

PHYSICAL CULTURE

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

VOLUME XVII

JUNE, 1907

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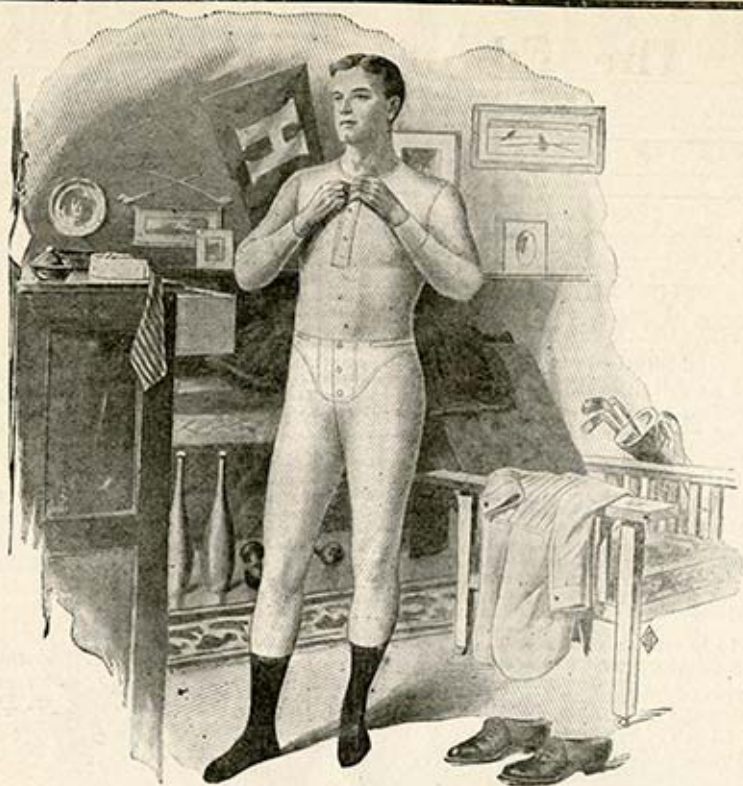
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The Editor's Viewpoint

THE ANNUAL PHYSICAL CULTURE FAST

MORALS AT ATLANTIC CITY

THE EDITOR'S TRIAL

SIGNS OF AMERICAN DEGENERACY

WHEN this magazine reaches my readers, the time for the annual physical culture fast will be very near at hand. Thus far, I have not received as large a list of names of those who intend to take this fast as I would liked to have had, but I certainly think it is a good beginning. For every one who enters this fast this year there will be one hundred next year. First of all, because I believe everyone who indulges in this thirty days' fast will be so marvelously benefitted that every one of his or her friends will be desirous of securing similar results in the way of physical improvement, and the list of fasters will naturally be extended in this way.

THE ANNUAL PHYSICAL CULTURE FAST

The value of fasting as a means of cleansing and purifying, and ultimately strengthening the body cannot be questioned. Even in biblical times we find that fasting was used as a aid to bodily purification. For a growing boy or girl, its value in some cases might be questioned, though I must say that I have never known a fast to be taken by boys or girls, that has not resulted in very great benefit. I remember the case of a seventeen-year-old youth who looked the picture of health, and who was in the habit of exercising vigorously nearly every other day in the gymnasium. He wanted to increase his weight a trifle, and he acquired the impression that a two or three days' fast would materially aid in bringing about this result. He tried a two days' fast, and gained five pounds beyond his usual weight within two weeks after the fast. Thus encouraged, he later tried a fast of five days, and afterwards gained ten pounds more. This will give you an idea of the benefit of fasting to a growing youth, and it is vastly more valuable to an adult. When in one's growing years, one can digest a great deal more food than one can after his growth has been fully attained. An occasional fast of a few days is better still. A long fast annually, such as I propose to take, will keep the body cleansed, purified and free from disease. Be sure to begin fasting June 1st, and make an attempt to continue it for thirty days. If you find you cannot fast more than two or three days, you can rest assured that you will secure some benefit even from such a brief abstinence from food, and you can depend upon having an appetite after a fast. If you have not been really hungry for years before, I assure you that you will develop a relish for food that will be more keen and satisfying than you have enjoyed since you were in your "teens." But do not make the mistake of overeating. Remember that after a fast, you will have to be careful to avoid eating beyond your capacity to digest. If you continue the fast six days or more it is usually advisable to break your fast with oranges or some mild acid fruits of this character. If you will then live on milk for two or three days or even longer, taking all the milk you desire,

though sipping it very slowly, and using various acid fruits and lemons freely at the same time, you will thereafter be able to resume your ordinary eating habits, though you should be careful to limit the quantity somewhat for a few days.

After a fast of seven days or more you will find at first, that your stomach has very greatly decreased in size, and that you cannot eat very much food. It will not hold a very large meal, though day by day after you have broken your fast, the demand for food will greatly increase, and usually in three or four days after a fast, you will have what might be termed a ravenous appetite.

Here is the real danger, and unless one, to a certain extent, limits the quantity of food or else confines the diet to what might be termed extreme simplicity, there is danger of over-eating and ultimate injury. Never "stuff" after a fast. Eat slowly, leisurely, enjoy every morsel. Rise from your meal on every occasion feeling that you can eat more. Masticate every morsel of food to a liquid. If you have any doubt of your ability to restrain yourself, then it is best for you to live on milk for a week or two following the fast. In fact this is a good plan in nearly all cases where there has been any special weakness of the stomach or digestive organs.

