

# PHYSICAL CULTURE

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

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# Exercises for Remedying Constipation

By BERNARR MACFADDEN



HE sluggishness of the lower alimentary canal, is a very frequent complaint, but few realize its seriousness. The tissues of the body are nourished by the blood, which absorb nutritive material from the food as it passes through the body. When the bowels become inactive, the poisons bred of waste matter that should have been eliminated, but are not, are distrib-

uted through the circulation, and then we have disease instead of health.

As a rule, there is no excuse whatever, for a person suffering from constipation, for it is caused by deliberate violations of the ordinary rules of hygienic and dietetic right living. The plain promptings of Nature are disregarded and she punishes those who do so in the manner under discussion. Speaking in general terms, the malady is due to lack of exercise, internal and otherwise. By reason of improper diet and want of exercise the bowels become lazy and a bodily condition results which brings about a further dislike of exertion, or in other words, muscular laziness. These two conditions react one upon the other, until at length Nature seeks to relieve the body of the impurities with which it has become charged, through the medium of some so-called disease—in reality, a thorough house-cleaning.

The foregoing explains why it is that while constipation occurs at any age, it is most common after middle life when less exercise is taken than in youth. And it is also explanatory of the fact that it is ten times more common among women than men, because of the usually sedentary occupations of the former.

The complaint affects people in different ways. Some are subject to occasional attacks only, while others have it in a chronic form. In the latter case, the condition is brought about by the refusal on the part of the sufferer to heed the hint conveyed to him through the medium of the occasional attack, which is Nature's warning that his internal machinery is getting out of gear.

The symptoms of this disorder are so well known that it is hardly necessary to speak of them. But each one of such is unpleasant, including the foul breath, coated tongue, sallow skin and so forth.



Position No. 1. Jump 50 to 100 times with arms in this position.



But a whole host of other maladies of which constipation is the parent, tends to make the life of the victim unbearable, and his or her presence exercise a depressing effect upon those with whom he or she is associated. For instance, the sufferer not infrequently has palpitation of the heart, headache,

either neglected or have treated with the quack medicines that afford temporary relief but in the end, are certain to make the trouble become chronic.

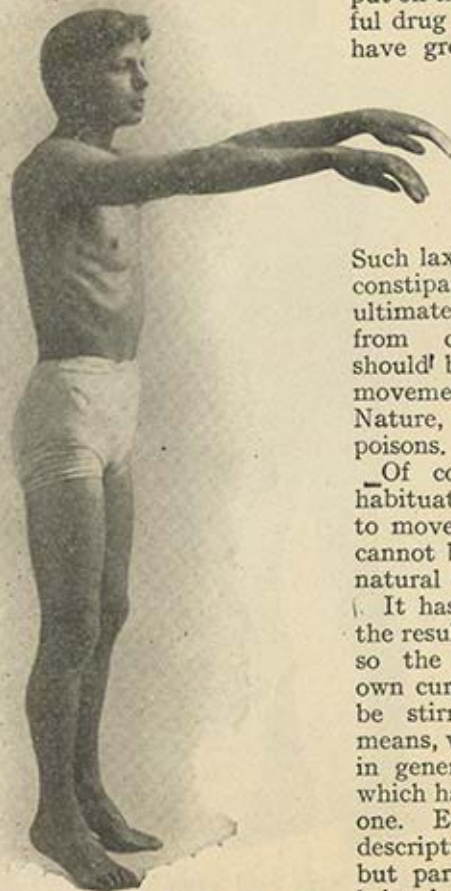
Constipation is present in nearly all acute diseases. Hence every physician possessing an atom of intelligence in his treatment of patients suffering from such, first of all, flushes the great sewer of the body, giving it a chance to throw off accumulated poisons.

Medical schemers of all kinds, realizing the prevalence of constipation, have put on the market a whole host of harmful drug laxatives. Many of these men have grown rich through the sale of their alleged remedies. The introduction of a drug into the alimentary system which has such an effect upon the latter as to rouse it into furious activity, cannot be otherwise than harmful.

Such laxatives are a prominent cause of constipation. The victims of them ultimately find themselves suffering from constant constipation. What should be really desired is, that natural movement of the bowels, intended by Nature, without resort to stimulating poisons.

Of course, when one has become habituated to the use of drugs in order to move the bowels, immediate results cannot be expected by the adoption of natural methods.

It has been said that constipation is the result of sluggishness, and this being so the complaint clearly indicates its own cure. The organs concerned, must be stirred into activity by natural means, while at the same time, the body in general must be given that action which has been denied it by the afflicted one. Exercises of every kind and description are, therefore, beneficial, but particularly those which not only bring into play certain sets of muscles, but which give a measurable amount of exercise to the organs directly concerned. Fortunately, such exercises can be easily obtained, and call for no special apparatus. Walking is an ideal exercise of the nature in question, and provided that it is taken in proportion to the sufferer's condition, rarely fails in bringing about functional regularity



Position No. 2. Follow with 50 or 100 jumps with arms held as shown.

neuralgia, fever, nervousness and hysteria. I have no hesitation in declaring that if the facts of the case were known, nine-tenths of the women who are nervous wrecks, have been reduced to that condition by the malady in question, the first attacks of which they have



presuming that due attention is also given to diet, fresh air, bathing and so forth.

There are a multitude of physiological reasons why walking assists in bringing about a return of organic regularity. In fact, I have called attention on many occasions to the value of walking in accelerating healthful action in practically all the vital organs of the body. In many cases, satisfactory activity of the bowels will appear almost immediately after beginning daily long walks. Movements of the body, bending backward and forward, in fact every exercise which tends to directly affect the bowels, are naturally beneficial. The exercises, however, that are herewith illustrated, are especially well suited to this purpose. But the exercise that we are laying special stress on, is one similar to that required in rope jumping. This jumping may be taken at any time that one desires to move the bowels, though it is particularly advantageous if taken immediately upon arising, and when one is not burdened by clothing of any kind. Before taking the exercise, you should drink from one to three glasses of water. The results will be a little better perhaps, if the positions of

the body are varied as shown in the illustrations. It is best to take the exercises continuously, though if one does not possess sufficient endurance to do so, a slight rest can be indulged in at intervals.

One should jump from three hundred to eight hundred times. At first, one may have to rest at intervals in order to take the required number of jumps. After taking the exercise for a few mornings, it will be apparent that there

will be no necessity for resting, however.

Constipation is in very many cases aggravated by the failure to drink sufficient water. This in itself, is to a large extent, the result of a lack of exercise, for an inactive person usually does not have any very great desire for water. Active exercises and out-of-door sports, however, will never fail to provoke thirst, and to such an extent that one will drink freely. To supply and maintain the



Position No. 3. Next hold arms out to side, and jump 50 or 100 times while so doing.

fluids of the body in a normal state, it is essential that one either drink a satisfactory amount of water, or that he eat freely of the fresh, juicy fruits. This will do much towards maintaining a natural condition of the entire alimentary canal. For this



reason. you will get far more satisfactory results from the exercises illustrated if you will drink water immediately before them as directed. Make a practice of drinking one or two glasses of water on retiring, the same amount on arising in the morning, also drinking a glass frequently throughout the day, between meals. Avoid drinking at meals or immediately before or after them.

If you are strong enough, and have suitable out-of-door opportunities, long distance running, or rather jogging, would also be of advantage, simply loping along for a mile or two, on what is commonly known as a dog trot. Any



Position No. 4. Now place arms high over head, as illustrated above, and jump 50 or 100 times.



Position No. 5. The above illustrates a movement which may precede or follow the jumping exercises. Clasp the hands over the leg, just below the knee, and pull up as hard as possible over the stomach. Alternate from one leg to the other.

one in fair health will be able to do this, but he should remember to drink two or three glasses of water before starting. Also, by way of variation, the practice of stationary running, sometimes known as the "still-run," which was discussed and illustrated in this magazine a year ago, might be advantageous. This can be done in your bedroom.

Be sure your windows are wide open while taking this exercise, in order that you may be certain of having absolutely pure air to breathe. And this is no less necessary in winter than in summer.

In the near future, it is my intention to devote a special article to diet as a cure for constipation



# Football in Australia

By H. CHESNEY HARTE, Secretary, Australian Football League



AUSTRALIAN representatives have always held their own in most branches of sport when in competition with the world. Cricket, Rifle Shooting, Swimming, Sculling, Tennis and in many others,

although not victorious, they have not by any means, been disgraced. Football in Australia, up to the year 1858, was played under what is now known throughout the Commonwealth as the Old Rules or Rugby game. It was in this year that Mr. H. C. A. Harrison, (the champion athlete of Victoria) together with several others laid the foundation of what is now played in every state of the Commonwealth and New Zealand and called the Australian game of football.

It was in consequence of the prevailing belief regarding the unnecessary risks of Rugby as played, and the opinion that needless exposure to personal injury did not necessarily tend to increase courage, that these gentlemen were led to consider whether the unnecessarily rough features of the game displayed under Rugby could not be eliminated,

and a game devised in which risk to life and limb would be so minimized that it could be played without anxiety as to results and which would also be a source of enjoyment to the most timid onlooker.

A few simple rules started the game, which were altered from time to time. In 1866 a final revision and adoption of permanent rules took place. Since that date, a few new ones have been added, which have always been in the direction of making the game open and fast. To-day in four out of the six States, "Australian Football" is universally played and it is making such headway in the two remaining States and New Zealand that before long, it is felt that Rugby will be a game of the past.

At a recent match, played between two Melbourne suburbs, nearly 33,000 people witnessed the game and receipts from gate amounted to close on £1000. Such attendance and such gates in Australia could only be obtained by international cricket outside of football.

There are many features about the game that must recommend themselves to sportsmen, as the rules are such, that even the smallest player, at times, shows out to advantage against a heavier man.



Carlton (Victoria) vs. Gulong (Victoria). Clever Marking





An Example of Good Defensive Work

The best players are those who keep in mind the point "to play the ball and not the man" and as the ball is always in play, quickness is the order of the day.

The field of play is larger than the Rugby field, being at least 150 yards by 100, and may be played up to 200 yards long by 150 yards; this, of course, leads to long kicking and brings about the drop kick (which is made by letting the ball drop from the hands on to the ground and kicking it the instant it rises) and it is no uncommon thing to see a player kick a distance of 60 to 70 yards, whereas the Rugby punt kick tends to height.

Each player has an opponent against him in his position on the field and this brings about man-to-man contests, but as I remarked before, the player who "plays the ball and not the man" is the one who succeeds.

There is no off-side. Thus the players are free to take the best advantage of a ball in whatever position they may be. Possibly one of the greatest differences between the Australian game and Rugby is that there are no scrimmages.

For some years, efforts were made in various ways to minimize the evils of scrimmages, but with so little effect that in 1874 it was found necessary to totally abolish the practice, a step which was immediately followed by the elevation of the game and a great increase in its popularity. Many of the accidents on the football field are due to "scrum," which also tends to give victory to weight and brute force, instead of skill

and activity. The consequence is, that in Rugby, the heaviest team almost of necessity must win, whereas in the Australian game a light team can, if superior in skill, wrest victory from a heavy one. This is very important, as the development of science in the game itself should be encouraged in every way. Weight of team can always be purchased, but science in playing can only be acquired by application. Again, another serious objection to the "scrum" is, that during its progress it is practically impossible for the umpire to see all that is going on. The consequence is that many irregularities take place unchecked through the game. The record of serious accident to limb and even life itself, due to the scrum, is certainly nothing short of appalling, and the abolition of the scrum is a feature in the Australian game which should appeal to all lovers of true sport.

No collaring below hips, round neck, rabbiting or slinging are allowed.

These are all, unsportsmanlike, and dangerous practices. "Rabbiting" is one player stooping down so as to cause another player to fall by placing his body below the other's hips. A broken collar-bone or a dislocated shoulder are apt to result. "Slinging" is catching a player by or round the neck and throwing, or attempting to throw him to the ground. In addition to being a practice of risk, it also interferes with fair play and gives undue advantage to a large or heavy player



Keep the ball in play. This is a very important provision, and adds much to the beauty of this game. Any attempt to unduly keep possession of the ball entails a penalty. Kicking the ball out of bounds also entails the penalty of a free kick to the opposite side.

The ball when in play, must not be thrown or handed. The game is football, and the appropriateness of this provision is evident. The ball must be kicked or punched, and as it has to be kept in constant play, the game has more of play in it, than other forms of Football.

A player catching the ball directly from the kick of any other player not less than ten yards distant shall be allowed a kick in any direction from any spot behind where he caught the ball.

This is a rule that brings out high marking, a feature of the game so much admired, as the players learn to catch the ball with their fingers and as they spring in the air, they meet the ball often at a height of 10 or 11 feet from the ground.

The ball may be taken in hand at any time, but not carried further than is necessary for a kick unless the player bounces it on the ground at least once in every ten yards. This tends to make a player smart in the handling of the ball and tricky in passing an opponent, and as the ball cannot be thrown or handed to a player, he must be ready to

kick or punch it when attacked by one of the opposing players. If he holds the ball when caught by an opponent, a free kick is awarded and on the other hand if the opponent holds him after he has kicked, punched or dropped the ball, the free kick is awarded the other way. Thus again it will be seen that it pays better to play the ball.

Each player takes his own kick on all occasions so that the forwards are invariably good kickers, straight and long.

There are no cross bars on the goal-posts, but the ball must go through without being touched by the other players; if so touched it counts 1 point (called a behind); if a goal, 6 points. There are also on the outer side of each goal post seven yards distant, a behind-post, and if it passes between the goal post and behind-post, or touches the goal post, it also scores 1 point.

A field umpire follows the game and has full control and his decisions are final as regard any breach of the rules. There are two boundary umpires, one on either side of the field, whose duty it is to immediately throw in the ball when it goes out of bounds. The throw-in to be about 5 to 10 yards and always towards the centre of the ground.

There are also two goal umpires, one at either end of the field; they are the sole judges of goal and behinds, but must consult the field umpires as to any breach of the rules prior to the kick taking place.



Sydney vs. Newtown—Sydney Gets the Ball





An Attempt for Goal. Final Match for 1905 Season—Colingwood vs. Fitzroy (Victoria)  
Attendance, 35,000. Gate Money, £1,071

From this short summary of some of the principal points in which the Australian game differs from other forms of football, it will be seen that it offers many advantages as compared with these latter, while their more objectionable features are absent. There is less danger, fewer practices conducive to deterioration of manners and temper, more science of play, perfect fairness to

players of weaker physical organization and an absolute openness of the play, which enables the umpire to see everything that is being done. These are the recommendations which have led to the adoption of these rules as the national game in Australia, and will also, we are sure, lead to its adoption in every country where football is played or can be introduced.

### ABOUT THE "NO-BREAKFAST" PLAN

(Other Seasonable Hints, by the Editor, appear on page 415)

I emphatically commend the "no-breakfast" plan, provided that there is little or no appetite in evidence after rising in the morning. But if one is hungry that is a different question and there can be no objection to breakfast. The usual habit of forcing an early meal upon one's self, whether wanted or not, is however, harmful to an extreme degree. Two meals daily are sufficient for anyone, regardless of what his or her occupation may be. This is especially true when cooked food is used. The general impression that cooked food is

more easily digested than uncooked, is erroneous. Almost any one can easily digest three meals of uncooked food, daily, provided, of course, that such meals are reasonably light, though it would be difficult to digest three meals of cooked food. If you eat your first meal in the morning, it is advisable to omit your noon meal, or you can take your second meal at noon or a little later, and leave out the last meal. This is considered of advantage by many who find difficulty in digesting a meal taken before going to bed.



# Amateur Athletics Exposed

By ARTHUR DUFFEY

The Remedy for the Injustice and Abuses under which the Amateur Now Labors, Thanks Mainly to the Autocratic Methods of the A. A. U.—Indications are that it Will be Accepted by Amateurism Before Long—More About the Treatment of the Olympic Team by "Commissioner" James E. Sullivan and His Associates—Manager Halpin Narrowly Escaped a Ducking



MY recent reference to the treatment of the American Olympic team by its management, was very productive in the way of letters and calls at this office, several of both of which were from the disgruntled athletes themselves. The purport of both communications and visits was to the effect, that all I had said about the scandalous manner in which the athletes had been treated, was not only true but that I hadn't told half the story. Now, although I begged these men to make a complaint over their own signatures, they, in each and every instance refused, giving as a reason, that if they dared to voice their indignation in the way that I asked them to, their appearing in print would, thanks to the tyrannical methods of the A. A. U., mean the end of their athletic careers. Of course I have to respect their confidences, much as I regret their decision. But I feel that it is unnecessary for me to assure my readers that what I have published about their ill treatment is absolutely correct, and that I have not drawn on my imagination in any way whatever.

One of the prominent members of the team gives this version of the matter. "From the time that we left New York, until we reached our destination, it was one everlasting bicker, dissatisfaction and complaints. The trouble began on board ship with the attempt of Manager Halpin to dictate to the team in regard to their training, diet and so forth,

when, as a matter of fact he knew nothing of what he was talking about. Anybody who knows anything about training knows too, that Halpin's knowledge of it is about as superficial as it can be, and it was a recognition of this fact that galled the men so much. If it had been an efficient trainer such as Hjertzberg or a half dozen others of repute who was laying down the law to us, we would have stood for it. But it made us raw to listen to a man who knows little or nothing of the practical side of training, trying to dictate to us in the way that he did. Halpin apparently thought that the 'pull,' which had enabled him to get the post, gave him the right to treat us as he pleased. But we quickly taught him otherwise, and on more than one occasion it was a wonder that Halpin didn't get the ducking that he so richly deserved. Once, an exasperated member of the team did actually tackle him with the intention of throwing him overboard and was only prevented from so doing by the interference of others.

"Another thing that added to the friction was, that James E. Sullivan had been sent on ahead as 'American Commissioner'—bully title that—to make all arrangements for the reception of the team. When the athletes arrived, however, they found that nothing had been done for them, and when finally they were assigned to quarters—allegedly by the King of Greece—these last were such, that an American steer with a sense of decency would have refused to have lodged therein.



"So it went during the entire stay in Athens. One incident may be related to illustrate the 'harmony' that existed between the team and the management. Sullivan after one of the constantly recurring rows deliberately insulted the men. Whereupon one of the athletes went up to him and insisted upon an apology, which was reluctantly given.

"On the return trip, the same unpleasantness was the order of the day and once more, Halpin narrowly escaped being immersed in the Atlantic. Nearly all the members of the team, declare most emphatically that never again will they go abroad under the same management."

A curious fact about the whole affair is, that whenever the athletes complained about their quarters, Sullivan would remark in a breezy offhand fashion "Oh, well, the King is only giving us these rooms temporarily, and all will be made right by and by." But there was no "by and by," and until the time that the protest of the athletes resulted in a change in their treatment for the better, nearly all of them had to buy their own meals on the outside and out of their own pockets. Furthermore, whenever they wanted to go anywhere or to be entertained, they had to entertain themselves at their own expense. The belief of the American people is, that the athlete's expenses in general were paid by the management who were entrusted with a fund for that purpose. If the statements of the athletes are correct, which I am certain that they are, how were the funds in question expended? Remember that I am not raising this question myself, but am voicing the queries of the athletes in question.

Pertinent to the foregoing is the fact that we have in the metropolitan district an organization known as the Protective Association of Amateur Athletes. The object of this Association is allegedly that indicated by its name—in other words, it is supposed to look after the interests and welfare of amateur athletes in every way. But what has it done in regard to the treatment of the men who were so ill used in the Olympic instance? As far as I know, it has taken no steps whatsoever

to attempt to right their wrongs and so justify its existence. Can it be that it stands in such mortal terror of the A. A. U. that it dare not open its mouth in protest, or can it be that it is to its "interest" to hold its tongue. A good many members of this "protective association" do not hesitate to write, or express to me verbally, the indignation which they feel at the indignities put upon them by the A. A. U. Now while I am in sympathy with the purposes of the organization, and while I have many sincere friends within its ranks, and while in consequence, I am always glad to give ear to them and do what I can for them, it would, to my mind, be much better for them and others if their organization made good in the way of its declared purposes instead of letting it remain a mere name. I am glad to voice their sentiments at all and every time, but they should follow my so doing with action. Otherwise, the organization may as well go out of existence. Certain it is, that up to the present I cannot see any reason why it was ever formed. I don't say that politics—A. A. U. politics—is at the bottom of this silence of the Protective Association, but the fact remains as I have stated.

As an illustrative case of the lack of backbone which characterizes the doings of the Association, I may cite the following; several weeks since the members met for the purpose of selecting an official handicapper. I may add that several of them called on me to ask if I had any suggestions to make in regard to the matter, which I had not. Anyhow, the meeting was held, and after a lot of wasted eloquence it was finally decided to defer the selection of a handicapper until it was seen just what one would find favor in the eyes of the A. A. U.! In other words, the Protective Association was so afraid that it would tumble if it let go of the apron strings of its mammy, that it didn't let go of them.

Now, some of my best friends are in the ranks of the Association, and I know that its material in general is fine athletically and admirable in other ways. But I do say that the incident such as that just related, is one that should



sting the manhood of the Association into action, and that they should resent the attempt on the part of the A. A. U. to dictate to them through the medium of those of its men who are evidently members of the Association for the purpose of stultifying its intentions as originally declared in its constitution.

It is a singular fact that whenever a "protective" association of athletes is formed, it immediately seems to be smitten with apathy. In New England, there is a Protective Organization which is chock full of good intentions but is deficient in results. The recent wholesale suspension of the athletes by the New England committee of the A. A. U. in connection with the athletic games at Oak Island, with the consequent ruination of Jack Moakley's games at St. Augustine's, gave this Association an excellent opportunity to give an excuse for its existence. But it didn't. It accepted the unjust rulings of the A. A. U. in question and as a consequence the games which were held under the auspices of Mr Moakley, which are always among the best in New England, were robbed of their star features and were mediocre in quantity and quality.

Lest my opinion regarding the A. A. U. and its politics, be thought to be a prejudiced one, I will quote Fred Wenck, Sporting Editor of the *Evening Mail*, about the topic. Mr. Wenck was at one time a champion athlete of repute and, of course, suffered by reason of the tyranny of the Sullivan organization as champions invariably do. Hence he knows what he is talking about. He says:

"At a meeting of the Metropolitan Association of the Amateur Athletic Union, Thomas F. O'Brien, of the Warren A. C., was again elected official handicapper for all amateur track and field sports in this district, notwithstanding that in his work for the past many years, he has displayed atrocious incompetence and has been a source of continual and justifiable protest from the competing athletes.

"O'Brien's re-election is made possible through A. A. U. politics, that are a disgrace to a body assuming to control and purify American sport.

"In the first place, the athletes, who are the only sufferers by the handicapper's incompetence, have no say in his election. He is chosen by a vote from among the clubs having membership in the Metropolitan Association, and as there are only about six of the clubs which vote, that actively participate in athletics, the injustice of this plan may be seen at a glance.

"For instance, of the twenty clubs that voted for O'Brien last night, it might be safe to say that not one has had an athlete entered in any open competition this past year or more. These clubs are organized and exist mostly on paper for the sole purpose of giving their votes to O'Brien for handicapper each year, and as such, they are a disgrace to the union.

"But what redress have the athletes? We will tell them.

"A few years ago, O'Brien used to do the handicapping for the swimmers as well as for the other athletes. That is, O'Brien got the money for the handicapping that was done, when actually, the marks were allotted by one of the swimmers of the New York Athletic Club.

"This swimmer did this solely for the purpose of seeing fair handicapping in the aquatic competitions, and was perfectly satisfied to let O'Brien have the financial returns therefrom, providing the sport of swimming was not killed by the same work that keeps many a star athlete out of competition all the year round, till the scratch events for the championship occur.

"But finally the swimmers tired of seeing O'Brien get the money for this work that he did *not* do. So they got together and made a protest to the A. A. U. At the time, the fact was not generally boasted of, but had their protest not been heeded, the swimmers would have seceded from the A. A. U. and run their own affairs.

"But the A. A. U. 'took notice' and O'Brien was obliterated as far as the swimmers were concerned, and Otto Wahle elected their official handicapper. Now every swimmer, no matter how good or how poor in ability, gets a fair chance, and some of the finishes in handicap races where Wahle sets the



marks, are marvelous for their closeness.

"Now, then, what the swimmers have done the other athletes can do. They have their own organization of undoubted strength. If they really don't like O'Brien as handicapper, which they so perpetually aver, why do they not hold a meeting, elect a man of their own unanimous choice and notify the A. A. U. that hereafter, they would not compete at any games that were not handicapped by the man of their choice?

"They would get away with it, just as the swimmers did."

Mr. Wenck hits the nail on the head. But — what do the athletes propose to do about it?

Out West a Protective Association has been formed, Archie Hahn being the promoter. It is to be hoped that this association will not follow the example of its Eastern confrere, but really get up and do things. The West has already gained reputation and admiration by reason of its refusal to cower under the lash of the Eastern officials of the A. A. U. And it is to be hoped that the new Association will follow the traditions of the West in this particular.

I have promised in this article to indicate a remedy—wholly, or in part—for the injustices under which the amateur athlete now labors, or to suggest some means by which his ability, work, self-denial and the like, shall receive a legitimate reward.

It seems to me that there are two ways of so doing, one of which is, that the barriers between amateurs and professionals be thrown down as far as their competing together is concerned. I need not remind my readers that they have been thrown down in various branches of sport, notably in baseball where the University teams compete against professional nines; the leading golf tournaments where professionals and amateurs meet on equal terms; in Lacrosse as in Canada, in Hockey as in Canada also, and crossing the Atlantic, in the case of cricket. In regard to this last game, it should be remembered that it is the national sport of Great Britain, and that in the

ranks of cricketers, are to be found men of the highest repute personally, socially and professionally who as amateurs, play side by side with, or are ranged against, professionals. In all these cases, where prizes are offered, the amateurs receive trophies and the professionals money. It would be almost impertinent of me in view of these established facts to suggest a similar arrangement in all branches of sport. Therefore, I will not suggest it, but ask those amateur athletes who are interested in athletics to give this proposition their consideration which to my mind it so richly deserves, and to act upon it in the future.

