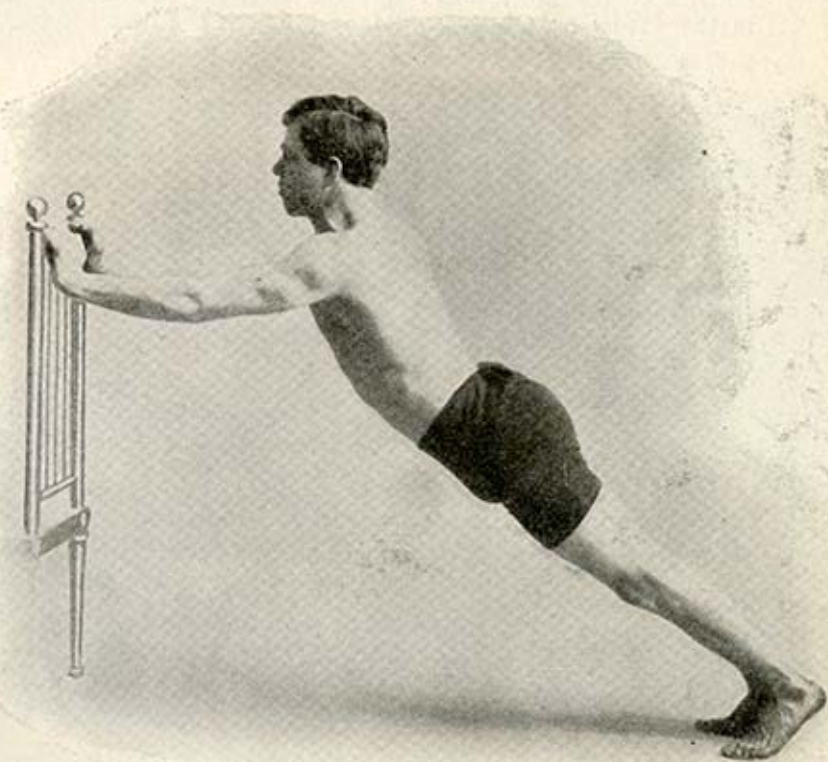


Photo No. 2.—This shows what appears to be a variation of the first exercise, though in this case the arms are not allowed to bend, as in the first instance. This is intended for those who are strong and well developed, for whom the first exercise would be of no great value. Raise and lower the body, and the hips in particular, from this position, until tired. You will in time be able to form a perfectly straight line with legs, torso and arms, a very commendable feat of strength. Those who find that this is too great a tax upon their energy, will find an intermediate point between the two positions shown in this and the preceding photo at which the exercise will be best suited to them. This uses so many muscles of the body that it is excellent for general development, being particularly valuable for raising and expanding the chest.

healthful activity in the organs and tissues of the body generally. This fails of being true only in those very exceptional instances where exercise is indulged in to excess, at times resulting in depletion of the vital forces. However, both intelligence and instinct tend

manner referred to, those which I present herewith are specially designed with this end in view. In past year I have from time to time introduced a number of different forms of exercise intended for this purpose, and my old-time readers will doubtless recall these. The

movements in question are designed to affect chiefly the muscles about the stomach, abdomen and chest, though particularly the former, with the result that the internal vital organs, adjacent to these muscles, are directly and favorably influenced. To begin with, the tense contractions of the muscles involved, together with the resultant bending movements of the body, act more or less in the nature of massage

of muscular power, and to these I would not recommend the last exercise in the beginning, for it will be beyond their powers. The final movements will provide a feat of strength as well as an exercise for those who are already very strong. The main point that I wish to bring out here is that the same movement can be modified or adapted to suit the strength of every individual. For instance, if the first exercise is too

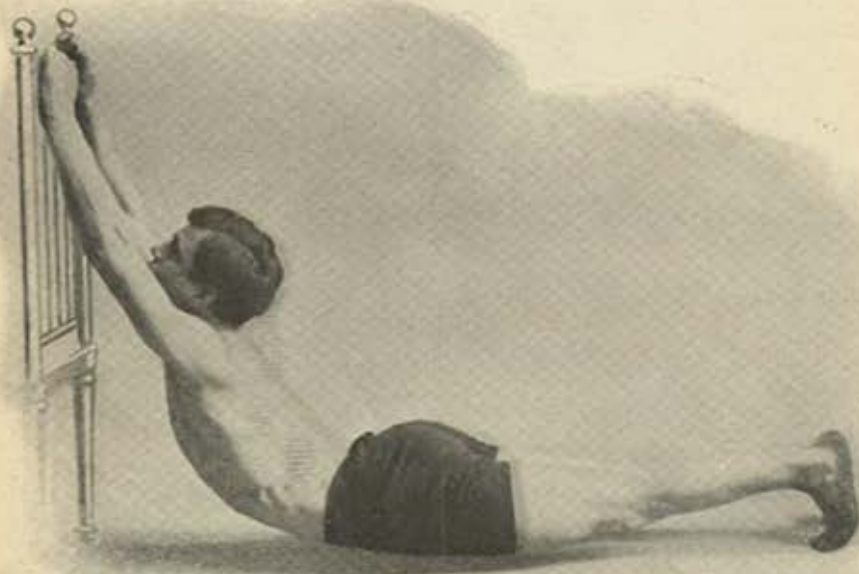


Photo No. 3.—This illustrates an extreme test of strength, and might be classed more as a feat than an exercise. It is a variation of the preceding exercise, the athlete, from the position shown in Photo No. 2, having slowly lowered himself to that illustrated here. From this point rise to the former position. This requires great muscular energy, and should not be attempted except by those of unusual strength. If you can do this stunt, you are equipped with first-class physical power. It might be termed "The Human Bridge."

and have a good effect for that reason.

The reader will note that the illustrations herewith all show variations of the same central idea of movement. Nevertheless, in actual practice they will be found very different from each other, because of the ease with which the first can be performed, and the extreme difficulty of performing the last, unless gifted with tremendous strength. The first is intended for those who have no very marked degree

easy to interest you seriously, then step back further, perhaps four or six inches away from the foot of the bed, or even to a greater distance, as required, and you will find that it will suit you perfectly. You would then have a position about midway between those shown in the first illustration. As you acquire strength you can make your efforts even more vigorous by gradually approaching and finally approximating the position shown in Photo No. 2.

Uncle Sam's Heroes of the Surf

By WALDON FAWCETT



NO finer specimens of physical manhood than the surfmen of the United States Life Saving Service are to be found anywhere.

They form the magnificent body of picked men whose duty it is to carry succor to those unfortunates who are shipwrecked on the extensive coasts of the republic. The United States Government—and, by the way, it is the only government in the world that supports such a service wholly at national expense—now maintains a total of 277

that these life-savers, like city firemen, are likely to have their periods of strenuous activity separated by long intervals of waiting, which, in spite of their continual readiness for duty, often necessitates a certain degree of idleness. In other words the surfman must have the strength and endurance to work with unflagging energy in the face of exposure when occasion demands, but is compelled to spend long intervals in comparative inactivity. As may be imagined, the only salvation for these men lies in persistent physical training and plenty of out-door exercise, and



Overturning Surf Boat used by United States Life Savers. These boats are unsinkable, and when capsized will promptly right themselves

life-saving stations, of which number 200 are located on the Atlantic and Gulf coasts, 61 on the Great Lakes and 16 on the Pacific coast. Inasmuch as each of these stations is manned by a crew of from six to eight surfmen, it can be seen that there are serving under the Stars and Stripes an army of several thousand of these hardy and fearless fellows whose quick wits and steady nerves are the result of arduous experience.

The physical training and invariably "fit" condition of the members of Uncle Sam's coast patrol are perhaps the more surprising when it is taken into account

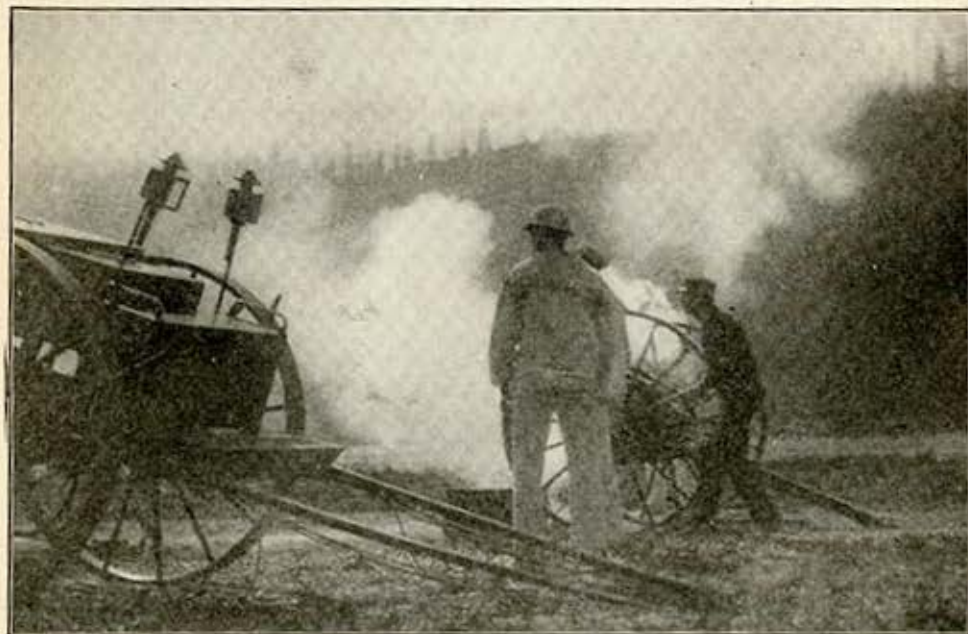
the routine of every life-saving station is planned to provide this for all members of its crew.

Of the 225,000 lives which have been saved by U. S. life savers since the service was established, by far the largest proportion have been the result of rescues by means of lifeboats or surfboats. These staunch craft are now manufactured so as to be self-righting and self-building and therefore well-nigh unsinkable—and are an ideal craft for taking considerable numbers of imperiled persons from a sinking vessel in a limited space of time. The first duty of the beach patrol who discovers

a vessel ashore is to report the fact to the life-saving station, and at the same time give information as to whether or not it will be practicable to use a boat in the rescue work.

If there is a chance that a small boat can reach the stranded craft, the large life-boat is launched from its ways at the life-saving station, and the sturdy rowers, springing to their places at the oars, send the eight-hundred pound bark skimming over the riotous seas at a speed that is little short of astonishing. Or mayhap, if the scene of trouble is some distance away the lighter surf-

approach, or the sea may be running so high that even the cork-like surf-boat dare not brave its anger, and under such circumstances the life-savers must needs pin their faith to the life-car or the breeches buoy. In order to make use of either of the latter, a line must first be gotten to the stranded vessel and this is accomplished either by means of the wreck-gun—a powerful little mortar that will hurl a line over a wreck three or four hundred yards distant against a strong head wind—or else through the medium of a rocket, which will carry a lighter line an even



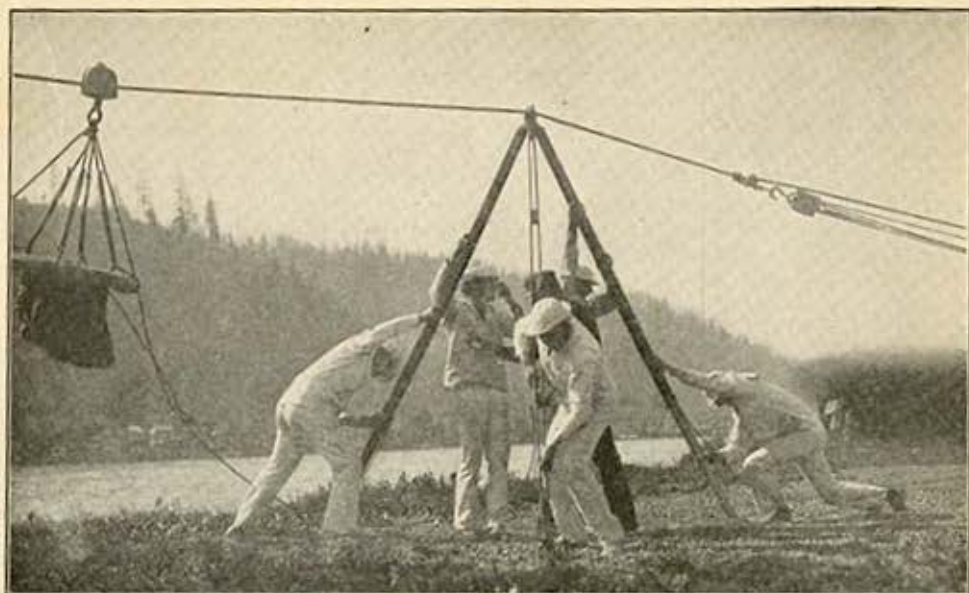
Life Savers Using Beach Gun

boat may be hauled overland on trucks to a point opposite the wreck and there launched. If the latter course is necessary, from one to four hours may intervene after the first discovery of the wreck ere the surf boat puts off to the imperiled mariners, for it is no small task to drag the heavy boat over the sand or along bad roads for miles, possibly in the face of a continuous gale.

But it frequently happens that a ship meets disaster on a coast so rocky and treacherous that no life-boat dare

greater distance. With a preliminary line once in their possession the crew of a ship-wrecked vessel can quickly haul out a larger line and finally a three-inch hawser. Attached to the hawser is a board which bears in English on one side and in French on the other, instructions to make the hawser fast to a mast or other support and to thereupon show a signal to the shore indicating that these directions have been carried out.

As soon as this highway of rope is



United States Life Savers Rigging Tripod, with Breeches Buoy

established between ship and shore, the life-savers on the beach haul the hawser taut and elevate the shore end by means of a tripod, in order to lift it well clear of the water, after which there is sent off to the ship a breeches buoy—a sort of sack suspended from a traveler block—or else a life-car, held by rings running on the hawser. Only one person, or at most two persons, can be landed by the breeches buoy at each operation, but from four to six persons can be carried ashore at each trip of the

life-car, and this operation is repeated until all on board are landed. Indeed, on one occasion, a life-car that resembled in form a huge football carried to safety more than two hundred victims of one disaster on the New Jersey coast.

The life savers use signal systems extensively, both for communication between the life-saving stations and the patrolmen on duty along the coast, and for transmitting messages from the shore to an imperiled vessel. In daylight signaling flags are employed in



Bringing Man Ashore in Breeches Buoy

accordance with the well-known "wig-wag" system, and at night colored lights are burned. When a patrolman makes the discovery of a stranded vessel at night, he immediately burns a brilliant red light to apprise those on board that their plight has been discovered, and he then hurries off to summon the fellow members of his crew and bring the beach-apparatus to the scene.

A. Newell, of New Jersey, who was impressed with the need of such an organization, properly equipped, when during the summer of 1839 he witnessed the destruction on Long Beach, New Jersey, of the bark "Count Perasto," a disaster which cost thirteen lives, everyone of which might have been spared had there been at hand apparatus such as may now be found in every United



Life-Savers Resuscitating a Man Rescued from the Surf

Above the roof of each life-saving station is a lookout-tower, where one man is always stationed, sweeping the horizon with his glasses. Thus if a patrolman's signal to a ship-wrecked crew has been seen by the lookout, the life-saver on guard may return to find his comrades in readiness to immediately accompany him to the scene of trouble.

Our national life-saving service owes its origin to former Governor William

States Life-Saving Station. Mr. Newell not only made experiments with guns of various kinds for throwing lines to stranded vessels, but when he went to Congress in 1848 he introduced into the national legislative body the measure that laid the foundation for our present magnificent life-saving service, which has developed into an institution that is an honor to the man responsible for its inception.

My Lecture Tour through England

By BERNARR MACFADDEN

(Continued from April issue)



MORE interest seems to be manifested in athletics and outdoor exercises throughout England than there is in America. I noticed that the English people seem to be especially enthusiastic about walking. They do not take the street-cars, or tram-cars as they call them in England, when they have but a moderate distance to travel—they walk. The inclination is decidedly otherwise in all American cities. The average citizen of this country, if he has a quarter or (in some cases), even an eighth of a mile to cover, will resort to a conveyance. Walking is not in favor, especially in the large cities, in the United States, to the extent to which it is indulged in England.

Every young man or young woman seems to be especially fond of this form of exercise. They often go on extended tramps through the country and long walks are frequently indulged in. The beauty of the country may have something to do with this, for I will confess that there are few sections of the world more beautiful than England appears to be, as seen by the traveller in railway trains. In the winter, of course, it is not especially attractive, but during summer, in the spring and fall, there is a certain richness in the green tint of the leaves and grass and shrubbery, which I have never seen excelled elsewhere. Another inducement to walking is found in the excellent roads throughout England, which are inclined to greatly encourage pedestrianism. They wind around in every direction, over hill and dale, and are almost as satisfactory for walking purposes as a well-kept cinder path. No matter what direction you may take, the roads seems to be about the same. They believe most emphatically in good roads. I also noted that the air seems to have an invigorating

effect at all times. This is especially noticeable in hilly sections.

Then, too, all the land seems to be in use. Nothing seems to go to waste. Every little patch of ground is cultivated in some way and thus made to add to man's profit and comfort. England reminds one of a vast magnificent park. To an American—who in travelling a great distance by rail, occasionally sees waste fields, broken-down fences, and large tracts of uncultivated land—the entire country fur-



Mr. P. Rhind, Winner of Second Prize in Preliminary Competitions, Bolton



Mr. H. Auft, who was Awarded Second Prize in the Preliminaries at Bradford

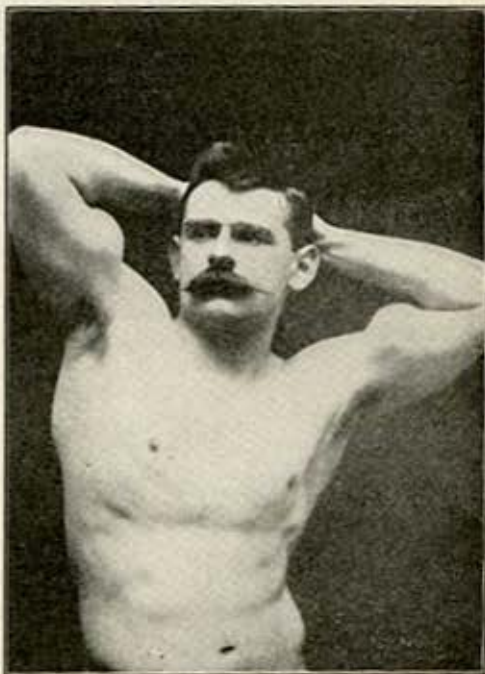
nishes a very startling source of comparison.

But this is deviating from my discussion of the athletic aspects of the country. Every young man in England seems to be more or less interested in athletics. To a large extent the same may be said of Englishwomen. Though an American woman interested in athletics is perhaps a little more enthusiastic, as a rule, than the average English physical culturist, still I would say, that in a general way the average English woman seems more interested in athletics than the most of the young women in America.

Englishwomen play tennis, golf, and are fond of horseback riding, walking, cycling, and driving. Many of them, because of their love of exercise and outdoor life, are termed sportswomen, though I must admit I do not like the name.

However, the term is usually applied to one who has a love of exercise and out-door life, and this is certainly to be most highly commended. There is what might be termed universal interest in athletics among Englishmen. They love to see a strenuous contest. I am glad to say they like to see fair play. They attend the football and cricket games in enormous numbers. Fifty thousand people is not by any means, an unusual gathering when an important game is being played. This interest in outdoor life and athletics may be the means ultimately of saving England from the physical degeneracy that this country, along with other civilized nations is suffering from at the present time.

Besides the English Edition of my own magazines, there are various other publications devoted to similar subjects that have a large and interested reading public throughout the country. The greater number of people there seem to be interested in building increased physical power. A fine muscular development appeals to them. A well devel-



George F. Day, Winner of Second Prize in the Preliminaries at Liverpool



Mr. E. Wigglesworth, Winner of Second Prize at Halifax

oped body seems to rouse their interest and enthusiasm, and there is certainly hope for any nation where a spirit of this kind is encouraged and commended.