The following persons have asked me to register their names for the annual June fast:

CALIFORNIA.		
E. T. Garner,	914 E. Citrus Ave.,	Redlands.
Geo. W. Hall,	231 N. Broadway,	Los Angeles.
Francis E. Osthern,	61st & Canning Streets,	Oakland.
COLORADO.		
E. E. Pratt,		St. Elizabeth.
DISTRICT OF COLUMBIA.		
Maud Belle Rice,	Condim Road,	D. C.
ILLINOIS.		
Russell L. Baggott,	202 Flournoy St.,	Chicago.
Geo. W. Duley,		Hoopston.
Karl Westerheide,		New Douglas.
Oscar Westerheide,		New Douglas.
INDIANA.		
Mrs. D. R. Dodd,	812 Villa Ave.,	Indianapolis.
KANSAS.		
Horace Redding,		Madison.
LOUISIANA.		
W. H. Stenger,		Evangeline.
Wm. A. Scott,	Lake Arthur,	Calcasieu Parish.
MASSACHUSETTS.		
Miss Maud L. Belknap,	68 Warrenton St.,	Boston.
A. Kamaitis,		West Auburn
MICHIGAN.		
Wm. H. Cummins,	251 Highland Ave.,	Grand Rapids.
Emma Roberts,		Kinross.
MINNESOTA.		
Alice I. Bergsten,		Elk River.
Edgar Woods,	New Orleans & N. E. R. R.	Meridian.
Ludwig S. Schwartz,	Y. M. C. A.	Minneapolis.
Carl Schwartz,	Y. M. C. A.	Minneapolis.
MONTANA.		
Paul H. Castle,		Central Park.
MISSOURI.		
Mr. S. B. Davis,		Spring Bluff.
NEW JERSEY.		
Benarr Macfadden and about twenty-five others at		Physical Culture City
NEW YORK.		
Mr. J. Martin Diem,	74 Devoe St.,	Brooklyn.
Mr. Nelson M. Fancher,	34 Fairview Ave.,	Binghamton.
NOVA SCOTIA.		
P. H. Spinney,		Oxford.
OHIO.		
I. Glenn Tope,		Barverston.
Ralph M. Fleming,	Euclid and 55th Streets	Cleveland.
Theodore Clark,	W. Main St.,	Zanesville.
Lewis Moore,	451 Balknap St.,	Zanesville.
OKLAHOMA.		
Elmer Elsworth Small,		Cherokee.
PENNSYLVANIA.		
Edw. Stein,	2547 Palethorp St.,	Philadelphia.
John Bayan,	P. O. Box 188,	So. Sharon.
TEXAS.		
Emil L. Schostag,		Nordheim.
UTAH.		
Gordon D. Ives,		Ogden.
WASHINGTON.		
Mrs. Helen L. Prentiss,	1016 Post St.,	Seattle.
E. S. Prentiss,	1016 Post St.,	Seattle.
WEST VIRGINIA.		
E. S. Batson,		Cairo.
WISCONSIN.		
Mrs. Henry Knott,	750 1/2 Smith St.,	Milwaukee.
Henry Knott,	750 1/2 Smith St.,	Milwaukee.
Frank A. Prei,	970 Lapham St.,	Milwaukee.

IT was recently announced in the public press that the municipal council of Atlantic City was about to pass an ordinance which would prohibit women from making their appearance in bathing suits in the principal parts of the city, unless the costume were covered by a long cloak from the shoulders to the ankles. For many years it is said to have been the practice of the cottagers and visitors at small hotels, to dress in their own rooms and walk to the beach in bathing robes.

MORALS AT ATLANTIC CITY To the ordinary individual, the first passing thought in reference to this proposed ordinance, is that the high moral nature of the members of the council of this resort, has been shocked by the abbreviated costumes that appear on their streets leading to the beach. A moment's consideration, however, will readily convince one of the absurdity of such a conclusion. Why a bathing suit that might be entirely appropriate on the beach should be considered shockingly immodest a few rods distant, would undoubtedly be hard to explain.

Now, this proposed bill simply shows the inclination of various people to further their own financial ends by an appeal to the prudery of the masses. No doubt there is not a member of this city council who actually considers a bathing suit an improper sort of apparel in going to and from the beach. It is a financial question from every standpoint. Atlantic City, as is well known, secures a very large part of its revenue from the bathers who come there and patronize the bath-houses. Every visitor who provides his own bathing suit and uses his room for a bath house, gains twenty-five or fifty cents and Atlantic City loses just that much.

Can you blame a man for having his moral sense aroused to the highest pitch when he sees quarters and half-dollars slipping away from him in the form of females walking through the streets dressed in abbreviated bathing costumes? Can you blame him for laying awake at night for the purpose of reviewing in his mind the shocking sights of this character that he may have seen during the day?

There are many other reformers of the same type. They find it profitable to cater to public prudery. Some are even able to make a liberal income from this particular characteristic. Like the paid mourners at a funeral, they are able to make many times more noise and attract more attention than those who might be termed the real sufferers. Some day it is to be hoped the prude—and the mental vileness that he tries to distribute so generously—will be fully understood. The average prude is nothing but a corked-up sewer barrel. Whenever he opens his mouth, the filth issues forth, and because of his sanctimonious pretensions, his own character is often misunderstood. Just as the religious hypocrite is often the most active in his Christian work, so is the prude the loudest in his protestations of moral superiority. A prude is, first of all, a hypocrite, for prudery depends on hypocrisy and pretense. The mind is brought into a state of revolt from imaginary evil. In other words, a prude will hold up his hands in horror at the picture of his own low imaginings. The actual picture that may meet the eye has nothing to do with it. It is the influence of that picture on the mentality of the prude, and the more immoral the man, the more debasing will be the picture.