My second, most drastic, and I believe, most satisfactory solution of the whole question is as simple as it would be effective. Let the amateur select *either a trophy or its value in money for his prize*. Incidentally, I would guarantee that in nine cases out of ten, he would prefer the cash to a clock which won't go, a medal that is of no use and little ornament, so some thing of a similar and equally useless nature. I won many gold watches when I was in active athletics, a number of which I hadn't any use for. But you may say "If an amateur competes for money, does he not at once lose his amateur standing?" to which I reply, by no means—that is, if my suggestion is adopted and for this reason:

It will be an easy matter to always and clearly define an amateur. An amateur is one who takes up any sport for the pleasure that is in it and for the sake of the prizes which his ability may bring him. *But as long as he obtains his actual livelihood by some business pursuit or profession other than athletics, he is and he always will be an amateur no matter what form the prizes take for which he competes.*

On the other hand, if a man makes his bread and butter, his bed and lodging and his livelihood in general out of athletics and nothing else, he is *per se* a professional for all time.

Now as long as the distinction between the two classes of athletes is drawn as just stated, there will never be the faintest possibility of an amateur being



confused with a professional, or the professional with the amateur; neither will there be any chance of the respective status of the two being invalidated by interested officials of athletic organizations. By means of the foregoing plan, the interests of the amateur will be protected, his athletic standing safely established, and neither his honor and his conscience will be troubled. On the other hand, the professional will always know exactly where he is at and will receive that meed of praise and monetary reward which are his due, according to his ability.

If this suggestion of mine was adopted there would be an end once and for all, to the suspensions, disqualifications, reprimands, inquiries and all the rest of the things by which the A. A. U. officials now vex the souls of amateurs and retard the progress of athletics. There would be a large increase in the ranks of athletes both amateurs and professionals. The consequent good, as far as the nation is concerned and in a physical sense, would be incalculable. Further than that, the "specialized" class of amateur athletes would disappear more or less, and in their places, would be hundreds of thousands of young men of good all-round athletic ability, but who are not athletic freaks. Professional ath-

letics would become clear, clean and open, by reason of intermingling with the amateur element. The whole blinding, annoying, blundering mist that now involves the status of the amateur athlete would disappear, leaving the broad domain of athleticdom wholesome, inspiring and satisfactory. Naturally the selfish interests of the A. A. U. would suffer, but so much the better for the athlete. There would be a total disappearance of the network of red tape in which the amateur is at present entangled. The Registration Committee would disappear, together with its blackmailing of athletes through the medium of "registration fees." America is the only country in the world that has a Registration Committee, for it is the only country that would stand for an unincorporated organization such as is the A. A. U., levying a tax upon our young athletic manhood. Another boss would disappear and athletes would learn to call their souls their own.

Those who are familiar with the signs of the times will neither laugh at or condemn me when I state, that I believe that before long, the remedy which I have suggested as above, will be no longer a suggestion but an accomplished fact. And not until then will there cease to be the necessity for articles of the type of which this is the last.

### THE QUICK LUNCH EVIL

The chief of the Department of Health of Cleveland Ohio, is named Frank Coombs, and he is evidently a man of common sense as well as a believer in the maxim that "the stomach is king." Anyhow, and in an official way, he has opportunities to note the relations that exist between a badly used digestive system and many of the ills which beset domestic life. In consequence of which, he has come to the conclusion that no girl should marry a man who has the quick-lunch habit for if she chooses such as a life partner, nothing but unhappiness lies before her. He says:

"The barbarism of a South Sea Islander cannot be compared with the hurry-up ideas that some people have

in restaurants—a sinker and a drink of coffee, swallowed at a gulp. It ruins digestion and makes a man irritable.

"The quick-lunch habit causes indigestion indigestion engenders irritability and ill-nature; this makes men miserable, and then woe unto the person who has to be associated with him.

"More divorces, wrecked homes and domestic trouble can be traced back to the door of the quick-lunch restaurant than to any other single source. The health authorities and all physicians advocate thorough mastication of food and good, wholesome foods. The 'dope' that a man gets at quick lunches is directly responsible for a vast number of family rows."



# A Physical Culture House

By BERNARR MACFADDEN

An Experiment in Building in which many Physical Culture Theories are Put Into Practice

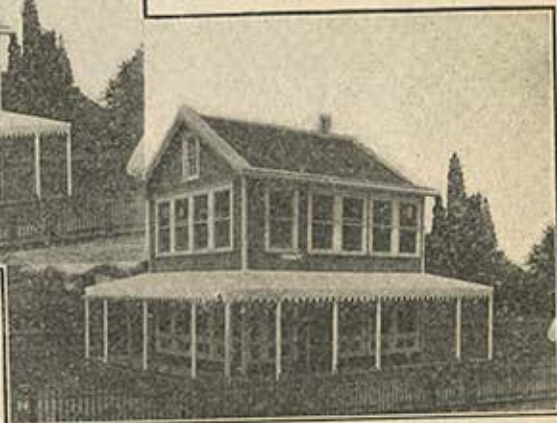


ARCHITECTS and builders are in business to supply the needs of their customers. To a large extent, their customers are guided by their advice, and when both architects and their clients belong to the "sheep" family, you can hardly expect to find much originality in structures

pelled to creep in through crevices instead of being given free access to the interior of the rooms. During the winter months, at which time even the crevices alluded to are often hermetically sealed, the stagnant condition of the enclosed air can be readily imagined. The atmosphere of a room of this kind is foul to an extreme degree. It is a prime breeder of disease. It so reduces one's vital forces as to make one an easy prey to a multitude of maladies. Nevertheless there are numerous individuals who live in an atmosphere of this kind during the entire



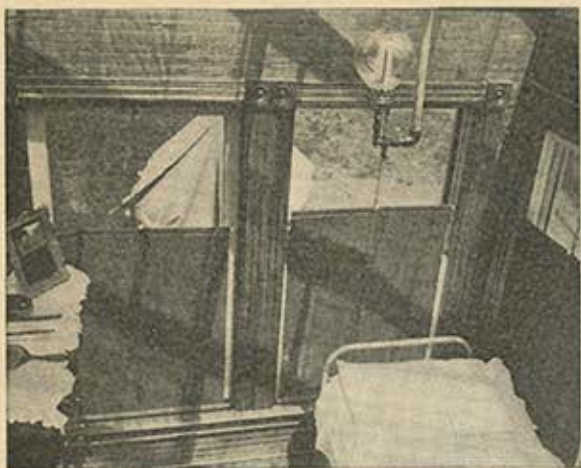
The Experimental Glass House.— showing how sunlight and air may be secured in abundance. In the right hand illustration the same house is shown with a cover over the glass roof, during the summer months.



whether they are intended for dwellings or business purposes. In most cases it is largely a matter of copying some other man's ideas and disguising them as much as may be, with some minor changes. This accounts for the manner in which hygienic necessities are ignored in the building of the average home. Sunlight and air are absolutely essential to the enjoyment of vigorous health. In the typical home of to-day these health-building influences are com-

winter, and these have the incomprehensible audacity to wonder why they do not feel "up to the mark." The real cause for wonder lies in the power of such persons to exist under such circumstances. It shows the remarkable vitality of the average human being. We are told that a "cat has nine lives," but I believe that the average human being has nine hundred and ninety-nine, for the reason that if the average cat were to break the laws





Looking Downward into the Corner of the Editor's Room.—Showing three windows, and curtains pulling from below upward. Bed to the right. Bureau to the left.

of health as does the average "higher" animal man the feline's vitality could not withstand the one-hundredth part of the abuse to which the man subjects his.

In the building of a home, one must first of all consider the best means of freely admitting sunlight and air. A house should be as nearly as possible made of glass. This can easily be done without excessive expense by having windows instead of other building material between the usual supports. I do not wish to infer that in the experimental house, illustrations of which appear in this article, I have attained perfection; in fact, it is far from perfection. No attempt was made to build an artistic structure; I simply endeavored to build it as inexpensively as possible, and still be able to secure the comforts and healthful necessities so valuable in a small home.

First of all, the roof of a house should be made as nearly as possible of glass. This gives free access to the sunlight, and during, at

least, nine months of the year, in a temperate zone, will furnish heat and light that will make one's home indeed inviting. No dark, damp closets or ill-smelling rooms are to be found where this method is followed. Sunlight is just as valuable to human life as it is to plant life. Its health-building qualities are of equal importance in the case of one as they are in the other. Of course, the average architect will tell you that you cannot build a glass roof—that he never heard of such an innovation. But take no notice of him. When the architect was approached on the subject of building the house illustrated herewith, he declared, it could

not be done. But you can put a glass roof on a house used for a home just as easily as you can on a green house. Necessarily, considerable care must be used in building a roof of this kind, in order to make it watertight. Also, I know, that it may occur to many that there must be discomfort caused by the sun's rays in the summer when using a roof of this kind. But that can be easily obviated by spreading a can-



Showing how separate compartments have been made of bathroom and toilet, with the wash basin in the hall at the entrance of each.



vas over the roof or by having interior rolling screens or blinds of Japanese matting or other material which will not allow the sunlight to enter. I also admit that it may be possible for one to have too much sunlight. If you expose your nude body to the hot sun for a long period, a very serious burn will usually be the result; but then, too much of any good thing is harmful. But as long as one can use sunlight with comfort, there is no doubt of its beneficial effects. In addition to the outside or inside covering that can be drawn over the roof in the summer, there should be large curtains, similar to those used in a photograph-gallery, for shutting off the sunlight wholly or in part in different portions of the room.

No matter how cold the weather may be, there will be no need of artificial heat in a room where the sunlight is freely admitted; in fact, the temperature outside might be zero, and on the inside of a room such as described, you will usually find the thermometer registering from  $95^{\circ}$  to  $100^{\circ}$  in the sunlight, and from  $65^{\circ}$  to  $75^{\circ}$  in the shade. This indicates a method of saving coal, which will be of much interest to the economical housekeeper. Sunlight heat is undoubtedly far more pleasing than any other kind of warmth. In case the heat becomes too great, one can easily open windows and thereby decrease or regulate the temperature.

You will notice in the illustrations that we have two views of the house, in one of which we show the roof covered and the other uncovered. We used a black cloth for keeping out the sunlight, though I am inclined to think that an ordinary white canvas will be just as good. If this cloth is raised from the roof three or four inches, it will undoubtedly keep out the heat far more effectively than if laid flat on the roof, though we do not find it uncomfortably warm when the cloth is laying as is here illustrated.

We have a four feet, eight inch piazza all around the house, covered with awning, and next year vines and flowers will grow over the space beneath and around the piazza.

There is no cellar to the house, but I have put into operation a unique idea for keeping eatables cool, which I think will appeal to all our friends. We dug a hole about six feet deep, three feet long and two feet wide under the kitchen. Into this we placed what we term a "cooler," containing five shelves, arranged as shown in the illustration. This is located under a trap door. It was balanced with weights in a similar manner to the usual window. As soon as the trap door was opened and the fastening unloosed, this cooler would rise up out of the floor of its own accord. This will be found a very convenient method of keeping things cool though you should cement the walls of the cooler and have some method of draining it, thus enabling you to wash it out occasionally. If this is not done, there is a liability of the milk and other food that might be accidentally spilled, producing a very unpleasant odor, which would make the cooler a far from healthful device.

This house, 16x20 in size, not including the piazza, has six rooms, including the bath-room. There are both hot and

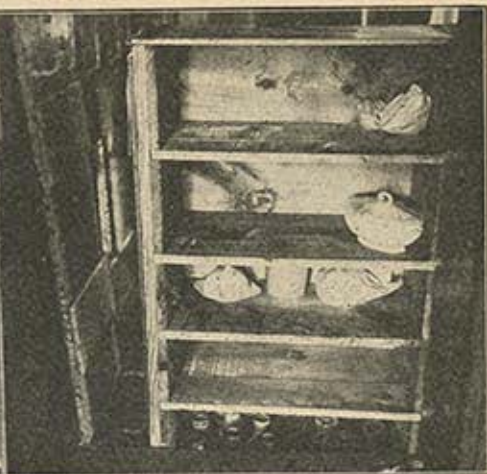


Showing Position of the House and Yard.—Instead of being built in line with the fence, as is usual, the position of the house has been so arranged, that the sunlight comes into every window at some hour of the day.





No. 1.—Giving a view of the kitchen, showing the trap-door partially opened, under which there is an arrangement for keeping cool, butter and other edibles milk.



No. 2 Showing the trap-door drawn back, and the "cooler" raised to its proper height. Heavy weights are used to balance the cooler, and it rises of its own accord to the height shown.

cold water, gas, and practically every convenience of a city home. The water is heated from the kitchen or with gas as desired. The house, as will be noted, is made up almost entirely of windows, containing altogether, thirty-eight of such. The curtains, at present used, pull from the bottom upward instead of from the top downward. A better device would be a curtain that could be made to pull from either point, as was wanted. However, we have much to learn, as this first house is only an experiment. We started it first with the idea of confining the expense to a thousand dollars; before we finished it, it very nearly reached fifteen hundred; in fact when everything in connection with the house is entirely finished it will probably cost about this amount.

We were much pleased with our arrangement of the lavatory conveniences. From the illustration you will observe that although there is but small space allowed for wash-basin, bath-tub and toilet, they have nevertheless been separated. In the usual home, they are all in the same room and if any one of these conveniences [is in use, one is barred from using any of the others. This is an innovation that can be satisfactorily followed in almost any home.

By referring to one of the illustra-

tions, you will also note that the house is not in line with the fence, as is usual. A line drawn with the shadow of the sun about 12 o'clock in the day, would go from one corner of the house to the other; in other words it is not in line with the east and west or north and south. By this method, one avoids what might be termed the north side of the house. The sun comes in on every side of the house. There are no rooms into which the sunlight does not enter. Of course this is not a weighty matter when one has the advantage of the glass roof, at least in the case of the upper rooms, but for the lower rooms this is of great importance.

I realize that the house, as it now stands, is in the nature of an experiment, and that with its use there will come to light many things that it now needs in order to make it an ideal habitation. No invention that is of benefit to humanity has ever been born full-grown, but has only obtained its full use and value after much trial. There is no doubt but that this remark will stand good of this architectural experiment of mine. Indeed, were it otherwise, I should be disappointed, so to speak, as my experiences in the past, not only in regard to houses but in general affairs, prove this to be a fact.





Oriental and Other Types of Beauty

## Female Beauty, Its Cause and Effect

By CHRISTIAN W. MANDEVILLE

*Photographs by the Rotograph Company)*



BEAUTY in general and female beauty in particular, is a quality which is as evasive as it is all-powerful.

Ever since that period when man began to emerge from the savagery which was not many degrees removed from actual brutality—meaning an existence akin to that of the brutes—he has rendered homage to that mysterious contour of form and feature which is known as beauty. That beauty and especially feminine beauty, has an end and purpose, goes without saying. That it is in accordance with given laws and principles is equally certain. The intention of Nature, as far as its usefulness is concerned, and the precise nature of the laws that govern

it, remains a matter of speculation not to say controversy. In the meantime, beauty is the theme of the poet, the despair of the philosopher the delight of the lover and the sought for of all. Outside of its sexual aspects, it is in some form or other identified with the most desirable things of this earth, as well as with the things that relate to the Hereafter, as seen by the eye of Faith

A well-known author speaking on the subject says "Implanted then, so deeply is the power of beauty in the human heart—so universal, that millions bow to it as something to fear while they worship; so certain, as a principle, that scarcely a human being can be said to walk outside of the sphere of its influence it would be needless as well as unphilosophical to deny that the great object of



its enthronement in its high place is of no common character. It has a tendency and effect which 't would be wrong and inexcusable to overlook. What then is the design of this singular and mysterious power—so often the theme of eulogy and lament of lofty desires or long love and desperate satire among men? The best answer we can think of is—that there is perhaps no one thing which tends to so materially awaken good and lofty sentiments among us; to qualify the rough outlines of character to soften and harmonize the untaught elements of our nature as the frequent unrestrained and encouraged contemplation of beauty. The ancient Greeks knew this and practiced it. Hence the perfect statuary which their master sculptors were continually producing, and which was on view in their temples, so that all might have freedom to gaze upon it. This same freedom was a perpetual lesson to the nation. High principles were developed by the contemplation and thus beauty was a power for good ever new, ever formative and ever masterful."

If the foregoing be correct, beauty is equivalent to goodness, and if humanity

is in love with beauty, it is the same as saying that it is enamored of virtue. At first sight this conclusion may seem to be of a fanciful and far-fetched nature. But it is so. It has been repeatedly stated in this publication that nine-tenths of the moral hideousness which defaces the hearts and souls of men is the outcome of those unnatural conditions of life which unhappily wait on so-called civilization. And the editor of this magazine, with a beautiful belief in the innate goodness of the average human being, has also repeatedly declared that if men and women were given the needed chances, they would invariably choose decency instead of degradation; cleanliness, rather than uncleanness; chastity in preference to sexual corruption, and purity of thought in place of the prurience of prudery—and the writer most heartily endorses the noble charity of the editor in this respect. It is a maxim of a good many thinkers, that material beauty has a spiritual counterpart in each and every instance. Hence as long as one can admire the beauties of the sky, the sea, the landscape, a winding river, a stretch of forest, the



The Attractive Countenances of the Womanhood of Southern Europe





Faces of Varied Loveliness, but All Exemplifying Feminine Beauty

exquisite purity of a nude child, or the fascinating loveliness of female faces such as are shown in the pictures given with this article there must be corresponding beauties of thought and character within us because the things just named so keenly appeal to us.

The "total depravity of man" is a clerical phrase that is happily meeting with the contempt that it deserves. In its place we are beginning to realize "the persistence of the beautiful in man." In other words, we understand, that men and women, no matter how apparently fallen or depraved they may be always remain responsive to appeals from the beautiful whether it be that form of beauty that is seen by the eye or felt by the heart.

It is, of course impossible within the limits of a brief screed of this nature to enter into the philosophy or theory of beauty. That which has been said has simply to do with its effects. Its cause is a theme of so fascinating and fertile a sort that whole libraries have been devoted to it, and even yet it remains a subject of delightful dispute.

This, much may be said, however, that beauty is harmony in the first place,

and the expression of it in the second. This is a well-known fact, from a physical culture standpoint, and one which is pretty well illustrated in this connection. The physical culturist knows that beauty—that is, beauty of face and form—is only possible in the presence of the harmony of the bodily organs—a harmony in which each one does its proper and specific work in a manner that is related to the work of its fellows. When this kind of thing obtains, the eliminative organs keep the system free from any poisonous or superfluous products of one's diet, the lungs invigorate and purify the blood with copious draughts of life-giving oxygen, the heart sends full and steady crimson tides to the remotest cells of the frame, and with the aid of proper exercise, the flesh, fat and muscles and bones that are the results of thoroughly assimilated food are kept in good condition and in due proportions.

The harmony thus brought into being and maintained must of necessity have its outward and visible expression, and this,—the reference is to feminine beauty—comes in the shape of those exquisite curves of the form in general;





Though Bearing No Resemblance to its Companions, Each Face Possesses a Distinctive Charm which Attains the Same General Result



Here are Evidenced the Symmetrical Contour and Graceful Poise that go Hand-in-Hand with Virile Health



the "mounts of snow tipped with coral" of well-developed mammae; the firm, broad and symmetrical lines of the pelvic region; the satiny skin, the transparent hue of the cheeks, the lips of crimson, clear eyes, well-developed neck, luxuriant hair and a scheme and contour of features, that, because they belong to a person who is perfectly healthy must of necessity be lovely in appearance.

The writer knows that he will be criticized for making such a broad assertion as the foregoing. But he begs to call the critic's attention to the fact that if female beauty was of one type only, if it had to follow specific and fixed lines, exception might be very properly be taken to the statement just made. Yet beauty of the female face is as varied in its character as is the beauty of the flower. Study the pictures here given, and note how that in no two instances are the size, shape, type or character of the features in detail, or the faces in general, alike. But yet no one will deny that each face

is beautiful, even although some one may appeal to the gazer more than the others. Nevertheless and mark this, each and every one of these lovely countenances has one characteristic in common, and that, perfect health. Observe how rounded are the cheeks, how clear and steady the eyes, how exquisitely chiselled the chin and throat lines, how perfectly poised each head, how straightly and firmly carried each pair of shoulders. Each and all of these are indications of health—signs of a harmonious working of the several organs and parts of the body. And the result is beauty—beauty as variable as the beauty of the starry heavens, but as united as the firmament, the bond between each of the originals of these photographs being that health which is the end and aim of physical culturists. From such health springs not only perfection of form and attractiveness of face, but those moral and spiritual beauties which survive when age has effaced or changed the lines of loveliness here pictured.

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

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

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

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



## Beer Drinking Cause of Continental Athletic Degeneracy

By FREDERICK CARRINGTON

**W**HY did some of the continental athletes make such a poor showing at the Olympian games at Athens? Why the lack of that endurance which won so many points for American and Swedish contestants?

A German physician has attributed the complete failure of his countrymen to make any showing worthy of notice to their beer drinking. And herein, according to my observation of the European athletes, lies the secret of their inability to cope with their more abstemious competitors.

The continued heavy consumption of beer and spirituous liquors undermines the constitutions, causing the necessary power of endurance to fail at a crucial point in some severe test. The German athlete when in training did without doubt, cut down his beloved thirst quenchers to a minimum, but the long use of various beers leaves an ineradicable weakness in tissues, fibers and in that vitally important engine of activity, the heart.

In Europe there are practically two great classes of alcohol consumers; the beer drinkers and the wine drinkers. The Netherlands, German kingdoms, and Scandinavian countries are among the lovers of malt fluids, while their more excitable, hot-headed neighbors to the south—France, Italy and Spain, all of the Latin tongues—consume great quantities of wine. Switzerland, through its peculiar central point between Saxon and Latin countries, partakes almost equally of the favorite beverages of both.

The outward effects of the two drinks upon the athletes are markedly different, though the result in point of affecting their endurance, is largely the same. Beer causes a heaviness in the action of the Northman—a mental and physical stolidity seen in all his feats. Wine, on the other hand, feeds fuel to the

nervous excitability of the athlete of the Southland, making his movements lighter, and more snappy and graceful than his opponent, the beer drinker.

The alcohol in both cases, however, has an insidious effect upon the "sand" of the man, upon the nerves and fibers of the system throughout.

It is interesting to note the various effects of liquor drinking, as modified by the formation of lands and the consequent difference in the daily activities of the inhabitants. The men of the plains or lowlands are proportionately less sturdy than their fellows of the rugged, mountainous districts. The great physical activity of the Norwegian mountaineer, the Bavarian Alpen peasant, the Tyrolese and Swiss, and



*From stereograph copyright by Underwood & Underwood*

Attractive as this Berlin beer-garden is, it is nevertheless a centre of national physical degeneracy





From stereograph copyright by  
Underwood & Underwood

German women, as well as men, are afflicted with the beer habit, as is shown by this family party at Kroll's famous beer-garden, Berlin

the hillmen of Italy, France and Spain, helps them to throw off the evil effects of the large quantities of liquor they indulge in.

The splendid air, taken in in great breaths by the deep-lunged mountaineers in their climbing burns away the poison lurking in the liquor. On the other hand, the lowlander has not this physical activity enforced upon him by the character of his surroundings, and, consequently, when he trains for physical tests, the alcoholic beverages are found to have made a deeper impression upon his mental and physical systems than in the case of the hillmen.

One of the best illustrations of this point is the comparison between the "Muenchners" and the Bavarian and Tyrolese mountaineers. Munich—world-famous for its art and beer—the capital of the Bavarian kingdom of the German Empire, lies in the fertile Isar River valley, three hours by train from the Bavarian Alps and an hour farther from the wild Tyrolese land, the most mountainous country, for its size, in the world.

In art, Munich ranks close to Paris,

Rome and Berlin, but in beer, she is the greatest city in the world in some respects. If the "Muenchners" were forced to part with either their art or beer, I fain believe they would give up for more readily their masterpieces and schools of the brush and chisel. Here is how they love their beer: during the Franco-Prussian war, the cathedral spires—then building—could not be finished because of lack of funds. Accordingly, they were capped with odd looking, stein-shaped domes. When the war closed and it was proposed to continue the spire work, the local patriotic spirit of the citizens refused, it is said, to allow those beer-mug roofs to be removed, and so they remain to this day. Religion and beer-drinking go hand in hand in Munich.

Thus it is not difficult to appreciate the fact that "Muenchners" are great beer drinkers. The "Muenchners," too, furnish quantities of their beloved braus to their mountain neighbors, but as has been said, the effect of the liquor is plainly less perceptible upon the latter. The excessive imbibing of beer by the city and the valley men strongly tends against athletic activity, and, when they do participate in physical contests, their exertions are marked by ponderous movements. Then, seemingly, to them, the best part of the day is that given over to the noisy drinking-bouts which follow the muscular work. Around tables they gather, and long do the "Prost"-ing and knocking of steins continue.

The tendency of beer to grossly fatten and thus decrease the wind, speed, agility and grace of an athlete is but too well shown among these valley men.

In their sports, the mountaineers exhibit tough muscle, clean limbs, great lungs and a strong love of physical prowess. They are capable of prodigious feats of strength and endurance, but, after studying them, I would lay my odds on the American or English athlete, of the same class, who had been abstemious before and during his training.

The Swiss, the most actively athletic of the continental peoples who came under my observation, are imbued with the true spirit of sport—pure love of



physical games and feats. They are a splendid, sturdy little race, producing in their small cantons or states many fine athletes whose deeds are only known in their own districts or within the confines of the tiny country itself. But, as I said before, wine and beer are an indispensable part of their liquid foods, and, consequently, the German and Austrian Swiss are physically and mentally more phlegmatic than the peoples of the Italian and French cantons.