All around athletic events of various kinds also seem to be in favor, especially during the summer months. Though a crowd of from two to five thousand people would be considered a large attendance for athletic games held in American cities, as a rule you will find several times this number attending the important athletic meetings held at frequent intervals throughout England.

English athletes are especially fond of long distance running. They have always held the records in this class of athletics and their superiority in this is no doubt due to the extent to which the average English schoolboy indulges in cross-country-running.

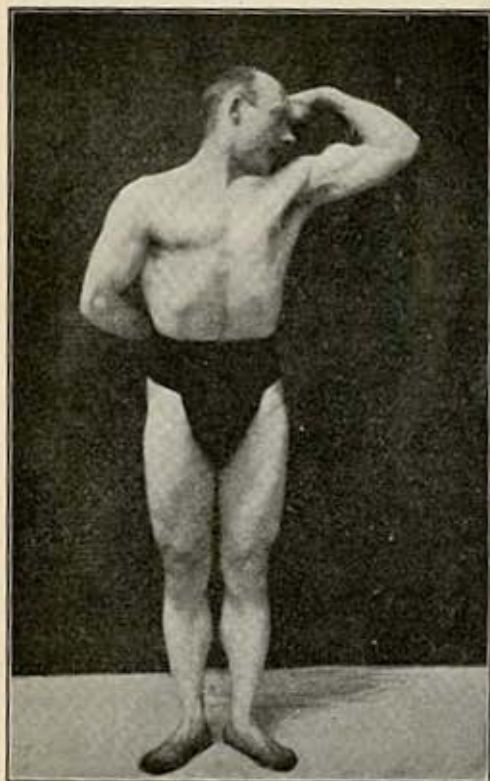
In the United States, while there is, of course, a great deal of interest in

many athletic sports, it is usually evidenced by the desire of the individual to become a spectator at the exhibitions of one of our popular forms of athletics. In England, however, in addition to an even greater interest in this phase of athletics, the average young man also indulges in that form of exercise which best suits his inclinations. This tendency toward the enjoyment of athletics as exercise, as well as sport, results in the great number of active athletic organizations scattered throughout the country.

In our own land, our most famous athletic organizations are composed, to a great extent, of a large majority of individuals who indulge in little or no physical exercise, and a minority of highly proficient athletes. In many cases the great skill of the latter has a deterring effect on those less capable, because the man of meager ability does not care to suffer the con-



Corporal C. Mace, First Prize-Winner at Belfast



William Young, Awarded First Prize at Manchester

trast of his lack of skill with the clever performances of his expert fellow member. This state of affairs is less in evidence in England, and the major portion of the members of the cross-country running and other athletic organizations participate to a greater or less extent in the events scheduled for the benefit of the entire membership of the organizations.

I regret to say that my tours in Eng-

land have been so hurried that I have never had time to attend any of their football games or athletic meetings. During my last trip, the South African foot-ball team was touring England, meeting the various teams in large cities, and everybody was "talking football." To be sure, the game in England is somewhat different from the American game, but the resulting exercise, is almost as strenuous and is bound to develop a boy into a strong, sturdy man.

I am presenting with this article, photographs of some of the well-developed young men who competed in the physical development contests in various cities which I visited during my lecture tour.

I must say that I was surprised at the fine showing of many of the contestants. England is plentifully supplied with finely developed men, in spite of the occasional evidences of present day degeneracy. Some of the best specimens appeared in the northern cities. Northern and central England and Scotland seem to develop more rugged physiques than do the southern part of the country.

In contests of this nature, dissatisfaction with the decisions of the judges is some times evinced, but I must say that in this case there was no cause for complaint on this account. Each contestant seemed to feel that he was getting fair play—that equal opportunities were granted to all and favors shown to none, and in nearly every case the winners were congratulated by their fellow competitors.

There are more photographs of contestants to appear, as it is my intention to publish the portraits of nearly all the prize winners in the large cities.

A BOY'S OBEDIENCE

A boy who had been ill was allowed to go to a party on the condition that, if it rained, he should take a cab to come home. It rained, but the boy arrived drenched to the skin. "Why didn't

you take a cab, as I told you?" asked the father, sternly. "Oh, I did, papa—I did truly," was the answer. "But I thought I would rather ride on top with the driver. It was great fun."—*Exchange.*

Country and City Life

By HARRY B. BRADFORD



ANY of those who live in the country and who have had only a passing glimpse of the city, with its great business interests and traffic, its tall buildings and crowded buildings and crowded dwellings, and its generally well-dressed people, suppose that life runs very easily with the inhabitants of our large centers of population. But in this they are much mistaken.

How often we fail to appreciate the blessings at our very door! Let me refresh the minds of those who dwell in the country—especially the boys and girls—in regard to some of these blessings which they may have overlooked or not taken at their real value. The ideal country-life, after all is said and done, is that on the farm. It is there that the proper conditions are provided for living a useful, healthful and contented life. Do you realize what all this means? Agriculture, as the Father of his Country wisely said, "is the most useful, the most healthful and the most noble employment of man." You are close to Nature, you are producing something of real value to humanity. All the skill and scientific knowledge you can possibly acquire can be brought to bear upon your work on the farm. The more brains and

wisdom you use in connection with your work, the more successful you will be. They who can work in God's out-of-doors, surrounded by Nature's loveliness, breathing the fragrance of the fields and the flowers, are certainly in the best position to acquire a higher and broader culture of mind and body than those whose lives are spent apart from such things.

Nature, "the art of God" is obliterated by concrete, brick and stone in the cities.

Then, too, the farmer's wealth is in fields of waving grain, in stretches of vegetation, and in herds or flocks of live stock. Each farmer, having to rely on his neighbors for the safety of so great a part of his possessions, the virtues of fair dealing and human brotherhood are stronger among agricultural people than perhaps any other class.

There are thousands in the cities engaged in forms of business which are rendering them weaker in body and mind, and sending them to premature graves. The greed for wealth brings out man's inhumanity to man, and a great deal of his increase, "tendeth to poverty."

Where are the majority of crimes committed? In the country districts? No; in the cities. Agricultural people, are for the most part a peaceable, law-abiding, honest class.

In regard to the usefulness of the



The Shore of the Lake, a Beautiful Bit of Characteristic Country Scenery

farmer's vocation, there is no question. The city would soon perish unless it was fed by the product of the farm. The fruits of the farmer's labors upbuild and strengthen and make glad the heart of man. He produces the pure, natural article, but much of the city's bottled, canned or otherwise preserved foods are adulterated by poisons which add to the sufferings and woes of humanity.

The very best conditions for health exist on the farm, where one is surrounded by pure air, day and night, drinks pure and not artificially-cooled water, and eats plain wholesome food.

which it demand and which builds muscles like steel and sends the blood bounding through the veins. Because of this the nights on a farm bring refreshing sleep, peace and quiet, far different from the rush and noise that disturb one's slumbers in the city.

The city is constantly being replenished by the bone and sinew from the country districts. Were this not the case it would become depopulated within a short while—I think Dr. Josiah Strong puts the time at twenty years.

The farmer is also in a position to



A Picturesque Pool on a Woodland Stream

The luxury of pure air was once brought very forcibly to my mind when walking down Broadway, New York. For more than two miles, I scarcely drew a breath which was not polluted with tobacco smoke. As soon as I thought I was rid of the fumes of the cigar I encountered the smoke from another. It seemed strange to me that so many men preferred to breathe tobacco smoke instead of health-giving oxygen.

Another advantage possessed by the farm is the vigorous out-door exercise

have fresh, unadulterated food on his table. He may be sure of pure milk, eggs, butter and meat and not have to depend on that which has been "doctored" and transported hundreds of miles before it reaches him. Then, too, country living is far more economical than that of the city, because, in the latter, all food passes through the hands of several merchants before it reaches the consumer and so is much higher in price as well as poorer in quality. Living in the cities seems to be getting more expensive every year. Unless a

man receives a very large income, he has little or nothing left after paying his month's rent, grocery bill, servant's wages, gas bill, fuel-bill, etc. The desire for ease and freedom from household duties in the cities is causing a growing degeneration of healthy, home-life. The flats and apartments of a city constitute mere travesties on real homes.

There is household social equality in the country, for many, if not most, of those employed on the farm are obtained from the families of other farmers. When a farmer's helper, or "hand" is

There is far less evidence of the pace that kills, among both the rich and poor, in the country than in the city. The city business man patronizes the "quick lunch" counter, where he gulps down a dyspepsia-creating meal, while the farmer takes his meals leisurely, often resting for half an hour or so after his midday lunch, which he almost invariably gets at home. The city day laborer sits down with unwashed hands by the gutter, and eats his well-nigh indigestible pie, cheap meat sandwiches and a few water-soaked vegetables, washing the whole combination



The Same Pool in Winter

ill, he, or she, is usually cared for as one of the family.

Many things besides those related, are the cause of contentment on the part not only of the farmer, but of those who work on the farm as well' Laborers, especially on the smaller farms, are not driven in their work like cattle. If they stop in the midst of their labor to draw a few breaths and get a little rest, they are not shouted at by an inhuman overseer, as I have sometimes seen occur in the case of the poorer laborers of the city.

down with coffee — usually of poor quality.

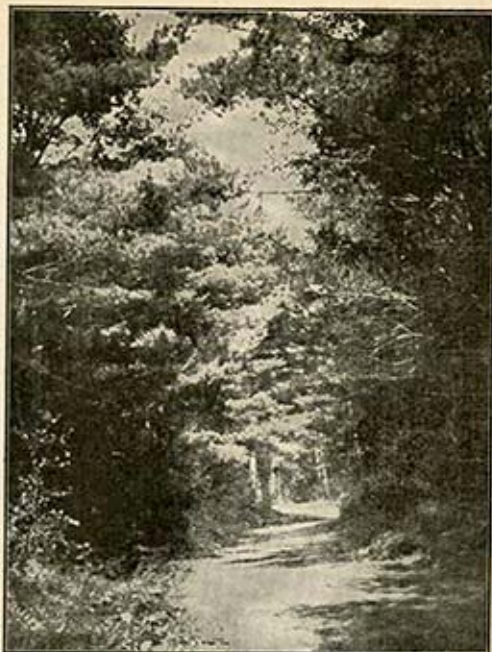
The house and home of the poor farmer, as well as his fare, is far ahead of that of the city laborer in like circumstances, while the prosperous farmer has many advantages which even the rich of the city do not possess.

The rural free delivery and telephone are boons to the progressive farmer. He is now supplied with the best and most helpful magazines, as well as with good weekly papers, so that he no longer need remain ignorant of what is tran-

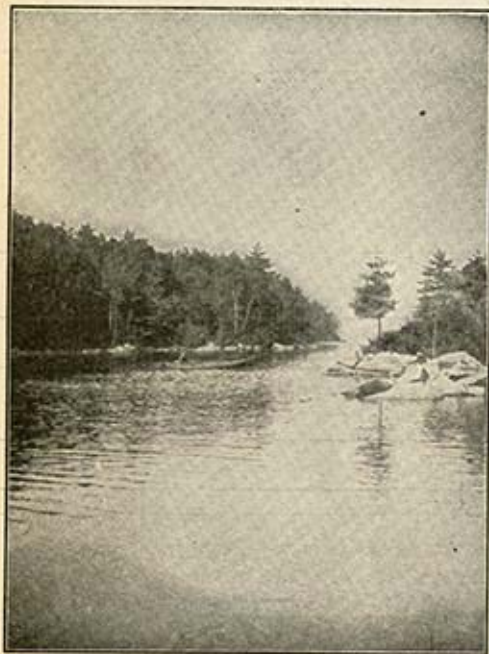
spiring in various other parts of the world.

As the city is filled with all sorts and conditions of men, women and children, evil is broadcast. Hence the country is a far better place for children to acquire clean bodies and minds, in a proper environment. In the country, they can enjoy childish sports to their heart's content and their health's welfare. When older, they can help in the general work. On the farm there is enough useful and instructive work for every member of the family, and the larger the family the better the conduct of the farm. Country people are generally far more healthy and hardy than city people. How often, when in close city offices in great high buildings, crowded with pale faced, young or middle-aged men, have I thought of the difference between country and city life.

In contrast, think of the brawny, brown-faced men of the fields, with



An Attractive, Restful Road through the Woods



An Ideal Spot for Swimming

muscles like iron; men who can chop wood or load hay from dawn till dark, and digest as much food for one meal as a city dyspeptic half digests in two days. This country hardihood is the stuff from which Livingstone, Gladstone, Lincoln, Garfield and McKinley were made.

Yet with all of the faults of life in a great city, it has its advantages also. For example, the educational facilities of our large cities are incomparably superior to anything found in the country, and a higher average of intelligence is found in the cities. In city churches we may hear the most profound and inspiring sermons. The finest plays are to be seen only in the cities.

Still in spite of these things and despite other respects in which the cities excel, the writer thinks they are more than outweighed by the advantages offered by the country to the average man or woman.

"The maxim which I have acted and the maxim which I have often commended to my friends is—Be a boy as long as you can."—Herbert Spencer.

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

By BERNARR MACFADDEN



MY readers, when considering the adoption of the suggestions offered here, should bear in mind the advantages of simplicity of life in general and of diet in particular, the importance of which I have so frequently emphasized. One or two kinds of well chosen foods at a meal, of a sufficient quantity, will satisfy all the actual requirements of the body, and it is obvious that a greater variety is entirely superfluous, and an excess of the quantity actually needed is a positive burden upon the digestive organs and a drain upon the vitality of the individual. Hence the advantage of the general scheme of diet set forth in this series of articles. Moreover, unwholesome and unsuitable articles of diet, are often worse than nothing from the standpoint of bodily nutrition, the effort to digest them taking up more of the energy of the body than is finally derived from them after their partial assimilation has been accomplished. Viewed from the perspective of the poor man's pocket-book, they mean a waste of money, and for the average wage-earner this is a consideration not to be neglected.

I have already suggested the possibility of a meal that is complete and satisfactory in every way, being composed of one single dish, combined perhaps with bread. One must realize, however, the necessity of choosing for this dish some food or combination of foods containing all of the elements necessary to perfectly nourish the various tissues of the body—in other words, a properly balanced ration. But it is not my purpose to enter into a discussion of the chemistry of foods at the present time. It is true that the study of the chemistry of foods has its own importance, but lack of space forbids its introduction here, my main purpose

being to offer as many helpful suggestions as possible in regard to a simple and inexpensive diet, to those who are in need of such assistance. For the chemical analysis of various articles of diet I would suggest the study of "Strength from Eating," or some other authoritative book covering the subject in a general way.

There are a number of very simple and inexpensive soups which are high in nutritive value, and which are as pleasing and as wholesome as one might wish. When soup is mentioned, I do not refer to the thin broth made from a soup-bone or to anything else in which meat of any kind is customarily used as a partial ingredient. It is true that the conventional individual is possessed of the idea that a soup cannot be successfully produced except by the use of a so-called meat-stock, but I have known many people who had never cared for soups until they became acquainted with those made according to the methods here described. Even the so-called vegetable-soups, made in the kitchen of the conventional home, are thought to depend primarily upon the presence of a soup-bone for a successful flavor. Meat is absolutely unnecessary in the making of soups, and their flavor is much more pleasing when it is not used.

Soups are not difficult to make, and some of the best are the very simplest. Beans, peas and lentils in their dried form, can be secured at all times of the year, are exceedingly cheap, and will provide the foundation for the very choicest soups. Potatoes and onions, also comparatively cheap as a rule, supply the other ingredients, and nothing else is necessary.

Before proceeding further, let me say a word as to the value of potatoes and onions for general use. It is true that in themselves they are very incomplete

articles of food, but they are of great value in combination with other articles of a highly nitrogenous character. The onion is especially useful in enriching and improving the flavor of a great number of dishes, besides being of exceptional hygienic value. As a matter of fact, an excellent soup can be made of these two articles alone, known as a "potato soup," both potatoes and onions being cup up and boiled until well-cooked, with a little salt, a little milk, as a rule, being added finally. In this case the water in which the potatoes are boiled is not thrown away, as is frequently done, and the organic salts contained in the potato are not lost.

The flavor is exquisite and the dish as a whole has a pleasing creamy consistency. One could not subsist on it satisfactorily, but when the diet includes a great many heavy foods, rich in proteids, something of this character should be used occasionally as a means of maintaining a proper balance and proportion of elements. For instance, after a meal in which baked beans had formed a prominent part, it would be a good plan to have a potato soup as the basis of the next meal.

But instead of having beans at one meal and potatoes at the next, these two articles, being of such a radically different and opposite character, had better be combined in one meal in the form of a bean soup. The beans should be placed in cold water the evening before, and allowed to soak all night. In the morning it will be found better to simply let them simmer for a number of hours over a slow heat than to boil them over a hot fire. As they become somewhat tender, add a suitable amount of potatoes and onions, considerably in excess of the beans in bulk, and cook until done. The water in which the beans are soaked should be thrown off, but after cooking no water should be thrown away. No more salt should be used than is necessary to make the soup palatable. A little olive oil or butter may be added to enrich the flavor, but these are somewhat expensive and by no means necessary. Some add a little milk before cooking is completed, but this is not an essential. To be satisfactory, the soup should be fairly

thick in consistency, that is, there should not be a great excess of water. The use of a masher to reduce the potatoes and beans to pulp will give the soup a more creamy character, pleasing to many, while others prefer to have the beans remain whole, with the potatoes and onions cut up in small lumps or cubes.

One of the most delightful and nutritious of all dishes is a properly made green pea soup. The dried green peas should be soaked over night in the same manner as the beans just referred to, then cooked in the same way. An excellent puree can be made by adding onions only to the peas, then finally passing them through a sieve. But the plan of adding both potatoes and onions produces a more palatable soup, in the opinion of the writer, and certainly a more perfect food combination if one wishes to satisfy all of the needs of the body. I cannot commend the practice of passing the soup through a sieve, for much of the pulp thus removed is valuable.

Split peas can be used instead of the green peas, prepared in the same manner, and make a splendid soup, as popular with many as that made from the green peas. Lentils can be treated in the same manner, though it is the rule with some to change the water in which they are cooked once or twice before adding the other ingredients, the object of this being to avoid the exceedingly dark color which would otherwise be manifested. This, however, is inadvisable, for some of the most valuable elements are thus thrown away.

Lima beans can be used for soup, in combination with potatoes and onions, being treated in exactly the same manner as the beans or peas referred to above. Lima beans are usually stewed and served by themselves, as a side dish, but they make a most delightful soup. Those who have been accustomed to regular meat-eating should bear in mind that all of the legumes, including peas, lentils and all forms of beans, make satisfactory substitutes for meat, and comparatively speaking, they are exceedingly cheap. As a rule they cost only a few cents per pound, or per quart, in their dried form, and one

pound, when soaked in water, will swell to a bulk that is almost surprising. For this reason it will not require a great deal of these to make up enough soup for a very large family. It is too bad that the potatoes and other vegetables do not likewise increase in volume when prepared for the table!

Peanuts, in some localities, are very cheap, and in spite of the contempt with which they are regarded by those who pretend to an unwarranted fastidiousness, are rich in nutritive elements. They are, therefore quite valuable dietetically if not commercially. They are most popular in their roasted form, and it may be unknown to many that a highly delectable soup can be prepared from them. Those who fancy the flavor of the peanut will find such a soup unsurpassable. It is made, of course, from the raw, and not the roasted article.

Any one of the soups above described will form a considerable portion of a repast, especially when combined with whole-wheat bread and perhaps a little fruit, or some other satisfactory but inexpensive dessert. Briefly, I would suggest the use of dried fruits for this purpose, for they make a desirable sauce at small expense, or a rice pudding. Such desserts are not necessary by any means and in many cases can well be dispensed with. However, in a later instalment I will discuss the subject of desserts in general, giving methods of preparing a very few that will be found perfectly wholesome, healthful and at the same time moderate in price.

As an interesting experiment in bread-making, I would call attention to a bread made of several ingredients, which was brought to my notice by M. A. L. Lyon, of Milhurst, N. J., who sent me the recipe, as follows:

Take two cups each of corn meal, rye graham flour, and wheat graham flour, and one cup each of oat-meal or oat-flakes; mix with boiling water, add a little salt, and place in pans, taking care to have the dough rather stiff and about two inches deep in pan. Bake for as short or long a time as one prefers.