Therefore, after all, when a picture in the form of a human body, which might be termed the work of Nature or of God, is looked upon as grossly immoral, it simply gives evidence of a distressingly vile condition of the individual mind, and instead of arresting those who might publish these pictures, the individual who is shocked by them should really be arrested. He is the real criminal—he is contaminating himself and his associates by his mental rottenness.

THERE is nothing of special importance to announce regarding the charge made against me for mailing obscene literature, on account of publishing the story "Growing to Manhood in Civilized (?) Society." My attorney has entered a demurrer to the indictment and the decision of the judge resulted in the indictment being "squashed." But I understand another indictment is to be secured and this will, of course, start the legal processes which will determine whether or not a man who is working wholly for the purpose of benefiting mankind mentally, morally, and physically, is to be punished because of his efforts.

THE EDITOR'S TRIAL

As I have said before, this is everybody's fight—it is a contest to determine whether or not this country is wedded to mental vileness or whether there is a pos-

ibility of the human race going on to a good, clean wholesome manhood and womanhood. As vast amount of education is necessary to cleanse the present filthy attitude in reference to human morals.

No man can question the statement that the average boy secures his morals from his lowest and vilest companions. He does not secure them at home because subjects of this kind are tabooed at home. He does not secure them at school, for the subject of sex is never mentioned in the so-called institutions of learning. He secures his ideas regarding the most divine influences with which he comes in contact during his entire life, from filthy, vile-mouthed companions, and some people have the extraordinary audacity to call this civilization! It is degeneracy of the lowest conceivable type, and it is this degeneracy that is the cause of the decrepitude and the gradual disappearance of what might be termed the old-time American race.

And please note that in this charge against me, a few sentences appearing in my magazine have been selected. Those who condemn the magazine and the influence of my efforts, have, no doubt, never read a page in the publication outside of that which was submitted to them. Suppose I should take the Bible and clip from it a few sentences—would not a much worse charge be made against the publisher if the Bible was viewed in this manner? The charge against me, when it is considered that thousands of editors have published the details of the Thaw trial without being hindered, is so grossly unjust that I might easily imagine I was a citizen of lawless Russia.

I am glad to note the interest everywhere in this trial. Up to the present writing, the following amounts have been subscribed towards the fund for the purpose of carrying this case to the United States Supreme Court:

Mr. P. R. Randolph, Alameda, Cal.	
Mr. H. H. Cady, Room 3, Cazenovia, N. Y.	\$ 1.00
Mr. W. A. Cody, 343 Warren St., Hudson, N. Y.	1.30
Mr. Carl Land, Box 85, Ferguson, St. Louis Co., Mo.	19.00
Miss Sadie Iehl, 737 Lincoln Ave., Chicago, Ill.	1.00
Miss Bessie Moreley, Cuthbert, Ga.	.50
Mr. W. B. Miller, Care of Lindsay State Bank, Lindsay, Neb.	1.00
Mr. D. W. Young, 57 W. Washington St., Hagerstown, Md.	5.00
Mr. Whistler, East St., Louis, Ill.	1.00
Mr. Chas. E. Erie, Room 6, 108 Washington St., Chicago, Ill.	2.00
Mr. Allen May, Stevensville, Mont.	5.00
Mr. Samuel Fisher, Box 455, Chatham, Ont., Can.	1.00
Mr. B. T. Kumler, 636 N. Front St., Salem, Mass.	.50
Mr. Robert Kennedy, 35 Exmouth St., St. Johns, N. B., Can.	1.00
Mr. E. E. Presley, Grand Rapids, Mich.	1.00
Mr. Fred Switzer, 75 Maple St., Buffalo, N. Y.	1.00
Mr. John Grill, Thorndale, Texas.	1.00
Mr. A. P. Harrop, Box 242, New Glasgow, N. S.	3.00
Mr. Ed. Wahl, Gen. sec., Idaho.	1.00
Mr. G. W. Reed, Easton, Pa.	1.00
Mr. A. Lopez, Holbrook, A. F., Mexico.	2.00
Mr. I. G. Tope, Bowerston, Ohio.	2.00
Mr. Louis G. Vavra, Springfield, Mo.	1.00
Mr. C. J. Johnson, Box 531, Yuma, Arizona.	.50
Mr. D. H. Adams, Haverhill, Mass.	1.00
Mr. Hugo Kindler, Box 250, Saginaw, Mich.	1.25
Mr. Wm. Hastie, 754-760 Lexington Ave., Brooklyn, N. Y.	2.00
Mr. W. H. Herzog, Care of Harvard State Bank, Harvard, Neb.	5.00
Mr. Charles E. Day, Box 114, Alexandria, Va.	5.00
Mr. W. Webster, Lindsay, Ont., Can.	10.00
Mr. Robert Dodman, L. B. 376, Ridgetown, Ont., Can.	10.00
Mr. Alfred Olson, Watson, Minn.	2.00
Mr. Geo. H. Shull, 1040 Fourth St., Santa Rose, Cal.	1.00
Mr. Wm. Doolan, 4212 Wabash Ave., Chicago, Ill.	3.50
Mr. A. B. Craft, Care of The C. & C. Electric Co., Garwood, N. J.	2.00
Mr. Maurice Wentworth, Dover, Me.	10.00
Prof. Disney, Physical Culture City, N. J.	5.00
Mr. A. Eyerdoure	25.00
Mr. F. Comsky	3.00
Mr. W. M. McClellmont, Hamilton, Ont.	5.00
Mr. John C. Bruns, Sacramento, Cal.	1.30
Mr. Harvey Bauman, Ritzville, Wash. Box 167	2.00
Mr. J. E. Carlsen, Vivian, Ariz.	1.00
Mr. M. J. Finnegan, Box 253, Burgettstown, Pa.	1.00
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Frank Weller, Mitchell, S. Dakota.	2.00
Miss Mora D. Smith, Bellington, Wash.	1.00
Bernarr Macfadden, Physical Culture City, N. J.	1.00
	200.00