In Italy, France and Spain, wine takes the place of beer, and is used as freely as Americans do water. Although much of the wine consumed in these lands is comparatively light, there are many diseases attributable to it, as was frequently told me by wine drinkers and physicians. As this is so, can the athlete who has used wine continuously have a perfect physical organism—one capable of high endurance—even though he may decrease or even drop his spirituous drinks during his period of training? From childhood he is brought up on wine, and no period of training can completely eradicate the effects of alcohol on the body.

The Latin peoples show dissipated physical powers, and their great use of liquor, I firmly believe, is a strong factor in this degeneracy. But growing physical activity, with an encouraging movement for the upbuilding of the body, can now be seen in these countries. In Italy, enthusiasm over sports and general exercise is particularly marked, it is the life and vigor of the New World that is stirring the Old. The international contests, including the Olympian games, are proving to the people of these countries, their physical



*From stereograph copyright by Underwood & Underwood, N. Y.*

One of the many characteristic beer-gardens in Hanover, Germany

inferiority and their national pride is touched thereby.

It is claimed that some American and English athletes imbibe spirituous drinks. That is true, but it only goes to prove the case in point, for those who thus indulge are usually the first to go down and out in continued competition. Athletic history shows this only too well. The American and English athletes will go on to victory after victory until their foreign brothers wake up to the fact that an alcohol user can not hold his own with the man whose system is free from that poison.

### A CORRECTION

TO THE EDITOR:

In the item "Rowing by Women Crews on San Diego Bay," by Waldon Fawcett, he states that the San Diego Bay has an area of two (2) miles. It should have been twenty-two (22) miles, and I hope this correction may be made. We have the best and safest harbor on the Pacific Coast and we want people to know it.

While I am writing, I want also, to uphold

your policy of education in regard to sexual matters. It is the only way to get relief from bondage. May your work prosper, as it will mean happiness for ignorant and misguided people for whom there is no hope otherwise.

Very sincerely,  
LELAND D. JONES.

McKie Building  
San Diego, Cal.



## Seasonable Hints

By BERNARR. MACFADDEN



**A**S the cool weather approaches, put aside all fears that you may have of draughts. Outdoor air never hurt anybody. Bad air has killed millions. You would not care to eat stale and poisoned food, would you? Why then, should you breathe that which may be termed the most important of all the elements necessary to life, when it has been inclosed until it is stale and poisoned from the emanations from human lungs and skins? This is a good period of the year in which to begin cultivating the fresh air habit. During the summer, we live out-of-doors as much as possible, but as winter approaches, we begin to cuddle and coddle ourselves in rooms usually overheated and always badly ventilated. I do not mean by this that one should expose himself to the cold to such an extent as to be uncomfortable. The warmth of the body should always be maintained. Discomfort never adds to physical vigor. But if the bodily warmth cannot be maintained under ordinary conditions, it indicates the necessity for your building greater vital power by a change of diet, and by other physical culture means to the end in question.

### Bodily Warmth and Milk Diet

Perhaps one of the best means of increasing the vitality in order to accelerate the circulation and thus add to the internal warmth of the body, is the milk diet.

The assimilative powers of many persons are so much inferior to what they should be that even when such persons follow the most rigid rules of proper living, it is sometimes difficult for them to avoid a sensation of chilliness when compelled to endure even an ordinary amount of cold. In these cases, an exclusive milk diet is a verita-

ble boon. It seems to so build up the functional powers that the bodily warmth is increased almost immediately. We have had considerable to say about the milk diet recently, and it is hardly necessary to add thereto. Those who are interested in the subject can refer to back numbers of **PHYSICAL CULTURE**. But special stress must be laid on the fact that it is useless to expect results if any other kind of food is taken with the milk, excepting, of course, acid fruits. With most persons, fruit acid is necessary in order to digest milk.

### Underclothing

As the cold season comes on, do not make the mistake of clothing yourself too heavily. You can wear so many clothes that you actually smother the skin, and under such circumstances, its functional processes are so nearly paralyzed that it is difficult for the blood to freely circulate. Wear only sufficient clothing to maintain warmth, no more. Do not put on weighty underwear merely because you know fall or winter is near at hand. Wait until you feel the actual need for more clothing. Many physical culturists wear no underwear at all during the winter. A large number wear light open mesh under-wear such as is usually worn in summer. I think that underwear of this latter kind will usually be found the most satisfactory for winter use, unless one is living in a very cold climate.

### Overcoats

If you feel a positive need for an overcoat, then wear one. I usually find, however, that the garment is a useless load, and on many occasions, it really keeps the body cold instead of warm. Of course, if you are compelled to ride a long distance or to walk at a very slow pace, then, an overcoat



is useful. But do not wear one just because it is the style, or because your friends and acquaintances may think that you have not money to buy one if you appear without it.

### Cook-Stove Useless

Uncooked foods are especially valuable at this time of the year. They unquestionably maintain the bodily warmth in a far more satisfactory manner than do cooked foods. Of course, if you find it difficult to effect a total change from the regular regime, use anyhow, a few uncooked foods; or if you desire to make a sudden and radical change, it might be well for you to adopt the milk diet, as suggested in a previous paragraph, and follow this with an uncooked diet. I cannot too strongly recommend uncooked foods. The more I experiment with them, the more I am convinced that they form the only satisfactory diet for man. As suggested however, in making a change from one diet to the other, milk is unquestionably of great value.

### Walking

Though walking as an exercise can be recommended at all times, it is especially pleasurable at this period of the year. Remember my remarks about the necessity of retaining youth, which, of course, means strength and energy and general good health. You must walk regularly, if you want to possess the highest degree of physical vigor. The street car and transportation companies, in general, have more money than they need, hence every physical culturist should avoid using such modes of travelling, whenever they have the time to walk. Remember that walking builds vital strength. It increases the power of every organ and stimulates every function of the body.

### Deep Breathing

Deep breathing exercises are especially pleasurable at this time of the year when the air is so fresh, crisp and sweet. If they are taken during a walk they are undoubtedly more beneficial than if taken while standing still or within four walls. However, much benefit can be

secured from these exercises no matter when or where they are taken, provided, of course, that one secures pure air. If they are practiced indoors, stand before an open window. Draw in all the breath you can and let the expansion begin in the abdominal region, and it must be remembered that the bony framework of the chest walls must not be moved. Breathe low down, thus bringing all of the lung cells into use. After drawing in a deep breath, hold it for one or two seconds, and then attempt to draw in additional air before expelling. This exercise is most valuable as a means of increasing chest expansion.

### Running

Running is an exercise that can always be commended, though it can be enjoyed more at this season than in the hot weather. There is not much need of instructing one to take breathing exercises during active work of this kind. You are compelled to breathe deeply whether you want to or not. One can, however, acquire such, the habit of breathing too much from the chest when running. It is a good plan to watch your breathing, so to speak, remembering the necessity for always expanding the abdominal regions. And a deep, full breath which expands the regions of the abdomen to its greatest capacity before beginning the run will greatly increase your endurance. Almost any one can learn to run a mile at a moderate gait in a short time by giving attention to the proper method of breathing.

### Cycling

Cycling is an excellent exercise, particularly enjoyable when the weather is such as to make it pleasurable. It not only takes you out in the open air, but is in itself exhilarating and beneficial. Still the attitude of the average cyclist is far from commendable, but can easily be remedied if one will change the position of his handle bars, so that he can assume an erect position, which is far more healthful. Remember to breathe deeply from the abdominal region.



## Rounding up the Quacks

There are, at the present day, so many quacks, medical fakirs, mail-order grog sellers, and scoundrels of every kind enriching themselves at the expense of the sick and ignorant that it would be impossible for us to take up each particular fraud and deal with it at length, even if we had the space of a dozen magazines at our disposal. But, as heretofore, we will continue, in this series of articles, to expose those individuals or concerns, that we deem worthy of the space. Readers are invited to send in items of information suitable for this purpose—Bernarr Macfadden.



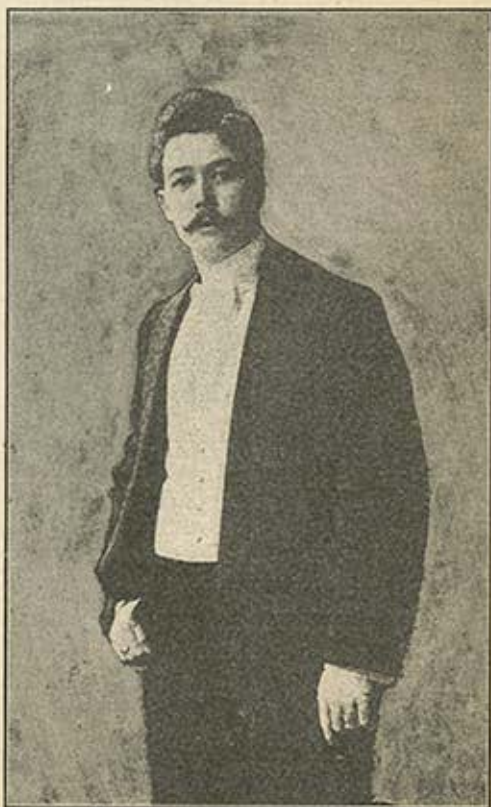
RECENT instalment of this series of articles, gave "Doctor" F. H. White, of Baltimore, Md., the showing up which he so richly deserved in view of his being a representative of a type of impudent and criminal quacks which prey upon the fears of the superstitious, and the hopes and agonies of the heart-sore. That the authorities took cognizance of the castigation which PHYSICAL CULTURE administered to him, is made evident by the fact that, subsequently, the fellow was arrested on a charge of using the mails for cheating purposes, was put on trial, and sentenced to three years imprisonment. The local newspapers devoted much space to the matter, chiefly on account of the astounding falsehoods by means of which the "Doctor" had secured money from thousands of foolish dupes.

In the article dealing with him and his in this magazine, appeared this: "Some amount of space has been given to this fellow because, while he is not a medical quack he is nevertheless, representative of a class of quacks of quite as dangerous a nature. The harm which such scamps as he are capable of working, is only known to those who have suffered from 'readings' of Dr. White and his kind, Ignorant and impressionable women, superstitious girls and members of the trousered sex who, mentally, are yet living in the Middle Ages, are to be found by hundreds of thousands in this country, which is explanatory of the existence of impostors of the 'Doctor' White kind."

The evidence which developed at the

trial of this scoundrel, vindicated in every particular, the assertions of the quotation as given.

We are glad to note that the authori-



Quack F. H. White, who was exposed by this magazine, later arrested and sentenced to three years in prison

ties at Chicago are making wholesale arrests of quack doctors, while inaugurating the prosecution of scores of the bogus medical companies which for some



The letter which follows is of a self-explanatory nature and it is published because it is so illustrative of the methods of a typical Chicago quack.

TO THE EDITOR:—In my estimation you are putting up a great fight against the "quacks"—a splendid one! How small each of them must feel when he finds his name and an account of his actions in your magazine!

There is one, that I think has escaped your attention as yet, but not mine. This is Dr. Geary. If I remember rightly he "practices" in Dearborn St., Chicago. Two years ago I wrote him concerning treatment.

His reply was: "Oh, your case is simple, but of course requires special attention. I'm sending you medicine costing very little."

Later the medicine arrived, also a bill to the amount of \$5.00 and information that the "Institute" was preparing my second month's treatment. That was quite enough. I don't remember what I did with the red and white pills, but the "doctor" didn't get his money—poor man! I later received at least half a dozen letters threatening me in all sorts of ways, one of them saying that his attorney had written to some of the officials of my town. "But a prompt remittance may still save you further trouble," he added.

I was only sixteen, but I didn't reply in spite of his threats. Finally a letter arrived asking me if I was still living in the same town. I replied by card that I was, had received his kind letters, and would be pleased to hear from him again. But I didn't!

You may publish this in your magazine if you wish, but kindly withhold my name.

A VICTIM—VERY NEARLY.

Hillsburg, Ont

The Dr. Warner Remedy Company, of 356 Dearborn St., Chicago, Ills., seems to be anxious to play the public "both ways" to use a racing term. The remedies are, of course, of the usual "unfailing" sort, but apart from that, the "Doctor" has incorporated himself and is anxious to sell shares in his Company "for a limited time, for \$7.00

each." It may be added in this connection, that attempts have been made to float a whole lot of fake medical enterprises within the past year or so by appealing to the credulity and avarice of the public on the score of the gigantic profits on quack nostrums. Quite apart from Dr. Warner and his alleged remedies, we would say this: quacks are by their very nature, criminals. Whenever a body of criminals ask you to entrust your money to them, your own good sense should prompt you to tear up their first prospectus and ignore every subsequent overture.

Reference was recently made to a firm of quacks, calling themselves Dr. Jos. Lister Company, of Chicago. We shall in a forthcoming issue, publish letters from a number of correspondents regarding their methods.

The Berlin Medical Office, corner of State and Van Buren Sts., Chicago, Ill., has, as a trade mark, the head of an individual who is remarkably like unto Anthony Comstock, whiskers, queer eyes and all. The fact that they are mentioned in these columns is a proof that we consider them charlatans.

Dr. A. P. Sawyer, of 11 South Water St., Chicago, Ills., has advertisements which are chiefly remarkable for coarse wood-cuts of a something that resembles a ripe fig, that has been slit open; these somethings he tells you are human gall bladders, all diseases of which and a great many more besides, he will *positively* cure by his Bile Berries. Sawyer's statements are mild as compared with those of the rest of the Chicago quacks, but, as he claims that his Bile Berries are a miraculously unfailing cure for all diseases that have to do with the liver and allied organs, we hence class him with the other quacks with whom these columns deal.

The Dr. Matchette Company, of Chicago, Ill., is a quack concern that makes a specialty of "Seces." The Company, with the characteristic modesty of its kind, claims that "Seces" is 'the most powerful restorative ever discovered.' Seces is only one of the many remedies which this firm handles. It also has a nerve cure, a heart cure, tobacco cure, catarrh tea, electric insoles for shoes and much more of the same,



# Growing to Manhood in Civilized(?) Society

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

## THE PERSONAL CONFESSIONS OF THE VICTIM

Edited by ROBERT H. WELFORD, M. D.

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

### CHAPTER II.

I OFTEN think of the elaborate web of deception and hypocrisy that I spun on the occasion of taking that ride with Irene; for that was the little scullion's name.

First to Doctor Todee; for being one of the big boys I now had to do with him. He was a pompous, shallow, big-bodied, flabby-faced man, very popular with mothers, very much dreaded by the new boys and very much scorned by the old ones.

"Well, Reginald, my boy!" said old Todee as I went into his study, "do you wish to see me?"

"If you please, sir."

"Sit down, sit down! Nothing amiss, I trust."

"Nothing at all, sir, thank you. Indeed I have just written home to my mother telling her that I don't think there is another school like this in the country. Oh no, sir, nothing in the least amiss."

We always flattered him in that bare-faced way whenever we wished a favor

from him, and he always swallowed bait and hook like the greedy suckers we fished for in the pond, even though, as was usually the case, we had been outrageously impudent to him but the hour previous.

He rubbed his soft hands together, smiled in a fat, satisfied way, leaned back in his chair and nodded his big, sham-benevolent head, saying unctuously:

"I assure you Reginald, my boy, that the difficulties of my responsible task are made easier for me by the kind appreciation of my pupils. Er-r I am pleased that—er—you give the school such—er—credit in your—er—letters to your—er—mother."

When he wished to be especially impressive he always interlarded his speech with those unctuous "ers." In talking to the under teachers he could be as quick and pointed as anyone.

"We couldn't do less and be fair, sir," I replied promptly. "And I know my mother feels that I am as well off here under your care as I would be at home."

"Ah! that's very pleasant to hear,



very pleasant, very pleasant. Er—what was it you wished to see me about, Reginald, my boy?"

"There is a friend of my mother's visiting some friends over at Belleville and she has written to ask me to call on her if you will permit."

"Why certainly, certainly, my boy. When do you wish to go?"

"I thought I might get a buggy and drive over late this afternoon so that I could return this evening, and in that way be sure to be here for church to-morrow."

"Um!" murmured the doctor as if a suspicion were arising in his mind, "in a buggy? Is there no better way to go? The cars?"

"Well, of course," I replied with an air of candor the more convincing because it was assumed, "I could go by the cars and will if you prefer, but mother thought the ride in the open air would be good for me, and she wanted me to look my best so that Mrs. Morton would think this would be a good place to send her son."

Of course there was no Mrs. Morton in existence so far as I knew, but I had invented her for use before coming to the doctor. The bait of getting him a new boy had been worked many times, but it never seemed to fail. He swallowed it eagerly now.

"Um! ah! very thoughtful of your good—er—mother; very thoughtful. And no doubt—er—she is right about the ride in the—er—open air. Certainly, very well, my boy. Er—you will need a note to the livery, of course."

Yes, I needed a note because the rules of the school were that no pupil might hire a carriage without permission; and the livery stables in the village always demanded a note from the doctor, because otherwise they were not sure of being paid; as experience had taught them.

I had coached Irene in her part, too. She was to tell the cook that her mother was sick and needed her at home that evening early; she was to tell her mother that the cook would need her help until quite late. Then she was to dress up in her best, sneak out of the house and meet me by a piece of woods outside the village.

No doubt a great deal less lying and planning would have done quite as well, but I did not think so. I was bent on doing something very wicked and the delight of it was doing it with as much lying and plotting as possible.

I would not have been surprised had a cruel fate interposed some obstacle to the success of my plans, but on the contrary everything went off without a hitch, and when I drove up to the piece of woods by the roadside, there was Irene waiting for me, dressed in her best and simpering like the fool she was.

Perhaps a brief description of Irene will not be out of place just here. She was sixteen years old, very much undersized, rather stout—"chunky build"—according to the country phrase—not so very bad-looking excepting for a pronounced cast in one eye, and literally half-witted.

She stepped out of the concealment of the woods as I drove up, simpering, as I have said, in her foolish way, and dressed—but words are inadequate to describe either her clothes or her hat. The clothes looked as if they had been given to her by different persons of different sizes and markedly different tastes in color. The hat was indescribable.

I give these details because I wish it to be known just what sort of enterprise I was engaged in; just what lengths such an education as mine could induce a boy to go to.

I turned the wheel so that she might get into the buggy, which she did with such alacrity as to nearly fall out on the other side, greatly to the detriment of her wonderful hat. But that suggested a brilliant idea to me: I begged her to save her hat by taking it off and putting it under the seat. And after persuasion—for the hat it seemed, was her pride and joy—she did so. I tucked the lap robe about her so as to hide as much of her gown as possible, and drove off, thankful for the shortness of the days of early Spring, which would presently bring darkness to hide my companion from view.

Oh, what a pair we made as I drove quickly away, seeking the loneliest road I knew lest some one should see me with her! Two children going the rapid



road to ruin! She common, simple-minded, ignorant, of the so-called dregs of society; I educated, mentally alert, of the so-called upper class.

As it grew darker I gave her the reins, lighted a cigar and thrust it in the smartest possible way into a corner of my mouth, and then jauntily put my arm about her waist. It was the most "devilish" moment of my life up to that time when I did that.

Irene giggled, but made no protest. I took that as a proof of my utterly fascinating ways. I began to tell her I loved her, interspersing my assurances with fervent kisses on her cheek and lips; to all of which she responded with giggles.

Pretty soon I was the little, irresponsible wild beast of passion that my education had prepared me to be under such circumstances.

Ah well! what does it matter what I did to compass the child's ruin? She was simple and an easy prey. I had really taken too much trouble.

I almost reeled in my excitement when I walked to the school from the stable that night. I had ruined a girl! I was a man now! I could hardly wait to get into my room before shouting out the splendid achievement. I waked up my room-mate to tell him.

He demanded details and I gave them to him. We talked until almost daylight, repeating the same things over, promising ourselves that this was only the beginning of the "fun" we would have.

I even promised him that he should have a chance to make love to Irene.

I was very proud of my achievement; so proud that I boasted of it to all my nearest friends, and held my head very high among the fellows generally. It was a marvel that none of the teachers heard of it.

If I remember rightly I even domineered over the other boys because none of them had ever seduced a girl. In fact my own circle acclaimed me a full-grown man and an authority on fast life. I kept my own private bottle of whiskey in my room after that, and began to boast that I had to have a dip the first thing in the morning.

One day toward the close of school—

about the end of June I think—I was sent for by the doctor while school was in session, a proceeding so unusual that I wondered what could be wrong, and everybody in the room stared at me.

I was always in some sort of mischief, but the things I most feared being found out in was my efforts at corrupting the little boys; for some of them had proved untrustworthy. One of the little boys had one of my obscene books at that very time.

However I walked out of the room with my head up and an expression of contempt for whatever might happen, on my face. The door of the doctor's room was open and I walked in.

I confess I started and uttered an exclamation when the first persons I saw were Irene and a scowling old woman, evidently her mother from the likeness between them.

"Is that him?" demanded the mother the instant I made my appearance.

"Yes ma'am," faltered Irene, hanging her head.

"The dirty young villain! but I'll have the law of him, I will."

"My good woman! Now let us proceed carefully. You don't—"

"Don't I? Well, I do then, that's all. Don't the girl say it's him?"

"Reginald," said the doctor, more flustered than I had ever before seen him, and quite forgetting his usual unctuous "ers," "do you understand of what this girl Irene accuses you?"

"Not in the least," I replied, coming to my senses with what I thought creditable quickness. "What is it?"

"The little liar!" cried Irene's mother.

"Now, now!" begged Todee with a deprecating gesture at the old woman. "He says he doesn't know. Let us be orderly!"

"I'll be orderly, all right," cried the old woman threateningly. "He's the father of her child, and I can prove it. He'll marry her, that's what!"

"Her child!" I cried, honestly surprised. "No such thing."

"There you see!" exclaimed old Todee. "Why he's only a child himself."

"Is he? You old fool! But I'll take him to court and find out if he can come it over my honest girl and then desert her."



"Where's the baby?" I demanded angrily, feeling that my position was surely unassailable since I had known Irene scarcely three months.

"Where is it? Where would it be?" was the fierce scream of the old woman, as she indicated Irene.

"As yet unborn," said the doctor in a tragic tone.

"Oh Regy!" sobbed Irene, taking part in the conversation for the first time, "you know you did; and mama's got your letter."

"You bet I've got it," and the old hag shook at me a letter which I had written to Irene to prove to my circle that I really had seduced her. Naturally it was full of evidence against me.

"Well," I cried, carried out of my self-control, "I won't marry her, and you can't make me."

"Let me see the letter," said old Todde.

"I'll hold it while you read it," said the suspicious old creature; and she made him read it with his hands by his sides so that he should not snatch it away from her.

"Reginald," said the doctor in his awful tone, the one he kept for supreme occasions, "did you write this letter?"

"That's my business," I answered sulkily.

"He can't deny it," screamed the old woman triumphantly. "Besides I have witnesses."

I remembered to how many of the boys I had boasted of my deed, and wondered which one of them had betrayed me. I wondered too if I really could be made to marry that idiot, and despair began to creep over me. I would lose caste with the boys if ever that happened.

"Reginald," said the doctor, "you will please go to your room and remain there until I can communicate with your parents. Remember! you are not to leave your room until I have given you permission."

"An' what'll I be doin'?" demanded the mother of Irene.

"You will wait until his parents have been brought here," was the doctor's answer. "He is a minor and can not be held accountable."

"He'll marry her, or I'll have his life," screamed the old woman as if she

thought her prey was about to escape her.

"Reginald! go to your room!" said the doctor; and I was very glad to go in all haste.

Here was a result I had never even dreamed of. I went to my room with my head in a whirl. What could be done with me I had no notion, but the more I thought of it the more I realized that it could easily be proven that I was the seducer of the girl. Not only had I boasted among my school-mates, but I had been so proud of my conquest that I had recently been seen with her in the village, hectoring her about as a man does his victim.

Later a number of the fellows came up to learn what was the matter; for it had leaked out that something quite out of the ordinary had taken place in the doctor's study; and that Irene and her mother had been seen issuing from it.

### CHAPTER III.

The Bible says that in a multitude of counsellors there is safety. Perhaps that applies only in cases where the subject of discussion is a worthy one; for certainly I had a multitude of counsellors that afternoon and evening, but all I got out of them was confusion.

Fortunately for me—if fortunate it was—I had what is generally called "nerve;" I could face the danger that threatened me without losing my head. So I listened to what my cronies said, reiterating over and over that come what might I would not marry "that little idiot."

Finally a boy a couple of years older than I—a sort of school bully he was—l lounged into the room and sat on a corner of my table, swinging his leg and grinning at me in a sardonic, superior sort of way.

"Well," he said, "I guess you're in for it this time, Reg. Pretty bad go!"

"They can't make me marry her," I said with an increase of bluster.

"Marry her! thunder! You're too young for that. Why they couldn't make you marry her if you were as old as I."

"Are you sure?" I demanded in a tone of intense relief.



"Of course I'm sure. D'you think I don't know the law? Oh, that isn't what you've got to be afraid of."

"What then?"

"Reformatory."

"What's that?" I demanded.

"A sort of prison where they put fellows who commit crimes while they are under age."

I looked around at the startled faces of my friends; then shrugged my shoulders in disdain.

"Oh! stop your kiddin'," I said.

"That's what, all right," he said gravely.

"Then I'll run away," I said, and leaped to my feet as if intending to put my project into instant execution.

"Get out! they'd catch you and make it hotter than ever for you. Do you want to know the easiest way out of it?"

"What is it?"

"Buy them off."

"What do you mean?"

"Find out the old woman's price and give it to her. Cattle like that are after the boodle all the time. She's got you, you know, and can send you to the reformatory if your folks don't put up; so take my advice and persuade your old man to come down."