I will give other recipes for baking bread at home in the future. Mr.

Lyon declares that after many experiments in bread-making he is at last satisfied with this and will use no other when he can get the ingredients. He remarks that no one but a physical culturist would care to eat this bread, for it requires thorough chewing.

I would suggest the following menu for one day, though be it remembered that, as a rule, it would be more satisfactory to consume but two meals per day.

Breakfast

Fresh Fruit in Season.
Rolled Wheat and Raisins.

Lunch

Two Whole-wheat Egg Sandwiches.
Fresh Fruit.

Dinner

Whole-wheat Bread, Peanut Butter.
Green Pea Soup.
Apricot Sauce.

Such a menu is simplicity itself and inexpensive enough to suit anyone. And yet it will supply all the strength and energy required for a day of hard physical labor, being in this respect infinitely superior to the impoverished fare upon which so many manual workers try to subsist.

Fresh Fruit in Season. This does not have reference to fancy fruits or high priced luxuries. It means any fruit which is available at moderate prices at the time desired. And it is seldom that something of this nature cannot be found, whether it be in the form of apples, bananas, pears, oranges, grapes or what not. As a rule apples and bananas are particularly cheap, and both are especially commendable.

Rolled Wheat and Raisins. This may be prepared in the same manner as are rolled oats, mixing with a few raisins and stirring in one or two teaspoonfuls of olive oil or melted butter. The rolled or flaked wheat can be purchased in packages, and should be used uncooked. Or you can place flaked wheat in a dish, pour on hot water enough to cover, and let it set for five minutes. The water is then absorbed by the wheat, which may be eaten with a few raisins. The addition of olive oil is permissible, but not necessary. Raw rolled oats may

be treated in the same manner. The raisins will be found very inexpensive, as a very few of them will suffice for this purpose.

Whole-wheat Egg Sandwiches. Use ordinary whole-wheat bread. One egg will be sufficient for the two sandwiches, if beaten up with a little milk and scrambled or prepared in the form of an omelet.

Bread and Peanut Butter. Bread made in accordance with above recipe might be used at dinner, in place of the ordinary whole-wheat bread. Peanut butter is cheaper than dairy butter, and is of so rich and pronounced a flavor

that one pound of it will probably go further. Remember that it is rich, and that is it easy to use too much of it.

Apricot Sauce should be made from dried apricots, though it need not be cooked. Its very best flavor will be secured by merely soaking the apricots from twelve to twenty-four hours in cold water. Prunes prepared in this way do not require the addition of sugar, being exceedingly sweet in themselves. Apricots, however, being of a decidedly tart character, may call for a little added sweetening, this depending upon individual taste.

My Special Recipe

By BERNARR MACFADDEN

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

RICE MEAT: AN EXCELLENT MEAT SUBSTITUTE

THE recipe I am presenting to my readers this month will be found an excellent, palatable dish. Even to the average meat-eater, it should be a most satisfying food.

To make sufficient for two persons, add one-half teacupful of rice to two teacupfuls of water. If there is plenty of time, the rice should be cooked at a temperature a little below boiling-point, though it can be cooked more quickly by boiling. When the rice is nearly done, and the grains are swelled almost to their full size, pour the contents of the vessel in a colander or sieve, catching the water in which the rice has been boiling in another vessel. Pour a very small quantity of cold water over the rice, retaining this water also. Now place this water on the stove and let it boil until slightly thickened. After it

has cooked a few moments, put in one or two onions the size of an egg, chopped very fine, and about two tablespoonfuls of olive oil. Follow this with three of four ounces of cheese chopped into small pieces. After the cheese has melted entirely and the contents of the vessel is boiling, the cooked rice should be added. Please note carefully that immediately after placing the water in which the rice was cooked on the stove, and while the rice is hot and still in the colander a quantity of cold water should be poured over it, thus making every grain separate to itself.

You are now ready to add the rice to the boiling contents of the vessel on the stove. The dish should be cooked until the rice is of a proper degree of softness. It is then ready to serve.

Vacation Suggestions in the Prize Contest

As we write this, our April issue, containing announcement of the prizes offered for Vacation Suggestions, is scarcely in the hands of our readers. Consequently now, as we go to press with the May number of the magazine, we have not had time to hear from more than a very few of the contributors to the Prize Contest for Vacation Suggestions. These are published herewith. Judging from the immediate response of these writers we anticipate an intense interest in this competition and the discussion of the various means of spending the summer holidays. The June, July and August issues of PHYSICAL CULTURE will contain the most noteworthy of the replies received, but the prizes, as previously announced, will be awarded on July 1st. Remember that the closing date of the contest is May 1st, which will allow of a few more days after the publication of this issue. Remember that the space limit is four hundred words and that the prizes are \$15.00 for the best letter upon the subject and \$10.00 for the next best. Kindly do not exceed the limit of 400 words. You may note that the writers of the letters here published have done so in two or three instances and for this reason they will not be eligible for the prizes. We are publishing them, however, because of their special interest and would say that we may possibly publish one or two others that exceed the space limit, if unusually interesting, but that they will not be considered by the judges in making their awards. We expect to publish a larger number than are published here in each of the three subsequent issues.—Bernarr Macfadden.

An Advocate of the Farm

TO THE EDITOR:

I would suggest spending a vacation on a farm.

Almost everybody has a relative or friend somewhere who lives on a farm. Write to this person and ask to spend a few weeks with them. You might offer to work part of the time or pay your board to make it worth while to them. Here, you could sleep out of doors, wear comfortable clothing, and obtain healthful foods. Then you might learn to do gardening, milk cows, make hay, butter, and many other useful things besides. This applies to girls as well as boys, for surely physical culture girls could do any of these things. While there, endeavor to make physical culturists of all the household—talk foods, fresh air, and exercise to them, and demonstrate the value of these things by your own example. Of course the example is worth more than the lecturing, as most people are fearfully prejudiced.

To make things lively get up country dances, in the barn for instance, with lanterns for light and a "fiddle" for music. Straw or hay rides are fun, moonlight picnics long tramps through the woods, athletic competitions where one can again demonstrate the superiority of natural and healthful living and last but not least, fall in love with some nice healthy country girl and come home engaged. But if a girl cut out the love affairs, that is, the serious ones as farm-life for a girl all the year round is too lonesome and too hard. There is no place like the country in summer, but in the winter I like to stick to the city, where one can attend lectures, theaters etc.

(MISS) MAUD BUCHANAN.

Spending Vacation at a Tent Colony

TO THE EDITOR:

It is a proverbial saying with us that a vacation requires as great a time to recover from it as is spent on the vacation itself. The usual vacation is a round of dissipation at a summer resort. Gluttony seems to be the universal ideal of happiness. "Eat, drink, and be merry," is the motto. The holders of this ideal return from a vacation, feeling very much like a drunkard after a spree. Vacations are supposed to give a new lease of life.

Here is my ideal: A vacation spent in an unconventional camp, such as Physical Culture City provides, is of prime importance. We must also consider our pocket books. Then go ahead. "What shall I take along," is a question which causes many of us great concern. "Be comfortable," solves the problem.

Clothes sufficient for two weeks for a man, namely, one pair duck knee trousers, four or five shirts, and since convention decrees it, a bathing suit to hide our shameful bodies. This outfit is suitable for both sexes, but girls usually prefer to wear bloomers.

Tents with all necessary furnishings can be had at these camping colonies. Five dollars pays for a tent for two for a week usually. These colonies are almost always situated near a stream or lake and within a short distance from the woods or mountains.

Here the physical culturist can put his ideas of hygiene into practice. Diet is of prime importance to comfort in summer. The heat inclines one to the use of juicy fruits, which I think are the best food at the time.

The fruits keep the bowels active, cool the

body and purify the blood. Vegetable salads are also aids and supply a large portion of the heavier foods; two light meals a day are most satisfactory. The one meal plan inclines one to overeat. Fruits and vegetables can be obtained cheaply in the country so that one can easily get along on two and one-half dollars a week.

The surroundings will suggest the recreation to be had. Rowing, swimming, walking, mountain climbing. The woods too will give seclusion to those desiring sun and air baths. Socials, parties, etc., can be brought about with little effort and pleasurable excitement. Athletic meets would also receive the hearty support of the young men and women. On dull and rainy days the parties and socials mentioned above would be a most agreeable diversion.

To one living in the country, the city during the cold season, would be a source of instruction, wonder and delight, and would produce a mental alertness to the same degree as the country in summer excites physical activity in a city dweller when living as suggested above.

CHARLES MENDEL.

New York City.

A Vacation in the City

TO THE EDITOR:

The writer's vacation experiences can hardly be termed of a varied nature, since he had the pleasure of his first and only extended period of recreation during last summer. This was not because he held, in common with a certain financier of international reputation, since deceased, that a busy man had neither need nor time for a vacation, but rather because of his employers' endorsement of this doctrine. (By the way, I wonder if the gentleman quoted ever feels the need of a vacation *now*?) It is true that there were temporary respites from labor resulting from lack of work in my trade, (I am a printer), but these were always without pay, and the care of my wife and family always compelled me to busy myself in putting an end to this sort of holiday as quickly as possible.

During the past year, however, I was so fortunate as to be employed by a firm granting each member of their force a week's leave of absence with pay. When, on the Saturday preceding the week allotted as my vacation, I was presented with an envelope containing a week's salary, in addition to my regular stipend, it was rather a novel experience. I was, however, unable to lose sight of the fact that my family and myself would be compelled to pay the grocer and the landlord for our food and shelter just as though I were forced to toil during my week's furlough, and the vacation began to assume about an equal value to that which a ticket to an art exhibition would have for a blind man. I had sufficient means to have spent the week alone at some modest summer resort, but I could hardly consider leaving my children, and the life-partner who had toiled faithfully with me for the past fifty-one weeks, to enjoy the delights of our front steps and none too

spacious back-yard, while I rambled about in pursuit of the bubble pleasure. I determined, therefore, that my little son and daughter, my wife and myself would make the best of that six days of unaccustomed leisure, regardless of the apparent lack of wherewithal with which to do so, and this is the plan of campaign we adopted:

Like many another dweller in our great cities, though I had lived in the community wherein I now reside since birth, I had really a less comprehensive knowledge of its points of vantage than the average intelligent visitor from other towns bent on sight-seeing, so I determined to make the round of all the nearby points of interest accessible to us, and by the use of a guide book, and the expenditure of quite a number of nickels for car-fare, the four of us spent a most enjoyable week in daily excursions by rail and water to local parks and woods and streams. Each morning my wife packed a dainty lunch in the basket which always accompanied us on our trips, and we were off for a whole day of pleasure in that section of the lap of Nature within most convenient distance.

Perhaps we seemed an astonishingly easily-satisfied quartet to the occupants of the costly automobiles and splendid equipages which whirled over the drives which we traveled on foot, but we were as happy as they dare be. The gold of the sunbeams and the silver of the running streams were fully as fair as the gorgeous scenes which met their eyes at their favorite places of amusement each evening, and the merry voices of our children were sweeter far than those of their highest salaried prima donnas or most famous tenors.

When, the week ended, I returned to my accustomed tasks, I did so greatly refreshed by a vacation which was as admirable for its simplicity as for its beneficial results.

JOSEPH BLAIR.

Philadelphia, Pa.

The Country vs. the Seashore

TO THE EDITOR:

Your request that your readers give the details of their vacations grants me an opportunity to relate a most enjoyable experience.

Until last year I annually followed the example of the great majority of "vacationists" in seeking relaxation in those fields of pleasure which are patronized by the many, having spent five seasons at a well-known summer resort. I cannot deny that these annual pilgrimages to the shrine of Father Neptune, in conjunction with the many enterprises at the resort for the entertainment of the pleasure seeker brought their meed of enjoyment. I found, however, on each year returning to my accustomed business, that I did so in the spirit of one forced to relinquish a pleasurable form of excitement—rather than rest—for a task of a comparatively monotonous, not to say distasteful nature.

Accordingly, when a welcome respite from work was granted me by unusual dullness in business last summer, I determined to seek

another method of spending my vacation. By a fortunate chance—I did not realize how fortunate until a fortnight later—my brother, a farmer residing in one of the fertile valleys of central Pennsylvania, was my guest at the time, as the result of a business trip to the city. He reiterated a long-standing invitation to pay him a visit and I quickly prepared to accompany him. Contrary to my usual annual custom, I did not deplete my purse and increase my luggage by the purchase of stylish negligee raiment. Instead, at his suggestion, I merely provided myself with those garments which had become valuable to me because of their comfort rather than their appearance.

We reached the farm late in the afternoon, and after a satisfying supper, I spent the early hours of the evening engaged in pleasant reminiscences with my brother and his family, seated on the lawn before his house, enjoying the evening breeze, and watching the moon rise in silvery grandeur over a distant chain of hills.

We retired at ten, and at six A. M. I arose, and after a bit of enlivening exercise, had my introduction to the delightfully cool and clear waters of an adjacent mill pond, in which I bathed each morning during my stay. I often wish I were able to indulge in such a dip on every morning throughout the year. After a breakfast enjoyed more than any I had partaken of for years, I indulged in a tour of observation of the surrounding country, and spent the entire day most enjoyably and restfully. Lack of space forbids the recital of the details of my stay on the farm, but my memory is stored with the many pleasurable experiences of my visit. The exhilarating cold dip and brisk rub-down each morning, the heartily enjoyed breakfast, and the ong, delightful days of rest and recreation, each terminating in a night of strength-restoring sleep, soon made another man of me. I did not find it at all dull, as I had feared, and did not at all miss the pleasurable variety of the lights, the music and the gaily-dressed throngs in which I had been accustomed to myself on previous vacations, but rather felt the gradual growth of mental and physical power within me, so that when the harness of business was resumed, I felt as one who, with new strength, girds on his armor for a battle.

During the strenuous moments of my daily occupation, I often snatch a momentary pleasure by anticipating the enjoyment of my return visit to the scene of my last year's vacation.

GEORGE SUTTON.

Baltimore, Md.

A Vacation Afloat

TO THE EDITOR:

For a number of years past I have enjoyed a form of annual holiday which is within the reach of most of those residing near streams or bodies of water of sufficient size to permit navigation by boats of moderate draught.

I am one of a party of six who jointly own a cabin yacht, cat-rigged, thirty feet long,

on which each year we spend a vacation of two weeks, with much pleasure and physical profit. It is true that ownership, in whole or in part, of such a craft is not always within the reach of everyone, but a family or party of friends can usually secure such a boat for a stated length of time without going to great expense.

Our own yacht has its anchorage in the Delaware River, on the banks of which most of the joint owners reside, and our annual pleasure trip is spent in the Delaware Bay, within easy reach of a sandy shore which borders on a strip of woodland, back of which are a number of convenient farm-houses. From the owners of these, the greater portion of our provisions are purchased. We take with us each year those articles of diet which are not perishable—such as salt, sugar, flour and other staples—and we replenish our larder, which is composed, for the most part, of food favored by physical culturists, by the purchase of butter, eggs, milk, fresh fruit and vegetables from the farmers. Further supplies are secured by frequent trips to a nearby town. The necessary cooking is performed on an oil-stove, the services of which are supplemented by a camp-fire on the beach.

The deck of the yacht provides ample sleeping room for its crew on clear nights, and when stormy, we seek the shelter of the cabin, the sides of which are so arranged as to permit the air to circulate freely.

To my mind this form of vacation offers an ideal form of annual outing. The sun's bright rays dancing on the sparkling waters, open a day of unalloyed pleasure, beginning by a plunge into the stream flowing gently by our safely-beached craft. After a brisk rub-down, all assist in the preparation of breakfast, in which everyone takes an allotted part, and then the destruction of the meal, in which task no allotment of duties was necessary—all doing their share more than willingly. Recreation is furnished by trips through the surrounding country, and by voyages in the ever-useful canoe which is towed astern throughout the voyage. Then, too, there are the fishing and erabbing, which together with their enjoyable sport, bring the pleasure of providing the commissariat with a supply of toothsome food.

The cost of our voyages, for food and equipment for the fortnight, is defrayed by the payment pro rata of from six to eight dollars for each man. In the event of a yacht being chartered for a party of six, the sum of five dollars each in addition to this would probably be ample to pay all expenses. In our case, we choose a treasurer to whom we make payments of instalments of the expense, as convenient, some weeks before the cruise. To those contemplating such a vacation, this plan might be followed with advantage to avoid incurring a financial difficulty.

JAMES KING.

Riverton, N. J.

Spend Your Vacation at Home

TO THE EDITOR:

I would recommend a vacation at home

After going off on expeditions and excursions of various kinds, one often returns to work more exhausted and in need of rest than when he left. Indeed, the return to work is often a relief. By staying home you will save money. You will save the time and expense of travel, and you will also save the time consumed in packing and preparing for the journey, both going and returning. You will prevent the expenditure of your nervous energy and place yourself in a position to secure some real recreation.

Nearly everyone has some fad or hobby with which he likes to employ himself in his leisure hours, and it is usually the case that he has not sufficient spare time from week to week which he can devote to his interest in this subject to satisfy him. It does not matter whether his fad is amateur photography, music, carpentering, physical culture, the study of oratory, chemistry or history, drawing, painting or what not. An opportunity to daily spend as much of his time as he pleases for two weeks in his favorite pursuit will afford him as much happiness as he can possibly get by rushing madly to some remote

section of the land with the idea that more happiness is to be had elsewhere than right at hand.

Staying at home will not interfere with his regular habits. He can practice physical culture thoroughly. He can take his long walks through the country daily, even though he lives in the city. If he wishes to take an annual fast, here is his opportunity. And he can rest as much as he pleases, finally returning to work refreshed and invigorated. Then, too, he can enjoy the company of the loved ones at home.

All of this, of course, provided his home is a happy one—as is always the case in song and story,—a haven of rest, peace and joy. And if one's home is not a happy one, then he should lose no time in getting away from it, and staying away from it, not only for vacation time, but for all time. This for the happiness of all concerned.

If you do not board at home, a visit to your home could be suggested for your vacation.

FREDERICK BAUMBERGER,
New York City.

OUTLINE OF A PHYSICAL CULTURE SERMON

TO THE EDITOR:

Some time ago, you began in *PHYSICAL CULTURE* a series of outline sermons. I have been disappointed in not finding more than two such sermons. Sunday I intend to preach in the evening a physical culture sermon, the outline of which I send you. If you care to use it in the magazine, you are welcome to it.

THE INFLUENCE OF PHYSICAL CULTURE ON THE SPIRITUAL LIFE.

Psalm 139:14, "I will praise thee; for I am fearfully and wonderfully made."

As we examine the human body, we must admit the truth of the psalmist's words.

I. The body made perfect by God, as a fit dwelling for the soul, is more than a mere shell.

1. What helps the soul, helps the body, and vice versa.
2. True appreciation of the value of the physical must be allied with strength of soul.
3. The Church's emphasis on the duty of physical training as a preventive of disease and deformity.

II. The fact of the difference of our present physical condition from what we were intended to be.

1. Generations of violation of the laws of health make us what we are.
2. Yet our bodies are to a great extent what we make them. We can again attain to physical perfection which was first given by God.
3. The proper application of food, water, exercise, rest, and air to the body will accomplish the desired results.

III. Physical health and perfection will prevent much crime.

1. Physical Culture works against impurity.

2. Physical Culture gives self-control and self-mastery.

Let us make our bodies a delight—not a burden—that we may exclaim with the Poet Bryant:

"Oh life! I breathe thee in the breeze,
I feel thee bounding in my veins."

I have taken your publication since June, 1902, and have just made up the volumes and sewed them together in form to be used in the gymnasium which we have established. I have a table on which I place the magazines, allowing the members to become acquainted with *PHYSICAL CULTURE* in this way. The gymnasium which we have begun is simple, but it is already doing good work. We engaged a hall (25x80 feet), and set up simple apparatus which the boys and I put together ourselves.