\$347.85

THE THAW trial is over. The profits of the telegraph and cable companies will begin to decrease in consequence. The details of the lives of the persons in this trial furnished the principal source of news for the American newspapers for nearly three months. Day after day this rattling of the skeletons in the family closets was continued. The imaginations of reporters and editors were taxed to their utmost in order to furnish so-called news to the public bearing upon the affair.

SIGNS OF AMERICAN DEGENERACY

Thaw—who is nothing more than a spoiled boy, the pitiful product of too much riches—was made to assume in many instances, the characteristics of a hero. He was a defender of the honor of womankind. He saw in White an enemy to woman, and spurred on by the actress-like cleverness of his wife, he took in his own hands the responsibility of punishing him.

The two principal characters in this tragedy amount to nothing. Individually, they are mere ciphers in the world of to-day, but the recital of their affairs with the gentler sex furnishes most astounding proofs of the results of the degenerating influence of prudery in this country at the present time. Thousands upon thousands of women have had their maternal instincts crushed absolutely and have turned into what might be called ambitious adventuresses, through the influence of their early environments. Motherhood and its divine duties are slurred and scoffed at by women of this character. Life to them means a continuous search for pleasure, and pleasure to such, is represented only by fine clothes, luxurious surroundings, and the indulgence of the various appetites and desires that may come to their abnormal selves.

The details of the lives of White and Evelyn Thaw brought out in this trial, proved in a remarkable way, the truth of the statements made in our serial story. There are thousands upon thousands of New Yorkers whose lives closely approximate that which White's is supposed to have been. Men of this stamp look upon women—regardless of their connection or standing—as fair prey. They search for them just as a hunter searches for his quarry, and they are just as cruel and just as merciless as is the average hunter armed with powder and lead.

When I make the statement that this condition has been brought about through a false conception of life and that this false conception has been made possible by prudery, the average individual will, no doubt, question my conclusion, but I believe any clear-minded man who will give the subject careful detailed attention, will come to a similar conclusion.

If prudery were eliminated, there would be no Evelyn Thaws or women of her kind. Prudery changes the whole scheme of a existence—it gives one a false impression of the possibilities and pleasures of life. The greatest and most complete satisfying happiness comes, not from breaking the laws of Nature or of God, but from following them. A heaven on earth is possible only to those who obey the mandates of the higher law, and prudery has erected an impenetrable wall of prejudice that shuts out all knowledge bearing upon these laws.

The victims of this so-called civilization of the present day are certainly to be pitied. A few here and there have a glimpse of the almost divine happiness that is within the reach of almost everyone, they taste it for a few moments, sometimes a few days—in some very rare instances, a few months—and then it is gone, vanished forever. They are the victims of their own pitiful ignorance, or what might be termed their perverted conception of the laws that should govern the relation of the sexes.

May the day soon come when there is a possibility of a change. May the day soon come when the life of the average man and woman is something else besides more or less constant gloom and discord and misery, is the wish of the writer.

Bernarr Macfadden

A Health Resort for our Readers

OUR MONUMENTAL SUBSCRIPTION OFFER FOR A SUMMER VACATION

THE publishing of PHYSICAL CULTURE Magazine is already a huge enterprise. It requires the services of over one hundred employees in its business and mechanical departments. We firmly believe that there is still a vast amount of room in

number of our subscribers who have leisure time and who are desirous of going on a vacation this summer. Now, why not pay the expense of this vacation by soliciting subscriptions for the PHYSICAL CULTURE Magazine? We have arranged to take the building



This Enormous Building, centrally located at Battle Creek, Mich., containing Two Hundred and Eighty Rooms, will be the Rendezvous for Physical Culturists and Health Seekers during this Summer.

which its propaganda may still spread. We believe that there are thousands upon thousands of people who would like to become readers of this magazine. We believe, too that there are a large

formerly called the Phelps Sanatorium, during July and August next. The institution is located at Battle Creek, Mich., the famous health resort near Chicago. This magnificent building it

PHYSICAL CULTURE

occupied would cost nearly half a million dollars to erect in its present condition. It contains one hundred and eighty rooms. It is luxuriantly furnished and during July and August it will be practically turned over to the subscription workers of this magazine. Though this enterprise is planned strictly for business purposes, it unquestionably gives the

with one dollar on the price of his accommodation for every two yearly subscriptions he turns in. This is certainly a liberal proposition. A few days of earnest work among your friends and acquaintances should enable you to pay your entire expenses during your summer vacation.

There will be a treatment department,



A Glimpse of One of the Parlors of the Institution at Battle Creek, Michigan, Where Patients Will be Treated.

readers of this magazine an opportunity such as is rarely offered. Here physical culturists can gather from all over the country, and by merely soliciting subscriptions among their friends, can pay the entire expenses of their visit.