This was my mother's period of responsibility, if her relations toward me might be dignified by so serious a word, and my father was in Europe. I doubted if he would have given anything to save me humiliation anyhow. Would my mother? She had more money than my father, but could she be persuaded to let me have more than my allowance.

"How much would I have to give up?" I asked.

"Maybe a thousand; but you might beat 'em down to five hundred."

"Gee!" I cried.

"Well, it's better than Elmira, anyhow," he said rising. "No cigarettes, no whiskey—By the way! where's your bottle? Thanks!—no girls. Oh, I'd raise hell before I'd go there. Can't you give the old man a good song and dance for it? You'd better."

He poured himself out a glass of whiskey, wished me luck and swallowed the stuff without a grimace before the

admiring eyes of the boys. Then he went out, saying as he opened the door, "And they paddle you up there when you don't behave."

My chums and I talked the matter over after he was gone, and it was decided then that the only way out of the difficulty was to buy the old woman off. I remember that when they left me I summoned up sufficient bravado to say:

"This teaches me a lesson; after this orphans for mine."

They laughed approvingly, applauded me for my nerve and wit and I was alone. Do you suppose I had really learned anything from this? No, nothing. I waited till I was safe in doing so after bedtime and then smoked another cigarette, took a drink of whiskey and read a new obscene book I had recently procured.

I may as well say that the evil, secret habit that I had brought to the school with me not only still clung to me, but was made worse by the nerve-stimulating whiskey, tobacco and obscenity.

Can anyone imagine what my feelings were when I awoke in the morning? I was tired and stale and irritable. Does anyone believe I was the only boy of sixteen who waked that morning in the same condition? Does no one know such a boy now? Does anyone believe I am telling a unique story? Why, what would be the use of my telling this awful tale at all if I were the only victim of society's strange device of hurling children into the very center of the whirlpool of corruption, expecting them to swim serenely through it to the safe shore of purity and innocence?

One of the boys told me that my mother had come the next morning in advance of my being summoned to the study. I learned afterward that the doctor had telegraphed her to come at once on a matter of immediate importance.

It was over a year since I had seen my mother, but the thought of seeing her now did not quicken my pulses in the least. I went downstairs expecting a hard fight, and my plan of campaign was ready. I would demand to see her alone and would then force her to buy me clear if I had to threaten to utterly



disgrace her by telling all I knew of the family unhappiness, including the story of her attempt to abort me.

Perhaps it will help to a complete understanding of all that happened to me if I relate what had taken place between my mother and the doctor previous to my appearance in the study. How do I know what took place between them? My mother told me the substance of it afterward.

My mother was a beautiful woman in the society sense. She knew how to make up so as to have a beautiful face and a fine figure; and as in addition she had all the arrogance of a narrow nature supported by a consciousness of great wealth, she was a most impressive individual.

I may say that she did not impress me because I had seen her in the process of making up; and I assure you that in some of the stages she was rather appalling than impressive. Besides I cared nothing for her nor she for me—at that time.

Well, my mother, in the worst of humors, was ushered into the doctor's study. He was thrown into a fit of nervousness at the sight of her instead of my father, for according to his notion this was not a proper subject for discussion with a woman.

"My dear madam! I expected your husband!" he blurted out.

"My husband is in Europe," she snapped, glaring balefully at the doctor as she did at anybody who suggested my father to her.

"But this is hardly a subject—"

"I don't care what the subject is," she answered shortly. "What is the matter? My goodness, doctor! you must know that it is hardly the thing to send such a telegram as yours to a woman."

"I intended it for your husband, madam. I am very sorry I—"

"Well, what is it about? Got in debt? I won't have that, you know, doctor. I told you when he came here that I would not have any nonsense of that sort."

"It is worse than that, madam. Really I wish I could converse with your husband."

"Well, you can't; and as I've got to catch the one o'clock train I beg you

to speak out at once. Humph! you act as if it were some girl scrape. In that case his father would be the very one to talk to."

The doctor missed her sarcasm, but cried out dolefully:

"But it is that, madam; my dear madam, it is that."

"Nonsense! he's only a boy. Let me see," she went on in a matter of fact tone, "he must be about fifteen."

"Sixteen, madam. And I am sorry to say that it is as you so justly say. I am very much grieved, but it is."

"A girl?"

"Yes, madam."

"How old?"

"Sixteen."

"What did he do? Kiss her?"

"Would to heaven it were no worse! Oh, madam! it is the worst that could happen."

"Not married?" screamed my mother in a rage.

"Worse than that."

"Nothing could be worse. What do you mean? What has he been doing?"

"He has—she has—he—he," stammered the doctor.

"And only sixteen?" cried my mother. "Nonsense! I don't believe it."

"Alas! there is documentary proof."

"Documentary? Well, if there's nothing else I won't believe it."

"Alas! she is about to become a mother."

"Serve her right! Who is she?"

The doctor was aghast at my mother's advanced way of receiving the matter. He swallowed hard as he answered:

"She was one of the kitchen maids."

"Scullion!" snapped my mother.

"Yes, madam."

"Surprising taste!" she sneered. "He takes after his father," she added, in a tone so low that the doctor didn't catch it.

"I beg your pardon!" he murmured.

"What were you doing that such a thing should happen?" demanded my mother, whose worldly wisdom was to the fore.

"Why! why!" stammered the doctor, taken aback at having the blame so cleverly headed for him.

"The boy was in your charge," went on my mother. "As for the girl, you



should have known her character when you received her into such an establishment as this. You know very well that boys will be boys. If you put the tinder where the spark can reach it, what can you expect?"

"My dear madam!"

"I hold you responsible for my son's degradation. A scullion! faugh!"

"My dear madam!"

"What does the girl want?"

"Her mother talks of making him marry her, but, of course—"

"Where is the woman? Where is the girl? Where is Reginald?"

"I have sent for Reginald; the girl and her mother are awaiting your pleasure in the drawing-room."

It happened that I entered the room at this opportune moment as if the cue had been spoken. My mother and I looked at each other. She was furious; I was sulky.

I am inclined to think now that my enterprise had affected her favorably even though she was angry with me for being the cause of so much discomfort to her. Probably she had in her mind the little boy she remembered seeing last. Heaven knows if she remembered I had grown out of frocks.

I have been frank enough to say that I was a good looking boy; but more than that I had learned to wear my clothes well and to have them of the best in every way; that is, of good material for appearance, good color for my complexion, and padded to supply the deficiencies of Nature.

My mother stared at me until she recognized me, then opened her lips to fire a furious phrase at me; then, either woke to her maternal instinct for the first time in her life, or was so surprised at my maturity and good looks that she was at a loss what to do, and so ran at me and threw her arms about me and kissed me.

Imagine if I was not surprised at that! At any other time I think I certainly would have repelled her and asked her to spare me such vulgar emotion. Then, however, I saw in her attitude my way to safety; so I kissed her and made no objections to her caresses.

"Oh, Regy!" cried my mother, enjoy-

ing the novelty of being on such terms with me, "what is this that the doctor tells me?"

"Oh, that's nothing; don't bother about it, mother," I answered with a nonchalance that was just born. "The girl's a fool. Pay her something and that will be the end of it."

I believe that my mother positively admired me for my cool brutality. I could see in her eyes that she was delighted.

"Will you have the woman and girl in here, doctor?" said my mother.

The doctor went out in a dazed condition. He was not at all sure that in the end he would not turn out to be the real victim. At once my mother turned to me with an arch smile and shook her finger at me, one arm being still over my shoulders.

"Oh, you wicked wretch!" she said; "what will be the end of you if you begin like this?"

"You don't expect a fellow to be a saint, do you?" I demanded with a grin.

"But not seventeen yet! oh, fie! What shall we have to pay this girl?"

"I don't know; a thousand dollars, maybe."

"A thousand dollars! for a scullion? Oh, Regy!" she laughed gaily.

"Well, I don't know," I answered.

We got no further than that, when we heard footsteps in the hall and presently the doctor, still greatly agitated, came in followed by Irene and her mother. The latter burst into speech the instant she caught sight of my mother.

"Is it you, ma'am? Thank heaven it's someone who can understand the feelin's of—"

"There! that will do!" interrupted my mother in her grandest manner; and I will say that she could assume an almost royal style. "I don't care to hear anything extraneous to the subject. Is that the girl?"

"Yes it is, ma'am," answered the woman, looking my mother over with a critical eye.

"Goodness, what taste, Regy!" murmured my mother in an aside to me; and then severely to the woman: "How much do you want? Be moderate! I won't allow myself to be put upon."

"How much is it?" the woman began



in a scream, evidently thinking it worth while to try it on with mother; "how much is it, when it's marry her he ought. How much—"

"Doctor," said my mother loftily, turning away from the old woman, "I shall let my lawyer come here and settle this affair. He will inquire into it and will know precisely what to do."

"I'll take a thousand dollars, lady," cried the old woman in alarm.

"Not from me," replied my mother scornfully.

"How much then?" the woman demanded, beginning to whimper.

"If you will take a hundred dollars now, you may have it. I'll give you five minutes to decide. After that you deal with my lawyer."

"My poor girl!" cried the old woman, "is she—"

"Five minutes," said my mother.

The old woman looked at my mother's hard face, looked at the carpet, at the doctor, at me and at her daughter. Irene stood there with a vacant smile on her face.

"Merciful heaven, Regy!" murmured my mother to me, "I can forgive you everything but your taste."

And I will admit that, looking at Irene then, I did not feel as proud of my conquest as I had at the first.

Of course the episode was ended so far as I was concerned: Irene's mother accepted the hundred dollars, and I never saw the girl again.

I say the episode was ended for me, but as a matter of fact there was a sort of sequel to it which some of the boys professed to find amusing, but which struck me at the time as being quite otherwise.

The doctor stated afterwards that I had been expelled from the school, but mother and I knew that if she had not withdrawn me I might have gone to college from there.

It is a matter of very little consequence either way. I packed my trunk that afternoon, and promised to follow mother to New York as soon as possible. As a matter of fact I did not mean to go until the following morning, for I had quickly arranged with all the older boys to give a dinner at Belleville.

This was to be a memorable affair, at

which champagne was to be served, and cigarettes were to be smoked throughout the meal. A regular stag party.

Of course only the oldest boys, who were accorded the most liberty, were to be present, and I felt a good deal complimented by their acceptance. But I knew that the fact that I had got a girl into trouble made a sort of hero of me, and I was determined to leave the school in a full burst of glory.

It was my first big dinner and I naturally felt a little nervous about it, but I managed all right by giving the head waiter a big fee. I knew enough to tell him to be sure to have plenty of wine, to have the claret warm and the champagne just as cold as possible.

Everybody said I looked at least two years older than my real age, and that fact, together with a great fluency in oaths imposed on the hotel people well enough. Anyhow the dinner was served very well, all things considered; and we sat down fifteen to table.

We began with cocktails, I upbraiding the waiter because they had too much vermouth in them. I had heard one of the big boys solemnly declare on one occasion that cocktails were generally spoiled in that way, so I took the chance, and it went off very well.

I was not as accustomed to liquor as I became afterward, and that cocktail in an empty stomach played the mischief with me as well as with most of the other boys, who were pretenders mostly, the same as I was.

However, we all grew noisy and garrulous together, so that I don't think any one of us could very well point the finger of scorn at any other. Besides we all declared quite frequently that we were not feeling the liquor; protesting moreover that we could carry a barrel without showing it.

No doubt the waiters were laughing in their sleeves at us all the while, but we were happily ignorant of that, and talked all sorts of ribaldry and nonsense.

The waiters left us when the coffee, cigars and liqueurs were served; and we silly, sodden fools of boys, already dizzy with what we had drunk, tried to act as if we were doing no more than the commonplace.

How much intoxicated we were, I



don't know, but when we were left alone our tongues began to wag, and a stream of profanity and obscenity began to pour from every mouth.

I suppose I had been waiting for this time to air my claim to a niche in the annals of fame, for I began to boast of my easy conquest over poor Irene, indulging in some details that would have revolted the worst of us if we had been sober.

Somehow I got the attention of the table as I told my story, and I was encouraged to go on, taxing my inventive powers to the utmost to make a good story of it.

Heaven knows how much I borrowed out of my library of obscene books in order to show my proficiency as a Lothario, but when my imagination or memory began to fail, Ralph Somers—He was the school bully of whom I have already spoken—would ask me questions to draw more out of me.

I think he was the soberest of us, though none too sober even so, for he never lost a certain cool, sardonic smile, which I can remember to this day, though that one was so long ago.

Also I can recall how finally he leaned far across the table during a lull in the talk and said in a tone that attracted immediate attention:

"I wonder who really is the father of the kid."

"I guess I ought to know," I said.

"Are you, Billy?" he asked, turning to one of the fellows.

"I don't know."

"Are you, Sam?"

"You can't prove it by me."

"Dick?"

"Ask somebody else."

He turned to at least six of the fellows asking the question, a certain sneering insolence growing on his face the while. At last I cried out:

"What are you fellows talking about? I'm talking about Irene."

"So are we," said Somers.

"Well, didn't I have to pay for what I did?" I demanded.

"Maybe you paid for what somebody else did," said Somers, bursting into a laugh in which he was joined by the others.

"I guess not," said I.

"I guess yes," said Somers.

"Do you mean to say—" I began and was interrupted by him.

"Yes, I mean to say, sonny, that we put up a little game on you. You've been paying for our fun. Why, Irene doesn't know herself who the father is."

No one likes to be made ridiculous; least of all one who has been posing as a libertine. Besides I never was famous for my good temper, so I sprang up and stood unsteadily while I looked across the table at Somers and said:

"You're a liar!"

He was on his feet in a minute, glowering across at me.

"Take that back, you little puppy!" he yelled.

"Not on your life," I screamed, and snatching up an empty bottle, broke it over his head.

(To be Continued)

## THE EVIL OF HIGH-HEELED BOOTS

### TO THE EDITOR:

The human figure was meant to stand erect, well planted upon its feet. Whatever throws the body out of this ordained equipoise disturbs nearly all of its organs and functions.

High, narrow heels, placed, not under the heel, but far forward under the foot, interferes with the proper position of the spinal column in walking. With this column, as you must know, our nervous system is closely connected.

To these high heels may be attributed many of the prevalent spinal diseases, a very large proportion of the diseases and weakness of the eye and not a few cases of insanity.

A famous oculist, when a patient goes to him, instead of first looking at the eye says:

"Allow me to see your feet." If he notes a high-heel he says: "Go and get a pair of shoes with low, squarely-set heels and then I will examine into your eye-trouble and begin to prescribe, I can do nothing for you when the spine is so thrown out of place by improper shoes." These high-heeled boots generally are too tight among their other faults. We laugh at the Chinese women for squeezing their feet, and then we squeeze our own. I believe that this propensity of human beings to pinch and compress some parts of their bodies must be a temptation of the evil one to harm that which is made in God's image and which he has pronounced very good.

B. M.

Rockingham, N. C.



## An Organization that is Fighting the Medical Trust

**H**IPPOCRATES, who was the first man to formulate a system of physical medicine, previous to whose time it had been chiefly a system of religious superstition, attempted to establish a medical guild and organize the physicians into a secret oath-bound profession, with intent to limit the number of doctors and keep the secrets of the profession from the common people. This monopolistic spirit of Hippocrates dominated the medical profession through the dark ages of religious and political tyranny, and it has come down to our liberal age. Like the priests, the physicians sought the protection of government for their monopoly, and kings and emperors freely granted them special privileges and honors.

Thus, in our day, we are confronted by a medical trust, a body of men who seek to monopolize the practice of medicine and prevent everyone outside of their own class from practicing the healing art. To this end they have shrewdly persuaded our legislative bodies, under the pretence of suppressing quackery, to enact laws in their favor, laws which prevent an American citizen from making his own choice as to whom he shall employ to help him in case of sickness. Such a legalized monopoly is not only an unjust discrimination against physicians who are not in the "ring," but is a direct infringement of the liberties of the people. It is a crime, punishable by imprisonment, for one not in the medical trust to cure a sick person however earnestly the former may be implored to do so. This medical trust is organized under the name of the American Medical Association.

Of comparatively recent origin is the American Medical Union, which is organized for the purpose of fighting the oppressive class legislation brought about by the Trust. The object of the A. M. U. is to uphold the inalienable right of the people to choose their own physicians, and of the physicians to serve those who wish them to do so. The A. M. U. would place no limit upon the most sacred of all human rights—the right to life and its preservation by any means which may seem best to the individual. In place of monopolistic despotism, it would establish such freedom in these matters as will be in accord with the fundamental principles of our republic.

Medical legislation is tyranny. If one system of healing has any exceptional virtues, let it be demonstrated by actual results in the cure of the sick. The law of the survival of the fittest should apply here as elsewhere, and any attempt to establish one special system of medicine by law is unprogressive, un-American, undemocratic and despotic. T. A. Bland, M. D., 231 Hoyne Ave., Chicago, Secretary of the A. M. U. says:

"Medicine is not an exact science, but a system of experiment, hence all physicians are experimenters, empirics, quacks. Some are learned quacks and some are ignorant quacks. But they are all quacks. All this talk about suppressing quackery by law is the veriest sophistry. The only things that can protect the people from quackery are the increasing intelligence of the laity and the progress of the medical profession in the science and art of healing."

### BREAKFAST BEFORE WORK IN THE MORNING

TO THE EDITOR:

I am one of those chaps who have to be at work at 6 o'clock in the morning, and I always had been in the habit of having a cup of tea and a slice of bread the first thing after rising. But I always seemed so sleepy

in the early hours that I decided to change my diet. Now I have only a cup of cocoa instead of the tea and bread and I find myself much fresher for it.

H. SHATWELL.

16 Poplar St., Heaton Mersey, N. Manchester.



## Nuts as Substitutes for Meat

By AMELIA M. CALKINS

NOT so many years since, the faith of the masses was so fixed in regard to the medicinal efficacy of drugs, that there was an almost total disregard of the needs and responsibilities of diet. The doctor was expected to meet and overcome the results of this same disregard. People felt that they could afford to gorge on all sorts of indigestibles because the incidental and unpleasant results could be—as they thought—relieved and dispersed by a potion or pill.

But gradually the thought of personal responsibility in the matter of food and feeding was evolved. Physicians began to dabble in dietetics, not so much because of belief perhaps, as their desire to meet and pander to that which they probably thought was a fad. Among the other things which they did, was to advise the use of less meat, and sometimes no meat at all. This resulted in people, or at least many of them, thinking out the thing for themselves. They argued that if cures could be brought about through abstinence, the same system would act as a preventative. And with the growth of this idea, there came a more general adoption of physical culture dietetic principles and the recognition of the fact that, in connection with meat eating, there were many considerations, apart from that of health, which made the use of the bodies of dead animals for food, abhorrent from a humanitarian standpoint, and disgusting from the aesthetic.

Naturally however, there arose a doubt in the mind of those who had been trained in the belief that meat was an essential to health and strength, as to whether a desirable substitute could be found for it. Their fears or rather their questions in this regard, can and have been easily answered, by the intelligent physician, the chemist and the practical physical culturist. It is with some of these answers that this article has to do.

They who read, will learn that wheat, eggs and milk contain all the chemical constituents necessary to meet the needs of the body; also, that fruit, nuts and uncooked vegetables combine to make an ideal and health giving diet; that wheat is literally "the staff of life" but not in the forms of bread that are generally offered to the public. In such breads there is an excessive amount of starch and the continued use of them destroys the integrity of the entire dental structure. In America especially, the result has been to raise up an army of the most skillful dentists in the world whose lives are spent in attempting to combat the ravages of a faulty dietetic system. However, as proof of the evolution of thought on the subject of dietetics which has come as a result of discontent with past conditions, may be mentioned the immense manufactories of "Breakfast Foods," a mute protest against the pancakes, sausage, potatoes, coffee and white bread of the past. Formerly, fruit was largely bought to be cooked, preserved, jammed, jellied, made into pies and puddings or eaten between meals. Now it is discovered to be a food, a digester of other foods, and takes its place as such. The excessive drinkers of coffee have had relief come to them through various substitutes for it. But the meat problem remains. Fortunately, however, wonderfully satisfying substitutes are discovered in the nut family with its thirteen or more members, each one with claims as a perfect food, from the peanut to the pignolia or pine nut. Long ago the Italians embodied a recognition of their worth in the saying: "They who make pignolias their meat need never fear consumption." Nuts average from 50 to 70 per cent. fat and from 15 to 33 per cent. proteids. Such food value proves them to be a natural substitute for meat. Those nuts which contain a large supply of oil, as pecans and Brazilian nuts should be eaten with such



foods as supply protein in abundance, viz., eggs, cheese, etc., but in pine nuts the food value is so well equalized that they may be eaten in generous quantities.

The subject of over-cooked foods and the resultant loss of nutrition in cooking has interested even the experts at the United States Government Agricultural Experiment Stations. They have found that carrots, potatoes, cabbage, onions and turnips are rendered much more appetizing by being first chopped or ground and then if cooked slightly and with the addition of very little water, milk or cream their flavor is retained and their food value greatly augmented. These vegetables are all improved by the addition of pignolias just before serving.

While it can hardly be said that nuts can be improved by cooking, there are some who may enjoy them more in that form than raw. Ground wheat soaked for a few hours in milk, or "Flakes" may be used with equal parts of ground pecans or pignolias; butter and salt are added, and the mixture moulded into the shape of croquettes, set on a buttered tin in a hot oven to brown and served with tomato sauce. They are indeed "fit for a king." In soups, nuts are most excellent if used with ground

wheat or soaked barley; with celery or spinach they form a soup difficult to improve upon. Such soups may be endlessly varied. Salads of fruit or vegetables are made not only appetizing but satisfying when nuts, chopped or ground, are added, with garnishings of halves of walnuts or blanched almonds. Thus the salad is raised from being merely an incentive to appetite, to the high office of healthy wholesome and delicious food.

For dessert, there is simply no end to the ways in which nuts may be used. Dates, prunes and pulled figs may all be stuffed with different kinds of nuts. A delicious plum pudding is made by using alternate layers of ground wheat, flakes, or toasted wheat with chopped or ground nuts, raisins, dates, prunes, or apricots.

And so, throughout the whole of any menu, nuts may be used in endless variety in the concoction of delicious appetizing and satisfying dishes.

From the lilliputian hazel-nut, to the giant cocconut, each and every nut may have its place as an accredited article of food much more easy of digestion when properly masticated, and without the undesirable attributes that meat possesses.

### EXPERIENCE WITH MILK

#### TO THE EDITOR:

I read a letter from B. Wildord Mortle in *PHYSICAL CULTURE*, which attracted my attention very much. I had almost the same experience that he had only I did not become discouraged or condemn physical culture, but only became more enthusiastic as I felt there was something wrong, not with the diet or treatment, but that I did not have the right combination. I will tell you my experience as it may help some one else.

Last fall we took up a diet mostly of raw foods using large quantities of milk and cocoa. When I say "we" I mean three children ranging from five, seven and nine and myself. We felt fine for several months when my oldest girl began going down, swelling under her eyes, tired all the time and no appetite. A cold followed and a very bad abscess formed on her chest almost directly over her lungs. After considerable pain and poulticing, I took her to a physician and had it lanced. I asked him if he did not think I was giving her too much milk but he only laughed at me and told me to keep right on with the milk and that it was good for her. This I did. About a month later she took sick again and was threatened

with diphtheria followed by a bad bilious spell. I treated her naturally, made her fast for six days, now she is doing better than for years, eats well and sleeps fine, color good and gaining in weight. The other two children and myself escaped with a very bad cold. I think our sickness was due to the way we ate, and the quantity of food we took. Besides, I did too much bathing. I still use the same diet but changed the combination; we now eat one good meal a day with a very light breakfast and light lunch, using milk only in puddings or preparing vegetables, use cream without cereals for breakfast. In the evening, we have some kind of pudding, whole wheat or graham bread and butter, cereal coffee. At noon, vegetables, graham bread and fruit. Use the vapor bath once a week and a friction bath every morning. We are all enjoying good health now. My husband's employment is such that he takes his meals at a first class restaurant, his food is very rich and indigestible. He has catarrh very bad, besides suffering very much with rheumatism, as he is not a physical culturist.

MRS. FRED CANNINGS.

St. Louis, Mo.



## 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, criticism, reminiscences, odd happenings, etc., are invited. We shall not be able to publish all letters, but will use those of greater interest to the majority of readers. For every letter published we will present the writer, as a mark of our appreciation, with a subscription to PHYSICAL CULTURE, to be sent to the writer or to any friend the former may designate. For the convenience of our office kindly write us after the publication of your communication, giving name and full address of the person to whom you wish subscription to be sent—Bernarr Macfadden.

### The Mortality in Typhoid

TO THE EDITOR:

Appropos of the item on Typhoid in your General Question Department in the April issue, your explanation would cover the matter perfectly if the premises of your inquirer are granted; but, unfortunately, the victim of typhoid fever, instead of "taking on flesh," only takes on fat, speaking generally, and though he may for a time seem in "better condition," the ultimate results are quite otherwise. In proof of this, we have the declaration of life insurance institutions (whose business it is to know, of course) that one-fourth of all persons who have had typhoid fever, die ultimately of consumption. The drug-slugging and food slugging (which is the prevailing treatment) are so devitalizing, that all patients are injured, and the death rate is 15% to 20% to start with, and if to this we add the resulting deaths from consumption, it means about 35% to 40% mortality in typhoid, not from the original disease, which is readily aborted by right treatment, but the slaughter results from "regular" treatment.