In training the boys, I have always adopted the principle of building up their vitality and strength before allowing them to run any hard races or do anything which involves straining. When in Moscow, Idaho, the seat of the University of Idaho, I trained the track team for two years, and these methods succeeded in bringing out several good long-distance runners, who had never tried to do anything in this line before. One of them, Edmunson, won the mile and the half-mile runs at Portland last summer, breaking the Northwest record for the half-mile. He was a delicate boy, whose mother was at first afraid to have him run at all; but by careful training, he has developed wonderful vitality and good speed.

(REV.) FREDERICK C. WILLIAMS,
Grants Pass, Oregon.

Comment, Counsel and Criticism by Our Readers

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

A Commendation of Our Serial Story

TO THE EDITOR:

I have been reading the serial story you have been publishing in **PHYSICAL CULTURE**, "Growing to Manhood in Civilized (?) Society" also the criticisms on the same that you have made public.

Perhaps you will be glad to hear from some one that stands solidly with you in regard to the influence this story will have. I must say that the firm, but kind way in which these good people have criticized the story is to be admired, but just why they look at it as they do is more than I can understand.

This story presents one side of real life as it exists to-day, and tells it in the best and cleanest way that it can be told. Surely every one will agree that it is far better for boys and girls to read this story, told in this pure way, from a publication whose highest aim is to teach truth and purity by their father's firesides, where they are surrounded by parental influence, than to hear the same incidents from the lips of some vulgar boy or girl.

If parents entertain the idea that their children can grow up without learning of this demoralizing sin I must say they are sadly mistaken.

I know that the community in which I spent my boyhood days was as good morally as any you might dare find, yet I heard stories of the same bestial nature as the one referred to, but the way in which I heard them was of the most demoralizing nature, and I am sure that I am safe in saying that nearly every boy and girl has their mind poisoned in the same manner. Parents and teachers, I entreat you in the name of all that is good and noble to allow your children to read this story and learn how pure, innocent boys and girls are led into sin every day, and thus prepare them to resist the tempter.

The story is bound to have great purifying influence if parents will only kindly and lovingly do their part.

PERCY SNYDER.

Dayton, Ohio.

Printing As a Physical Culture Occupation

TO THE EDITOR:

I have never seen the printing business discussed either favorably or otherwise in the columns of your publications, and therefore, I will endeavor to set forth its merits. It is one of the most profitable of employments from a financial point of view, and is at the same time most healthful. Its only drawback is that it is an indoor employment. But if the physical culture printer cannot find time to take outdoor exercise he is to be pitied, as his hours of work have been continuously decreased until the eight-hour day has been generally adopted by all the large printing houses. If you are fortunate enough to have the capital to start a business of your own you can, of course, arrange your working hours to suit your tastes.

Amateur printing is a very enjoyable occupation and does not call for a large investment. A lever press which will print a form about 7x11 inches and an assortment of type with other small fixtures, will not cost you much. In buying materials the advice of a practical printer is of much value. If you will watch a printer at work you will be able to pick up a good many hints at the start, although considerable experience is necessary before you will be able to do a very good job. It will also be best to get your stock of paper, etc., of a printer close at hand until you use enough to buy at wholesale. A lever press which can be operated by hand, is the best from a physical culture standpoint: with a good amount of surface to print, it requires a large amount of muscular effort for all parts of the upper body and arms. A rotary press which is run by foot-power, develops the legs in good proportion to what the lever press does in the case of the upper body. The press owes some of its beneficial effects to the fact that one is likely to use one longer and more steadily than he would an apparatus. The setting of type is one of the best exercises for the hands and fingers and produces a nimbleness of the

digits that no other exercise can develop so completely. Taken all in all, I believe printing and publishing, even on the smallest scale, to be one of the best physical culture pursuits.

Much pleasure may be obtained by printing and editing an amateur paper and joining one of the numerous amateur press associations. These associations have thousands of members, all printing small papers. Six by nine inches is the popular size, and such number of pages as the amateur journalist has time to print. This is a very instructing and helpful pastime and should be indulged in by all who have the time and capital to run a small paper. While the publishing of amateur papers is not financially remunerative, yet it gives one handsome returns when the intellect and muscular system are considered.

A PRINTER.

Why Wait for Good Things?

TO THE EDITOR:

In a lecture at the Wisconsin State University, Miss Abby S. Mayhew, dean of women at the university, condemned peek-a-boo waists, tight lacing and petticoats. Large shoes, low necks and round garters were favored. She said: "We are never going to be free so long as we wear petticoats. Women will never have perfect freedom unless they wear a gymnasium-like costume. I am not advocating this for the present day, but, perhaps, in a century we shall grow to it."

It is a comforting thought to know that the civilized world is becoming awakened to those principles that have so long been agitated by the physical culture movement, and we are glad for the words of the lady and are in full sympathy with her first remarks, but how about the last? Is it necessary to wait a century for this freedom she is advocating? If it will be a good thing for a century from now, why will it not be a better thing now? Let me prophesy, that long before the century mark, physical culture will not only have adopted this itself, but its teaching and influence will be broadcast over the land so that all will begin to follow its steps. May the day speedily come!

R. H. P.

Medical Old-Fogyism in Washington, D. C.

TO THE EDITOR:

The health authorities of Washington, D. C., not so long since got themselves into such a ridiculous hole that I, an old Trallite hygienist, am having the greatest laugh of my life. All Trallites have known for half a century that typhoid and malarial diseases are due mainly to those private habits of individuals which the law cannot reach. Well, here in this "model city" of the nation, the "regulars" undertook to demonstrate to all of us "irregulars," that they could and would put a stop to typhoid fever by filtering the water through sand-beds, citing figures from other cities, as vaccinationists do, you know.

Against the protest of common sense and the pleadings of hygienists, they installed an

expensive filtration plant, which has now been in operation for a year, and this season we are having more typhoid than ever! Consequently the aforesaid authorities, like people in a fire panic at a theater, are running to and fro wondering what to do for it would not do to listen to hygienists or irregulars. So they employed chemical experts from the Government bureau to analyze water and milk and other things, and even policemen and inspectors to visit all the residences and go nosing through the premises in search of the guilty "varmints" that produced this typhoid fever. They were instructed to look up all the rubbish, such as innocent tin cans, scraps of paper, boxes, old barrels, brush, weeds, etc.—in short everything except what common sense would tell anyone in the first place—the private habits of the individual, which cannot be reached by law.

EWING SUMMERS.

314 7th St., N. E., Washington, D. C.

Drugless Healers Should Unite to Fight the Medical Trust

TO THE EDITOR:

I feel that the time is at hand for the various psychic physicians to unite their forces in an effort to secure the right to the free use of the powers which God has given them for the benefit of humanity. To do this it will be necessary to establish a financial head, and place competent representatives in our legislative halls, or make a test case and carry it through to success.

I should be glad to hear from some others upon this matter. The Psychic healers are sufficient in number to raise a good sum of money for this work without drawing very heavily upon any of them, and if some reputable magazine would take up this matter I feel that much could be accomplished in overthrowing the medical trust in their grasp, on human lives.

Elkhart, Ind.

E. H. MANNING.

Graduate New York Institute Physicians and Surgeons.

Preachers and Prudery

TO THE EDITOR:

I have frequently noticed many articles in the newspapers against ladies wearing low-neck and short sleeves. The following is representative:

"Macon, Mo.—The following official warning is published in the Church Herald for the guidance of those attending the Feast of Tabernacles at College Mound, Macon County, Aug. 2 to 12.

"Please do not let any young ladies come to the camp meeting with arms and necks exposed by thin sleeves and waists. It seems immodest and unbecoming enough to wear such garments at home, where no one sees you but your father and brothers."

Preachers are forbidding their members to wear such clothing, and will stop preaching to order them out of church. One preacher went so far as to say that it was indecent for men to expose their chests and bare their arms at the sea shore while swimming.

Now what do these "holier than thou" men expect to accomplish by such views? It's bad and wrong enough to put that terrible stigma of obscenity upon the sexual functions, but when they seek to apply it to the neck, chest and arms it is time to call a halt. All "thinking" people will see, finally, the inconsistency of such teaching and then they will aid you in your fight against prudery. One writer said that the talk about "the human form Divine" was sickening and objected to art. I trust that this writer's case of "mental sexual dyspepsia" will kill her or him, for such a one is too good for this Earth. Now I profess to be a Christian, but I want to be reasonable. Christ showed us a life to live, but I never lose sight of the fact that God made us all in His own image. I think I have a correct idea when I say that God is pleased with His work.

CHAS. E. CASTELL.

Murray, Ohio.

Educational Defects

TO THE EDITOR:

Among all the professions, Mrs. Grundy is most observant of we teachers. A slip of the tongue on the part of the doctor or lawyer is often passed over, but her choicest thunders are visited upon the unlucky teacher who incurs her wrath. You can, therefore, readily see why we are so slow in advocating the teaching of sex physiology. The not infrequent incidents, such as obscene notes, etc., which often come to our notice proclaim a disgusting, not to say criminal ignorance. The morals of the teacher's profession, too, suffer from the sensualists in our ranks. Yet this condition is perpetuated by the insane prudery of the average citizen. Every teacher I have sounded upon this subject agrees that *sexology should be taught*, but no one is willing to be a second Comenius, and bring down upon himself the wrath of the prudes.

Lectures should be given (in separate classes) to every boy or girl of ten years or more, who is an attendant of the public schools.

I have not yet seen a text-book of sex physiology suitable for class-room use, however. Most of the books upon the subject are full of sentimental, inane gush and rot.

We need, first of all, a good text-book, then a pioneer who will risk his material prosperity to save the children for the state. He will be Comstocked; perhaps imprisoned; but the right will prevail. The way will not only be opened for a revolution in our curriculum but in our pupil's lives.

While doubting the value of an elective system in the Grammar grades, such as the Jupiter story would advocate, I believe the work can be greatly simplified. We must get our pupils out into the woods and fields, as Christ and Socrates did, to stimulate their mental and physical health.

Books could well be kept from many children until they reached the age of twelve

to fifteen years. Their healthy bodies then would assimilate three years school work in one with no danger to themselves.

MARYLAND TEACHER.

Shoes and Slippers

TO THE EDITOR:

I note in a recent number a communication headed "In regard to shoes," signed J. J. H., Lindsay, Ont., and replying to same, wish to state that I know of the bicycle shoes he speaks of, but do not consider them the right kind of a shoe to wear, so far as spring heels are concerned. They are all right, but when it comes to shape, they are all wrong, as they are narrow, and have pointed toes—such a shoe will make corns, even though they are spring-heeled. If one stands bare-foot beside them, he will soon see that they are not wide enough across the little toe.

Another objection to them (and a serious one in winter), is, that being laced nearly to the toes, one would have wet feet nearly all the time in rainy weather, if outdoors. I claim, that the only proper shoe to wear, if one wishes comfort and no corns, or other foot troubles, is, a wide, square-toed spring-heel shoe, and a trial will (I believe) convince anyone that I am right. I have proved it by experience to my entire satisfaction.

I find the Chinese matting slippers (flat-footed) so much more comfortable than American slipper that I wear the former while at home. My wife also wears them. They are very restful to the feet and cost only twenty cents per pair.

Wishing you every success in your good work.

L. S. WRIGHT.

Letter Carrier No. 3., Portland, Oregon.

An Annual FASTER

TO THE EDITOR:

In an editorial recently published in *PHYSICAL CULTURE*, you inform us that you are going to institute an annual monthly fast, commencing June 1st.

I would gladly co-operate with you, but I have already started my annual fast, this being my tenth day, and my body is working overtime cleaning house in a manner that is very satisfactory to me, although this is a little earlier than my usual spring fast. During the past year I have read considerable about the milk diet and as you spoke favorably of it in some ways, I experimented not a little, with the result that I felt the need of fasting sooner this year than usual.

I do not condemn the milk diet entirely, for perhaps I have been overeating. I am satisfied that the milk diet is an improvement over the mixed diet, as you thus eliminate all condiments—the use of which I consider much worse than meat-eating, but it is a backward step from the fruitarian diet.

One thing that should be remembered is, that nearly all vegetarians, fruitarians and fasters, are people that have had their health

broken down by wrong-living, and cannot afterwards stand much experimenting, if it should prove unsuitable to them, while the young and robust appear to be able to stand almost any kind of improper living, until the time comes when they too, break down, if they are not taken off with their last overcoat on. If the young and strong could be induced to take the same care of the body that the weak are compelled to, there would be no middle-aged men with broken-down health. We, too, were strong once. I, myself, was champion middle-weight boxer of Michigan in 1888 and challenger of the world at 155 pounds. Put me down on your annual faster's club list. Let us see how many we can get and have them give an account of their experiences through **PHYSICAL CULTURE**—their ailment, if any, before the fast, situations during the fast, their method of breaking fast, and general health during the following year.

One thing that will be of value to fasters is the fact that I have found unfermented grape juice to be the best thing with which to break the fast.

W. J. NICHOLS.

Yuma, Arizona.

What Started Him

TO THE EDITOR:

I appreciated the article signed C. C. S. in the "Comments," in one of your late issues.

That's what started me on this royal road to health, happiness and usefulness. 'Twas an old, torn number of **PHYSICAL CULTURE**, that I picked up in the year 1900. And it has brought untold happiness to me and mine. I just dread the thought of parting with even the old magazines, but after we have studied them through thoroughly, I pass them on where I think they will bear fruit, or stick them up between the pickets on some fence. I believe it is our duty to sow all the "good seed" that we can possibly get hold of.

Yours very sincerely,

J. E. BATRAM.

Windsor, Canada.

Old Copies of Physical Culture.

TO THE EDITOR:

I have for a year or two past been disposing of my back numbers (if a copy ever can become a "back number") of **PHYSICAL CULTURE** in a manner which I believe to be original with me, but it had not occurred to me that others might be interested in such practice until I read of the somewhat similar action of one of your contributors. In numerous copies of the daily newspapers will be found a cut of a gentleman placing a wreath on the neck of a bottle, with the full name and address of the "prominent citizen" who has been snatched from the brink of the grave and restored to perfect health by a few bottles of "Snake Root." A few minutes perusal of your magazine will show him in

what esteem the more enlightened of the public hold him and, perchance, lead him to try a remedy that will be more apparent in its outward effects and produce a more lasting benefit than the temporary "good feeling" so glowingly described in the "dope" testimonials. It costs me but a few cents to mail my copy to these men and women and if one can be so influenced during in the course of a year the money is surely not ill spent.

Yours very sincerely,

GEORGE LOCKWOOD.

1818 Webster St., Omaha, Neb.

Another Use for Back Numbers of Physical Culture

TO THE EDITOR:

I noticed with interest the letter of "C. C. S." in a recent number recommending distribution of our laid-away copies of this magazine. I, too, was a stickler heretofore as to shelving them for my own benefit. Seeing the good sense and the great possibilities in the suggestion of C. C. S., I started in to practice it, and if possible to improve on it. And here is what I have to offer: Why throw them about in the country and leave it be accident what becomes of them? Maybe some person will pick them up, who has intelligence enough to read them; maybe a goat finds them first—we do not know.

Now in town and city there are public places in abundance, where good reading-matter is always welcome and where the chances that it meets many eyes and does its missionary work are one hundred to one, as compared with the country. There are the barber shops, dental parlors etc.—in fact any place not directly opposed to physical culture, such as doctor's offices or undertakers' establishments. A word or two said to the proprietor of a place, where a sample copy is left, will do the work of introduction, or else a note can be pasted on the back cover, something like this: "After perusing this sample copy, the reader is invited to procure one of the latest issues, for sale at every first class news-stand." I know from experience that preaching does no good; the value of personal example has its limits; but when we thrust all our discarded magazines systematically before the public's eye, the result must be far-reaching.

I, myself, became accidentally acquainted with **PHYSICAL CULTURE** some four years ago, and although I am not yet situated independently enough to carry the ideas out in full, it has brought about such a remarkable change for the better in my health and happiness, that I feel in honor bound to do my very best during the rest of my life in the interest of this publication and its cause. If my suggestion bears good fruit, I will be glad.

Wishing continued success to the Editor and his assistants,

CHARLES HEEGMUELLER.

William Penn P. O., Pa.

General Question Department

By BERNARR MACFADDEN

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

Equal Strength in Both Arms

Q. How should a hright-anded individual correct the tendency toward unequal development in the right and left arms, the former invariably being larger and stronger than the latter? In dumb-bell exercise is it advisable to use a little heavier weight in the left hand, for this purpose?

A. The plan you suggest would undoubtedly accomplish the result desired, though if you used both arms simultaneously you would, in the course of time, find that your right arm would not secure exercise enough to satisfy you, and your left arm would become more powerful than your right. If you use dumbbells, I would suggest that you use an equal weight in either hand, but that you continue the movements longer with the weaker arm, or using the same weights, that you exercise the left arm more frequently. I take it for granted that you use your muscles until they are tired in any event. Therefore, whatever the kind of exercise you indulge in, use the left arm more than the right until it is equally strong, after which give them both a uniform amount of use.

Night Air and Day Air

Q. Do you consider night air harmful? Is it as beneficial as day air? I am so situated that it is quite impossible for me to take long walks in the day time.

A. Most certainly there is nothing harmful about night air. It is just as pure and as valuable as day air. There is no difference in its value for it is the very same air, except that during the day its temperature is affected by the sun. Indeed, in densely populated cities the air is far more pure at night than during the day, for then it is not so greatly poisoned by the dust and smoke of factories, nor is the dust stirred up to such an extent by the traffic on the streets and the general bustle and activity of city life. The only night air you need be afraid of is that which is confined within rooms with tightly closed windows. That is poisonous. Fresh night air, even when damp, is pure, and will never do harm. Don't be afraid of it.

Breathe as much of it as you can, just as you should breathe as much pure air by day as possible. By all means, take long walks in the evening, if your work prohibits this activity during daylight. It is true that you will miss the sunlight, but this will not affect the character of the air you breathe. Take sun baths and long tramps on Sundays.

Again the Underwear Problem

Q. Which do you consider best to wear in summer, light woolen or cotton underwear?

A. It would be best to wear absolutely no underwear at all in summer, provided you can wear trousers made of linen, crash or duck, which can be washed after wearing several days. I would suggest that a pair of these had better not be worn longer than three consecutive days, and that they should be allowed to air on alternate days, so that two pairs would last you six days, before being washed. Another advantage of such garments is that they deflect the heat because of their light color, while permitting the sunlight to reach the skin, an important consideration. A tan or cream color is often more satisfactory than a pure white duck, since it does not appear to soil so readily. Such goods are very cheap, and also dressy in appearance. As long as one wears the ordinary negligee shirt, or shirt-waist, undershirts are superfluous.

Where one must wear dark clothing, however, or any other kind than cannot be washed, a very light underwear can be recommended for the sake of cleanliness, and in such an event cotton would be far superior to woolen because of its better absorbent and ventilating qualities. It will more readily permit the air to come into contact with the skin. Linen would be better than either. Silk has no special advantages, and is high-priced.

Daily Versus Semi-Weekly Exercises

Q. How often do you recommend that one indulge in such vigorous exercises as wrestling, football, rowing or weight lifting? Have been told that twice a week is sufficient for one who is interested in them for sport's sake only.

Do you not think that a little less work performed each day is better than a great deal taken at one time on less frequent occasions.

A. Without doubt the practice of exercising daily is far better than the twice a week plan. Furthermore, one should not take so much exercise at one time that it takes a half week to recuperate from it. The answer to your first question would depend largely upon how vigorous the individual in the case may be, and upon the manner of his indulgence in the exercise. The average man needs to be temperate even in football or in wrestling, but in ordinary cases, if one uses intelligence in determining the amount of his exercise, there is no reason why he should not indulge in the sports named every day, though the practice of weight-lifting is of very doubtful value.

The Use of Glasses

Q. Do you recommend the use of eye glasses? Some opticians say that certain diseases of the eye, such as near-sightedness, can be cured by wearing glasses four or five years.

A. As a rule, the wearing of glasses in a case of near-sightedness will only tend to make the complaint permanent. For while it is true that they afford temporary relief, nevertheless they will serve in the nature of a crutch, so that the wearer will ever become more and more dependent upon them. Of course this is not saying that glasses do not have their legitimate value, where actually needed. They enable one to get along fairly well in spite of defects of sight, but they do not remove such defects. This can only be done, as a rule, by building up superior health, greater nervous vigor, and improving the circulation, general constitutional treatment being required for all this. Thus, improved health may sometimes remedy eye weaknesses while the patient is wearing glasses, and the glasses are given credit for the cure. Wear glasses if you must, but not more than necessary, and do not come to depend upon them. My book, "Strong Eyes," contains much information of value to you.