You can secure accommodations in this building as simple or as luxurious as you might desire them. There will be regular prices for accommodations, but every reader who converts himself into a subscription agent will be credited

in which the various complaints will be given special attention, and the same offer is made in this department as there is to those who are simply seeking a vacation. In other words, if you are sick; if you have tried every means on earth to get well, all you have to do will be to secure a certain number of subscriptions among your friends and you will be treated and cured here without charge. You simply secure subscriptions to pay for your treatment.



E. M. Daniels, N. Y. A. C., the Wonderful American Swimmer
(See "Recent Developments in the 'Crawl' Stroke," Page 327.)

PHYSICAL CULTURE

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

Vol. XVII

JUNE, 1907

No. VI

Muscle-Building Exercises

By BERNARR MACFADDEN

THE reader will notice in the exercises illustrated this month that the apparatus used is a rather familiar and commonplace household article, though it is usually employed for a far different purpose than that indicated.

course it is not really necessary to have any apparatus whatever, as the writer has frequently contended in the past, but something of this nature is often desired for the sake of increasing interest in the exercise. Furthermore, in taking movements for certain specific purposes,

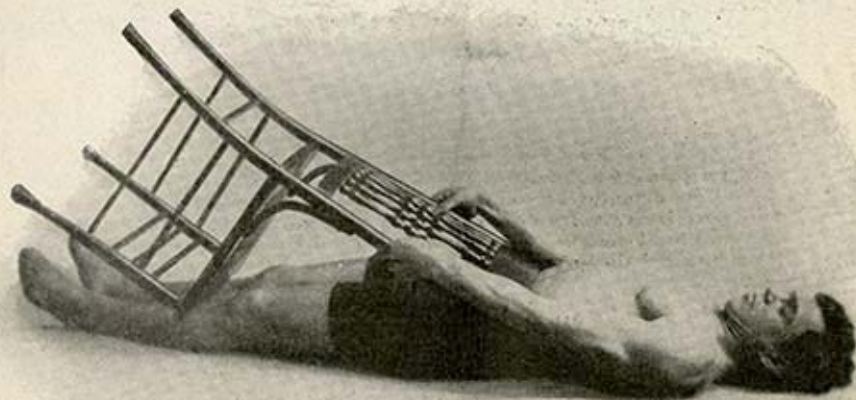


Photo No. 1. Lie prone on the back upon the floor, taking hold of a chair and placing in the position illustrated. If you find that it is too heavy with the hands at the point shown, take hold lower down, nearer the seat, and it will be easier to handle. You can likewise intensify the vigor of the movement by taking hold farther up, that is, nearer to the back of the chair. Now, keeping the arms straight, raise it straight up over head and back. (See next photo.)

This, however, only emphasizes the fact that anyone who really wants to exercise has no excuse for not doing so, and if he wishes apparatus, almost anything that he finds conveniently within his reach will serve his purpose. Of

it is sometimes an advantage to use something to offer resistance, and thus intensify the vigor as well as the consequent benefit of the exercise. If you do not happen to have a chair conveniently at hand, then use something else,

of course modifying the movements and adapting them to the character of the apparatus used.

It is not so important as to just how the muscles of the body are used. The vitally essential thing is that they should all be used regularly and actively. For general purposes it is probable that one form of exercise is just as good as another, provided it is enjoyed by the individual most concerned. The main purpose is to improve the circulation, arouse the functional activities of the body and in every other way promote the general health, though without doubt, if one is seeking a powerful muscular development, there are some move-

or muscles are used in a given exercise, and you will be able to intelligently and scientifically invent movements for the development of any muscle in the body that may occupy your attention. In other words, with such a general understanding of the muscular make-up of the human anatomy, any one can devise whole systems and series of exercise, and if desired, he can make them of a constantly varied and therefore specially interesting nature.

If you conclude to take up the study of the muscular system, as suggested. It would help you somewhat in your investigations if you would try and locate on your own person, each of the

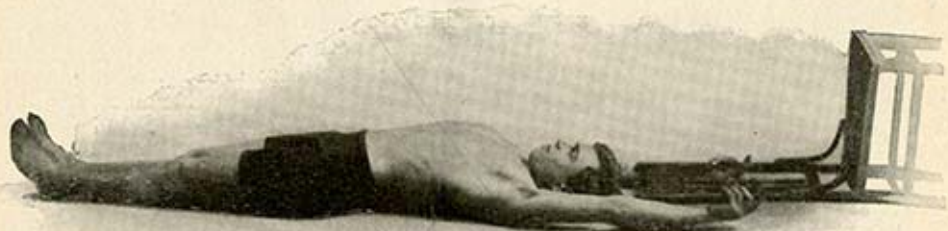


Photo No. 2.—Continuing the movement described in connection with the last photo, bring the chair back and down to the position shown herewith. Inhale a deep full breath while doing this. After pausing a moment, raise the chair and bring it again forward and downward to the first position, exhaling as you do so. Repeat the entire movement and continue until tired. This is a peerless exercise for raising and expanding the chest, and especially for strengthening the large pectoral muscles of the upper chest. Incidentally, it may be found a splendid means of strengthening the grip and wrists.

ments and methods that are more affective than others.