C. E. PAGE, M. D.

### A House of Death

TO THE EDITOR:

I enclose an article which recently appeared in the Providence *Evening Bulletin*, that I have no doubt will be of interest to all physical culturists. It is as follows, and I need hardly say it speaks for itself:

"Unable to follow the body of her son to the grave because of fatigue, brought on by ceaseless watching at the bedside of three members of her family, who have died within the past five weeks, Mrs. John McManus today is on the verge of illness such as carried the other members of her household away. Besides the worryment, to which she has been subjected during the illness and death of her husband, her youngest daughter, her son, John, and her sister, Mrs. Grace Austin, Mrs. McManus still has trouble, for two other children of her family are in the Rhode Island Hospital, suffering from the same

malady which has proved fatal to some of those who have been afflicted.

"The McManus family live in a little cottage house at 35 Sisson street, Olneyville. They moved there something like eight months ago from Arctic, the father securing employment as a carder in the Atlantic Mills. Neighbors of the family have nothing but kind words for Mr. McManus, his wife and their flock of children, and when the youngest daughter, Mary, fell sick five weeks ago and died a few days after of scarlet fever, those who live in the neighborhood hastened to the little house of death and offered their condolences.

"While yet in their grief over the death of the daughter, who was a little more than a year old, the son, John, 17 years old, was taken ill and sent to the hospital. He was there but a few days when Mrs. McManus's sister, Mrs. Austin, who had helped care for the daughter who had died, succumbed to tonsillitis and was taken to the hospital. She is recovering, however, as her illness was only of the light form. Last Sunday Mr. McManus went to church and soon after his return complained of feeling ill. Two nurses were summoned, but Mr. McManus died during the night. He was buried Thursday afternoon and neighbors who went to the house were surprised when Mrs. McManus told them that her son John had died in the hospital, and that his body was to be brought home that night. It was not long after the hearse bearing the body of her husband left the home on its journey to the grave, that the undertaker's wagon backed up to the door with the body of her son. He had been taken to the hospital when first stricken. Two other children, Harold, four years old, and James, aged seven years, who had showed symptoms of the disease, were hurried to the hospital.

"Previous to the McManus family moving into the house on Sisson Street, it was occupied by a woman who, during the seventeen years that she lived in it, never opened her windows or doors for ventilation, and also kept her blinds closed and her curtains down. This fact is vouched for by neigh-



bors who were in a position to observe her. When she died, no one in the neighborhood would rent the house, although the rent was low. It was known that the house was damp, mouldy and unhealthy, which was not to be wondered at considering that fresh air was never allowed into it. Its condition undoubtedly explains the terrible bereavement suffered by the McManus family."

There is another house at which I call on business, that is occupied by a large family, but there is hardly ever a time when one of them is not sick. The mother is so afraid of cold and draughts of air, that storm windows and weather strips are to be found at all windows and doors. Once when I was there, I told her jokingly that I thought quite a draught came through the keyhole, and that she ought to stop it up. She seemed to take my remark quite seriously.

I visit a great many homes and think most sickness in them is caused from impure air.

WM G. MIRRICK.

Providence, R. I.

### A Challenge to Old Men

TO THE EDITOR:

Yesterday I dug up all the old copies of your magazine and found the first number was the magnificent little five cent affair for April, 1901. O yes! I still have it, and if no accident happens to me I will continue to keep it till I am several hundred years old.

As I pass along the principal street here I see in the show window of one of the finest drug stores this sign: Lowest cut rates on all patent medicines. I wonder if they realize why there is not such a demand for such goods as these used to be? For fear some wiser person will neglect to answer Dr. Sutton's question in the July number in regard to the germ theory—I will make a stagger at it—There are millions and millions of dollars in it brother, as it is one of the firmest fetters by which the masses of thoughtless, innocent populace is bound.

Anyone interested can see my photo in the January number of your magazine for 1905, when I claimed to be the most active and vigorous athlete of my age in the United States. At the next Physical Culture exhibition I hope to be able, pecuniarily, to beard the lion right in his own barnyard, and banter anyone of my age, not only in the United States, but on the surface of the earth to win a prize from me in or by equaling me in general and special athletic and acrobatic exercises.

I was 54 years old March 13th of this year. Now you husky boys, of a like age, who are always not only ready, but anxious to talk our vigorous limbs all out of joint, sit up and take notice and when the test comes, don't say you didn't have time to prepare.

On another sheet I will send the price of a subscription for my nephew in Iowa. If each interested reader would secure a subscriber do you not see that it would double the circulation? Yours for the redemp-

tion, physically and mentally, of the coming generation.

W. D. MCKINNIE,  
Youngest old man in the United States.  
Los Angeles, Cal.

### The Reformed Man may be Forgiven but Nevertheless is Dangerous

TO THE EDITOR:

In answer to the query of a "Truth Seeker" it seems to me that no one has thought of the dear little children that are to come. Should we not forgive as we hope to be forgiven? The question is, has the reformed man a right to bring children into the world? Women who have made a study of the subject and looked into hundreds of cases, say that only a few of the reformed men who marry have children who are all right physically and mentally. The largest percentage have children who are, at least, morally defective. Just let me give two illustrations out of hundreds that have been investigated.

A young man in his youth went wrong, through ignorance and in later years found out his mistake and became a splendid man. He seemed to be physically perfect, every body thought well of him and there seemed no reason why he should not marry and be happy. He did marry a good, pure girl and when the first child was born it was an idiot, the next was a sex maniac and the third the doctors said, was the most awful thing that could be given life to. The mother is slowly going insane, and the father—what must be his feeling coming home to those children every night and knowing they are the result of his youthful indiscretions.

I know of another family of girls with not a bit of brain among the whole of them, yet their bodies are perfect, another case of the same kind as the above.

You get to the root of the matter when you tell us to teach our children to know themselves. The first question they ask is the time to start to teach them. Teach them not only the purity of the body but when they are older let them know the effect of vice on the brain, then we won't have any young men to reform in later life, and as some of them do, have a lifetime to sorrow for what they have brought on their children. What does the Bible say about the sins of the fathers?

A MOTHER.

### A Victim of the Present Industrial System. How can he live the Physical Culture Life?

TO THE EDITOR:

You have satisfactorily answered many correspondents and since I have known you, saved many men's lives and health. Now, if possible, will you answer the following, if you can, and save another life which is being rapidly undermined through overwork.

I am a poor man of 43, a dishwasher in a filthy and foul-smelling restaurant kitchen; am temperate, use no liquor, tobacco, coffee nor tea. I work from 6 a. m. to 8 p. m., including Sundays. My pay is very small work very hard, on my feet mostly all day



I am single and have a little hall room without natural light nor air, window leads to an airshaft. The only bath I get is a daily Turkish one, sweating while drudging near a hot oven. My landlady furnishes me with a small pitcher of water and tin washbowl, that constitutes my bath room. To sleep in my room on a hot summer night is an awful experience, for bedbugs by the score, and mice and rats simply won't let you sleep.

This is merely an outline of what I have had to contend with for years. I can't very well move for this is the twelfth place since December last. You can readily see that under these conditions I cannot last much longer. If I throw up the job, then I starve. No other alternative for I have no trade and there are thousands in my position.

What I would like to have you answer is, how can anyone become a physical culturist under the circumstance when he hardly finds time to read the magazine? Am I not compelled to visit and pay my hard earned dollar to some M. D., who is every ready to fill my system with poisonous drugs and who would not cure me if he could, especially if he thought there were few more dollars concealed in my clothes? I don't think you can help me in this case. If you really gave me some valuable advice I could not follow it, to leave my job would mean starvation.

You should advocate in connection with your valuable health and life-saving teachings some system which will emancipate me and millions of my brother toilers from this damnable state of slavery for that's all I am—a slave—and pay no attention to any well-fed, easy money-making citizen if he advises you to the contrary. In that way you will get one hundred-fold larger circulation, although for awhile you will lose a few "subs." I greatly admire the brave stand you take in fighting all that is not "straight."

P. S. In order that you may not imagine that I ask for charity or favor I refrain from giving you my address. Some day I will send you more information regarding how food is being handled to consumers at filthy restaurants which will make interesting reading.

Wishing you success,

J. C.

New York City.

### Is Sunlight Ever Injurious?

TO THE EDITOR:

In your July issue of PHYSICAL CULTURE and in an article by a member of the editorial staff, on Bernarr Macfadden's Glass Homestead," the writer states that one cannot get too much light. If he includes sunlight in that statement I cannot agree with him. In Colorado, we are, of course, much nearer the sun than you are in your city and I believe we get the shorter rays that men of science term the violet ray and claim a poisonous effect on animal life.

The Colorado complexion is not to be envied, it is rough and a muddy looking brown, and the hair is frequently lighter than the skin.

Those whose work takes them much out-of-doors have deep seams in their faces and scanty hair and hard, dry looking eyes. Of course, some of these ills are caused by the dryness of atmosphere. Visitors from the East are easily distinguished by their clear beautiful skins and their fine eyes.

As an illustration of the sun's effect, I will remember an outing we took via automobile to Turkey Creek, last summer. We wore small hats and caps and stayed out till sun down. It was a cool, pleasant day in the canyon and I think none of us felt any discomfort from the sun at that time. But when we came home, we felt strangely ill and worn instead of refreshed. On disrobing, we found arms and shoulders burned severely right through our shirtwaists and one look, in the mirror revealed to me the reddest nose that I had ever seen. It was agony to lie on those burned arms and shoulders and I, being more delicate than the rest, was quite ill for several days and the burns, despite my efforts, remained sore for over a week.

There are a good many who do not believe this is as healthful a place as the doctors back home state it is and I quite agree in that. I should think consumptives would die straight away out here, as it makes a strong person cough and contract catarrhal troubles, possibly from the light dust.

I trust I have not taken up too much of your time, but I felt that a false impression might have harmful effect on your too impulsive readers and I am sure that sunlight requires careful study and analysis before it can be safely estimated as entirely beneficial.

BEATRICE KYLE PEARL.

Denver, Col

### A Demand for Spring or Distilled Water at Soda Fountains

TO THE EDITOR:

It has seemed to me that it would be a grand thing if some one could start a movement to induce the keepers of soda water fountains to have some cool pure water for sale. In hot weather I am often very thirsty. And in the section in which I travel, pure water is scarce. If I want a drink of pure water, I usually have to pay fifteen cents for a small glass of some kind of mineral water, which is not pleasing to the taste. It would be possible to furnish some good spring water, or distilled water at five cents a glass, cooled to a healthful and pleasing degree. There could be other physical culture drinks sold also, such as grape juice, and other fruit juices. This is sometimes done. But as a rule this class of drinks either cannot be had, or the charge for them is ten or fifteen cents a glass. While you can get all the ice cream soda you wish, and all kinds of fancy drinks; yet none of these are thirst quenching, and many not healthful. As for pop and the other cheap, so-called "soft drinks," these are only tolerated by the small boy. It seems to be a fact that good healthful, pleasing and thirst quenching drinks are hard to find, and are usually



expensive. Lemonade is as a rule high in price, and at a resort where beer is sold, it is hard to get any other drink which is satisfactory and reasonable in price. If there could be a study made of the matter, it seems to me that there would be a good business awaiting those who would try and cater to this class of trade. The great crowds who patronize the soda water fountains, want some rich mixture which only creates thirst, and satisfies a craving for sweets or, as is often the case, stimulants.

A. R. M.

Minneapolis, Minn.

### Amateur Photography as an Out-of-Door Recreation

TO THE EDITOR:

Knowing that you are desirous of improving your already valuable magazine, in every possible way, I beg to suggest the following:

That you form a Camera Club and give some sort of prizes for the best amateur work. As you are no doubt well aware, photography for pleasure is conducive of outdoor life and, to my mind, goes hand in hand with physical culture, as it creates in one the love of Nature and all that is beautiful. Real, enthusiastic amateurs will brave all sorts of weather in order to obtain a rare or beautiful picture. What approaches the physical culture spirit more than to combat the elements and tramp through woods and fields all day in order to obtain pictures of Nature in her various moods? Also, why not advocate the hunting of the inhabitants of forest and stream with the camera instead of rod and gun. In this way, you could get many beautiful pictures for the magazine, which would help to enhance its value. Won't you, at least, in the interests of nature, give it a fair trial?

Thanking you for benefits received from your valuable publications,

CHRIST J. HOHMANN.

Stapleton, S. I., N. Y.

### On Discarding the Corset

TO THE EDITOR:

I wish Tom Bright's letter could be sent to every young man in the country, and assured as many intelligent readers as it deserves. He has made a point which is really the keynote of the corset evil.

But one thing in connection with this; not only shall every young man point out to his girl friends that they look "more attractive when natural and graceful," but he shall really think so! Unfortunately, although many young men do preach the evils of corsets to mothers and sisters and friends and use the Venus as an ideal of uncorseted beauty, they seem to admire the well-corseted girl with her unnaturally defined curves and trim clothes too much for consistency!

Indeed, what chance would Venus have in a modern dress?

I was much interested in your article

"Rational and Artistic Dress." Especially in the demonstration of the fact that corsets will never be entirely discarded, and a rational manner of dressing adopted, as long as separate waists and skirts are worn.

I, myself, discarding my corset, was confronted with the impossibility of being comfortable in clothes which were fitted to the corset I had worn and not to me, and were, even without the corset, restrictive. The dresses shown in your illustrations solve this problem.

I wish to thank you for the great and lasting good which your magazine has done me. I was seventeen when I picked up a copy of it and I was, at that time in great danger of absorbing the prudish, perverted ideas prevalent among my girl friends. I became interested in the new phases of the subject as discussed in your magazine and I gained my first healthy, pure-minded ideals through its pages.

A GIRL YOU HELPED.

Minneapolis, Minn.

### Soft or Distilled Water for Drinking

TO THE EDITOR:

In accepting the invitation extended to your readers, in a previous number of your excellent magazine, on this subject, to help arriving at a correct solution of this question, I would instance the dwellers in the Cayman Islands (a group lying between Jamaica and Cuba) who depend entirely on rain water for drinking purposes, which is generally stored in iron tanks. These Islanders are tall, stalwart and strong, and live to a good old age—conditions which accord with those of the Cumberland and Scottish Highlanders referred to in your article.

My own experience, though inconsiderable, has convinced me of the beneficial uses of soft and distilled water, as during a six months' residence in those Islands I found the drinking rain water exceedingly beneficial to my health. It helped to increase my weight; and my improved appearance, general health and freedom from sickness, are in a great measure attributable to it.

As you also ask to be sent the opinions of others on the subject, I submit the following extracts from an article which appeared in the April number of the Grand Magazine of last year, published in London. "Old age," Dr. Kinnear, of London, nearly a decade ago, pointed out "is due to deposits in our system of earthy matters, principally carbonates and phosphate of lime, mixing with other substances. In early life, these passing from the stomach to the blood, are expunged from the system, but in older years are incorporated" \* \* \* "Two or three glasses of distilled water each containing ten to fifteen drops of diluted phosphoric acid drunk daily contained the secret of longevity" affirmed the celebrated French anatomist, DeChambre."

Wishing you success in your efforts for humanity,

A JAMAICAN READER.

Port Antonio, Jamaica.



# General Question Department

By BERNARR MACFADDEN

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

## Diabetes

Q. Can you outline treatment for diabetes? Physicians here say that it is impossible to cure, and at the same time say that it does not arise from a diseased organ. Can you state why the disease exists?

A. Diabetes is not a disease of any special organ, but is the outcome of an abnormal constitutional condition; and hence is in the blood, and consequently the entire system. It is the result of bad habits of life, especially of dietetic errors and lack of exercise. In those cases where it has not already gone too far, it may be cured by adopting right habits of life, an abstemious diet, some fasting, long walks and as much other exercise as one can safely take, free water drinking, the breathing of pure air and the strict observance of every rule of hygiene. You need more vitality and functional vigor. Every influence that tends to debilitate the system in any way must be avoided; no sweets and starchy foods must be used. In this, as in fact in all diseased conditions an all-round constitutional treatment is of the first importance, embracing those means which improve and build up the general health. Whether or not the disease has gone too far will depend upon the vitality of the individual concerned, the stage of the disease and other circumstances, but if there is any cure possible, it would be through the natural methods indicated.

## Chest and Lung Development

Q. Kindly suggest a good method for developing the arms, back and chest? Would the development of the chest mean that the lungs had increased in size? How much increase could one expect in a year's time?

A. Any exercise that vigorously uses the muscles of the arms, back and chest, and tends to raise and expand the latter, will

accomplish your purpose, though dumbbells and Indian clubs are specially adapted for this purpose. This development of the chest does not necessarily indicate an increase in the size of the lungs but may be of a purely muscular nature. Nevertheless, the practice of these exercises and the increased deep breathing which is necessary in connection with them will usually induce a growth in lung capacity, provided of course that the lungs are not already fully developed. The lungs attain their final capacity only through deep breathing. Special breathing exercises will also accomplish much in this respect. The amount of increase that one may expect in a year must necessarily depend upon the individual, the degree of lung development that he starts with and how hard he works.

## Depression After Giving up Drink

Q. My family record is one of long lived people—average at death over eighty—all big eaters, moderate drinkers, and large sized men and women. I am myself a large, heavy man, but upon giving up meat and adopting your ideas of diet I dropped from 216 pounds to 171. Since giving up drink entirely I have been fearfully depressed, have no ambition and do not feel half so well. Can you explain it?

A. Your forbears have been big, strong and long-lived people, not because of their intemperance and gluttony, but in spite of it, and because, perhaps, of their active, out-of-door lives. Your reduction of weight was without doubt a beneficial one. You formerly weighed too much, and should have much more strength and endurance at your new weight. The depression you speak of is only natural, being the reaction from your previous state of artificial stimulation. In a short time you will recover from this reaction, and then you will assuredly realize the benefits of physical culture and be stronger than ever.



**Cure of Piles**

**Q.** Kindly advise if there is a physical culture cure for piles, and if so, what it is?

**A.** The cure of piles by physical culture methods is a very simple matter. The cause is invariably constipation, the straining at stool induced by this condition, poor circulation in some cases, and general constitutional weakness. The remedy, then, is plain. Adopt those measures which will absolutely cure constipation, according to the instructions given in my special treatment, using the enema when necessary. Avoid straining at stool. Take daily cold sitz baths; in bad cases twice a day. Drink freely of water between meals. Make every effort to improve the general health. In the case of protruding tumors caused by piles, it will be necessary to fast, in connection with the other treatment prescribed. A fast of ten days might be long enough.

**A Temporarily Upset Stomach**

**Q.** Last summer, during my vacation, I stuffed myself with green apples and drank too much milk, and I have had stomach trouble ever since, though never before. Have used pills and dopes with no benefit. What shall I do?

**A.** First of all, discontinue the pills and dopes. If your trouble is a recent one, and you have had no such difficulties before, then you should have no trouble in remedying it. Simply take an enema and fast for one week, drinking freely of water while fasting. Perhaps you need not fast more than five days. You might adopt an exclusive milk diet for three or four days following the fast. Read my special treatment for stomach trouble, as per the editorial note at the head of the General Question Department.

**To Remove Stiffness**

**Q.** I would be very grateful if you could inform me how I could "limber up" my muscles and bones? Is coconut oil valuable for this purpose, and if not, what is?

**A.** To begin with, your bones cannot be "limbered up," though stiffness of the joints can be remedied, the same as in the case of the muscles. The application of coconut oil would probably be of advantage, though pure olive oil is perhaps the most satisfactory article for this purpose. In any event, such an application would be practically of no value unless thoroughly rubbed in, and without doubt it is this rubbing and the incidental kneading of the parts that bring about the benefit which ensues. Good massage will accomplish much without the use of any ointment or oil whatever. Still, active exercise is the very best thing to remove stiffness from both muscles and joints. But if you refer to the stiffness and lameness which follows an excessive amount of unaccustomed exercise, then massage combined with hot water baths is about the best and only thing.

**Spinal Curvature and Paralysis**

**Q.** Can you advise proper treatment for a child of eight years who has spinal curvature and whose lower limbs are useless?

**A.** I would advise you to consult an osteopath. Various exercises for strengthening the muscles of the back, massage of the legs themselves and of the back, together with cold wet applications, will be of some aid. But it is probable that spinal manipulations at the hands of a skilled osteopathic physician will bring about a cure, if such a thing is possible.

**Drooping Shoulders**

**Q.** Would you recommend shoulder braces to keep my shoulders from drooping forward?

**A.** I would not recommend shoulder braces for the purpose mentioned. There is only one real way to correct round shoulders, and that is by means of exercise and correct carriage of the body. Strengthen the muscles of the shoulders and back. Braces act like a crutch, with the result that these muscles become continually weaker. Some sort of a band, however, which will make it uncomfortable for you to allow the shoulders to droop forward, and thus act as a reminder to keep them back; might be recommended.

**THE NUDE IN ART****TO THE EDITOR:**

I consider your fight against Comstockery the most valuable part of your magazine. Prudery will cause more destruction in a day than physical culture can mend in a lifetime.

I note, at present, a great amount of argument concerning nude art. In one instance a writer says: "We have so far degenerated that many impure thoughts are suggested by these immodest creations of art, and for this reason they should be banished from our

homes." This writer shows by his own argument that prudery is causing the degeneration of the human family, for such impure thoughts would be possible only where prudery exists. It is just such teachings as those of the writer to whom I have referred that have caused the degeneration spoken of.

Can you not give us this department in pamphlet form so that we may distribute some among our friends? L. E. GATELEY.  
Ft. Smith, Ark.



# Exercises for Gaining Weight

By BERNARR MACFADDEN

First of Two Articles on Natural Methods of Building Up Flesh and Improved Health, with a Description of Special Movements for Women for the Same Purpose



HERE are thousands of men and women, in all parts of the country, who suffer from chronic leanness. The ideal of happiness to these would be the possession of what they consider to be a proper amount of flesh, by which their emaciated forms would attain that fullness, symmetry and grace of outline which they so earnestly desire. But to those suffering from the unfortunate condition in question, the task of covering their gaunt frames with a normal deposit of tissue, seems an impossible one. And, indeed, as long as they persist in those habits and conditions of life which are responsible for their leanness, just so long will it be impossible for them to better their appearance. There is, in every instance, a cause or a number of causes for this departure from the normal state, and these causes must be removed if improvement is desired. In other words, the individual concerned must expect to make radical changes in her dietetic habits and general modes of life.

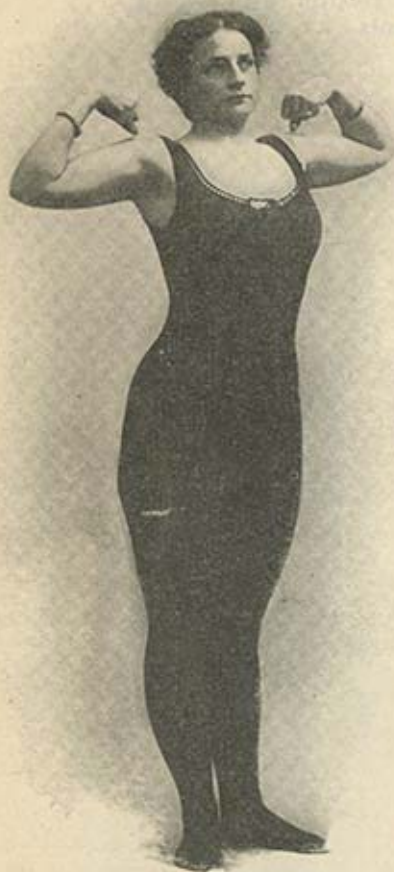
The emaciated state of the body which often follows some acute disease, need not be considered here, for in such instances, the natural tendency of the system is to take on flesh very rapidly. But when the condition seems to be "constitutional," as is the case in many



Exercise No. 1.—With arms at sides, slowly rise high on the toes, draw the shoulders up as high as possible, as is here illustrated, and inhale a deep full breath. Hold this a moment, then try to rise still further on the toes and stretch the shoulders a little higher; then exhale, dropping the shoulders to their normal position and returning the heels to the floor. Repeat until slightly tired; do not continue the movements long enough to induce great fatigue. This is a splendid breathing exercise and is suited to the strength of any one. It will arouse a desirable circulation of blood in every part of the body without too great effort, a combination which is necessary for the gaining of weight.



instances, and ordinary attempts to gain weight by means of milk and a heavy diet have failed, then we have a good opportunity to demonstrate the



**Exercise No. 2.**—Standing erect on both feet, with arms at sides, bring them slowly up to the position illustrated above, with fists tightly clenched. Return to sides slowly, and repeat the movement a number of times, tensing or contracting all of the muscles of the arm so that some resistance is offered to the movement. The more tightly you clench the fists, the more readily will you be able to flex the muscles. Next, from the position shown, extend the arms straight to the sides a number of times, flexing and resisting as before. Then extend them straight forward and finally straight upward. Repeat at your discretion. Do not exhaust yourself, but see that you get sufficient exercise to thoroughly warm you, arouse the circulation and add somewhat to your muscular strength.

truth and the value of physical culture teachings. Even then, it will require a great deal of time and persistence to remedy the condition and bring the weight up to normal.

First to be considered are the causes, which, when thoroughly understood, will themselves suggest the remedy. Overeating is a common cause of a lack of flesh, though overwork of any kind, mental or physical, will do much to bring about this condition. But speaking of overwork, it is more often likely to be a case of overworking the functional system than either muscles or mind. Sexual excesses or perversions, dissipations of any kind, and in fact, anything which tends to lower the vitality and continuously consume the nervous energies of the body, will be inclined to prevent the building up of flesh. Poor assimilative powers may seem to be the immediate cause of an habitually thin state. Such mal-nutrition is the result of reduced vitality and excesses in eating or other dietetic errors which have overtaxed and thus weakened the digestive system.

The lack of natural and wholesome amount of physical exercise, which is so often associated with a sedentary occupation and an indoor life, is also a prominent factor in causing loss of flesh. Under such circumstances, not only do the muscles deteriorate and waste away, but the circulation of the blood becomes sluggish and the entire functional system loses tone. A general condition of constitutional stagnation follows, with resulting mal-nutrition and impaired health. On the other hand, an excess of exercise is sometimes, though not so often responsible; continuous overwork will in time, consume both the surplus flesh and the vital energies of the body.