Life on a Ranch

Q. Do you think it advisable for a man looking for health to work on a western cattle ranch, where his chief employment would be riding horseback?

A. Such a course could be highly recommended from the standpoint of exercise and out-of-door life. Horseback riding is an almost ideal form of activity for your purpose. The only question that could be raised would have to do with the diet to be had on a ranch. In some cases the food is almost anything that is not to be desired, but if you understand your own needs in this respect you could probably make satisfactory arrangements.

Fasting With a Weak Heart

Q. Would you advise fasting for one with a very weak heart and catarrhal gastritis of stomach? If so, for how long a period. Should one do any physical work while fasting?

A. It would be impossible to advise you definitely without knowing accurately the details of your condition. In many cases there is no reason why a weak heart should prevent one from fasting, at least for a moderate space of time, while in other instances it is inadvisable, except perhaps for a day or two at a time. If your stomach trouble is largely the cause of your heart trouble, which is most likely, then it may be that your heart beat will be stronger and more perfect when fasting than before. I would not advise an extended fast, however, without knowing every detail of your condition. If one is weak it is best not to take much physical exercise when fasting. I would advise you to place yourself under the care of an expert, not a regular physician, but some one who understands fasting and who is thoroughly conversant with physical culture methods of treatment.

Methods of Increasing Height

Q. Is there any possibility of growing taller after the age of twenty-three? To what extent can one rely upon the claims of certain advertising concerns who profess to increase height?

A. I have known several persons who materially increased their height after the age of twenty-five, though this is not saying that any one can accomplish this. In some instances, however, one or two inches can be added to the stature, though no doubt this is often due to an improved carriage, that is to say, a more erect and normal attitude of the body, rather than to any actual lengthening of the tissues. Much depends upon whether a man's normal stature is short or tall, for a man of short, stocky build, coming from parents of this type, cannot hope to grow very much taller. On the other hand, if one comes from tall stock, and has experienced poor health during his period of growth, and is therefore beneath his normal stature, he can then doubtless actually lengthen his body by proper methods, provided he acquires a more perfect and vigorous degree of health than during his previous life. Simple stretching exercises would probably do as much for you in this respect as anything else, combined with the practice of hanging by the hands from a horizontal bar a little each day, as by this and similar methods one can stretch the cartilage portions of his body slightly and thus add to the height. The above comments should enable you to judge for yourself whether or not there might be any chance of such improvement in your own case, by whatsoever methods. I understand that firms advertising systems for increasing height positively guarantee to refund all money in case results are not satisfactory.



THE VIRTUES OF OUR METHODS PROVEN

A Remarkable Cure that was not Expected

TO THE EDITOR:

The following is my own experience of three years ago, and may be of interest, although it advances nothing new.

When I was sixteen years of age, I ran away from home and spent two years roaming around in search of "a good time." I did not learn to drink alcoholic liquors, but learned other evil habits, far worse and more debilitating than "boozing." During the latter part of this period I was employed as a clerk in a city drug store. There in the city I found every opportunity for having "a good time" and leading a fast life. Being naturally rather weak, despite the fact that I had spent my previous life on a farm; I soon became nervous, pessimistic, without appetite, and almost a physical wreck. My blood was in bad condition, digestion impaired, and as a result I developed a severe case of acute rheumatism in my feet and lower limbs.

Unable to work longer, I accepted the urgent appeals of my parents and returned home. I became worse and worse until I could walk only with the most excruciating pain. I also partially lost my reason for a time so that I could neither think connectedly or remember anything definitely. At this stage I went to bed one night firmly resolved to so expose myself to the cold March air, and to starve myself that I would die. I did not want to see any one—not even my relatives—and did not want to live longer. I resorted to this means of "suicide" because I lacked the courage and strength to adopt a speedier method. I left my windows wide open, threw off all the bed clothes except one thin sheet, and lay cold and shivering for hours together. I refused all food for between two and three weeks. To my surprise I did not take cold, or starve to death, but soon began to improve rapidly. My nerves grew steadier, mind clearer, and my rheumatism began to disappear until it completely vanished, and I have not had a twinge of it since. I took a new interest in life, began helping my father with the farm work, acquired a hearty appetite, and gained in weight. I did not know exactly what had effected the cure until about a year ago, when a copy of your magazine chanced to fall into my hands, in which the fast-cure was explained. I became very much interested in that valuable magazine and have read it constantly ever since. I own several of your priceless books (although they are scarcely ever at home because of being loaned) and have a profound respect and love for their

author. I take daily exercises and cold baths. I had to break the ice the other morning, in my tub in order to take a cold sitz and sponge bath, but I enjoyed it just the same. I am called a "physical culture crank" but have my reasons for being one, which I enjoy airing at every favorable opportunity. I am making my own way through college here, and expect some time to take a complete course in Bernarr Macfadden Institute. Bloomington, Ind. H. E. C.

Physical Culture in Australia

TO THE EDITOR:

The people of Australia are very much interested in the matters of health and physical development, as I have noticed the great interest they display in any exhibitions of muscular posing lectures, photos, etc. in connection with my classes, which are com-



Mr. C. W. Healy, of Australia

posed of a very high standard of ladies and gentlemen. I may state that I have only recently taken an interest in ladies classes, for I noticed the strong inducement there was to organize such.

I emphasize the value of your interesting magazine to my pupils as I think it helps me a great deal in instilling physical culture ideas in them, in the true sense of the word. I send you the only suitable photo of myself I have at present. If you could find space for it in your magazine, it would be welcome out here, for I have been often asked why the photos of Australian athletes do not appear in it. Wishing you every success in your good work, I am,

Melbourne, Australia.

C. W. HEALY.

Two Years of Physical Culture

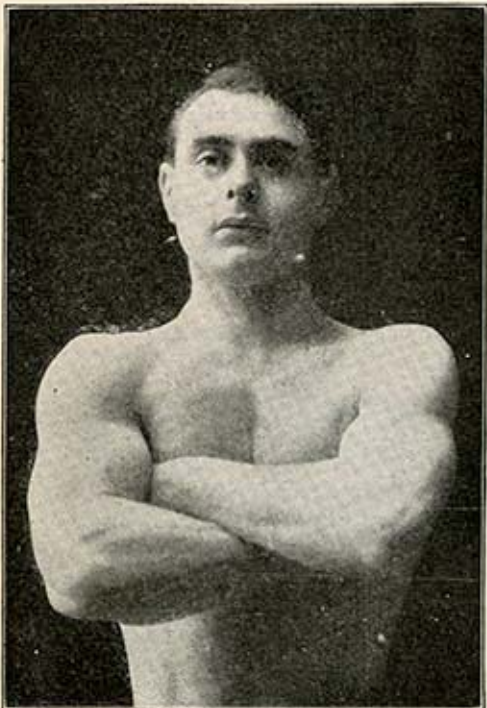
TO THE EDITOR:

Enclosed you will please find a photograph of myself, which you may publish. Over two years ago I took up physical culture, following your instructions, and wish to express my thanks to you for the satisfactory results I have achieved.

I am, twenty-two years of age, 5 feet 8 inches in height and weigh 150 pounds.

Very truly yours,
DAVE H. CARROLL.

Arverne, N. Y.



Mr. Dave H. Carroll, of Arverne, N. Y.

Cured Asthma by Exercise and Diet

TO THE EDITOR:

I wish to inform you of the results of some health experiments I have made along physical culture lines.

I have been a great sufferer from asthma and complicating diseases in past years. I was addicted to the use of vapors, smokes, and certain drugs to relieve my trouble, and it is needless to say I received no permanent help from their use.

Having read in PHYSICAL CULTURE of experiments in exercise, diet, and fasting, I determined to try these methods. I found by experimenting and observing suitable hygienic rules for bathing, ventilation, etc., that I could relieve myself of the trouble.

I may add in conjunction with these

methods that I made blowing on a spirometer and other breathing exercises an important feature of my experiments.

Thanks to your methods I am now enjoying good health. Wishing you success, I am

ALLAN CARLTON.

Kendrick, Idaho.

A Vegetarian Experience

TO THE EDITOR:

I have been a constant reader of PHYSICAL CULTURE two and a half years.

At Christmas, 1904, I gave up meat eating, only as an experiment, but later I made it a permanent step. I was very "carnivorous," often eating meat four times a day, and working indoors at light office work. When I stopped eating meat, my boarding mistress told me I would get over that "fad." I had to give up after three days, but only for one meal, when I ate meat to satisfaction, and thus I was at ease again for three weeks. When I first abstained from meat, I felt, I believe, just as a heavy smoker does when he can't get tobacco. I had such a feeling of distress that I could neither work nor sleep. I don't think I could have quit it abruptly. The shock to the system would have been too severe. I have no desire to eat meat, which I now look on as something unnecessary.

About Christmas, 1905, I gave up milk, tea, sugar, pepper, vinegar and various other victuals which I had a particular relish for, some of which I thought, through reading your magazines, were perhaps injurious. On August 30, 1906 I went from an office of the lightest work to Manitoba and went at some of the hardest work to be done there. Well, when I refused to eat meat they said I couldn't get work if I did not eat it, because no farmer would keep me five minutes if he knew it.

I said I was a vegetarian so far as I could carry it out, and I did persist in it. I feel sure I would never have endured the work had I been a meat eater. Notwithstanding the fact that I lost a few pounds starting on such hard work, when I was there a month I was the strongest boy for several miles around. We often tried our strength by each grasping a fork handle or a strong stick, and as an individual test would sit down and brace our feet against each other and pull back. I met an engineer who was "bragged" about as being very strong. After being coaxed severely I tried my strength against his and I was not equal to him, until we had pulled a few times, then I had the best of it, and I have "pulled" him and several others since. My ability to perform this I attribute to my vegetable diet. I am feeling as well-fed as I think all young men should, and while I ate meat, I had all kinds of pains. In fact I am like a new boy entirely. I honestly believe that meat has an effect on one's mood in general. I have not been displeased nor in bad "humor" even once for more than a year. Everything now seems to go just about as it should.

E. P. H.

Shawville, Quebec.

Mountain-Climbing for Boys and Girls

WE publish herewith the photograph of a very remarkable little girl, Miss Eva Katherine Gray, of Monrovia, California. She is a sturdy little woman, a true example of the benefits of physical culture, and the holder of a splendid record in mountain-climbing. Her parents, Mr. and Mrs. E. B. Gray, are readers of this magazine, and have trained their two little girls to be strong and healthy according to the methods which we teach from month to month.

Mountain-climbing is a magnificent exercise for boys and girls as well as for grown-up people. There is nothing which will build up more perfect health. In addition to the vigorous exercise of climbing, one gets the pure, fresh air and sunshine. The exercise will make one breathe deeply, and no air is more delightful or beneficial than that found on the mountains. It is because of the better air and the sunshine that out-of-door exercise is always superior to that taken inside of closed walls. If you do not live near mountains, then seek out all the hills in your neighborhood and practice on them.

Little Eva Gray can outrun any boy or girl of her own age in her locality. She has climbed all the mountains in the vicinity of her home. Recently she made a remarkable journey from the top of Mount Washington down over the San Gabriel River to the old Sturtevant Camp, and then back again to the top of Mount Wilson. This is a journey of more than fifteen miles, over steep and rough trails. In one part of the journey there was a rise of 3,000 feet in three miles, and in another place a drop of 3,000 feet in two miles, it being necessary to almost slide down in spots. There were many ridges and canons to cross, which makes the trip a severe one, even for strong men. She finished the journey feeling very well, for her endurance is wonderful.

Two days later she covered eight miles, chiefly up hill, in the remarkable time of one hour, nineteen minutes. She then walked five miles more on level ground, and arrived home not at all tired, and anxious to try a new bicycle that had been given her.



Miss Eva Katherine Gray, eight years old, who has a remarkable record for mountain climbing.

The Indian Style of Wrestling

By HARRY WELLINGTON

A SUPERB EXERCISE FOR YOUNG PEOPLE

DIFFERENT races of people, in various parts of the earth, have their own peculiar kinds of sports and games, and very often their athletic pastimes can be adopted, with benefit, by those who speak the English language. We are illustrating herewith the curious form of wrestling which prevails among the American Indians, because of its value as a means of building health and developing strength. The boys in the pictures are not Indians, however, but members of our own race.

What we call wrestling usually con-

with your left sides turned towards each other, your positions should be changed, so that the two competitors will have their right sides turned towards each other, thus providing for an equal development of the right and left arm and legs.

The arm that is hooked into your opponent's should be tightly flexed and never allowed to yield, for as a rule the harder you pull with this arm the better you can push with your leg. It is obvious that, other things being equal, the boy who weighs the most has the



Photo No. 1.—First position for the Indian wrestling bout. Both boys on their backs, the head of each in the direction of the feet of the other, arms hooked at the elbows.

sists of a contest in which the participants begin by standing on their feet, and in which it is the purpose of each to force the other down upon his back. In this case, however, the contest begins by both lying down flat upon their backs, the object of each being to raise the other, dislodge him, and roll him or throw him over.

This is a very laughable sport to those who look on, because the positions in which the two wrestlers roll about are often very amusing. First there is an intense effort, a hard pull, sometimes quick and sometimes sustained, then one or the other suddenly goes flying or rolling off in some direction in which he never expected to travel. As a rule a contest of this kind is full of surprises. After trying either three or six bouts

best chance of winning, but often a lightweight boy who has practiced the game a great deal, and who is much quicker, can get the best of an opponent of greater weight.

I would suggest that you practice this on a very soft rug, indoors, though it would be much better to practice it out of doors on a soft plot of grass. All exercises are more valuable when performed in the open air. There is nothing so good for a growing boy or girl as to roll and tumble about, and this form of recreation is ideal for that reason. It not only strengthens the muscles, but tends to harden and invigorate all of the other tissues of the body.

Be sure you are dressed in a suitable manner. Do not attempt these sports when dressed up in your fine clothes.



Photo No. 2.—Second Position. At a given signal each boy should raise his outside leg, that is, the leg farthest from his opponent, in the manner illustrated. The outside hand should rest upon the floor.

If you cannot wear trunks, such as are illustrated here, then use old clothes that are of no value.

Girls can practice this form of wrestling as well as boys, and it is very likely that in many cases our little girl readers will be able to get the best of their

brothers, when both are of nearly equal weight. Of course the girls should be dressed suitably. The form of bloomers worn by little Eva Katherine Gray, as shown in her photograph on another page of this department, can be recommended for all exercises for girls.



Photo No. 3.—Third position. This is the point at which the real struggle begins. The preliminary movement shown in the preceding photo is to be repeated three times, evenly and steadily, both boys counting in concert, "One, two, three," raising the outside leg to the perpendicular with each count and then returning it to the floor again. But on the count of three, the raised legs are hooked together as shown in this photograph, and the struggle is on. Keep a tight hold of your opponent's arm by your hooked elbow, and be careful to prevent the arm from becoming straightened out. At the same time push vigorously with the leg, trying to raise your opponent out of his position and throw him over yourself.

A Feat of Strength

THIS is a very interesting little feat, if one wishes to prove his strength too thers. It does not really require such strong muscles as might at first appear, and almost any physical culture boy can learn to do it after a little practice.



It is, first of all, an exercise for the legs, as will be seen. The object of the boy sitting down is to support the weight of the other boy, who is standing on his ankles and feet. In the photograph the chair to the right was not intended to help support the boy standing on the other's feet, but is placed there merely to help him hold his balance. This should be explained if you perform this feat before others.

To begin with, it is important that you sit far back in your chair, because, the farther your feet extend beyond the edge of it, the more difficult it will be to perform the feat. For instance, if you sat up close to the edge of the chair, it would be an impossibility. I said just now that it depended upon strength of the legs, which is true, but one can also help himself greatly by taking hold of the rungs of the chair, as illustrated, and thus bracing himself.

Another rather clever trick, which, however, is not a genuine, honest stunt, is performed by one boy standing on the feet of his companion in the chair, facing him, and placing his hands on his shoulders, whereupon he is lifted, apparently as in this case, by the strength of the other's legs. But he really assists in lifting himself by pressing down on the other's shoulders at the same time. So that the whole trick is only a fraud. The feat of strength here illustrated, however, is genuine.

STRONG WRISTS FOR BOYS

The boy who wants *very strong* wrists can "make good" in the following way:

Start by getting on the good side of your mother or the one who washes the clothes, at your home, and then ask for the privilege of wringing the clothes.

In a short time you will be able to twist the ordinary boy into a knot, with your powerful wrists.

There is one disadvantage to this, which is that the lady usually makes you wash your hands before starting.

—Lewis B. Bell.

The Organs and their Purposes

No. 4.—THE INTESTINES

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



THE organs of the digestive tract, in common with nearly all portions of our anatomy, have been given such names as would incline one to the opinion that they were adopted to render their study as difficult—instead of as simple—as possible. The members of the medical profession are responsible for this error, as well as for the many other mistakes to be attributed to them. This fact makes the study harder to grasp than is necessary, and thus prevents a proper understanding of bodily functions with which all should be familiar. However, we are forced to describe the various organs under those titles by which they are known to science, as otherwise, the reader would be unable to recognize the allusions to them which he may encounter in further study or discussion of the subject.

The small intestines are twenty-five feet in length and for descriptive purposes, may be divided into three parts, the duodenum, the jejunum and ileum.

The *duodenum* is about nine inches long and starts from the pyloric end of the stomach, running obliquely backward and upward to the under surface of the liver. From thence it proceeds downward on the anterior surface of the right kidney, turning again horizontally

to the left across the lower portion of the spinal column.

The *jejunum* is the continuation of the duodenum. It is pinkish in hue and its walls are thicker than the following portion.

The *ileum*, or final portion of the



Front View of the Small and Large Intestines

small intestine, is smaller in diameter, finer in texture and paler in color than the foregoing. It ends in the cæcum, the first part of the large intestine, by means of the ileo-cæcal valve. This valve is situated at this place for the purpose of preventing the backward flow of material from the large into the small intestine.

As in the stomach, the intestines, large and small, are composed of four coats, the outer or peritoneal, the muscular, the sub-mucous, and the mucous or inner lining.

This inner or mucous lining is of very much larger extent than the others and hence is thrown into folds, or valves, giving a very much increased surface. Immediately below this mucous lining we find an immense number of small glands called *villi*. These *villi* are composed of a network of vascular tissue surrounding a central space called the lacteal.

The large intestine is five feet in length, and is also divided into three parts, the cæcum, colon and rectum. The cæcum, or first portion of the large intestine is so-called because it is a blind pouch. It is situated in the right pelvic region, beginning at the right haunch bone. From the lower and inner side of this organ extends a small wormlike process about two to three inches in length, called the vermiform appendix.

Continuous with the cæcum, we have the colon. This is divided into three portions, the ascending portion proceeding upward from the cæcum to the under surface of the liver. Here, bending to the left, it becomes the transverse colon, crossing under the liver and stomach to the region of the spleen. Bending downward again it becomes the descending colon, until it reaches the left haunch bone. Here, becoming "S" shaped, it is called the sigmoid flexure. This ends in the rectum or the final reservoir, the mouth of which is called the anus, and which is guarded by a sphincter, or surrounding muscle. This muscle is continuously contracted, opening only at certain periods for the discharge of the stored up excrementitious material.

The process of digestion which is

accomplished in the small intestine is by far the greatest part of the whole process and is very complex in nature. The chyme, which comes from the stomach through the pyloric valve consists of macerated food, a small portion of the albuminous material contained in the food having been partly digested in the stomach.

All the starches, sugars, fats and undigested albuminous material now come in contact with three digestive fluids. These are the pancreatic juice, bile and the intestinal juices.

The bile has a number of functions. First, it is antiseptic, in other words, it keeps the food in this warm, moist intestine sweet while being digested. Second, it causes the peristaltic or vermiform motion of the intestine. Third, it emulsifies the fats, and fourth, a portion of the bile is reabsorbed to aid in the chemical changes produced in the liver tissue.