If you are interested in the development of strength and muscular vigor, for its own sake, I would earnestly advise that you make a careful study of the human anatomy, the construction of the various muscles and their connections. In doing this it will naturally be of advantage to you if you can attend some first-class school in which subjects of this character are taught, though this is not all necessary. If you secure a good book on anatomy, in which the muscular system is well illustrated, you should be able to get a fairly comprehensive understanding of the construction of your own body and the manner in which the various muscles work. You will then know just what muscle

important muscles referred to. Practically every one of the larger and more important external muscles can be recognized at a glance, even when they are partially developed. Then you can study them while in action, noting the tensing and relaxing of same under varying circumstances. Sometimes you may find it to advantage to pursue this study while standing in front of a mirror, undraped. (I mean with yourself undraped, not the mirror, though naturally this last would be of little service if it were clothed!) Furthermore, you might not only study the construction and workings of the muscles before the looking-glass, but it would often add to the pleasure of your daily exercise if you could take them where you could see just how they looked,

especially tensing and other movements which are taken in a standing position. You can thus watch the growth of the various parts of the body. The practice of posing, which I have alluded to in past numbers of this magazine, is excellent exercise, and will enable you under these circumstances to develop your sense of grace, and beauty, as well as the muscular tissues concerned.

This may seem like an unwarranted display of vanity on your part, or perhaps an unpardonable conceit in regard to the appearance of your figure, but this is not necessarily the case. It is right and proper that one should take a great deal of pride in his body, for this will enable him to keep up his interest in exercise and in other habits of life conducive to the building of a healthy and perfect body. If men and women in the past, instead of regarding the

degenerates, with only here and there a few, possessing a natural degree of well warranted pride and wholesome interest in their persons, who are struggling to improve themselves in this respect and



Photo No. 3. Turn the chair up side down and take hold of the end of the back with both hands, balancing it in the manner illustrated. Then push it quickly straight up to arms' length, stretching the arms so as to extend it to the highest possible point. Then return to first position, relax and repeat. Inhale a deep, full breath as you extend the chair upwards, and exhale as you bring it down.

body as something gross and shameful, deserving to be covered up and hidden by a multitude of clothes, had only recognized the natural beauty of the perfect human figure, and taken pride in the cultivation of such beauty, realizing that there could be nothing inherently sinful in the body itself, but only in the abuse of natural functions and the vulgar attitude of *mind* towards these, then we should to-day have such a human race as men can scarcely dream of, a race of beings like unto gods—physically, mentally and morally magnificent. As it is, we have a world of

ultimately to evolve the superman, in a physical sense at least.

The development of the chest is more important than is usually supposed. In fact, the average man does not have any opinions on the subject whatever, for his mind never gives one solitary thought to the makeup or condition of his body, and the result is that nine men out of ten in most localities are either flat-chested or worse. If the matter ever does enter their minds, they probably suppose that this is the normal condition. In this connection, it is rather curious to note the interest

and pride taken by many men in the very extensive development of tissue—never mind what kind of tissue—in the region of the waist. Yes, "extensive" is a suitable word, though "extended" would also have described it. Where such development is marked, just below the region called the chest, there is usually a nice, flat, smooth surface, extending from the throat down, down the hill—very well adapted for coasting and sliding.

But leaving aside all levity, such accumulations of fat are nothing less than revolting. The expansion of the body should be several inches higher up, and the hollow or flat portion, if any, should be in the neighborhood of the waist. Aside from the development of the external muscles of the chest, it is essential that the chest itself be

all times, for movements with the purpose of acquiring a full, round and symmetrical chest need not in any way conflict with the oft-maintained statement that diaphragmatic breathing is the natural and proper habit for ordinary practice. It is true, however, that the occasional or moderate practice of chest-breathing is valuable for general purposes of lung culture, and that running and other forms of athletic sport involving great activity and endurance make



Photo No. 4. Take hold of the chair as indicated above, then lower it partly sideways and partly above your head, or in other words in an oblique direction beyond the right shoulder. This will make it necessary to bend the right elbow. After touching the floor bring it back to a point directly above the face, and continuing, lower the chair similarly on the left side, obliquely over the shoulder. Continue, back and forth, until tired.

round and full, otherwise the most important vital organs of the body, the heart and lungs, do not have sufficient room in which to perform their functions, and do not even have the opportunity to attain their proper size. It is characteristic of all those who live to a very great old age, that they possess high chests, thus indicating the presence or well developed, healthy lungs and a vigorous, unhampered heart. The movements illustrated herewith are splendid for expanding the chest and correcting such defects as flat or sunken chests.

This does not necessarily imply that chest-breathing is to be recommended as the proper method of inhalation at

chest-breathing positively necessary in order to secure oxygen fast enough and in sufficient quantities. Sustained physical exertion will even compel one to breathe through the mouth, though the fact remains that normally, under ordinary circumstances, the proper method of breathing is through the nose and by the action of the diaphragm. But even though this is true, and the expansion with each breath seems to be in the region of the stomach and abdomen, it is nevertheless necessary that the chest be spacious and well developed, so as to afford plenty of room for the lungs even when in a deflated state, as well as for the heart and its movements.

The Hygienic Advantages of Suburban Home Life

By ANDREW G. MORTON

WHEN one considers the vast armies of suburbanites that invade New York every morning and retreat from it at night it is difficult to realize that it is not so many years since the commuter was—comparatively speaking—an almost unknown quantity. In those days, the business man who confessed to a home in the suburbs, was envied by the few and regarded with something akin to amused pity by the many. People couldn't understand an individual who, of his own volition, exchanged the alleged advantages of a great community for the supposed inconveniences and hardships of a semi-rural residence. And they didn't hesitate to say so.

Because of this popular manner of regarding the commuter, he was a butt for the stock jokes of the fun-making contributors to the newspapers, and a favorite lay-figure for the comic artist. According to these gentlemen of the pen and palette, he was perpetually losing the last train to Lonelyville, being swindled by real estate sharks; stuck in snow-drifts; and bogged by miry roads. According to reports of these voracious historians, his garden was continually dug up by his neighbor's chickens, or his own fowls were devoured by his fellow-residents' dogs; he was constantly leaving home, charged with commissions and returning to it laden like a pack mule; everlastingly cutting his toes with the lawn mower; having endless trouble in getting a cook, and experiencing added woe in persuading her to stay—in fact, plagued with troubles beyond number or recital.