It will, therefore, be necessary for you to adopt an all-round physical culture regime for the purpose of building up your general health to the highest state possible. The more physical vigor you possess, the stronger will become your assimilative powers and you will in consequence put on flesh with more or less readiness.

A certain amount of exercise is absolutely essential in order to develop that



constitutional vigor which is essential if you wish for improved assimilative powers, and which, in fact, is the foundation for physical improvement of any kind. But it must be understood that exercises intended to induce a gain in weight are necessarily opposite in character to those for reducing weight. Vigorous, energetic exercises must be avoided in this instance, for they will consume your energies too rapidly, or in other words, they will break down the tissues of the body faster than they can be built up. Your exercises in the beginning, and until you have gained weight and strength, should be of a mild character. The question may occur to you, that, in view of this, why would it not be just as well to avoid exercise entirely? This, however, would result in no improvement whatever, for it would mean virtual physical stagnation. All life, all tissue building, indeed the continuation of health itself, depends upon an active circulation of the blood, and, for this reason, a moderate amount of exercise is an absolute necessity for every human being. The special movements which I am illustrating herewith are of a mild character, will not overtax the strength of any one and are specially designed for the requirements of women. They will not fatigue or exhaust you. They will be found sufficient to accelerate the circulation of the blood as desired, and will mildly stimulate the digestive and assimilative organs. They will also induce deep breathing, which is another valuable factor in the building up of healthful bodily tissues. Indeed, it would be well to cultivate the habit of taking deep breathing exercises off and on, all through the day, no matter where you are or what you are engaged in. Deep breathing will gently excite the circulation, purify the blood and bring you an exhilarating sensation of new life.

And just here I would call attention to the value of walking as an exercise. But walking, to be of any utility in building strength and arousing an active circulation, must be at least fairly brisk. If you loll along in a listless manner, you can secure no benefit whatever from it. Walk just far enough each day to tire you slightly, but

not to exhaust or fatigue you. As you gain strength, gradually increase the distance of each day's stroll accordingly. And don't forget to breathe deeply as you walk.

If you are very much below normal weight, it were best for you not to indulge in very fast exercises or athletic



Exercise No. 3.—Stand squarely on both feet, stretch arms high above head, then bend alternately to one side and to the other, in the manner illustrated above, making sure that you do not bend forward, but if anything lean slightly backwards. This movement stretches and calls into vigorous action the muscles of the sides and stomach, and stimulates the assimilative organs. Continue the movement until slightly tired, rest and repeat. |



games that require great activity and speed, such, for instance, as tennis, basket ball or hand ball. Golf and croquet would be more satisfactory. And, when taking free movement exercises of any kind, be careful not to do them in too hurried or violent a manner. Very quick movements, even though light in character, when long continued, will consume a great deal of energy, and while they are excellent for reducing weight, yet they should be avoided by one who wishes to gain in flesh. In other words, those forms of exercise and athletic sport which call for a great deal of endurance, should be generally avoided, at least until you have built yourself up pretty well. A few concentrated efforts, even though in themselves fairly vigorous in nature, would be more satisfactory in your case than some form of light very rapid exercise continued for so long as to induce copious perspiration and hence make it a mere matter of endurance. For instance, in the field of track athletics, weight throwing might reasonably be expected to facilitate a gain in flesh, while long distance running would be more inclined to reduce weight.

In dealing with the subject thus far, I have spoken mainly of the influence of natural treatment in aiding the deposit of fatty tissue, which, in all cases of chronic emaciation, is so conspicuously lacking. However, it is not merely fat that is lacking. Indeed, an additional reason for the necessity of some suitable exercise for those who are under normal weight lies in the fact that they are also deficient in muscular tissue, which cannot possibly be built up except through the medium of exercise. Then too, all the other tissues of the body are likewise in a state of partial starvation; the cords, cartilages, bones, nerves and even the brain suffering from lack of nourishment. And it is apparent, therefore, that it is absolutely impossible

for such a one to enjoy good or even fair health. A better blood supply and improved assimilative powers will not only afford you an opportunity to store up more fat, but they will enable you to build up all of the other tissues of the body as well.

Referring again to my statement that the lack of muscular development is characteristic of those suffering from this condition, I would add that one could not be scrawny or thin unless this were the case. For, if a muscular man were to fast until the fatty tissues of the body had disappeared, to a great extent, without doing such hard muscular work as would wear down the muscles perceptibly, he would still retain his general shapeliness and symmetry, though of course, without that smoothness of contour which is a factor in manly beauty. And even though a thin and muscularly undeveloped individual, by some process of forced feeding were to acquire a satisfactory amount of fat, and fat only, he or she could not secure that symmetry of outline which is an essential to ideal comeliness. For it is really the muscular framework of the body which gives it its true shapeliness and character. But as you realize, that the muscular system cannot be developed, and, when developed, cannot be retained, except through the medium of exercise, you will see the need of the latter. Though, when one's vitality is low, which is the case when one is in a state of emaciation, the movements should be of a mild and gentle nature, that do not require much effort. And if one's occupation and daily habits of life are of a strenuous kind, then it would even pay to take a complete rest for some time. Next month I shall describe and illustrate further exercises for this purpose, also giving consideration to the proper diet and other influences that will be of assistance in gaining weight.

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Doctor (to Pat's wife, after examining Pat, who had been run down by an auto)—"Madam, I fear your husband is dead."

Pat (feebly)—"No, I ain't dead yet."

Pat's Wife—"Hush, Pat, the gentleman knows better than you.—*Exchange.*



## Menu for Novel Thanksgiving Dinner, with Red Color Scheme

By MARGUERITE MACFADDEN

Grape Fruit—Maraschino Cherries		
Tomato Bisque	Cheese Sticks	
Salmon Mousse	Nut Sauce Hollandaise	
Mock Turkey or Roast Turkey		
Cranberry Sauce or Jelly		
Potato Roses	Stuffed Red Peppers	Green Corn
Princess Salad in Cucumber Boats		
Cherry Ice	Watermelon Cake	
Grape Juice or Red Fruit Punch		
Home Made Fruits, Glacé		
Olives	Radishes	Grapes
		Nuts

### *Grape Fruit—Maraschino Cherries*

Choose medium sized grape fruit and allow half a one to each plate. Cut through the centre across the grain. With a sharp paring knife remove the waste portions and the seeds. Sprinkle with a teaspoonful of powdered sugar, and add a couple of maraschino cherries, minced fine. Set all aside on the ice so that they may become thoroughly chilled before serving but never put any ice in your fruit as it renders it watery and impairs the flavor. Serve on small plates garnished with autumn leaves.

### *Tomato Bisque.*

If possible, procure large ripe tomatoes, scoop out the inside for your bisque, saving the shells to serve your soup in. Stew one pint of tomatoes for twenty minutes, adding to them half a teaspoonful of soda just as they are done. Stir until the foam subsides, then strain. Return them to the fire, add a half teacupful of fine cracker crumbs, one teaspoonful each of salt

and white pepper and a tablespoonful of butter. Heat in a separate vessel to boiling point, one pint of milk or cream with a dash of onion juice, and just before sending to the table mix all together and serve in tomato shells.

### *Salmon Mousse.*

Remove the bones and skin from half a pound of uncooked salmon; the canned salmon may be used but does not compare at all favorably with the uncooked. Pound smoothly with your masher in chopping bowl, adding the raw yolks of two eggs, half a cup of milk and one tablespoonful each of butter and flour, the latter two thoroughly blended together. When the mixture is smooth, strain through your sieve and put aside to get cool. Beat the whites of two eggs to a stiff foam, and add to the salmon mixture when it is cold together with half a teaspoonful of salt, and one cupful of whipped cream. Pour the whole into a well buttered mould and set in to a pan of boiling water; cook in a moderate



oven for half an hour. A mousse should never be allowed to boil, nor the water that is about it. Turn out carefully and serve with the following sauce.

#### *Nut Hollandaise Sauce*

Rub two tablespoonfuls of butter and one and one-half of flour together, add a cupful of boiling water, allow to boil, then add three tablespoonfuls of lemon juice which has been scalded in a separate vessel with a tablespoonful of chopped onion, a bay leaf and three tablespoonfuls of chopped almonds. Remove all from the fire and stir in gradually the yolks of two eggs. Add salt and pepper to taste. Many persons prefer the plain cream or white sauce, with the addition of a cup of blanched and chopped almonds; either sauce is equally agreeable with the salmon mousse.

#### *Mock Turkey (No. 3)*

Break into a saucepan of boiling and slightly salted water one pound of macaroni; boil twenty minutes, strain and toss into cold water. When cold, pour off the water and turn your macaroni into your chopping bowl and mince fine. Add to this one large cup of cream, one cup of grated cracker crumbs, two onions, minced three eggs beaten lightly, one tablespoonful of sage, rubbed fine, three tablespoonfuls of blanched and chopped brazil nuts, one-half teaspoonful of salt and the same of pepper. Mould this into a well-buttered coffee can or tin and close tightly; boil for one hour. Now remove from the can and have ready three pints of mashed potatoes, into which you have put a tablespoonful of butter, half a teacupful of milk or cream, salt and pepper to season. Mould over the contents of your coffee can the mashed potatoes to resemble the form of a turkey, using macaroni sticks for wings and leg bones; brush the surface lightly with beaten white of egg and place in the oven for three minutes, but do not allow it to brown. Serve with white sauce to which has been added a pint of oysters, or else serve with hot cranberry sauce. Should the white

oyster sauce be preferred, cranberry jelly should accompany your turkey.

#### *Potato Roses.*

Boil beets of uniform size until tender, then skin and set aside to cool. When cold, scoop out the centre (saving it for a salad) and place a small piece of butter in each and dust the interior with cracker crumbs, pinking around the top edges. When your potatoes are boiled and mashed, fill each beet shell with them, dust again over top with crumbs add a tiny dab of butter, place in a hot oven for a minute to brown delicately and serve on a crimson leaf garnish.

#### *Stuffed Red Peppers.*

Stuff your red peppers with green peppers filling according to recipe in former issue, as the skin of the pepper is never eaten and the "red" is only substituted to carry out your color scheme.

#### *Princess Salad in Cucumber Boats.*

Secure cucumbers of uniform size, fairly large. Cut in half and scoop out the centre seed and pulp, and place the cucumbers aside on the ice to chill. Strain one quart of stewed tomatoes and put in a saucepan with one cup of sugar, the juice of one lemon, a teaspoonful of salt and a squeeze of onion juice. Moisten two tablespoonfuls of corn starch in the same of cold water, add it to the tomato, boil for two minutes, allow to cool slightly, then add a good large handful of minced nuts and pour into your cold cucumber boats to jelly. Serve on a bed of red cabbage shaved very fine.

#### *Watermelon Cake.*

Use your recipe for "quick cake" as given in former issue. When the cake is beaten and ready to put in the pan, divide it into two portions. To the first to be poured into your bake tin, (which must be round) add enough cochineal or pink paste to color a deep pink, to the other half, add only enough to color a very light pink, and a half cupful of currants to resemble seeds. When baked and cold cover top (turning cake bottom side up), liberally with pistache icing colored with spinach juice to resemble rind.



*Home Made Fruits Glace.*

Take one pound of granulated sugar, one-half cup of cold water, and a dash of cream of tartar and place on the stove over a moderate fire, stirring until sugar is dissolved, *but no longer*, or else it will granulate. Now remove gently and have on the table beside you platters which have been lightly brushed with best olive oil. Dip your fruits into the syrup with a fork, then drop on platters, taking care they do not touch each

other, and allow to stand in cool place to harden.

For your red dinner, cherries and red plums should predominate, with other autumn tints represented by California cherries, dates and figs. Some nuts may be also prepared. These fruits may be arranged upon autumn leaves, at intervals about the table to conform to your decoration scheme, as also your olives, radishes, grapes, etc.

## TABLE DECORATIONS AND FAVORS

Crimson lights or shades help to make your table effective together with any wildred berries that are procurable.

The table decorations, souvenirs and so forth should, of course, reflect or suggest the warm, rich tones of autumn leaves and indeed these last are admirably fitted for setting the keynote of color. These leaves may be tastefully arranged as a centre piece, with a choice bough suspended from the light or ceiling above it, to which latter the favors (or little souvenirs) may be tied lightly with tiny crimson ribbons, one long loop of which falls gracefully to the plate of each guest, to be pulled upon slightly at the close of dinner, when it dislodges its gift. Inexpensive favors are to be had in endless variety, or one may easily design them for one's self. I might suggest a few entirely original ones for a party of ten. The ladies to consist of

1. A walnut surprise,
2. A deserted nest,
3. The fruit of the garden,
4. My lady's friend,
5. An aid to memory,
6. A breath from the forest.

For the gentlemen:

1. Autumn leaves,
2. Card-case,
3. Blotting pad,
4. Necktie-case,
5. Pen-wiper,
6. Calendar.

Following are the directions for making the above:

*First, A Walnut Surprise.*

Choose the largest walnut possible.

Open it carefully with a sharp knife, so as not to crack the shell. Take out the meat. Line the inside of the shell with silver foil or gold leaf. Make of one yard of crimson satin ribbon a tape measure, marking off the inches, quarter, half etc., with gilt paint and numbering, attach a tiny gilt ring, wind and enclose it in shell. Close the latter with liquid glue and tie up with narrow crimson ribbon.

*Second, A Deserted Nest.*

If you can procure a disused bird's nest, dip it in light varnish; if it is not possible to get the former, make one of hay, and treat in this manner, as the varnishing makes it more easily dusted. In the centre place a tiny crimson satin pin-cushion, tracing the following upon its surface with gilt paint and a fine pen—"There are no birds in last years nest."

*Third, The Fruit of the Garden.*

Make a rosy apple of red and yellow silk over absorbent cotton, liberally sprinkled with crab apple sachet powder and orris root.—to be used in one's linen closet as a sachet.

*Fourth, My Lady's Friend.*

Cut two large maple-leaf-shaped pieces of stiff pasteboard. Cover one of these on both sides with green, the other with red silk. Cut half a dozen pieces of white flannel, the same shape and size, for the interior. Tie all together in the form of a booklet, with crimson ribbons, fill the leaves with needles, and embroider on the front cover either a mono-



gram or the following,—“A stitch in time saves nine.”

#### *Fifth, An Aid to Memory.*

Buy a tiny memorandum tablet, make for it two covers of green red or yellow silk, in autumn tints; work or paint the monogram upon the front flap, and attach to it a tiny gilt or colored pencil with narrow red ribbons. For gentlemen's favors:

#### *First, Autumn Leaves*

This comes in the form of a shaving accessory, and consists of a bunch of leaves, cut from tissue paper in shades corresponding to the autumn tints, all of exactly the same shape and size; with the outer leaves, both front and back, made of birch bark, the whole being tied together, with red ribbons and some suitable lines scrolled upon the front such as:

“A friend in need is a friend indeed.”

“The only time you could call me close.”

#### *Second, Card-case.*

Made of red leather or silk with initials or monogram embroidered or painted upon it.

#### *Third, Blotting-pad*

Take a firm, heavy piece of paste-board one foot square, cover neatly upon both sides with green denim. Across the four corners (one inch from the outer angles) stretch straps of half inch wide crimson satin ribbon; upon the ribbon in the upper right hand corner, embroider the date. Fit in neatly sheets of red blotting paper, cutting them half an inch smaller than

the denim, so as to leave a tiny green border around the whole

#### *Fourth, Necktie-case.*

Take five eighths of a yard of silk in either red or green, fourteen inches wide, the same amount of white China or Japanese silk, a piece of sheet batting also in white to serve as an interlining. Bind about the four sides with narrow silk cord in a corresponding or contrasting shade. Sprinkle liberally between the covers with orris. Fold over double and tie with narrow satin ribbon, and embroider or trace in gilt lettering upon the outer surface:

“Not the only tie that binds.”

#### *Fifth Pen-wiper.*

Procure a piece of red leather (soft) and a medium sized chamois skin. Cut out two four-leaf clovers, (each lobe of the clover requiring to be four inches in circumference) use these for covers front and back fill in with leaves of chamois cut to fit perfectly, tie all together with a fine gilt cord and write with gilt paint upon the face something suitable as:

“Filled with poetical endings.”

Of course, if one but taxes one's ingenuity she can devise many dainty favors. These I simply give as hints. Those made of tissue paper and birch bark are alike inexpensive and novel, while they are to be had from two and three cents apiece—quantities of them—in the department stores. It is well, however, to remember that favors costing only a trifle are in much better taste than expensive ones, the latter carrying with them an unpleasant sense of obligation on the recipient's part.

### PHYSICAL CULTURE SOCIETY NOTES

An earnest effort is being made to establish a Physical Culture Society at Newark. Those interested in the move-

ment are requested to write to Mr. Henry W. Miller, 335 Lafayette Street, Newark, New Jersey.

### BRANCHES OF PHYSICAL CULTURE SOCIETIES

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

Buffalo, N. Y.—Mr. Frank L. DeBoy, Jr., 454 William St.  
Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.  
Manhattan, N. Y.—R. R. Purdy, P. O. Address, Ossining, N. Y., Box 294.  
Pittsburg, Pa.—Miss May McCausland, 1704 Buena Vista St., Allegheny, Pa.  
Chicago, Ill.—Mr. A. G. Gobrecht, 3541 Cottage Grove Ave.  
Paterson, N. J., Mr. Frank Berdan, 35 Clinton St.



## Dress Reform for Women an Essential to their Progress

By EMMA TRIPP

As long as the female sex is hampered by ridiculous and unhygienic fashions, so long will it fail to do justice to itself in each and every relation and duty of life—Mistakes of women dress reformers in the past

UNTIL there is an entire and practical dress reform among women they cannot hope to do themselves full justice in any of the relations and duties of life. Women are supposed to be the weaker sex, yet they are hampered physically by clothing and conventions far more than is the other sex. Why must womanliness necessarily be associated with foolish fashions? Is it not a reflection on womankind that it cannot combine sense with sweetness, beauty and grace? A man once very aptly remarked of skirts: "It is like continually walking through a field of long grass." It is worse than that; with the slightest breeze one is tied back, as with ropes, at every step.

If Nature had intended that we should have our limbs tied up, she would probably have provided us with webbed legs. As it is, we see fit to ignore God's intention and tie up ourselves. If those men who condemn every attempt at women's dress reform were put into skirts for just one week, or, better still, until women were freed, I venture to predict that the bondage of women would thereafter be of short duration!

The following is clipped from "Plain Home Talk," by E. B. Foote, M. D., and was written about sixty years ago:

"It is perfectly astounding how fashion has knocked out the brains of people in regard to dress. When we consider that there is not anything in the world so comfortable as comfort, is it not surprising that people will attire themselves with little or no regard to comfort during the conscious hours? Only when about to get into bed, and enter into a season of obliviousness to all earthly woes, do

they put on garments that admit of a fair degree of physical happiness; and how many fashionable women rush frantically to their chambers when they escape from society at the close of day, to rid themselves of their uncomfortable costumes \* \* \*

"Thousands of sensible women would adopt the bloomer costume, were it not for the bigotry of fashion. \* \* \* It is a pity those women who are conscious of the comfort and greater healthfulness of the costume in question cannot be more independent, and those who are not, more tolerant. It is a pity that men do not encourage the women in reforming their costume.

"Perhaps the reader does not know that the women formerly 'wore the breeches.' A Belgian writer—Miss Webber—has demonstrated that 'the nether garment was first worn in a bifurcated form by the women of ancient Judah—that the claim which man so pertinaciously maintains to the use of this garment, is purely arbitrary, without a solitary argument to support it—not even that of prior possession.

"A woman gives her experience in regard to dress in the following forcible language: In the customary dress of skirts and corsets, I am at once transferred to a state of the most thorough incapacity for all practical or sensible purposes. \* \* \* But in the other dress, ambition, health and spirits are in the ascendant. Impossibilities become possibilities."

What was true then, to our shame be it said, is true to-day, after sixty years of enlightened (?) progress. We call ourselves free. Is it freedom to be so



swayed by social decrees, that we bind ourselves to fashions even while acknowledging them to be harmful?

We are not now æsthetic creatures of the distaff and embroidery frame, helpless and dependent as in former days. We are at least striving to be active, vigorous, independent, responsible human beings. Is it not then a crying disgrace that we should be so retarded and hampered in our progress, as we undoubtedly are, by a force apparently so trivial?

On a biting, frosty day, with stinging wind, how one's spirits are exhilarated by a brisk walk and even run—but in deserted places, not to shock the proprieties. But, alas, the discomfort experienced soon discourages one and petticoats bunched up around the knees, with skirt hems almost knocking one down, prove a forceful reminder of the fact that after all, a slow stately walk is more becoming to our sex (poor souls), and we must perforce stroll along in a dignified manner, even while the cold is numbing us for want of a little brisk exercise.

Health is of more importance than the whims of society. We cannot expect perfect health until we are willing to defy harmful customs, founded only on the caprices of mere fashion.

One is met with the assertion: "Has not rational costume been tried and ignominiously failed?" True, but was not the reason for its failure obvious? Its exponents started on a wrong basis. Their object was not so much a comfortable, healthful costume, as to 'ape' men, to be on a level with the sterner sex, not only in dress, but socially, physically, and politically equal. They cut their hair, wore stiff shirts and carried walking sticks—in short "swaggered." The strongest partisans of the dress reform were fain to condemn them.

Let women be womanly before all things. Let them remain pretty and graceful and effeminate, as befits their sex. But if we are to be of any real use in this world, skirts, for outdoor purposes, must be done away with. I speak of skirts, but with their abolition, their attendant curse, the corset, would go also. A well made bathing suit or gymnasium costume is one of the most becoming of garments, and could easily be suitably modified for every day use. We would not abolish altogether our trailing, clinging skirts, for they are dear to the feminine heart, but let them be relegated to their proper sphere—the drawing room.

Perhaps this reform cannot yet be accomplished in its entirety, but apathetic and unprotesting acquiescence, will assuredly not advance the cause. Why should we not organize a dress reform club, with an influential woman as president? Recently in England there was a "Hatless Convention" among women, whose members needed probably as much courage to defy tradition and public opinion in that conservative country, as would American women to institute a wider dress reform.

To those women who really wish for this reform I would repeat, above all, be womanly; dress the hair becomingly; pay attention to suitable colors; be gentle and refined in manner; in a word—avoid being mannish. Thus only will we escape the antagonism and perhaps even enlist the sympathy of the sex whose approval and aid we need if our dream is to be realized. And if, through our efforts, this reform is finally accomplished, a world of silently suffering women will give us heartfelt thanks, and our children rise up and call us blessed for their emancipation.

### SCIENCE AND HORSE SENSE

It is amusing to note how grave medical journals announce as novel news, facts and things which have been the subject of advice and record in PHYSICAL CULTURE for years. For instance, in a recent issue of the *Practitioner*, a medical publication of England, there appeared this "A woman who for years suffered from violent colds, sometimes very serious, has obtained immunity by attention to diet, and especially by drinking water copiously, and the use of a rough brush for the

skin." And again, "Whenever you eat a heavy dinner, and let it be as seldom as possible, omit the next meal and substitute a quart of water. You can't take cold unless you get in a condition for it." Or once more, "Water should be taken before breakfast and again just before retiring; a quart should be sipped during three quarters of an hour." All of which is nothing more nor less than doctrine preached by the editor of this magazine for several years in succession.



## Women's Question Column

By BERNARR MACFADDEN

### Baking of Beans

Q. Since "dietetics" play such an important part in the physical culture life, will you please give me directions for preparing "Boston Baked Beans?" I do not seem able to get satisfactory results when cooking them in accordance with physical culture ideas.

A. Your difficulty probably lies in omitting the customary pork. To overcome it take any good recipe for "Boston Baked Beans" and follow it strictly with the exception of the addition of the pork, in place of which, use a little butter or pure olive oil, or, if you like, a little of both. I believe that you will find the beans prepared in this way far more wholesome and palatable than if they were permeated with the fat of swine.

### Hands Red and Purple with Cold

Q. If I go out-of-doors when the weather is the least cold, my hands and wrists become very red, spotted with purple, and, with any little effort, the blood rushes to my head. What is the reason and the remedy?

A. The symptoms you describe are simply due to poor circulation. You require the building up of your general health; if your present mode of life is of a sedentary character, you should spare no effort to change it to a more active and wholesome one. One reason why cold weather affects you in the way named is, because you are not accustomed to it. You have probably coddled yourself too much in the past, and the more out-of-door life you can take now and in the future, even in cold weather, the better for you. Try to interest yourself in all cold weather sports. Live a strict physical culture life. As you gain in health and strength, and acquire a more vigorous and perfect circulation, the unpleasant symptoms you mention will disappear.

### Pie

Q. Kindly give recipe for the preparation of pie crust without the use of lard. It is easy enough to stop eating pork, but a substitute for lard is hard to find. I think this a weak spot in your teachings, as I have never seen this phase of the pork subject considered.

A. Pie of any kind cannot be very strongly recommended, for by reason of its nature it must be difficult of digestion. But if one insists upon retaining this article in his or her dietary, it can be made in a manner that

is at least wholesome, by using butter, olive oil, or even pure cream in place of lard, and by substituting whole wheat flour for the customary white flour.

### Food for Nursing Mother

Q. What nourishment, and how much, should a nursing mother take?

A. There is no definite diet to be prescribed for all women. Suffice it to say that a normal appetite should be the guide at this as well as at all other times of life, and that a woman should eat no more than her appetite calls for. The notion that a nursing mother, or prospective mother should eat double the amount of the food that she usually does is all nonsense. She should remember that the practice of overeating and so taxing the digestive organs is just as serious at this as at any other time, nay, even more so.