The pancreatic juice has three ferments. The first, known as trypsin, acts upon albumens, changing them into soluble albumens, or peptones, fit for absorption. The second is amylopsin, which by its action converts starches into sugars. The third is steapsin, which changes the fats into fatty acids and glycerin.

The intestinal juices have their action almost wholly upon the albumenoid material. This material, after reaching the small intestine in a digested form, is now ready for absorption. This process is carried on by the *villi*, as previously explained. The emulsified and changed fats are absorbed by means of the lacteals, the central vessels of each of the *villi*. From these they are gathered together and brought into the thoracic duct, which empties its contents into the large veins at the root of the left side of the neck. Thence this fatty material is carried to the lungs for immediate oxydization, producing internal or animal heat. The detritus, or the material which fails of digestion, passes on through the rest of the small intestine, becoming more solidified as it passes through the large intestine, finally being deposited in the rectum, which, at stated periods, evacuates itself.

Wonderful Walk of a Former Neurasthenic

By S. J. SMITH

MR. GEORGE H. CHURCHMAN, of Wilmington, Del., formerly a neurasthenic and physical wreck generally, after a term of treatment in accordance with the theories we advocate, walked from Physical Culture City to his home at Wilmington, Del., a distance of eighty-six miles, in twenty hours.

Mr. Churchman had fully concluded that his case was a hopeless one. He suffered from neurasthenia and constipation, both of long standing, and a devitalized state of health generally. He was thirty-seven years of age. He had tried a host of treatments, medical and otherwise before finally turning to physical culture. He had even made a trip to Europe, hoping to secure there such relaxation and forgetfulness of his business cares as he thought would restore his failing energies. But though temporarily relieved, as it seemed, yet he was soon compelled to realize that his trip was not benefiting him in the least, and finally returned home discouraged. Then he came to Physical Culture City.

After one day in the new environment and under the new treatment he felt better, and there after continued to gain steadily in both weight and strength.

His constipation, though of a chronic and aggravated nature, yielded quickly to the natural treatment and rational diet, while his nervousness gradually, but steadily, disappeared.

After having spent two months under the treatment, Mr. Churchman was apparently in perfect physical condition, without even a trace of his former complaints. He felt again that keen "joy of life" that he had known only in his active, romping, boyhood days. He had been so improved and strengthened by the treatment that he was now able to take very long walks, and occasionally tramped from thirty to

forty miles in the course of a day. The affairs of life in general appeared to take on a more rosy hue. It is characteristic of neurasthenia that the sufferer is inclined to pessimism and melancholia, and before beginning treatment Mr. Churchman's view of life in general and his own personal affairs in particular



Mr. George H. Churchman, of Wilmington, Delaware

had been more or less darkened by a cloud of gloom. But now the shadows lifted, and rapidly too. His physical improvement at once brought about a happy, bright and optimistic frame of mind, all of which is evident from his facial expression, as shown on the photograph reproduced herewith, taken after his term of treatment at Physical Culture City.

But though his condition was obviously that of perfect health at the end of two months' treatment, Mr. Churchman was very loath to leave the scene of his remarkable physical regeneration and to return to his business cares. Such were the pleasures and benefits that he had already derived from his brief experience, that he concluded to stay another month and continue to store up vitality. His condition when he finally returned home is partly indicated in the photograph published on the preceding page. We regret that we cannot show his condition before treatment. It is of interest to compare photographs of sufferers both before and after a course of physical culture treatment, in order that they may more thoroughly realize the improvement made, but such was Mr. Churchman's condition at the time he came to us that he was ashamed to face the camera, and he flatly refused to do so. The photograph herewith only partially indicates the extent of his improvement, for though it shows his gain in weight, muscle and general symmetry, it cannot possibly express the wonderful improved state of his nerves, of his digestion, of his heart, lungs and other

vital organs and indeed of all the tissues of his body generally.

The photograph displays no stupendous external development, as tremendous muscles were not the desire of the patient. Health, functional power, nervous energy, vitality—these were the all important ends to be attained in this instance, and it is apparent that they were fully realized. However, a heavy muscular development would be out of harmony with the stature, weight and general bodily frame of a man of Mr. Churchman's build, and to one who understands the scientific principles of physical culture will be evident that the illustration shows a figure of beautifully normal and symmetrical proportions.

Finally Mr. Churchman decided to walk to his home at Wilmington, Delaware, his objective point being situated at a distance of eighty-six miles from Physical Culture City. He started at midnight, guided by the friendly light of a full moon, and completed the journey in twenty hours, actual walking time, arriving home in excellent condition. His only food on the journey consisted of one banana, one apple and a small quantity of milk chocolate. He had found that he could walk more comfortably and with greater endurance when his stomach was free from the labor which food entails upon it, for the effort of digestion consumes that which might otherwise be available for other purposes. Furthermore, he was in such excellent condition, and his bodily tissues were so well provided with stored-up energy that an extended walk meant no hardship for him.

CANCER AND APPENDICITIS ARE INCREASINGLY FATAL

According to the Census Office mortality report for 1905 the death rate from nephritis and Bright's disease, apoplexy, cancer, diabetes and appendicitis is increasing, while that from old age, bronchitis, convulsions, peritonitis and scarlet fever are decreasing. The greatest death rate for any one disease was that from pulmonary tuberculosis,

amounting to 56,770, while pneumonia follows with a death rate of 39,068, exclusive of broncho-pneumonia. Cancer shows a steadily growing death rate, the figures being 24,330. The foregoing figures embrace only two-fifths of the population of the country, there being no registration in many States.

Timely Health Hints

By BERNARR MACFADDEN

Water-Drinking

Notwithstanding the numerous comments that have appeared in this magazine concerning drinking water, various communications reach our office from time to time seeking additional information. Many seem to have acquired the impression that the greater the quantity of water you drink, the more it will be to your advantage. This is a decided mistake. It is easily possible for you to drink so much water that the entire functional organism will be overworked in the process of eliminating the excess supply.

But few sedentary workers drink a sufficient quantity of water. The principal reason for this is that they gradually acquire the habit of neglecting to consume a proper amount of this most useful of all liquids. This, in most cases, is because the drinking-water they use is not palatable. I believe that if you are not drinking any water and have no desire for it, it would be a good plan to attempt to cultivate a thirst, but if, after repeated and continued attempts, you do not seem to be able to develop an appetite for water, you can then follow your own desires. My contention is that it will be to advantage to encourage the habit of water-drinking, but I do not advocate forcing water upon one's self continually. If water is close at hand and a swallow or two is taken at frequent intervals the capacity to enjoy it is usually soon developed.

Ice-Water

The use of ice-water is strictly an American practice, and the fact that it is an evil of considerable consequence, is readily realized by every individual who gives the subject proper attention. The human stomach was certainly not made for the reception of the products of an ice-house. The difference between the temperature of ice-water

and the human stomach ranges from fifty to sixty degrees, and when one quickly swallows a glass of water of a temperature closely approximating ice itself, it is not difficult to realize the extraordinary effort the circulation is compelled to make in order to change the temperature of the liquid to that of the body. An abnormal condition of the stomach must be created before one can bear to drink ice water. Take an ordinary country boy who has enjoyed drinking cool water, drawn from a well, all his life—it would be impossible for him to satisfy his thirst with ice water. To an unperverted appetite, water of this temperature does not taste like water. In fact, for the moment, it has almost a paralyzing effect on the organs with which it comes in contact. The stomach must be in an extraordinary feverish condition in order to bear the shock furnished by even a small quantity of ice water, and it might be well to note that this feverish condition is often caused largely by the use of ice-water.

Nowhere in the world is ice considered so necessary as in the United States. In travelling throughout England you never see ice-water. You couldn't secure it even if you did desire it.

Now that the warm weather is coming on, take care to avoid the ice-water habit. It is unquestionably a frequent cause of serious ailments it does not satisfy your thirst, and its universal use at present is simply the result of criminal ignorance as to what is essential to the maintenance of a healthy body.

Hot Baths

I was asked some time ago by one of my subscribers if I recommended a daily hot bath. I certainly do not. A daily hot bath, I firmly believe, would very materially lessen the vital strength—more especially if soap is used. Hot baths taken every three or four days,

using soap freely, for the purpose of cleansing the body and removing all the obstructions that might be clogging up the pores, are to be commended, but one can easily take so many hot baths that they will absorb so much of the oil of the skin, that it will be dry and harsh, instead of soft and satiny, which is its natural condition.

Then, too, remember to avoid soaps strong in alkali. Don't use a soap made from animal oil, or to be plain, grease, which is often foul-smelling before it is made into soap. Use vegetable oil soap—that made from olive oil is usually the best.

It is also well to remember that the number of hot baths required to keep one clean depends largely upon the individual. If you are a heavy meat-eater and use a great deal of grease and butter in your diet, the pores are more inclined to clog up than when your diet is more cleanly. Of course, under such circumstances, hot baths must be taken more frequently to insure external cleanliness. If you follow an exceptionally clean diet, once a week would be sufficient for a hot bath, in fact, you could keep your internal organism so cleanly by using care to as the quantity and quality of the food eaten, that such a bath might not be at all necessary, provided the action of the skin is not interfered with by surplus clothing, and the body is thus given a chance to be cleansed and purified by contact from air and sun.

The Coffee Habit

Don't become a slave to the coffee habit. Coffee is a stimulant. To be sure, its effects are mild. You might drink coffee all your life and not notice any especially serious symptoms as the results of its use, but you will be in better health without it, your nerves will be in a better condition, your digestive organism and your muscular system will improve in nearly every case, if the use of coffee is discontinued. Coffee is a very frequent cause of biliousness, and various other digestive disorders.

Then, too, you will not suffer an especially strong craving for the beverage, if you will substitute a hot drink

of some kind for your accustomed beverage. I have known of food or cereal coffee being substituted for coffee by mothers who believed that the latter was harmful in its effects and members of the household have drunk it for a long period under the impression that it was real coffee. Apparently they were not able to distinguish the difference in its taste or in its effect.

There are many brands of cereal or food coffees on the market that can be recommended. The brands that are advertised in this magazine will be found perfect coffee substitutes as far as taste is concerned, and instead of having a mild stimulant, you have a food of a real value.

Tea-Toppers

Though the use of coffee is to be condemned, still this drink does not seem to secure such a firm hold upon its victims as does tea. The tea-drinking habit, when it becomes established, seems to have as secure a hold upon those who use it, as whiskey does its victims. Of course, a cup of tea taken at one or two meals a day may have no especially serious effects, but the inclination of the tea drinker is always to gradually increase the quantity until two or three, and sometimes even four cups of tea are taken at meal time. Then finally, the favorite beverage is resorted to as a means of stimulating energies between meals.

Though the five o'clock tea is not a recognized institution in America, it is very firmly established throughout Great Britain and no one seems to be able to continue his social or other duties without one or more cups of tea at this time.

The tea-drinking habit, when once it secures a firm hold upon one, has a debilitating effect upon the entire nervous organism. Dried up old maids and tea-drinking seem to go together. I do not see any reason why old unmarried women of uncertain years should be thin and angular, cross and crabbed. Is it not natural to suppose that the tea-drinking habit may have something to do with these characteristics? In fact, may we not go even further and proclaim that the tea-drinking habit

has so "dried up" the emotional organism, (which, as the reader knows, is simply a part of the nervous system), that it has affected the instincts and the individual character of the woman to such an extent that she never had a chance to ripen into attractive womanhood? In other words, she was blighted, marred, and the magnetism and feminine charm that she might have possessed, were never enjoyed. Therefore, she gradually evolved into a dried-up old maid, and perhaps these results have been frequently produced by over-indulgence in tea.

Pains in the Stomach

We are rapidly approaching that part of the year when green fruit is very plentiful, and small boys and sometimes the big boys, and girls too, have such a longing for the luscious peach, pear, apple, etc., that they proceed to satisfy themselves with the immature product. The results are often humorous to an outsider, provided they are not too serious.

Pains of this kind sometimes become so serious that they are almost unbearable. According to the views of the average practitioner, this is a period when morphine becomes useful, and thousands upon thousands of graves attest to the value of morphine as a means of relieving pains in the stomach.

When you have a pain in any part of your body Nature sent it there for a purpose. Pains in the stomach are usually far more intense than pains that appear elsewhere, because it is necessary for them to be more severe in order to accomplish their object. When a very severe pain appears in the region of the stomach, you writhe and contort the body in every conceivable position. The muscles in the abdominal region become almost as hard as steel, as they press against the internal organs. If you have a pain in the region of the stomach, do not forget that it is sent there as a warning symptom and it is your duty to "grin and bear it" as far as possible.

If the pain compels you to perform various gymnastic stunts, remember that these enforced feats are of advantage

to you at that particular moment. They will help the digestive organism in dislodging the obstruction which is usually cause of the pain.

Do not forget that morphine and various other drugs that can be taken for relieving the pain, do not change the condition. They simply dope your nerves until you cannot feel the pain. Morphine, for instance, almost paralyzes the entire alimentary canal. Under its influence, the labors of the digestive organism immediately cease, and if you take enough morphine, they would, in time, actually begin to rot, though death would no doubt ensue long before this process began.

There are various natural methods for relieving pains in the stomach. One good remedy is to drink a large quantity of water of a temperature as hot as you can bear it. Another remedy is to wet a large bath towel in water, as hot as can be borne, and apply this around the stomach, putting a dry towel over it and covering all parts of the body. If there is a very high fever in connection with the pain, sometimes it is advisable to use very cold water, though as a rule, hot water is the better. The introduction of two or three quarts of very warm water into the rectum with a bulb syringe is another effective mode of relief. Of course, if there is a great deal of soreness, this method may be difficult of use and other means should be depended upon.

To Relieve Pain

It is well to remember that application of a wet cloth to almost any part of the body will draw out inflammation and relieve pain in the section to which it is applied. For instance, if you continually have what might be termed a mild and annoying pain in the region of the stomach, if you will take a towel and fold it up until it is about four inches in width, wet it, and fasten it around the body just below the waist, allowing it to remain all night, as a rule you will find it will bring relief, and, if its use is continued for a sufficient length of time, it will often entirely remedy the trouble. Wet cloths applied to almost any part of the body will bring about a similar result.

Concerning a Common Cause

By JAMES WILLIAM JACKSON

CONCERTED efforts are being made in New Jersey to combat some of the more specific evils of the saloon. These include back rooms, side entrances and screened drinking places. It is contended that young persons of both sexes are debauched by such devices.

The reform efforts alluded to are based, not upon a right of interfering with the privilege of a man to buy, sell and use liquor, but on the just theory that the State should prevent the deterioration of its civic stock. That principle is by the way, suggestive of a further practical reform. The certain and unquestioned liberties of the normal man include the right to purchase and use intoxicants. To assail that liberty is to waste time and to lose the sympathy of many who, without taking advantage of the option, justly defend it on constitutional grounds. But the privilege should not be considered as extending to other than the normal man, or, to be explicit, the sober man. Why should not the State decree, then, that as regards citizenship, habitual inebriation should result in a suspension of forfeiture of that citizenship? The State exercises a kindly jurisdiction over a man with a mental stagger, in other words an insane person. Why should it not assume that a drunken man is an instance of mentality below par and an instant subject of concern? The right of a man to imbibe so long as he is mentally fit to choose, must be conceded under the constitution; but a condition of wobbling drunkenness necessarily severs a man from the power of choice.

The situation demands a corrective rather than a punitive attitude. We are rapidly learning that it is impossible to reform wrongdoers by drastic punishment, and that it is folly to attempt the suppression of immoderate drinking by "Ten days or ten dollars."

A lunatic mind and a diseased body

may be considered, in a broad sense, as altogether the result of accident. Assuming that drunkenness is rather a matter of choice, an abuse of that choice should involve grave consequences as a deterrent.

For instance, let the property of the inebriate be confiscated. There might be established a Court of Inebriation having control over the funds of the drunkard. Such funds could be used in maintaining the court, the reform methods and in the amelioration of unhappy conditions brought about in the home of the patient. The Brotherhood of Inebriates would then bear the expense of the necessary reforms.

Following the practice of certain institutions proper rewards might be given to each graduate discharged as reformed by this Court of Sanity, contingent upon good behavior and a definite progress toward normal conditions.

A large percentage of the inebriate class has no property to levy upon or confiscate. Hence the justification for an assessment upon the saloon-keepers who aid and abet drunkenness. Let them share in the benevolent work of restoring to health and constitutional rights those whom they have been instrumental in depriving of the same. As the government pensions its wounded, so may the saloon-keepers have a part in caring for and re-creating those whom they have assisted in damaging. A knowledge of how gigantic the reformatory task is, would then be brought legally and systematically to the attention of those who are in a large measure responsible for it. If some are forced out of business thereby, the result will be simply the reduction of the whole system to a more compact form.

Such a plan is not a blow at the right of a man to buy and sell drink, since that is an unquestioned and inalienable privilege; but plainly and frankly a means of conserving his right to stand the whole expense, direct or indirect.

Constructive Obscenity an Unconstitutional Crime

Further Comments Bearing on the Construction of the Law Under Which the Editor of this Magazine was Arrested

By THEODORE SCHROEDER

IN all the annals of the past, one of the most conspicuous features in the struggle for liberty has been, the fight against constructive crimes. The condition of England, before the days of the revolution, is thus described by Edward Livingston, Secretary of State under President Jackson, and the greatest lawyer of his time:

"The statute gave the texts, and the tribunals wrote the commentary in letters of blood and extended its penalties by the creation of constructive offences. The vague and sometimes unintelligible language employed in the penal statutes, gave a seeming color of necessity to this assumption of power, and the English nation have submitted to the legislation of its courts, and seen their fellow-subjects hanged for constructive treason, and roasted alive for constructive felonies, quartered for constructive heresies, with a patience that would be astonishing, even if their written law had sanctioned the butchery."

The intelligent few among our forefathers intended to preclude the recurrence of such infamous tyranny. To prevent courts from extending the application of the criminal law beyond its plain letter, they separated the legislative from the judicial departments of government. Now it was to be the legislative power and not the courts, which was to define crimes and ordain their punishment.

In order that no man should ever again be punished except for actual and material injuries immanent, or inflicted upon someone, and not for the mental crime of "immoral" thinking, they pro-

vided that freedom of speech and of press should not be abridged. They made no exception for "immoral" ideas, because they knew that ideas could not be either moral or immoral, though conduct based upon those ideas might be.

That citizens should not be punished for constructive offences, they provided that no man should be deprived of liberty or property "without due process of law." By this they meant, among other things, that no man should be punished except by a prohibitive law, existing at the time of his act, which must so plainly define the conduct to be punished, that every man of ordinary intelligence, could with certainty know in advance whether his act were criminal.

All these safeguards of liberty, intended to prevent punishment for constructive crimes, are being violated under the pretext of the "virtuous" suppression of "obscene" literature. Obscenity is never a quality of a book or a picture, but always and ever only the quality of the viewing mind. The statute does not attempt to define, and courts cannot define it. Nobody knows what criminal obscenity is, because in every case the decision depends upon the jury's whim, caprice, prejudice or the degree of its prurient prudery.

The so-called "tests" by which the courts direct juries to determine whether books belong to the "indecent and obscene," are a terrible indictment of the legislative and judicial intelligence, which could create and punish a mental crime, and determine guilt under it by such absurd "tests." Bereft of the magical, mystifying phrasing of moral sentimentalizing, the guilt of this

psychological crime is always literally determined by a constructive (never actual), psychological (never material or demonstrable), potential and speculative (never a realized), injury, predicated upon the jury's guess, as to the problematical "immoral tendency" (not indicating the rules of which school of religious or scientific morality are to be applied), of an unpopular idea, upon a mere hypothetical (never a real), person. No, this is not a witticism, but a literal verity, a saddening, lamentable, appalling indictment of our criminal code as judicially interpreted.

Under a law of such vagueness and mystical uncertainty, be it said to our everlasting disgrace, several thousand persons in America have already been deprived of liberty and property; unnumbered others have been cowed into silence who should have been encouraged to speak; and almost a score have been driven to suicide.

It is high time that the courts are given a chance to destroy so outrageous a law, which finds nothing to excel it in iniquity; even in barbarous countries.