Now, while professedly funny people of necessity look at things awry, so to speak, the pictures which they drew of the commuter and his experiences were not without a foundation of fact. Let it be remembered, however, that this statement applies to commuting con-

ditions as they existed, say, a dozen years ago. To-day, they are very much otherwise. The commuter of the comic weeklies was the pioneer of his kind, and as such, had to endure those things which fall to the lot of all pioneers. The railroads gave him scant accommodation; he was the prey of unscrupulous realty corporations and in a hundred ways he had to pay the price for his freedom from the moral and physical evil influences which environ the dweller in a crowded town.

But he stuck it out, knowing that he had a good thing and feeling that in due



The Delightful Mid-Jersey Home of a Well-Known New Yorker

season, affairs would adjust themselves. And how magnificently his faith has been justified, let the ever-expanding suburbs of New York testify; let the schedules of trains run for his special benefit attest; and let the increasing multitude of those of like mind as regards the location of their homes, declare. In regard to this last fact, it only need be remarked that the man of the office or the store who is receipt of a fair income and who *doesn't* live outside of the city's rush and dust and roar, is, while not exactly the exception, yet by no means the rule nowadays.

The change thus wrought in the

status of the commuter has, in the main, been brought about by a general recognition of the advantages which attach to a suburban residence. Such recognition has, of course, brought with it a bidding for commuting patronage in the part of the railroads, with the result that there have sprung into existence scores of homes of an ideal sort; "ideal" in the sense that they are far enough away from the centers of business to remove them from the latter's disadvantages, while at the same time, they are near enough to it to enable their owners to enjoy many conveniences of the city. This statement necessarily includes the proposition that such homes also benefit by the healthful and wholesome things which are to be found in the country or the suburbs, but are absent in the city.

Now a long list of reasons why one should live in the suburbs rather than



The Flatbush District of Brooklyn is Famous for its Charming Suburban Homes. This is One of Them

elsewhere could be easily catalogued. It might be readily shown that on economic, social, financial, moral, hygienic and a host of other grounds, the commuter has much the best of it as compared with the dweller in a densely populated city. But this article will only deal with those aspects of commuting which are in line with the physical culture life and, therefore, of interest to our readers. And as one of the fundamental principles of physical culture is, that people should live as close to Nature as is within reasonable methods, it follows that the commuter is to be commended on the score of his wisdom and courage in breaking away as much as possible from the artificial-

ities of city existence. So let us consider in detail, some of the advantages which accrue to the New York business man who has a home within a radius of, say, twenty-five miles of the metropolis.

Change of Environment a Factor in Health

That the mental conditions of a man has a very definite effect upon his physical personality and *vice versa*, is a fact that is generally recognized, but usually ignored, as far as its practical application is concerned. Now variety is not merely the spice of life, but its tonic also. Monotony, on the other hand, is the rust, the dry rot of existence, and if the truth were known it would be found that more people lose their grip on hope, happiness, health and life itself through the everlasting deadly sameness of their daily round, than from any other one cause. This remark applies not merely to work, but to environment also. Take for instance, the case of a bookkeeper who lives in Harlem and holds a job in a down-town office. His routine for six days per week is something like this: Dress in a "dark" bedroom, gobble a hasty breakfast, downtown *via* elevated or subway, being crushed or partially suffocated meanwhile, then stooping over his desk in a dim office, till "quick lunch" time; next more desk and dimness, till the evening rush and crush hours on the subway, heavy dinner, dopy hour or two, and bed. Is it any wonder that a man of this type tries to break the unvarying repetition of his wearisome labor and his surroundings, by drink, or dissipation of some other form? Hardly. But temper your blame with pity. The conditions amid which he lives do not include those natural methods of recreation or that wholesome diversity in sights and sounds which are among the privileges of the suburbanite. Don't marvel then, if he occasionally departs from the straight and narrow path.

Now take your commuting bookkeeper and consider *him* and his ways. He has slept soundly by reason of the absence of city noises and his liberal supply of pure air. If it be summer, the rustle of leaves, the chirping of birds

and the blessed, unpolluted atmosphere will be the accompaniments of his breakfast. His senses will find added refreshment on his way to the railroad depot, and, incidentally it is rare indeed that he doesn't get the seat to which he is legally entitled. For a goodly part of his journey to the city, he will pass through verdant fields, green woods and green hedges, and by the same token, we know that green is good for the eyes—and the spirits.

Maybe *his* office is also dim and stuffy. But he has with him the mental picture of his cozy home and its miniature lawn, its patch of truck, its rose bushes, its piazza laced with ivy and honeysuckle and the office depresses him not. His lungs may protest somewhat against the interior "mugginess," but he consoles himself with the reflection that it won't be so many hours before they will be again charged with the smokeless, dustless oxygen of his dwelling place.

Business ends, and what a grateful mental and visual relief the ride homeward affords. Then too, your commuter is usually a sociable soul, given to cheery chat and discussion of the things which enter into the commuting life. Hence it comes about that the difference between a homeward bound crowd of New Yorkers, who live in New York, and a carload of New Yorkers who live the life suburban, is not infrequently as marked as the distinction between fog and sunshine. After supper or dinner, as the case may be, perhaps he tinkers with his carpenter's tools, does a bit of gardening, attends to his poultry or engages in some one of a half a dozen jobs, in or out of the house, that bring into action brain convolutions and body muscles that are not used in connection with his work in the city. In other words, he gets that change—mental and physical—that is so essential to the development and maintenance of the highest degree of health. Physical culture includes all things and all methods that have to do with the rounding out of one's existence on natural lines. Hence it is declared that if the suburban home did nothing more than offer opportunities for a change in one's thoughts and occupation as told, it

would be amply justified from a physical culture standpoint.