### Horseback Riding

Q. Would it do me any harm to ride horseback during the menstrual period?

A. This would depend entirely upon your condition. Some women can, others cannot. A perfectly healthy woman, enjoying a natural degree of physical vigor, could ride horseback at this period as well as at any other, though it is true that for many women, weakened as they are by reason of their artificial, civilized life, this vigorous sport would be unwise at such a time. If you are fairly strong you might try it, and then judge for yourself from the effects, whether it is suitable in your own case. Anyhow it is a most valuable form of exercise.

### Boils

Q. For a year I have been troubled almost continuously with large boils. At first one boil would no sooner go away than another would form, though now, after having taken three hundred calcium sulphide tablets, I have one each month, just before my sickness. Kindly state the cause and the remedy?

A. A boil is something in the nature of a safety valve, and serves as an outlet for excessive impurities which otherwise would be dangerous to life. Manifestly, your general habits of life must have been far from satisfactory or these boils would never have appeared. Their constant reappearance signifies a persistent condition of bad blood. The impurities which cause them should properly be eliminated through the natural purifying organs of the body; an active out-of-door life should be followed, if possible. Sufficient exercise to induce perspiration is to



be advised. Hot cabinet baths would accomplish the same results, though not in so satisfactory a manner. Undoubtedly your diet is also wrong, being too rich and plentiful or, perhaps too concentrated. You should avoid meats, condiments, stimulating foods and drinks of every character, pastries, and all rich fancy dishes. I have known an excess of peanut butter to bring on similar symptoms. Avoid all excesses in eating, live a healthy, active life, keep your blood in a good, pure condition and you will have no more boils.]

#### Discolored Skin

Q. Kindly give me a remedy for discolored skin? Patches of my skin have suddenly turned brown, though I seem to be in excellent health. Is it not the result of some internal condition?

A. The symptom is unquestionably the result of some internal disorder, though not knowing anything of an accurate nature about your case, it would be impossible to state the cause definitely. If there is the least tendency towards constipation, which is more than probable, radical steps should be taken to remedy same. But whether this be the case or not, it would be to your advantage to use the colon flushing treatment occasionally, perhaps two or three times a week. Confine your diet to simple foods, avoiding everything of a rich nature, using milk and eggs sparingly, and fresh fruits very freely. Drink two or three glasses of water on retiring and also on arising, as well as frequently throughout the day, but between meals. If in addition you take lots of exercise, in the fresh air, and lead a healthy life generally, you will, I believe, soon rid you of the trouble. Local applications of cold wet cloths too, might be of some assistance.

#### Caked Breasts

Q. What is the cause of a breast caking when the baby is six months old? What is the proper treatment?]

A. This is sometimes caused by allowing the breast to become too full as a result of irregular nursing. The milk should be regularly used if you wish to maintain the best bodily condition, and in fact, if you wish its

secretion to continue. Caking of the breast may also result from some form of irritation or a poor state of the general health. One who understands physical culture methods and the general principles of natural treatment for disease will be able to reduce the inflammation in a case of this kind in very much the same way as one would handle inflammation in any part, largely by constitutional treatment. This would naturally include fasting, the flushing of the colon, a constant supply of pure air, and the use of cold water, though if the trouble arises from the secretion of too much milk, water should not be used very freely, except as the thirst may demand it. Hot fomentations should be applied to the parts themselves if painful, or better yet, alternate applications of hot and cold. The best cold compress is made with powdered ice. The milk should be drawn to help relieve the breast if necessary.

#### Bathing During Menstruation

Q. Is it advisable to take baths and exercises during the monthly period the same as at other times?

A. This will depend upon the health and strength of the individual. One in a perfectly normal physical condition, which implies that degree of vigorous strength which is a perfectly healthy woman's natural possession, should be able to continue her exercises and cold baths at all times. But at the same time it is wise for the average woman to be rather careful in this respect. Perfectly normal health is a rare possession among the women of to-day, which is, of course, almost equally true of men, and the very common weakness of civilized women may prevent them from acting as they would like at this period. Even among some physical culturists the inherited perverted habits of the past may make some degree of caution advisable. There is at all events nothing to prevent a warm sponging for the sake of cleanliness. In general I would suggest the taking of exercises that are somewhat less vigorous than those which you are accustomed to, and, if you feel that you really want a cold bath, sponge off with water just a little warmer than you usually use. This would be a satisfactory arrangement, though each one must decide for herself just what she can and what she cannot stand.

### DANGER IN HEADACHE POWDERS

In comment on the death of a young woman, caused by the use of headache powders containing acetanilide and similar chemicals, a Philadelphia coroner is quoted by *The Journal of the American Medical Association* as saying: "One of the chief dangers is that these powders are advertised as being harmless, thereby leading persons afflicted to take them freely." He is reported to have

further said that the same remedy prescribed by a physician would be taken only at regular intervals, and thus would be free from one of the very objectionable features of this class of drugs.

The fact still stands out boldly, that the usual headache powders are very dangerous, and druggists should so inform purchasers.



## Boxing Lessons for Boys



**HAT** my readers may not fail to realize their importance, I would repeat my previous instructions in regard to practicing each movement by itself, over and over again, until you know it so thoroughly that you will do it instinctively when needful. Be sure that you practice the blow and the parry



**Illustration No. 15.** This is another method of avoiding an attack from your opponent's left by countering with right to his body. You will remember that according to Illustration No. 14, of last month's lesson, you learned to side-step to avoid opponent's left lead. However, in this instance you pass the left hand over quickly to the right, hand open, pushing away your opponent's fist with the open palm. At the same time you have the best opportunity to land a right to the body, for your opponent is coming toward you with the left lead which you have just blocked. In striking this kind of a blow, learn to put your weight behind it. That is, do not strike out merely with the force of the arm, but lean forward with your entire body, the effect being that you strike him with your whole weight instead of merely with the weight of your fist or arm.



**Illustration No. 16.** This shows a lead upon the part of each of the two boxers, each being blocked. Boy on the left leads his left to the other's face, being blocked by the right, while the other leads his left to the first boy's body, being blocked as indicated. The boy on the right here has a splendid opening after he has successfully blocked his opponents left, provided his right is inside his opponent's arm, as it should be. If it is, he can make a very quick, short right hook or straight right lead to the other's chin. At the same time the boy on the left, if he is quick enough, might land an uppercut on the other's stomach with his right, before he can be prevented. Always be on the watch for such opportunities, and when they come, hit quickly and without the slightest hesitation.

very slowly and carefully at first, in order that you may be sure of performing them correctly. Then, after you have done them slowly a number of times and feel sure that you have them exactly right, you can do them more quickly. As you continue to practice them with as much quickness as possible each time, you will find that after a time you can do them with your eyes shut. You may think that the practice is very tiresome, but I assure you it is not a waste of time.



## Ground Tumbling for Boys

By HARRY WELLINGTON



**T**HIS month I am illustrating as nearly as possible, the correct manner of doing the complete forward flip, or somersault. This is a very spectacular acrobatic feat for a



Photo No. 8. The forward flip, showing the first position in the turn. Take a little run to get considerable forward speed, and with your last step come down evenly on both feet, so that you will be able to make your jump from both feet. Jump high up and immediately double up in the manner illustrated above, catching hold of your lower legs just below the knees. Do this quickly after you have jumped and then let go quickly and straighten out, for by this time you will find that you have turned clear around and are coming down feet first. Note one thing, that you should catch hold just below the knees. The boy in the photograph made a mistake by catching hold too far down, near the ankles. You will see that it is very simple after all, but must be done quickly after you jump up into the air. Simply double up quick, like a jack-knife, then instantly let go and straighten out. Experience and practice will enable you to do it perfectly.

boy to perform, and yet if you do it exactly according to my instructions you will not find it difficult to learn. However, you will need some very soft sort of mat, or mattress, on which to

practice it at first, for you are likely to come down on your back, or in a sitting position, if you fail to follow instructions. In fact, the very best place to practice this feat would be the bank of a river or lake, where you could take a run on the land, jumping off and turning your somersault so that you would land in the water. You might splash a great deal in doing this, but you would absolutely avoid hurting yourself. All sorts of tumbling stunts, hand springs and flips, can be learned to best advantage by having deep water for a mattress to land on. That is, if you can swim. Otherwise it would pay you to learn to swim. If the water is not convenient a nice stack of straw or hay, perhaps two feet deep, would make the best mattress to land on if you live in the country. And in the winter time, a deep snow drift, or a snow bank that you have piled up yourself, would make a satisfactory bed to land on.

In taking up the practice of the forward somersault, it would be best to first practice jumping from both feet, as will be necessary in the performance of the somersault. Just take a little run and jump high in the air from both feet until you are accustomed to jumping in this way, and then prepare for the flip. On the other hand, when you do attempt the flip, at least the first time, be careful not to try to jump too high, for fear that you may forget to turn. After you have mastered the feat, however, try to do it as high in the air as possible, for it is much more beautiful, and this will enable you to alight in the graceful manner shown in Photo. No. 9.

Professional instructors in tumbling sometimes use an excellent device in the form of a strong leather belt, worn about the waist, by means of which the beginner may be supported when undertaking the more difficult acrobatic feats. To each side of this belt a rope



is attached, so that the novice may have a man on each side of him, holding this rope, and thus able to keep him from falling and injuring himself in case he should be unsuccessful in his attempt. It would be foolhardy to attempt the back somersault without the assistance of this device and two strong, reliable associates to make it safe. Of course, if you have the opportunity of practicing it from a spring board, over deep water, you might undertake it by yourself. However, in the simple acrobatic feats which I have illustrated here, this belt will not be necessary, for any active, vigorous boy would be able to master them without its aid. In fact, there are many instances in which it would even be a hindrance, notably among those stunts for which it is not really necessary. After doing a certain thing a number of times with the aid of this belt, one will come to depend upon it. Then, when he undertakes it without the usual support, he is likely to lack confidence, and will feel the lack of this help more than if he had never experienced it. He will practically have to learn all over again to do it entirely by his own efforts, and will really be worse off than if he had never used it. But for back handsprings and back somersaults it is of great value.

There are lots of good tumbling combinations which you will learn in time by yourself. One of the best is first to do a handspring and then with the next jump do a forward somersault, making it all one continuous movement. In this series I have avoided many of the more difficult feats of tumbling, such as the backward flip, and have only attempted to illustrate those which boys would be likely to learn by themselves and without any great difficulty. Of course if one wishes to become an accomplished tumbler, he should get lessons in person from some instructor who understands the more difficult movements. But considered merely from the standpoint of exercise and fun, the tumbling movements which have been described and illustrated here will be amply sufficient to furnish all the pleasurable entertainment and physical exercise that is necessary. And even

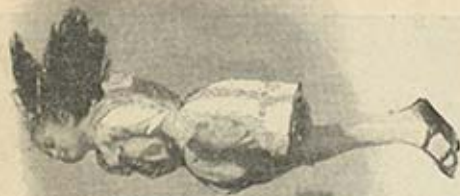
this limited number of tumbling stunts can be guaranteed to build up and strengthen your muscular system to an extent that you may well be proud of. They will make all of the tissues of your body harder and tougher, and will keep you in a condition of the most perfect good health, that is, of course, provided your general habits of life are hygienic and satisfactory.



Photo No. 9. Showing the manner of landing from the forward somersault, though after your feet reach the ground you should dip or bend the knees to break the fall gradually. The first time you try it you had better bend the knees considerably, but after you can do it successfully, and get up pretty high in the air, you will be able to land in the pretty and graceful manner shown here.



## Boys' and Girls' Question Department



This is one of the delightful play exercises of little Harriet Patterson, of Los Angeles, California. She holds her body perfectly stiff and still, while her father throws her up in the air, sometimes ten feet above the ground, catching her as she comes down.

**Q.** I am a boy fifteen years of age. I have a fat face, but the rest of my body is thin. Kindly advise me how to improve my condition?

**A.** The fact that your face is fat shows that you have good digestive powers, and you should be able to acquire a good development without any difficulty. It is probable that you are thin in the body just because your muscles are not developed, and all you need is sufficient exercise to build up these muscles. After you have accomplished this, you will have a good figure, for you will be both plump in the face and well developed and well rounded in all parts of the body.

**Q.** What causes dark lines under the eyes? How can they be removed?

**A.** Dark lines under the eyes indicate a poor state of health, which may be the result of lack of sleep, dissipation of some kind, overwork, or any cause which weakens the vital energies of the body. They cannot be removed by any external application or rubbing; it will be necessary for you to improve your general health if you wish to eradicate them. Live a careful physical culture life, get sufficient sleep by retiring early each night, avoid dissipation, eat wholesome foods and not too often, play out-of-doors as much as you can and sleep with your windows wide open. Sleep out-of-doors if you can. When you have acquired perfect health you will find that these lines have disappeared. Massage would help a little, though not much.

**Q.** Is meat, before it has been doped in any way, a beneficial food for the system?

**A.** Meat is not to be considered an entirely satisfactory food even in its most perfect condition, for it is of a stimulating nature and contains uric acid and other substances of a harmful nature. Of course a person with strong digestive powers can eat meat without noticeable harm, but it is not the best food even for him, and there are many other foods that are much more satisfactory. But if meat is unsatisfactory when fresh, what shall we say of it when it is not so? Ordinarily, one would expect that it would be consumed as quickly as possible after being killed, but instead of this, it is usually kept some time before being eaten in order that it may become "tender" or "seasoned," which is only another way of saying that it is allowed to decay, more or less. This is not very pleasant to think of, is it?



## The Meat-Packers Must Be Prodded By Public Opinion

There seems to be a tendency on the part of the country to forget that which it has suffered at the hands of those unspeakable scoundrels, the packers—Only constant and consistent work on the part of the public, will make the inspectors do their duty and the packers themselves live up to the passages of the Beveridge Meat Bill—Disturbing incidents that go prove that manufacturers of meat products have not experienced any change of heart.

By HENRY ARTHUR WELLS



OUR sometimes friends the doctors declare that the most critical period in the course of a fever is that which sets in soon after the disease has passed its height, and the patient is suffering from "reaction." That this same "reaction" is in reality a sort of exhaustion produced by the drugs administered, is neither here nor there. Reference is only made to the medical theory in order to illustrate the fact that whenever public indignation has been raised to a fever point, there is usually a reaction, during which the object or individual which caused the indignation, is lost sight of and so escapes the punishment which is its or his due. So well is this fact recognized in the legal world, that the lawyers of a criminal who has secured public execration by reason of his crime, seek adjournment after adjournment in order that the feeling of the community may cool off, and hence that factor which to a great extent sways the feeling of a jury—public opinion—be eliminated or reduced to a minimum.

Somewhat of this reaction seems to be taking place in connection with those infamous criminals whose noisome dens are located in Chicago and elsewhere in the West—the meat-packers. It is needless to remind our readers that not so many months ago, the name "packer" was associated with such bestial outrages upon the public, that it was

synonymous with everything that was vile and execrable. Out of the storm of public denunciation which followed the publication of *The Jungle*, came what is known popularly as the Beveridge Amendment, the fight over it in Congress, its passage in a mutilated form, and much more of the same, all of which has been told at length in PHYSICAL CULTURE.

And then—well, the public seemed to more or less forget that it had been robbed and poisoned and killed in a wholesale manner by the unspeakable villains against whom the measure was directed. At all events, the uproar died down, the packers began to distribute huge wads of advertising, a good many of the publications who received this same advertising, exhibited a change of front that was as sudden as it was remarkable, and in short, people seemed to proceed to forget.

Of course, it may be that the officials who are entrusted with the execution of the provisions of the measure in question, are doing their work in a thorough manner, unprodded by public opinion. If so, they are establishing a precedent.

For instance, it is disturbing to learn that there have been placed on the market in the West, the carcasses of calves which had been used during life by vaccinators for the purpose of manufacturing virus.

It is unpleasant to know that there are scores of carcasses condemned by the Chicago inspectors, that are



smuggled out of the abattoirs and sold locally.

It is not nice to learn that the inspectors in the case of one packing-house "had been unable to keep track of the dead bodies of pigs suffering from measles" which certainly came in at the door of the establishment.

The foregoing will be sufficiently significant, and the moral, if any, is, that while a spasm of just public opinion seems necessary in order to inaugurate a reform, it must be continued to make that same reformation permanent.

Lest we forget then, we shall from time to time give a few extracts from *The Jungle*, of which some follow:

"For that matter, there was very little heat anywhere in the building, except in the cooking-rooms and such places—and it was the men who worked in these who ran the most risk of all, because whenever they had to pass to another room they had to go through ice-cold corridors, and sometimes with nothing on above the waist except a sleeveless undershirt. On the killing-beds you were apt to be covered with blood, and it would freeze solid; if you leaned against a pillar, you would freeze to that, and if you put your hand upon the blade of your knife, you would run a chance of leaving your skin on it. The men would tie up their feet in newspapers and old sacks, and these would be soaked in blood and frozen, and then soaked again, and so on, until by nighttime a man would be walking on great lumps the size of the feet of an elephant. Now and then, when the bosses were not looking, you would see them plunging their feet and ankles into the steaming hot carcass of the steer, or darting across the room to the hot-water jets. The cruelest thing of all was that nearly all of them—all of those who used knives—were unable to wear gloves, and their arms would be white with frost and their hands would grow numb, and then, of course, there would be accidents. Also the air would be full of steam, from the hot water and the hot blood, so that you could not see five feet before you; and then, with men rushing about at the speed they kept up on the killing-beds, and all with

butcher knives, like razors, in their hands—well, it was to be counted as a wonder that there were not more men slaughtered than cattle."

\* \* \* \* \*

"And so Jurgis learned a few things about the great and only Durham canned goods, which had become a national institution. They were regular alchemists at Durham's; they advertised a mushroom-catsup, and the men who made it did not know what a mushroom looked like. They advertised 'potted chicken,'—and it was like the boarding-house soup of the comic papers, through which a chicken had walked with rubbers on. Perhaps they had a secret process for making chickens chemically—who knows? said Jurgis's friend; the things that went into the mixture were tripe, and the fat of pork, and beef suet, and hearts of beef, and finally the waste ends of veal, when they had any. They put these up in several grades, and sold them at several prices; but the contents of the cans all came out of the same hopper. And then there was 'potted game' and 'potted grouse,' 'potted ham,' and 'devilled ham'—de-vyled, as the men called it. 'De-vyled' ham was made out of the waste ends of smoked beef that were too small to be sliced by the machines; and also tripe, dyed with chemicals so that it would not show white; and trimmings of hams and corned beef; and potatoes, skins and all; and finally the hard cartilaginous gullets of beef, after the tongues had been cut out. All this ingenious mixture was ground up and flavored with spices to make it taste like something. Anybody who could invent a new imitation had been sure of a fortune from old Durham, said Jurgis's informant; but it was hard to think of anything new in a place where so many sharp wits had been at work for so long; where men welcomed tuberculosis in the cattle they were feeding, because it made them fatten more quickly; and where they bought up all the old rancid butter left over in the grocery-stores of a continent, and 'oxidized' it by a forced-air process, to take away the odor, recharged it with skim-milk, and sold it in bricks in the cities! Up to a year or two ago it had been the custom



to kill horses in the yards—ostensibly for fertilizer; but after long agitation the newspapers had been able to make the public realize that the horses were being canned.”

\* \* \* \* \*

‘Later came midsummer, with the stifling heat, when the dingy killing-beds of Durham’s became a very purgatory; one time, in a single day, three men fell dead from sunstroke. All day long the rivers of blood poured forth, until, with the sun beating down, and the air motionless, the stench was enough to knock a man over; all the old smells of a generation would be drawn out by this heat—for there was never any washing of the walls and rafters and pillars, and they were caked with the filth of a lifetime. The men who worked on the killing-beds would come to reek with foulness, so that you could smell one of them fifty feet away; there was simply no such thing as keeping decent, the most careful man gave it up in the end, and wallowed in uncleanness. There was not even a place where a man could wash his hands, and the men ate as much raw blood as food at dinner-time. When they were at work they could not even wipe off their faces—they were as helpless as newly born babes in that respect; and it may seem like a small

matter, but when the sweat began to run down their necks and tickle them, or a fly to bother them, it was a torture like being burned alive. Whether it was the slaughter-houses or the dumps that were responsible, one could not say, but with the hot weather there descended upon Packingtown a veritable Egyptian plague of flies; there could be no describing them—the houses would be black with them. There was no escaping; you might provide all your doors and windows with screens, but their buzzing outside would be like the swarming of bees, and whenever you opened the door they would rush in as if a storm of wind were driving them.”

\* \* \* \* \*

“In the horror chambers in which the fertilizers were made, the person entering would have to summon his courage as for a cold-water plunge. He would go on like a man swimming under water; he would put his handkerchief over his face, and begin to cough and choke; and then, if he were still obstinate, he would find his head beginning to ring, and the veins in his forehead to throb, until finally he would be assailed by an overpowering blast of ammonia fumes, and would turn and run for his life, and come out half dazed.”

### THE BEAUTY OF INNOCENCE

admire a good fighter, whether he be on my side or not, and so I have always had an admiration for Anthony Comstock, but in the latest attack upon Bernarr Macfadden he has done much to lessen my respect. If there is a tireless champion of the cause of sexual purity in America it is Macfadden, and yet Comstock proposes to advance the interests of the society of which he seems to be the sole representative on earth by putting Macfadden behind the bars on the charge of “obscenity.”

Ask any physician who has practiced medicine twenty years with his eyes open, and he will tell you of countless cases where young men and women have defiled their bodies, brought disease to themselves and disgrace to their families, and even poisoned the children of generations yet unborn because they had been left in ignorance regarding sexual matters.

No boy or girl in city or country reaches the age of sixteen without knowledge of some sort regarding the relation of the sexes. Now, Mr. Comstock, will you have this

knowledge come from those enabled to teach the truth, or from the vile? Will our youth receive their education in these matters from pure sources or from the slums?

I ask you this question in all sincerity. Do not reply that innocence by ignorance is possible. I know, and three hundred thousand physicians in this country will re-enforce my statement, that ignorance is impossible. Our children will learn of the matters of sex. The question is, shall they be given the Truth or shall we allow them to be fed with a mess of stinking garbage?

I have been asked many times to instruct the fathers and mothers of this State in regard to the methods whereby they could keep their boys clean and their girls sweet and maidenly, and each time I have said: “Do your duty by instructing them regarding the peculiar functions of their sexual organs, and that there is nothing unclean or unholy excepting as ignorance, vice and excess are connected therewith.”—From Editorial in *The Good Health Clinic*, by E. ELMER KEELER, M. D.



## Remarkable Improvement of Our "Incurable" Paralytic

OUR readers will remember our recent announcement in reference to Mr. Robert N. Wolle, of Lititz, Pa., accepted as our first "incurable" patient for free treatment. We are very much pleased to report that he has made a very remarkable improvement, as is shown by his signature reproduced here. This was written after he had been under our treatment for slightly less than two weeks, after his right hand, together with other parts of his body, had been totally paralyzed for a year and a half previous. His improvement in other ways has been marked, as shown in his ability to walk, for while he was able when he arrived to walk

*Robt. N. Wolle*

*Lititz,*

*Penna.*

Signature Written by Hand Paralyzed for  
Eighteen Months Past

only with the greatest difficulty, and with the aid of a cane, yet now he is able to walk one or two miles with comparative comfort. He is even able to run a little across the grass at this writing.

However, his greatest difficulty is not in his legs, but in the upper part of the body, and it is his improvement here that is most remarkable. He could speak only with great effort, and indistinctly, whereas now he can talk much more clearly and easily. Very significant, too, is his ability to think more clearly, and to collect and express his thoughts. We, therefore, have great hopes of accomplishing a cure in this instance, in spite of the fact that Mr. Wolle's case appeared to be an absolutely hopeless one, he having been

paralyzed for years and declared incurable by the medical profession. The reader will remember that it is our contention that many of the diseases



Photo Taken when Mr. Wolle Began Treatment With Us

pronounced incurable by the medical profession can be cured by rational physical culture methods, or, as one might say, natural treatment.



# EDITORIAL DEPARTMENT

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

**I**N the Insane Asylum of the State of Minnesota, there are thirty-three pupils and teachers who are said to be victims of over-study. This is only one of the minor results of our so-called educational system methods. We do not know how many graves have been filled by the same cause. We do not know how many poor, miserable physical wrecks are eking out an unhappy existence because of this EDUCATIONAL IDIOCY. The attainment of knowledge is to be commended, when that knowledge is of value to human life; but when one can go entirely through the curriculum of schools and colleges, and in the end, know practically nothing of the most important functions of his own body, he is a pitiful exemplification of the glaring deficiencies of our so-called educational institutions. Such learning cannot be called education. The mind of the average individual is crammed full of useless knowledge, and that which is practically a necessity in everyday life, is usually entirely ignored. It is to be hoped that school boards and teachers will some day understand the responsibilities they have assumed. Here and there they have become interested in physical exercises. The pupils are given calisthenic drills. They may even be encouraged in various athletic sports, but what do they know of the dietetic value of proper foods, the need of thorough mastication, and the vital importance of accurate information that will protect them from sexual errors.

EDUCATION OF TO-DAY IS SHALLOW AND SUPERFICIAL. Everywhere you will find what one might term "educated ignoramuses." They can be called but little else. They may be pompous, and "put on airs," because of their so-called knowledge, but their life is usually a continuous series of failures. Without their so-called education, they might have amounted to something.

Some day a school will come into existence that will really teach the important truths of life. Such a school will recognize the human body as the most marvelous piece of mechanism of which the human mind can conceive. Its sacredness and beauty will be thoroughly realized, and taught to one and all. The knowledge that appertains to the care and development of it, will be emphasized and given the place it deserves. Such educational methods will build a given foundation. It will primarily endeavor to build strong and beautiful men and women, and then, if there is time, the "frills and furbelows" of education could be added. Let us hope that such a school will some day be established.