By Blackstone we are taught to believe that it was a great outrage to the people of old Rome when the laws they were commanded to obey, under Caligula, were written in small characters, and hung upon the high pillars, thus more effectually to ensnare the people. How can we claim any advantage over the old Romans, when under this monstrous legalization of nasty-mindedness, no man can tell whether or not he is violating the law?

If this law can be sustained, our liberties are as insecure as in barbarous

China. There, a similarly vague law punishes everybody who is guilty of "improper conduct," which is as bewilderingly uncertain as "obscene" literature.

I cannot agree with those who confine themselves to denouncing Mr. Anthony Comstock's want of discretion in the manner of his enforcement of this law. The fault is deeper. The evil is not in the unwise discretion with which this law is enforced, but in the fact that because of the *uncertainty of the law*, it becomes a matter of discretion in prosecutors and courts to say, after the act to be punished, if it shall be criminal or not.

There can be no liberty where its enjoyment can be suspended by the lawless discretion of judges and vice societies. To destroy forever this juridical arbitrariness is the hope of the Free Speech League. The means to be employed is to make a test case of the arrest of Mr. Macfadden, as previously stated in this magazine, in confident expectation that the Supreme Court of the United States will declare this infamous postal censorship over literature to be unconstitutional.

By the time this number of the magazine appears a demurrer will have been argued and may be decided. No matter what the decision of the lower court may be, one side or the other will appeal. To this end the Free Speech League invites your co-operation by a substantial contribution. Remittance to this defense fund for liberty should be sent to the Treasurer, Dr. E. B. Foote, 120 Lexington Ave., New York City, or direct to Bernarr Macfadden.

MR. DOOLEY ON THE BEEF REPORT

"I have r-read th' report, an' now, whin I'm asked to pass th' corned beef, I pass. O dear, th' things I've consumed in days past. What is lard? Lard is annything that isn't good enough f'r an axle. What is potted

ham? It is made in akel parts iv plaster iv Paris, sawdust, rope, an' incautious laborer. To what kingdom does canned chicken belong? It is a mineral. How is soup—Get me th' fan, Hinnessy."—*Exchange*.

The Body and the Moral Movement

By REV. ARTHUR W. STALKER

THEORISTS and men of practical mind were once agreed that educational institutions of various kinds held the key to all progress. One school of thinkers insisted on the priority of the intellect. Another was equally sure that the will was the royal faculty. Still another affirmed with positiveness that the enginery for the climb lay with the emotions. These, then, were the strings upon which men played; intellect, feelings, will, and will, feelings and intellect again.

What about the body? It scarcely received even secondary consideration. But the body is necessarily present wherever the moral problem is. The only connecting link between the soul and the actual world of fact and enterprise is the body. If the soul would express its feelings, embody its thoughts, fulfill its purposes, it must employ the body.

But in presence of an exalted conception of the character of spiritual quality the dust-formed body has been frowned upon and despised. It has been regarded as arch foe of the good, as the heaviest clog man is compelled to drag after him, as the defiling prison house of the soul. Now, man is so constituted that truth seems to be finally achieved only after it has been travestied in extremes. In the Middle Ages vigorous saintliness (of a type) was combined with purposely emaciated bodies. In the Renaissance period, lusty bodies were combined with emaciated spirituality. Now we are fortunately reaching the golden mean. The twentieth century ideal is that of wholesome virtues in healthy bodies.

That certain towering personalities impressed themselves upon the life of the world and won an immortality of fame, while their bodies have been pitifully weak, furnishes no law for us. It may

demonstrate the power of natures rarely endowed. It may exhibit the imperiousness of the will. It does nothing more. That a blind man has made such explorations into the economy of the beehive and into the mystery of the laws of light that he became competent to lecture upon the same is no proof that eyes are quite unnecessary. James Watt had chronic headaches, was narrow chested and was frequently seized with fits of coughing. Pope was deformed from his birth. The Duke of Luxemburg was a hunchback. William III was asthmatic. These men have changed the current of history, but it was in spite of their bodies.

Now hear Browning, the poet of vigor and health

"To man propose this test,
The body at its best.

How far can that project thy soul
on its lone way?"

There is the real question. To what extent may the body be the helpful ally of the soul? To neglect it is a piece of folly for which a large penalty will be exacted. In the battle of life no man can afford to neglect so intimate and responsive a partner as his own body. The Japanese have taught lessons of large importance to the average man. Facing an enormous task they were particular to a scientific nicety in preserving at the highest efficiency their bodies.

Physical culture means man's duty to himself and that broad circle that his life affects. Modern learning connects those powers we call spiritual with the body. The state of health gives tone and quality to the feelings, or takes from them their zest and pleasure. No man is ever simply happy or care-free. Henle's experiments have made known the fact that joyful emotions relax the

muscles of the arteries, allowing a freer and fuller flow of blood. At the same time and for the same reason there is a relaxation of the bronchial tubes making breathing easier and so purifying the stream of life. No man but knows that with hope and joy there is a stronger sense of the reality and possibilities of living. And on the other hand the man of robust health, of splendid vitality is apt to be the man of joyous hopefulness. From the standpoint of the very pleasures of life a man owes it to himself to be careful of his body.

The body! Have a care of it. It seems sometimes to be as great as that profound inner nature upon which we look with such reverence. Who has not often found that his hands have accomplished long and difficult tasks while thought and imagination have been far away? A healthy body, disciplined to the noble control of the will, registering through habit in plastic nerve substance the principles of life, is a wonderful servant, a glorious comrade. So man finds himself in harmony with Browning whose gospel includes full health. Hear him:

"Let us not always say,
'Spite of this flesh to-day
I strove, made head, gained ground upon
the whole.'

As the bird wings and sings,
Let us cry: 'All good things
Are ours, nor soul helps flesh more, now,
than flesh helps soul."

Religious leaders have never failed of emphasis upon prayer and the var-

ious methods for progress that we call religious. They will also soon be given attention to physical conditions as themselves possessing tendencies this way and that. Fatigue, utter weariness, has long been considered of purely physical import. We are learning the peril of fatigue, too. The modern psychologist with his delicate apparatus can give you a record of the physical changes attendant upon such exhaustion. But a fair memory can furnish a parallel record of a "don't care" spirit expressed in lack of neatness, carelessness of appearance and condition, dullness of perception and slackness of obligation. And such are the times of moral downfall.

The Bible is the classic of moral illustration. But the world knows of Esau returning exhausted from a fruitless hunt. With physical condition at low ebb he barter the headship of a tribe for a dish of stewed beans! Elijah, the hero of Carmel, tired from his toiling, wished to die. Refreshed with food and sleep he returns into the midst of his foes to carry forward his work.

Tennyson understood it all. And when his body was prostrated with grief, weakened by sorrow, he prayed:

"Be near me when my light is low,
When the blood creeps and the nerves
prick
And tingle, and the heart is sick,
And all the wheels of being slow."

This body's not dust and dirt alone. It is a part of life in its completeness.

APPENDIX REMOVED WITHOUT OPERATION

Nature is a great doctor and not a bad surgeon, upon occasion. In illustration of this the case of Senator Wescott, of New Jersey is interesting. The senator had intestinal trouble some ten or fifteen years ago, and the doctors decided on an operation. He was put to sleep, an opening was made over the region of the appendix and a search for the organ was made, but all in vain; he had no appendix! So, they sewed him up, and he got well. Now what had become of it?

for no doubt he was born with one. It seems that a couple of years earlier, he had had quite a severe illness, from which he recovered without the aid of a surgeon, the fact being that the peritoneal inflammation had extended to the appendix, pus had formed and the appendix had sloughed off. The chances are that had he been operated on by the surgeons at that time he might have died, and the verdict would have been, "He came under the knife too late!"

Editorial Comment on Items from Everywhere

By BERNARR MACFADDEN

A Diet of One Egg Daily

Howard Elliott, a little over seven years of age, is said to have lived upon one egg a day during his entire life. The *Evening Journal* says that the case has been acknowledged by physicians of Philadelphia and by specialists all over the country to be the strangest that has ever come within their experience, for the child refused milk from his birth, and owing to some peculiar formation of the stomach has steadily turned away from any kind of food other than the single daily egg—no more or no less.

On the occasion of his seventh birthday the child was finally coaxed by Mrs. Elliott to try a piece of the birthday cake. He accepted a piece the size of a silver dollar, but ate it with evident distaste. This was the first time the child had ever tasted any kind of food except eggs.

Either the abnormal congenital condition and growth of stomach or the exclusive egg diet has had a strange effect on little Howard. He has grown abnormally, so far as his brain is concerned, having the faculties of a child of fifteen. His muscular organism, however, is abnormally weak.

The physicians who have examined the boy all concur in the belief that after this, his seventh birthday, he will change completely and grow toward the normal. It is now proposed to experiment with other kinds of food if the child can be brought to take them, but unless he shows a healthy desire for the other varieties of food the egg diet will be continued.

An Enforced Feat of Endurance

"Laugh and grow fat" is a statement you will very often hear. It shows the general impression of the value of laughter in strengthening and health-

building. The views of the general public happen in this instance to be correct. Laughing is to be encouraged not only because of its value from a mental stand-point, but the physical effect is decidedly advantageous. There is a great deal of vigorous exercise in a hearty laugh, as the muscles of the abdomen will often be quite sore after a prolonged and unusual laugh. Miss Barbara Barr, a member of the Baptist Choir, of Florence, N. J., is reported to have spent nearly eight hours in laughter, with scarcely a rest. She was visiting some friends one afternoon. A witty remark was made that aroused the mirth of all present. Miss Barr was especially amused, and found it impossible to stop laughing. All kinds of plans to stop her were tried, but without success. Drs. Thacher and Baird were summoned and conveyed the exhausted and semi-conscious girl to her home. Until 10 o'clock she continued, and the physicians were unable to cope with the case. Miss Barr grew weaker every minute, but still laughing she sank into slumber and the spell gradually passed away. When she awoke the effects for some time rendered her helpless. She does not remember the joke.

Are Americans Degenerating?

Surgeon Koch, of the Marine Corps Recruiting Office, at Muncie, Ind., recently made some rather startling statements about the physical condition of his countrymen:

"I would hate to think that the human race is degenerating, but a perfectly physically sound young man is getting to be almost a rare thing, especially among the men I examine for the United States marine service."

"Only ten per cent of all the men who come to be examined for the service are admitted. The majority of the

unsuccessful candidates fail on account of poor eyesight and underweight. Many of the applicants have perfect sight in one eye, but the other is deficient.

"It is to be regretted that there is a seemingly lack of care for one's self manifested among many young men," continued the officer. "The young men of to-day do not as a rule seem to appreciate the value of their teeth, and every week we have to turn down some because of bad teeth. A few lose out on account of weak heart and lungs, but the most fail from diseases caused by whiskey and dissipation.

"My experience has shown that the farmer boys make the best soldiers. As a rule they are more husky, have better health and can stand more marching than the recruit from the city. The country boy, too, is usually obedient, and is the first to be promoted from the ranks."

In Support of Permanent Peace

The organization of a National Peace Bureau at Berne at least indicates that it might be possible some time in the future, for war to be relegated to its place among other barbarities of the past. If every Nation desired perpetual peace, it would certainly be assured at no distant date.

The German-American Peace Society at their Annual Meeting, voted to request the New York Delegation in Congress, to present a Bill which, corresponding to the action of Switzerland, Denmark, Sweden and Norway, will provide that the United States Government contribute at least \$1,000 for support of the Peace Bureau.

The society asked the Executive Committee of the National Peace Congress to have discussed at the meeting in April an amendment to the Constitution forbidding Congress to declare war, except in case of actual attack, unless a *bona fide* effort of settlement by arbitration has failed.

Advise the Study of Boxing the in Public Schools

John L. Sullivan, the famous ex-champion pugilist, believes it would be of great value to the school-boys of the

United States for them to be taught the art of boxing. He believes that this is as important as the study of geography or arithmetic. "Nothing I know of" says he, "is more calculated to make a man independent, reliable, fit to force his way to the front than the knowledge that he knows how to protect himself. The sport is not half as brutal as some people would make believe.

"Put a pair of boxing gloves on a youngster's hands, and turn him loose against a kid of his own inches and watch him. They jump around, whaling away at each other and thoroughly enjoying themselves. The exercise gives play to every muscle, sends the blood rushing through their veins and brings a healthy color to their cheeks."

I most emphatically endorse Mr. Sullivan's opinion. According to President Roosevelt, there are too many "molly-coddles," and a few rounds of boxing, indulged in daily for a period in a young man's life, will soon knock all the femininity out of him. Boxing is inclined to make a boy strong, manly, self-reliant. It gives him courage and confidence. He is able to match himself up with other boys. He sees his inefficiency, discovers his weaknesses, and if he has a "swelled head" it will soon be reduced to its normal size. The head of the average boy is inflated beyond all reason with self-importance. There is nothing better than boxing to cure this disease. Though such a recommendation to the average individual seems ridiculous, I am satisfied that if the same amount of attention were given to boxing and wrestling, in the public schools, that is now being given to various other studies supposed to be important, and if the same examinations and efficiency that are considered necessary in geography and arithmetic, for instance, were exacted in these physical exercises, the physical, moral and mental standard of the human race would advance with startling strides in the next generation as a consequence.

Second Sight at One Hundred

David Detrick, says the *New York World*, will be 100 years of age, if he

lives until May 9th, and the event will be celebrated at his home in Elizabeth, eighteen miles southwest of New Albany, Ind. He is a native of Kentucky, but was brought to Indiana in infancy by his parents. A few years ago he received his second sight and he reads the finest print without the aid of glasses. With the exception of increasing deafness he is a remarkably well preserved man.

Henry Frank and John Goeswain, who are near neighbors of Mr. Detrick, are approaching their ninety-ninth birthdays.

The Adulteration of Milk

In nearly every city there is much complaint about the quality of milk. In many instances the complaints are well founded. In some cities, it is exceedingly difficult to get good, pure milk. One of the objects of the pure food law was to make the penalty so severe that no one would care to risk adulterating their milk. It seems, however, that the laws have but little influence in this way. Milk is perhaps about the easiest of all foods to adulterate. The addition of a moderate quantity of water means a vast increase in the profits, and the temptation to many milk dealers is too hard to resist. There should be drastic penalties attached to the adulteration of milk. The law as it stands, might be sufficient, if enforced. And why cannot it be enforced? Every reader of this magazine should consider himself a special officer to insure the enforcement of the present pure food law, and the man who defrauds you by selling inferior or adulterated grade of milk, or any other food product, deserves the most severe punishment. Not until milk dealers are everywhere made to severely suffer because of their greed, can we expect a supply of milk that will be in every way satisfactory. We have pure food laws, but they will be practically inoperative unless those whom they were meant to punish, feel the heavy hand of their restrictions frequently and emphatically. In a recent controversy about the milk supply in New York, Alderman Freeman, who had introduced a resolution in a meeting of the Board of Aldermen, with a view of insuring a

pure milk supply, caused considerable heated argument by declaring that if the aldermen failed to pass an ordinance protecting the health of the city, in case of an epidemic, they would be liable to indictment. This sounds harsh, but it is truth and justice. The public looks to those who make and enforce laws, for protection against criminal adulteration, and if they fail to secure protection, it is certainly just that those whose duty it is to furnish this protection be indicted.

Jiu Jitsu, the Art of Self-Defence

A little Japanese about 20 years of age, recently gave a rather remarkable demonstration of the art of self-defense. He had offended a young woman in the streets of New York, she screamed, and a number of men came hurrying to her assistance. The Jap took to his heels. At Forty-fifth street, with the leader of the crowd at his heels, the little yellow man turned suddenly. The first man to lay hands on him received a peculiar twist that sent him sprawling in the gutter and then began an exhibition of the art of jiu jitsu that was surprising. Six men who tackled the Jap were knocked or thrown to the ground in quick succession. Then Patrolman Meade, of the East Fifty-first Street Station rushed in with his night stick. The little man tackled him and was getting the better of the combat when Detective Clery, of the West Sixty-eighth Street Station, jumped from a passing car and went to Mead's assistance. It was not until the fighter received a tap on the head with a stick that he submitted to arrest.

"What made you resist the officers?" asked the sergeant, at the station-house. The little Jap straightened up proudly and tapping himself on the chest said: "Six men tackled me and not one of them could hit me."

Then he strutted off to a cell.

It is regrettable that his remarkable skill was not used in a better cause.

An Instance When Exercise was Compulsory

Charles Schiller, a sailor, some time ago, acquired a very heavy load of spirits, and with a revolver loaded with

blank cartridges, corraled fifteen men, women and children in the Harlem section of New York, and enforced them to execute a horn-pipe, while he kept them moving with frequent shots from his revolver.

While standing on the corner, he sighted his first victim, who was an innocent looking man with a market basket, at sight of whom the jovial skipper drew forth his shining gun and began to jig and sing "Zing, zing, zing," like a deep-sea pirate. The man with the market basket tried to side-step, but the muzzle of the revolver followed him in a half circle, and the joyous sailor sang out:

"Not so fast, cap'n; get in step there. Now dance!"

"Bang!" went the revolver, and the prisoner, in sheer terror, fell into the jig.

A few small boys crept up to see the fun, and before they knew what was happening, they felt an imaginary revolver bullet singing between their toes, and under orders from the skipper, they lined up with the first prisoner. The sailor was delighted. He corraled a man who was edging by in the middle of the street. He hailed two frightened women who tried to run, but who were too scared, and in a jiffy he had them in line and jiggling to the tune of his "Zing, zing, bang!"

In five minutes he had his line complete, stretched across the sidewalk, and he threatened pain of death to any of the onlookers who attempted to interfere. He was sparing of his shots, but the muzzle of his revolver was everywhere. The prisoners in their fright danced themselves into exhaustion, and vainly called on the surrounding crowd for help. Men in the crowd tried to circle the drunken sailor, but he, without losing a bar of his horn-pipe song, swung this way and that, always with the protection of a wall at his back, and when he was out of breath, he laughed himself hoarse.

He was finally taken in charge by a big policeman, to the great relief of his unwilling dancing-class.

The Fight Against Child-Labor

The House Judiciary Committee has

decided that a federal law prohibiting child- and woman-labor will be unconstitutional. This has been a serious blow to the proposed bill for regulating the evils now so prevalent in the employment of women and children. Senator Beveridge and Representative Pearsons, of New York, have determined, however, to keep up the fight and have the bill passed. Senator Beveridge declares the decision of the House Judiciary Committee was absurd. He states that it absolutely ignores Supreme Court decisions and about fifteen laws that are now on the statute-books. It is to be hoped that he is correct in his conclusions. There is what one might term a tragic need at the present time for stringent laws that will protect women and children from the greed of conscienceless employers. Human life is entirely too cheap. A child should first of all be entitled to the privilege of growing into adult life, with a wholesome, healthy body. The Government owes every child whatever protection is essential in order to accomplish this object. If parents force their children into unhealthful occupations, and employers encourage such criminal practices, then it is the duty of the Government to step in and teach both interested parties their clear, plain duty.

Want to Tax Massachusetts Bachelors

The unmarried ladies of Wakefield, Mass., have presented to the Senate of that State, a petition, asking for a law that will levy a tax on all bachelors. They would have this tax graduated as follows:

"From twenty to twenty-five years, \$5; from twenty-five to thirty years, \$15; from thirty-five to forty years, \$20, and over forty years, in large doses.

"And your petitioners further present that bachelors are a fungus growth on the ship of society, impeding its progress, and are of no earthly use, save as pallbearers. Therefore, it is further

Resolved, that we, the unmarried ladies, of Wakefield, are not advocating the law because we are single. That concerns us the least. If you don't believe it, ask us. If we could vote, we believe bachelors would be scarce among us."

Camping-Out for Athletic Training

By L. deB. HANDLEY, Captain and Coach N. Y. A. C. Swimming Team

THE return of summer, with its long days and pleasant weather, kindles in every breast a craving for outdoor life; and this longing for the green fields, the flowers, the woods and the wilderness, becomes a regular obsession when one has experienced the fascination of camping.