**I**F one had been a victim of the vaccination raid which occurred in Chester, Pa., on June 27th last, he might have well concluded that there exists in this country, a degree of ignorance and a wealth of imposition which could hardly be equalled anywhere in the world, even including Russia. I have no objection to the belief in vaccination. If one holds that poisonous pus secured from a vile sore on the belly of a calf, and injected into pure human blood, can insure one from taking smallpox, all well and good. Let him practice this belief, and let him be vaccinated and thus protect (?) himself. But why should I be compelled to thus "protect" myself against my will? Let those who want the "protection" afforded by vaccination, take it to their hearts' content, just as the toper takes whiskey to defile his body and deaden his nerves. But it is an imposition of the rankest order to compel anyone to thus "protect" himself.



In Chester, Pa., the doctors of the Board of Health, roped off an entire section, put twenty policemen on guard, and compelled one thousand persons within the enclosure to be vaccinated. Just think of this in a country that is supposed to be free! Vaccination has about had its day. It is a survival of the idea that the human body to be purified must be poisoned. The anti-vaccinationists are making rapid advance everywhere. They are eliminating the compulsory phase of the superstition in nearly all the States. In many intelligent communities, children are not compelled to be vaccinated in order to attend school, and the time is not far distant when this vile imposition, this pus-poisoning habit, will be looked upon as a relic of barbarism of the worst character.



**W**HEN I began to attack the corset evil in this magazine, I was informed by various persons that my efforts would be useless. Women had worn corsets for centuries, and they would wear them for centuries to come. I had confidence, however, in the results of my efforts, for I believed that if the average girl was made acquainted

#### BIGGER WAISTS FOR CLEVELAND GIRLS

with the actual effects of wearing corsets, she would shun the device as she would a poisonous snake. My many critics called attention to crusades that had previously been made against the corset evil, the ultimate results of which were apparently nil.

But I believe that I attacked the corset evil from a different stand-point. I called a spade by its right name. I maintained that no woman could be a satisfactory wife and a healthful mother who was addicted to the corset habit. I showed how that it literally destroyed womanhood. I declared that if the habit was continued to excess, it would make a woman a sexless nonentity. Such a person would have no claim to the title of "woman" but would belong to the neuter gender. As a result, various publications have followed my lead. The corset has been attacked on all sides, and waist bands are growing bigger everywhere. Of course the vogue of physical culture by encouraging women to be strong and athletic, has had much to do with this change, for 19-inch waists are no part of vigorous well formed bodies.

Perhaps the most emphatic proof of the growth in the size of waist bands, comes to us from Ohio. Last summer the seamstresses of the City of Cleveland had to let out the waist bands of 1500 skirted suits that are rented at the Gorden and Edgewater Park Bath Houses. Two or three years ago, the manager in charge, said that the cry was always for smaller waist bands. In the latter part of the summer of 1905, they began to find that the average band was too small, and this summer, they have made them all larger. Healthier and stronger womanhood, means much to the human race. It means happier homes, more capable husbands and healthier and stronger children. It is to be hoped that the craze for larger waist bands will spread all over the United States.



**I** HAVE always emphasized the benefits of the Simple Life. The effects of high living are suicidal in every case. There is no need of your using poison or the pistol if you want to die. The gourmandizing route to the grave will not be quite as quick as carbolic acid or a Colt, but it is just as certain. Should you fail in your attempt at suicide by either of the violent methods mentioned, the law

#### THE SIMPLE LIFE

will step in and try to punish you, but you can eat yourself to death without hindrance. I have referred on many occasions to the marvelous results of an abstemious diet, as in the case of Cornaro. Recently there came to light a remarkable exemplification of its advantages. An autopsy of a woman that died at the age of 105 years, showed her tissues to be as healthy as those of a woman at thirty-five. I quote herein the clipping in full as it appeared in the "American," also a comment by Elmer Ellsworth Carey, the Editor of "Suggestion."



Whether a diet of bread and milk taken exclusively for forty years is responsible for the remarkable preservation from the effects of old age shown in the body of Mrs. Mary Fay, who died at the age of one hundred and five years a few days ago, is causing intense interest among physicians.

Despite the extreme age of Mrs. Fay, her body is in as perfect physical condition and as well nourished as that of a woman of thirty or thirty-five years of age, according to Coroner's Physician Dr. Philip O'Hanlon. Dr. O'Hanlon, since he became connected with the coroner's office, has made 4,500 autopsies, and he was so surprised at the physical perfection of Mrs. Fay's body to-day that he called in all the other physicians and surgeons of the coroner's office to observe the unusual conditions.

The only explanation that the physicians can offer for the condition of Mrs. Fay's body is her mode of living. Dr. O'Hanlon and others who saw the body are wondering whether or not they have a corroboration of the theory of Professor Elie Metchnikoff of Paris, who asserted that man does not live out his allotted span of life because of the cellular activities in the digestive tract which produce old age. He believes that by a diet of sour or curdled milk the germs of putrefaction, which, according to his theory, produce old age, may be successfully combated.

Investigation at the instance of Dr. O'Hanlon revealed the fact that the old woman had lived for forty or fifty years on bread and milk.

She refused to eat meat or vegetables and generally carried with her on her excursions about the city, a few crusts of bread. For thirty years her home has been a small room at 490 Sixth avenue. She was known to all the children for blocks around as "Granny" Fay.

"Granny" Fay, according to her neighbors, was the "sprightliest old woman in Greater New York." Although her sight had been dimmed by her age, her step was as firm and elastic as that of a young woman, and she made excursions about the city which would have tired out many a person much younger.

On which Mr. Carey remarks:

"I think that the publication of the above dispatch will do far more to lead the public to investigate the diet question than pages of arguments; one fact is worth a ton of arguments, and here is a fact; a woman lived to be 105 years old, her diet for the last 40 or 50 years of her life being principally bread and milk. Bread and milk do not constitute an ideal diet perhaps, but it is far better than the ordinary diet of the American people. The point I want to bring out is, that a very simple diet and a very small quantity of it is sufficient to prolong life beyond the proverbial three score and ten. The subject of diet is the most important that confronts the race, for the very existence of humanity depends upon food, and yet it is the subject about which we know the least. The most ignorant persons act as cooks—and yet we eat unhesitatingly anything and everything set before us three or four or five times a day, the only requirement being that the food must 'taste' good. What does the average cook know about food values? There are twin gods in this country: the Almighty Dollar and the Almighty Appetite. A man may repent of his sins so long as they do not interfere with his eating, but the average man or woman will gladly die rather than give up the worship of the appetite; so we must smoke, use liquors, pander to our physical appetites and on these matters we will not recede nor debate. 'Feed our appetite or give us death' is the real motto of the American people."



ONE of my correspondents sheds a new light upon the extraordinary actions of Comstock. This correspondent calls attention to the fact that as far as the public know, Comstock is the New York Society for the Suppression of Vice. His name is down as the acting Treasurer and Secretary, but he is practically the sole influence behind the Society. Attention is also

#### WHY COMSTOCK SEEKS ADVERTISEMENT

called by this correspondent to the fact that, while the Society is largely maintained by voluntary contributions, these contributions have recently been falling off. Under such circumstances, Comstock finds it necessary to adopt sensational and startling methods to bring the name of his Society prominently before the public and so enlist the interest and open the pocket-books of that curious class of citizens who supports him and his. A cheap way of advertising. It costs nothing. Comstock undoubtedly knew that his seizure of the catalogue of the Art Students' League, would certainly attract attention all over the country and might bring in the



incidental dollar. It was a safe "game" for him no matter how it turned out. He had nothing to lose and he might "get into" the finances of his following of fanatics. No matter how foolish a propaganda you may expound, you can count on finding some people crazy enough to support it with their purses.

Comstock has been in the vice business for a long time. He undoubtedly knows every trick of the trade, and the principal part of his business is to work the contribution "game" to the very limit. The fair name of religion has been smirched by the actions of sanctimonious hypocrites from time immemorial. While we hope that Comstock does not belong to the Pharisaical class, his recent antics would nevertheless indicate that he is using his prudery-smudged religion as a cloak to advance his financial ends. His salary as Treasurer and acting Secretary of his Society is undoubtedly liberal. And the fact that it would, no doubt be impossible for a man of his meagre ability to earn a similar income in commercial or professional pursuits, explains why he makes such ridiculous and desperate efforts to keep before the public and thus justify his official existence in the eyes of his "easy money" contributors.



**W**E hear a good deal in these days about the "unwritten law." The case of young Thaw, who is a remarkable exemplification of the ruinous influence of the inheritance of great wealth, is attracting attention everywhere. Had he been reared in a family of average means and hence compelled to earn his money instead of

#### STRANGE INCONSISTENCIES OF THE HUMAN MIND

having become possessed of it without labor, he would no doubt be deriving some enjoyment from life, instead of languishing in prison charged with murder. It is usual to envy the owner of great wealth, but those who earn it, as a rule, have worked too hard to really enjoy it, while it is a curse to those who secure it without laboring for it. But this is deviating from the subject.

Some time ago, a miner was tried for the murder of a wealthy coal operator. He was acquitted by a jury. His defense was the "unwritten law." The miner did the killing after his wife had told him she had been too friendly with the operator. Throughout the entire trial, his wife held in her lap a month-old baby, and she testified that the operator was his father. The wife was sitting by the husband's side when the jury rendered its verdict.

"I knew you would be all right, Ted," she said. "And I know you are all right, too," he replied.

Strange inconsistencies! A wife is untrue to her husband. She testifies publicly as to her infidelity; and next, the husband avers that his unfaithful spouse is "all right."

No wife can be untrue to her husband without her own consent or desire. It is exceedingly rare for a man to pursue a woman without encouragement. In the majority of cases, a woman is untrue to her marriage vows, because she desires to be untrue. If anyone is to be murdered, it really should be the woman, and not the man. No decent man will declare a wife to be "all right" who is capable of such despicable conduct. Such a creature is really not worth murdering. She should be allowed to go her own way unmolested, for women of her kind will always find their level. They are out of place in a home, and any decent man, when he finds that he has such a wife, should simply rid himself of her at the earliest possible moment. There is no need of dealing out drastic punishment in such a case. Such women will get their just deserts on this earth, whether or not there is a place of punishment awaiting them in the Hereafter.

*Bernard Macfadden*



# The Athletic World

By ARTHUR DUFFEY



THE past few months in the athletic world were among the most interesting and spectacular ever recorded in the history of America's sports and pastimes. Usually the months of September and October have marked a temporary lull in athletic events, but this year, the Athletic World readers can congratulate themselves on the unusual lists of contests that have taken place on the track, field and water.

Baseball and kindred sports which depend for their existence on the warm weather have ended. From now on, foot-ball, basket-ball, cross-country running and the more rugged forms of exercise will take their place. Naturally, the gridiron is the centre of attraction, and in spite of the fact that our

great game has received a shake-up by action of the Rules Committee, interest in it is by no means lacking.

In looking over the race for the World's Baseball Championship, one can not help but notice the great interest and enthusiasm displayed by the fans of the various cities in the fortunes of their respective teams. It only goes to show that the American people are being educated to the fact of the immense benefits that can be derived from good, healthful out-of-door sports.

In athleticdom, outside of baseball, we have no branch of professional sport which seems to be substantially patronized by American sportsmen. That our other branches are neglected, is a rather regrettable phase of American sports. There can be no question but that professional sports can be placed on just as strong a basis as some of our



Moore, of the N. Y. A. C., clearing eleven feet in the Pole Vault at the recent A. A. U. Championships





Coach Wray, of the Harvard Crew

amateur sports, if we will only give them due recognition.

On the track, the Metropolitan District of the Amateur Association has been extremely busy by reason of many important events. In the short space of three weeks, there were held the Metropolitan Championships, Junior Championships, and the Senior Championships, of the A. A. U. all of which were notable. Then our oarsmen had splendid opportunities in which to display their prowess on the water. With an American eight in England, viz., the Harvard crew, the eyes of American aquatic followers were turned across the pond to follow the fortunes of American watermanship against those of our English cousins, the Cambridge crew, on the Thames.

Also on the Potomac River, Washington, D. C., there were held the Middle States Rowing Association Championships, which were notable for the fact that Frank Greer, of the B. A. A. showed marvelous form, winning the senior single sculls, the quarter mile dash and the senior doubles in conjunction with C. Guild. At this regatta, considerable disappointment was expressed at the non-appearance of Constance Titus, who recently won the

Senior Sculls Championship at Worcester. Titus was entered, but did not appear, and to many it looked as though the sculler was afraid of his laurels.

American football is now at its height. Patiently have the followers of this New Rules manly game awaited the result of the dilly-dallying with the rules by the Rules Committee. Now that the season is so well advanced, after all is said and done, the Committee is to be congratulated on the efficient judgment it has displayed in the remodelling of the old game.

The progress of this year's football has been keenly followed by its friends as well as by its foes. Everybody—coaches, players, and experts alike, seem to be a tone in their predictions that this year we will see a wonderful improvement over the game. Whether this is true or not remains to be seen. At any rate, let us hope for the best.

Taking everything into consideration, there is no getting away from the fact that from many points of view the game has apparently been greatly improved.



Melvin Sheppard, the athletic marvel of the season, winning half-mile run





George Bonhag Winning Three-Mile Run

Its fundamental feature of continued possession of the ball has been retained, thus conforming to the old rules in this respect and consequently keeping it on American lines. But the ten yard rule, the forward pass, the outside rule in kicks and the limitation of mass formations are the more radical changes and designed to make the game more open, thus eliminating the factor of sheer weight. Of course there will be weight in the game and it will be held at premium, but it will call for the quick, active, heavy man and not the slow sluggish man whom we have seen so often on the gridiron in the past.

One of the new features which is bound to prove of considerable interest to the spectator, is the passing which is now sure to be indulged in. In fact, many of our foremost football coaches are instructing their players in basket-ball play, so that they will be able to follow this particular feature to advantage.

The game is sure to be an open one, and consequently will bring to light the typical athlete, the tall, rangy player of 175 pounds or so.

With the increasing of penalties for seeming brutality and the added number of officials, who will keep watch on the play, we may expect to see this regrettable feature of the game obliterated. Of course in all games involving personal contact of players, we must look for some roughness, but in the construing of roughness and brutality, the intent of the player must at all times be taken into consideration.

So far, all the Eastern colleges as well as some of the leading Western universities, have been preparing for the change in the game. Harvard, Yale, Penn, Princeton and Michigan the leaders in the football world, have inaugurated the season to this end. As yet the colleges have had no real try-outs, but as to the prospect of the leading teams, Yale stands out most promi-



nently. The Elis are perhaps better prepared than any other institution for the new order of things. Last year Yale played the most open game of any of the colleges. Evidently her advisers had an outlook for the future. It is therefore safe to say that Yale will line up as good, or better, a schooled team in the new game than any of the other elevens. She will undoubtedly play the game as radically as any of the Eastern universities. With the securing of Rockwell, the prominent basket-ball player, as coach, we may expect to see passing considerably used.

Penn also is another institution that should take kindly to the new rules. Last year, the Quakers defeated Harvard by the passing and clean handling of the oval. This year she has been carefully instructing the scrubs in the new features of the game, so all in all, Penn will be with the rest when the time comes. In the football world, her forthcoming game with Michigan at Franklin Field will prove one of the most interesting games of the season.

Harvard starts the season this year as brilliantly as any of her opponents. The change, however, from the old system, will effect the Crimson players perhaps more than any of the others. Last year, the team played the typical old-style of mass formation, so that this year it will be a long step from her former style of massive tandem plays and heavy line bucking.

In the West according to the decree of the Conference colleges, none of the "big

nine" can play more than five match games, and all of these must be with elevens representing colleges outside of the agreement. In other words, the college wiseacres wishing to thwart any possible animosity between colleges in the conference, demand that the universities should not play with each other. As a result, Western college football will be deprived of some of its foremost gridiron battles,

That phenomenal swimmer C. M. Daniels, of the N. Y. A. C., continues to exhibit his usual fine form. He has practically secured all the laurels that can be won by a champion swimmer. In fact we so often see that Daniels wins or breaks a record, that nothing will now surprise us until we hear of his defeat.

"At the National Championship held at St. Louis, he easily annexed the 100, 220 and 440 yards championship events creating in the furlong dash, a new world's record of 2.42 2-5 seconds.



Dennis Horgan Throwing the Hammer



We had been looking forward to a match between that Western wonder Handy, of Chicago, and Daniels. But again we were deprived of the pleasure. Here is a case in which we have two wonderful men who, in some way or other, seem to dodge a meeting. In the case of Daniels, he enters all the short distance events practically up to the quarter, although he can swim the longer distances almost as well. Criticism cannot, however, be cast upon the Mercury-footer, as every champion should know his specialty and his capability, and consequently not try to "butt in" another class. At all events, Daniels has been a good sportsman, and on all occasions has endeavored to meet Handy.

In the case of the latter, Handy without question, is a champion who jealously guards his laurels. Defeat seems a startling thing to him and consequently he will take no chances with his reputation. This is a praiseworthy plan to follow in some instances, but it behooves Handy to meet Daniels at a quarter mile. This seems to many a perfectly fair departure from each other's specialty, and would cause one of the finest races we ever have seen in the athletic world. Besides it would settle the dispute between the swimmers themselves.

Now we have an Englishman named Baxter, of Manchester, England, visiting America to try and form an athletic alliance between America and England. It was only a short while ago that one of my articles on "Amateur Athletics Exposed" aroused wily Jim Sullivan to such an extent that he jumped the next ship for England and endeavored to form an alliance with Great Britain by which his athletic cohorts could not get away from his control. Sullivan was unsuccessful, however. Now we have an Englishman trying to do practically the same thing. It looks as if his mission here will be about as successful as Sullivan's was in England. At any rate, Baxter's statement that we are in need of a municipal bath system is perfectly apparent. All our great swimmers, have been developed from the swimming pools of our rich athletic clubs. If we had such a system

as is adopted in England and Australia, what a great boon it would be to our aquatic sports.

The National Track and Field Championships of America brought to a fitting climax one of the most brilliant seasons of athletic sports

of the kind in question ever recorded. As it is the custom to have the venue of the games in different sections of the country, the Metropolitan Association of the A. A. U. this year made extensive preparation to make the sports a greater success, than at any previous time. But for some reason or other, the public refused to attend the game in force. In fact I have seen many games held at Travers Island under the auspices of the N. Y. A. C. that were better patronized than the National Championships. There almost seemed to be more officials on the track than there were persons in the audience, much to the detriment of the sports.

This year the contests, besides being memorable in the making and unmaking of many champions, resolved themselves practically into a tussle between the N. Y. A. C. and the I. A. A. C. for point honors. The West was ably represented by the Chicago A. A. and the Multnomah A. C. but not enough to spoil the battle between the two leading athletic organizations of America.

Followers of athletics in the East expressed considerable disappointment at the non-appearance of Dan Kelly, the western sprinter, who was recently hailed as having equaled the 100-yard record. Consequently the belief of many was shaken that he had accomplished the alleged feat. The contests had something of an international flavor about them too, inasmuch as there were present, an Australian champion in the person of Nigel Barker, and an English representative in Nelson, besides the many Irish athletes. Outside of Barker, they all lived up to their reputation, but the great Australian sprinter was away in the "rut," and showed very poor form.

In the 100 yards, Archie Hahn was away off and may now hang up his little shoes and relegate himself to the "has been" class." With all due respect to





Nigel C. Barker, Australian Champion Sprinter

this sprinter, I believe that he made a great mistake in appearing, for champions cannot expect to defend their laurels when they appear on the track in bandages.

Seitz's victory in ten seconds was a popular one and marked the highest running of this great athlete's career. The quarter mile was a slashing race, and Waller, of the Milwaukee A. C., winner of last year's title, shot out from the crack of the gun and succeeded in defending his title. In the half, there were a high class entries in Sheppard, Pilgrim, Bromilow and Wright. After the report of the pistol, however, there was only one man in the race, he being Sheppard, of the I. A. A. C., who won in the fast time of 1.55 2-5 seconds, defeating the Olympic Champion, Paul Pilgrim easily. Sheppard unquestionably is the greatest middle distance runner that we have had since the days of Charley Kilpatrick. Indeed, I am inclined to believe that if this schoolboy runner ever had pace enough, he would equal if not lower Kilpatrick's world's record of 1.53 2-5 seconds.

The mile event proved to be one of the most notable events of the day. Rodgers, of the N. Y. A. C., won easy, in 4-22 4-5 seconds, and had he continued to the tape, might have been credited with one of the fastest miles in the country.

In the five mile run, Bonhag started in with good intentions but unfortunately lost a shoe after two miles which caused him to lose many yards. Nelson however, proved to be the winner. Many claimed that Bonhag would have won if he had not had to stop to replace his shoe, but I believe that Nelson would have won anyway.

Hillman's victory in the hurdles, was an expected one and showed that this great timber topper is yet at his best.

In the field events, Coe and Horgan fought it out to the end, the American finally winning with a put of 46 feet, 10½ inches. Big John Flanagan and Martin Sheridan were invincible in their respective events, while Prinstein succeeded in winning in his cherished specialty with a leap of 22 feet, 4 inches in the broad-jump. The high hurdles



and high jumps were only mediocre performances. The former was won by Armstrong of the N. Y. A. C. in 16 seconds and Patterson of the C. A. A. won the high jump at 5 feet 11 $\frac{3}{4}$  inches. The pole vault proved one of the most interesting events of the day. Le Roy Samse was unable to equal the world's records owing to a serious fall, but the athlete clearly showed his capabilities by clearing 11 feet 6 inches with ease.

Taking everything into consideration too much praise and credit cannot be bestowed on President Conway, Trainer Hjertzberg and Captain Robertson for the marvelous growth of the organization they represent, and in the near future we may look to see their efficient leadership bearing still more good fruit in the Athletic World at large.

With the announcement that "Pooch" Donovan, formerly athletic director of Harvard's New Coach Worcester Academy, is to become trainer of Harvard, we may look to see a change

for the best in all the Crimson's athletic teams. For the past seven or eight years, "Pooch," as he is familiarly called by his friends, has worked wonders with the Worcester institution, sending out more favorable intercollegiate material than any other prep school trainer. I have had a close connection with the famous trainer, and I must confess that it was more or less through this remarkable athlete's wisdom that I succeeded in paving my way to world's championship honors. An old time sprinter himself, and brother of the famous Piper Donovan, the only professional runner who ever accomplished the remarkable time of 9.3-5 seconds for the 100 yards, "Pooch" at all times, was interested in running and was able to give his brother a close race. His knowledge of athletics in general, makes him a most valuable man for Harvard.

In the past, Harvard has had associated with her coaching staff, some fossilized old men who had followed the



A Group of Champion Swimmers. (Taken recently at St. Louis.) From left to right, the men are: V. de P. Goodwin N.Y.A.C.; E. H. Adams, N.Y.A.C.; H. J. Handy, Chicago A.C.; C. M. Daniels, N.Y.A.C., (World's Champion); W. H. Mills, N.Y.A.C.; R. H. Thomas, N.Y.A.C.



daily routine of an athlete for some twenty years past. Of course, these trainers were good in their way, but in modern athletics, the trainers must be up-to-date on all the many scientific points which go to the making of a champion athlete or team.

Donovan unquestionably represents the typical up-to-date trainer in every respect. His success with his athletic teams has been mostly due to the cordiality he has always fostered among his charges. He seems to have a faculty of good fellowship and treats an athlete more like a man than most of our college trainers do; in this way he brings out all that is good in an athlete. Nowadays, some of the trainers have an idea in their heads that they know it all, and consequently "boss" their men. Not so with Donovan, however. He sizes a man up immediately for what he is good, and acts accordingly.

Harvard in the past, has put up some rattling good arguments in various branches of intercollegiate athletic honors, but in securing Donovan as one of its staff of professional trainers, the college has taken a step which will prove of lasting benefit to it.

Another athletic wonder has been "raked" up in the West. This time it appears that we have a real live one and no alleged marvel such as was supposed to have been discovered in the case of the blacksmith sprinter, Dan Kelly.

The young athletic marvel this time, is one E. T. Cook, of Chillicothe, Ohio. As yet but a schoolboy, he already has proven his calibre by winning many championships for the High School which he represented. As an inter-scholastic champion, he is perhaps, one of the greatest we have yet produced. This, according to his remarkable records. But the trouble with a great many of our school boy "phenoms" is, that when they go to college they prove a great disappointment in an athletic sense.

Rumor has it that Cook is heading his way towards Cornell University, where the veteran coach, Jack Moakley, will look after his fortunes. Moakley has already proven his wisdom in the

developing of distance runners, but in the sprints has as yet not had much opportunity to develop a world beater. When Jack had Sears, the great sprinter, at Cornell he had bad luck with him, but with Cook it looks as if there will be comparatively clear sailing.

In a word, I feel that the approaching athletic season will mark an era of some of the greatest performances ever recorded in the athletic world.

All these alleged rumors are sure to be productive of some results and I long to see some of these athletic marvels "make good."

The recent boat race between Harvard and Cambridge on the Thames River, England, was supposed to have settled the much

**International Rowing** mooted question as to which country has the better style in rowing, America or England. As a matter of fact, we are just as much at sea as ever in regard to this question, for the recent contest did not prove anything material inasmuch as in the matter of style, both crews closely resembled each other. The contest nevertheless created considerable national interest. But how much more interesting would the race have been if Cornell men, the undisputed American rowing champions, had rowed instead of Harvard.

There is no getting away from the fact that had Cornell rowed against Cambridge instead of Harvard, we would have had a more scientifically coached crew—one that was trained by the greatest of professional coaches. When it comes down to the rigging of a shell, such as the raising or lowering of the seat, the length of shell, position and incline of slide, etc., Courtney of Cornell has no equal. It is true that the Harvard crew showed an unusual improvement during its stay in England. In fact, many judges who followed the Crimson on this side of the water, declared that Harvard rowed better abroad than she did in this country, so much so, that it was believed that had it been as good when it competed against Cornell's crew, the latter would certainly have been defeated.

Be that as it may, Cornell certainly gave Harvard a severe drubbing.