The host of people who yearly spend a few weeks under tents or in cabins is increasing steadily, and I remember seeing somewhere, that a conservative estimate places the number of those who annually indulge in such vacations at over two hundred thousand in the State of New York alone.

In many instances, it may be said that camping-out is the safety valve that prevents mental explosion and subsequent collapse. With the unnatural, unhealthy life which many of us are lead in the city; with our nervous systems ever on the verge of breakdown, a period of relaxation, once a year at least, is an absolute necessity. In the woods, far away from the feverish excitement attendant upon the stren-

uous struggle with business cares, we find the very thing we need to enable us to recuperate.

To the poor athlete, who, besides the usual cares of the average mortal, suffers the strain of training and com-

petition, camp life is the great panacea that cures all evils. Of late a few men have prepared for important events at camp, and such well-known stars as Alex. Grant, of the New York A. C., Dick Grant, of Harvard, and George Orton and McCracken, of Pennsylvania, assert that they never did better work than after training while at their cabins in the White Mountains. Until last summer, however, there was no record of a team of athletes taking up quarters in the woods for the purpose of getting into condition for a special meet.

It was Dr. W. D. Hennen, a former intercollegiate champion, who conceived the idea of training the New York A. C. swimming team, of which he is a member, at his camp in New Hampshire. He has devoted a great deal of



A Happy Bunch, (Left to right), L. deB. Handley, T. E. Kitching, C. M. Daniels, (World's Champion Swimmer), and Lester Crane.

time to the study of training, and he thought he could get the men into better condition for the championships up there, than anywhere else. He, therefore, offered his bungalow on Lake Winnepesaukee to the team, and asked the writer to take charge of the coaching. He explained his ideas at length in doing so, with the result that most of the boys eagerly accepted. Some of them could not take the trip, owing to business engagements, but three of the cracks—C. M. Daniels, T. E. Kitching and Lester Crane—did. These, with the doctor and myself made a team of five. Daniels and Kitching are all-round swimmers, the former being too well known to require introduction, Crane is a sprinter, Dr. Hennen a miler and I a quarter-miler.

It was a seedy-looking crowd that assembled at the station for our journey to the camp. The heat, the hard work and constant competition had taken every ounce of flesh off us; we were sallow, gaunt, and decidedly stale. We went up by rail to Weirs, then by steamer to Centre Harbor, and there we found our host, with canoes. His



The Same Happy Bunch, Near Evening, (Left to right), Daniels, Handy, Crane, Kitching

camp, aptly named "Mowgli's Lair" after the hero of one of Kipling's books, is a little over two miles by water from the village.

No sooner were we on the lake than we began to feel a delightful breeze, cool, invigorating and laden with the scent of pines. It was like a cordial to us and we plied the paddles with zest.

We found Camp Mowgli an ideal retreat. Built almost on the shore of Lake Winnepesaukee, it consists of a long, plain, low bungalow, about sixty by twenty feet in size and surrounded by a comfortable veranda. Two seven-foot partitions divide the inside into a large living-room and collateral sleeping apartments, without in the least interfering with the perfect circulation of air. In the rear are extensions serving as dining room and kitchen, while off to one side is a huge ice-house, with spacious cold-storage accommodation. One may camp out, nowadays, and rough it, without depriving one's self of necessary comforts.

The furniture of the living room was rustic but artistic, and in the sleeping quarters, it was conspicuous by its



At a Swimming Carnival

absence—iron cots, shelves for the linen and hooks for clothing constituting the equipment of the latter. Over the windows were screens, instead of glass, and the doors were nailed back so that one was practically in the open, with a roof overhead. All around was the wilderness, densely wooded, impenetrable and beautiful. Deer tracks were everywhere about us; we flushed partridge beside the kitchen door, and a white eagle's nest with young ones in it could be easily seen from the northern side of the camp.

A shelving beach of fine white sand encircled the cove in which the bungalow stood, and the water, crystalline in clearness, was as smooth as glass. The boys stripped without ceremony and

9.30 the canoes would be manned for a paddle to the village for mail, and on the return to camp bathing and swimming were to be enjoyed. At 12.30 lunch, then a short *siesta*, and from 2 to 5.30 the boys could enjoy themselves as they saw fit. The fishing was excellent, and pickerel, perch and bass could be caught within 50 yards of camp. Canoeing, sailing, tennis, rowing, walking, launching, shot-putting, hammer-throwing and wood-chopping could also be indulged in, or the afternoon could be spent on the breeze-swept veranda reading or attending to one's correspondence. At 5.30 more swimming, either an easy coaching roll or a time trial, and at six, dinner. About seven o'clock another paddle to the village for



N. Y. A. C. Relay Team, as a Canoe Crew. (Left to right), C. M. Daniels, L. de B. Handley, T. E. Kitching, Lester Crane

plunged in, anxious to rid themselves of the dust of travel.

Meanwhile, our host took me aside and gave me the routine which he wished followed. He first reiterated his request that no tea, coffee, drugs, intoxicants, or tobacco in any form, be used at camp, but as his invitations had been made conditional upon the abstinence from these, I assured him he need have no fear on that score. He then proceeded with the schedule.

We were to rise at seven (a colored man performed the various duties of cook, valet, bellboy and waiter) and have an hour for ablutions; at 8 o'clock breakfast would be on the table. About

milk, mail and provisions, then a short visit to one of the big hotels, and curfew at 10.30.

To vary the monotony there would be trips to the camp of Alex Grant, a ten-mile jaunt; to Lake Asquam for an aquatic carnival in which we were to compete; to Weirs for a circus and to Meredith for a county fair. Our host had a fast speed launch to take us to these places and back without loss of time, and the trips would hardly interfere with the usual routine at all.

When I announced curfew the first night, there was mutiny, and to my surprise Dr. Hennen almost encouraged staying up, so that we didn't get to bed

until after twelve. As a result, when the cook tramped in the next morning with a "seven o'clock, mister doctor," there was a grunt of disapproval from all hands. But it was a glorious day outside, we could see the sunshine playing on the water, and the birds were signing merrily, so we bounced up and ran to the lake for ablutions. Just below camp was a tiny cove, hidden by a wooded point of land, and this we chose as our bath room, leaving soap, tooth brushes, towels and other paraphernalia on the rocks.

After drying off we started to put on clothes, but the doctor stopped us. "No use burdening yourselves with uncomfortable togs," he said, "your swimming suits are the best camp uniform, put them on, then throw your bed-clothes outside for a thorough airing and come to breakfast." We ate like wolves, and at 9.30 we were off for the village.

I'll not go into the details of our life, but confine myself to what pertains to, our training habits. Clothes of a civilized nature we hardly saw throughout



Alex. Grant, the Crack N. Y. A. C. Runner, at his Camp in the White Mountains



Proud Fishermen, (Daniels and Handley) with Pickerel, Perch and Bass Caught near Camp

our two week's stay; we only put them on for a few hours when we went on trips. As a rule we wore nothing but our one-piece racing suits, adding shoes, flannel trousers and a light V-neck sweater when we went to the village. Even these we just slipped on at the Centre Harbor dock, shedding them again the minute we re-entered the canoes.

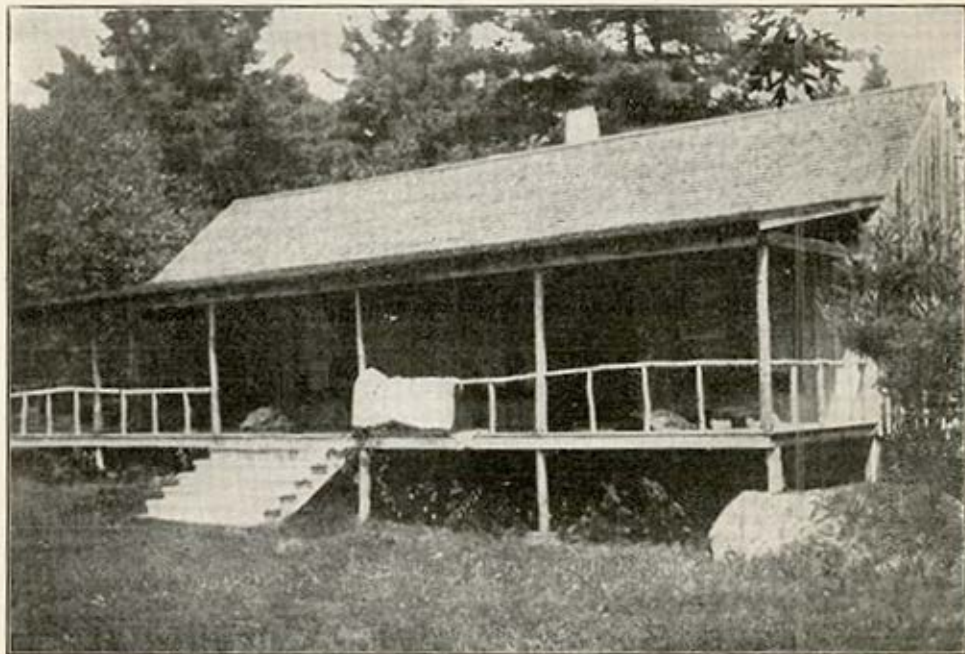
The fare was varied, and we found that food which would be quite out of the question in the city was digested readily outdoors. Beans were on the table at every meal and every one ate of them. Meat was dealt out very sparingly, as were fish and eggs; but bread, rice, and vegetables were served in huge piles. Fresh fruit we ate a-plenty, at every meal; delicious blueberries, huckleberries and raspberries grew wild all about us and our capable cook was kept busy picking them. At breakfast we drank chocolate instead of coffee and at other meals milk or spring water.

A couple of days of this regime did wonders for us and there was no diffi-

culty in getting us to bed at 10.30; we were so sleepy, ere then, that staying awake was an effort. We soon lost the listless feeling we had experienced in town and our spirits rose by the hour, the snap so necessary in athletics gradually returning to us.

It is worthy of note that despite the heavy and constant exercise which we took, and which often amounted to ten hours of decidedly hard work, we all increased in weight from the very first. Daniels, who was probably the least conditioned, put on eleven pounds of

a measured 100-yards course, as placed in my diary day by day, so as to show his progress. On the afternoon of our arrival, he went in 63 4-5 seconds, and the following twelve days in 64 4-5, 65, 64 2-5, 64, no trial, 62 2-5, 62 3-5, 62 1-5, 62 2-5, no trial, no trial, 61 seconds flat. Kitching was more consistent in reducing his times, but Crane and the writer made the most marked improvement. Crane, who had never been able to swim over 100 yards without becoming exhausted, soon managed to do an excellent 220 and then a good



"Mowgli's Lair," Camp Headquarters. Note the Ideal Balcony for Out-of-door Sleeping

good solid muscle in a little over a week, and the others increased from five to nine pounds. At the beginning the extra avoirdupois did not improve our speed, and for four or five days we seemed to fall off in form. I attribute this to the hard exercise, specially the hammer-throwing and wood-chopping, to which none of us were accustomed, and which stiffened our muscles until they felt sore. On the sixth day we were more at ease, our joints seemed to become more supple and then speed came. I give here Daniels' trials over

quarter, while I reduced my time for the quarter fully 34 seconds in twelve days, going the distance faster by ten seconds than I ever had before.

During the two days preceding our departure from camp, we stopped all hard work, confining ourselves to light paddling, short walks, and easy swimming. No time trials or distance work were indulged in and the results were wonderful. The rest seemed to dispose of all soreness of muscle and the trials we made on the last day showed unexpected improvement. Daniels, as has

been shown, went from 62 2-5 to 61 flat for the hundred; Crane took 1 4-5 seconds off this distance; Kitching took five seconds off his 220; I took seven off my quarter and Dr. Hennen 24 off his mile.

No team ever concluded a short period of training better prepared for competition, and I think much of Daniels' later record-breaking may be attributed to the thorough building up which his system received at camp. The greatest test of perfect condition is being able to repeat without resting and we all found ourselves able to swim a second and third trial almost as fast as the first with hardly an intermission. Daniels exhibited this quality to an astonishing degree in all his races.

The success of the innovation was complete, and should lead coaches to realize how ideal camp life is for training a team. The fine air, in itself a tonic; the outdoor life; the invigorating exercise; the healthy, normal appetite, and the utter impossibility of breaking training, insure the best possible results.

Nor is the expense attached to the outing by any means exorbitant. Camps in New Hampshire can be had ready to use, with complete outfits, for thirty or forty dollars a month, and the food bill may amount, possibly, to twenty dollars more. This means, then, about ten dollars a week per man, including railroad fares, board and lodging, hire of cook and all other incidental expenses. Surely not ruinous.

Everyone was so well satisfied, last year, that Dr. Hennen has again invited the N. Y. A. C. swimmers to camp with him this summer and it is likely that a greater number than took advantage of his offer the past season will the coming summer go into quarters at his camp to prepare for the Canadian Championships. He proposes also to train the water polo team for the National championships, and should the boys all be able to take advantage of the opportunity there is no doubt that the sextet will go into competition in better condition than it ever has been in the past.

RATIONAL METHODS OF LIFE IN PRIZE-FIGHTING

William Mellody, the welter weight champion pugilist, is looked upon as rather a peculiar individual, principally because of his simple habits and his adherence to the religious ideas of his early youth. He has never used tobacco in any form, and has never tasted intoxicating liquor. From his earliest childhood he has been imbued with a desire to be a fighter, and he has done everything in his power to keep himself in the best physical condition. He was born in Charleston, Mass., and he lives there now. Unlike all other champions, Mellody does not go away from home for long training periods to get into condition for a fight, but stays

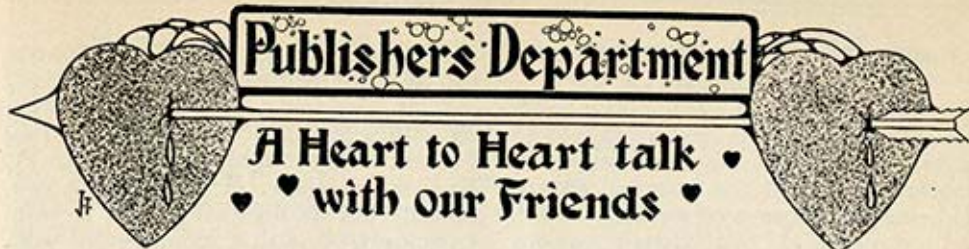
at home, he does his training here and eats the food his mother cooks for him. Because of his clean life he is never out of condition, and is, therefore, never bothered by the weight question as his opponents are. He never weighs more than 148 pounds, so that it is an easy thing for him to train down to 142 pounds.

The champion is a natural fighter. His style is much like that of Terry McGovern when the Brooklyn Terror was at his best. He has a terrific punch, one that carries knockout powers at all times. This alone makes him a dangerous opponent, and when he seems to be "all in" he is most dangerous.

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The header features two stylized hearts, one on the left and one on the right, each with a small arrow pointing towards the center. A banner with a decorative border spans across the top, containing the text "Publishers' Department". Below the banner, the main title "A Heart to Heart talk" is written in a large, bold, serif font, followed by "with our Friends" in a slightly smaller font. Small hearts are placed around the text.

Publishers' Department

A Heart to Heart talk
with our Friends

THE PHYSICAL CULTURE PUBLISHING COMPANY NOW AN
INCORPORATED ORGANIZATION

In the March issue of this magazine I commented upon the possibility of my deciding to sell my publishing business to a corporation, and inviting all my readers to become partners in this huge educational enterprise. I must admit that I was not able to come to a definite conclusion at once. I have given a great deal of very careful thought to the proposition, but believe that my decision to form the corporation and invite friends of the physical culture cause in every part of the world to become my partners, is wise from every viewpoint.

The Physical Culture Publishing Company is now a corporation organized in accordance with the laws of the State of New Jersey, with a capital stock of two hundred thousand dollars—a very low capitalization, as may be fully realized, when the money that this publishing business has earned in the past, and its possibilities in the future, are considered. Some Wall Street financiers would probably have capitalized it for one million, but whatever business I have anything to do with, must be "on the square," and in the past I have always been more careful with the money of others than I am with my own.

In other words, I will take more risk with my own capital than I will when I realize that the money of others is invested with mine. Fifty thousand dollars of the Physical Culture Publishing Company's stock has been placed in the treasury for sale (10,000 shares at \$5.00 per share) and will be used exclusively for the purpose of building up the business of the publishing company. As explained in a previous issue,

this will be used largely to further my new plans for extending the business.

In the past, business has practically come to us. There has been no special effort to get it. We have simply published the magazine and depended upon our friends for increase of business. As is well known by every reader, it is difficult to build a large enterprise by methods of this kind. You must go after business and must use every legitimate method for increasing your output. You must have agents in every town of any size, and they must be offered every inducement to give their time to securing subscriptions and to advancing your interests in every way.

I feel sure that the plans we have formed will be successful. Similar schemes, though of less value, are being followed by other publishers with very great success, and there is no reason why we cannot "go after" business and secure far more returns than others whose proposition is not nearly so attractive as our own.

I want every reader interested in the progress of this magazine, to join with me in the work of expanding the influence of this publication. I have continued it alone for a long time. I feel that the time has come when I can ask for outside aid, realizing at the same time that those who aid in the progress of the business will fully understand that they are not only helping along a magnificent work, but at the same time will reap financial returns from their investment which should be from three to ten times greater than those from government bonds, and I believe that the business is just as safe and as sound as these gilt-edge investments.

How I Came to Take Up Physical Culture

It has been about twenty-five years since my interest was first awakened in physical culture. I was sickly and emaciated. I had tried several patent medicines as a means of securing health and strength. I had visited various physicians and had followed their advice. I grew despondent and hopeless. There seemed nothing in life for me. One of my parents had died of the dreaded disease, consumption. I naturally concluded that death was not far away, and, like a drowning man catching at straws, I searched in every direction for a possible means of escape. I believed that I was condemned to die. Though a man may be hopeless, he will still make some efforts to save himself. It seemed to me very peculiar that the lower animals appeared to be at all times in possession of superb health and strength, while man, the higher animal, was not infrequently weak and diseased.

While in this hopeless condition the value of systematic exercise in building health and strength was called to my attention. It appealed to me, and I gave it a thorough trial. In a few days I felt better and stronger, and was encouraged. I redoubled my efforts. My strength increased still faster. My enthusiasm grew, and I gradually became what one might term a "crank" or a "fanatic." My one desire was for health and strength. I worked with might and main for the accomplishment of this one object. I had good opportunities in a business way, but I threw them aside as of no value as long as superb health was within my reach. Week after week, month after month, year after year, I worked with this one aim constantly in view. I grew into strong, rugged manhood. I finally developed myself into a powerful athlete, and then, merely to prove the accuracy of the theories that I had advocated, I began to practice wrestling. Afterward I became a master of this art, and met and defeated some of the best men in the world at that time.

This was the beginning of my interest in physical culture. As soon as I accomplished such marvelous results in the

development of my own body, I naturally realized the possibilities in a work of this kind as a profession. I went back to school to study literature, that I might be thoroughly familiar with the English language. I was firmly convinced that as an author and lecturer I could accomplish a monumental work in this greatly needed reform.

In all these years I had a certain feeling of contempt for business. I did not want to be a business man. Money, it seemed to me, was of no value. But when I started my physical culture propaganda I began to realize that without money I could accomplish but little in this work. Article after article that I would send to the newspapers and magazines would be sent back to me, with thanks. They would not publish physical culture literature at any price. Editors at this time were blind to the real needs of the public. I began to most emphatically realize the value of money as a power in advancing this work. I therefore determined to become a business man, and I followed my desire in this direction with the same intense determination that I had the ambitions of previous years. I first placed a patent exerciser on the market, and through my efforts many thousands of these were sold. I finally acquired sufficient financial strength to begin my real career—that of publishing physical culture literature. My present business is the result and I want my readers to help me in the work of placing the **PHYSICAL CULTURE** magazine in every civilized home. This publication should have a larger circulation than any other periodical printed in the English language. It is doing a more important work, and every stockholder will naturally become an interested partner in the business. He will talk to his friends about the publication. Although he might be desirous of advancing the business because of his humanitarian interest in the work, his interest will naturally increase when he realizes that he is one of the owners of the business, and will share in its profits.

Every reader interested in our new plans for building up a mammoth circulation, is invited to write to us for further information.