City Versus Suburban Air

Allusion has been made to the fact that the commuter, for a portion of the day, at least, has an opportunity to breathe pure air. The importance of an unpolluted atmosphere goes without saying. The results of inhaling air that has become foul because of lack of proper ventilation, or by one or another of the conditions which obtain in a big city, are legion. They manifest themselves in a multitude of maladies, not only of the pulmonary type, but others that are generally attributed to a "run down" condition or to "poor blood." "Poisoned blood" is the correct term under the circumstances, for the lungs have charged the crimson current with toxic material gathered from the air. And this material is inseparable from the atmosphere of a big community. It may be present in smaller or larger quantities, but there it is, nevertheless, pregnant with all sorts of harmful possibilities, ranging from a touch of sore throat, to a case of rapid consumption. It isn't meant by this that every man or woman who lives in New York or other crowded city suffers from some disease due to foul air. But if one reflects upon the vast volumes of deleterious gases that, in the case of a city issue from the chimneys of private dwellings and factories, day and night, to say nothing of the emanations from sewers, dirty streets, crowded sections and many evils of a similar nature, it is obvious that the air of the suburbs is vastly superior to that of the city from a hygienic viewpoint, and that the odds are very much in favor of the commuter when it comes to the preservation of health. Even if one's common sense does not recognize the beneficial distinction between city air and suburban air, one's nose does not fail to do so, neither do one's lungs. Observe the city man who is guest overnight of a commuting friend, as he alights at the little suburban depot. "Ah!" says he, as his nostrils expand and his lungs begin to inflate, "this—is—air—worth—breathing." And again his sense of smell and his respiratory apparatus pro-



A Typical Suburban Residence at Park Hill on the Hudson, near Yonkers

ceed to revel in the bland, flower-and-grass-perfumed, life-giving atmosphere. Pure air and vigorous health are close companions and where one is not, the other rarely is.

Suburban Life and Wholesome Exercise.

The "cribbed, cabined and confined" resident of the city has mighty few opportunities to gratify his desire for exercise, presuming that the conditions which surround him, haven't already extinguished such a desire. If he chances to be located near a big park he is lucky and can, at least take his walks abroad through a semblance of the country. But it is only the comparatively few that are thus placed. Or he may join a gymnasium, but exercise taken amid such environments is usually devoid of the "play" element and certainly lacks the advantage of the open-air. The same remark applies to indoor athletic work in general. It is true that the New Yorker is comparatively well placed in that he is within easy touch of ocean beaches. But for the average youth or man of business, a sea-bath is only possible once or twice a week and that too in return for some expenditure of time or money. So with but few inducements and with equally scant opportunities, for exercise and recreation, it is little wonder that the theatres, and less reputable amusement resorts of the metropolis are usually crowded with people who

patronize them simply because they cannot find relaxation elsewhere.

How different is case of the commuter! Last summer, the writer, for three months or more occupied a cottage in a charming little town on the borders of the Sound, about fifteen miles from New York. And this was the daily programme: rise at 6 A. M., then a dip in the Sound, about half a mile distant; breakfast. The depot was some twenty minutes walk away, and the road to it included a short, steep hill, and a long slope, these furnishing capital exercise for both legs and lungs. On returning from the city, the same walk took the knots out of one's muscles cramped with several hours of sitting at a desk. Then came a pottering about truck patch or flower beds, during the interval before dinner, after which, there was the choice of half a dozen walking routes either in the open, or through woods or along beaches. Then too, there were available row-boats or canoes, or if the night was very hot, the bathing house was handy and the lap-lap of the cool water most inviting. In one corner of the garden were horizontal bars and a punching bag platform. Fruit trees and a huge weeping willow offered opportunities for climbing for fun or sport. Chickens were there too, the labor spent on them being amply repaid by a steady supply of eggs. And there was a lawn just big enough for a tennis court, while the grounds around the house were holed for clock-golf. Also hammocks and a garden swing enticed to spells of wholesome laziness. Despite these advantages the commu-



Oradell, N. J., is notable because of the many homes of commuters that it possesses, of which this is an example.



An Inviting Home on the Highest Point
on Staten Island

tation was but \$9.00 per month, and the rent less than that which one pays for a poky, choky flat in upper New York!

The hygienic moral of the picture just drawn is so plain, that I think it hardly calls for comment or explanation. But in this connection, is it not remarkable that uncounted thousands of New Yorkers or citizens of other large communities seem to prefer to live in brick or brownstone barracks, which yield them nothing but shelter, and a sleeping place, instead of in dwellings that furnish those comforts and surroundings which make life worth the living, including a due meed of wholesome exhilarating exercise?

Then too, the commuter, while bringing into play his muscles in some one of the ways related, can use clothes that are as old as he pleases and only just as much of them as the law calls for. Now apart from the sheer comfort that ancient garments bestow on one, when there are but few of them in evidence, say a pair of trousers and a ragged tennis shirt, they allow of an air-bath during exercise. And everybody knows or should know, what a health inspiring experience an air-bath is. The city resident knows not the joy of jabbing

the earth with a spade or tickling it with a hoe or giving a lawn a close hair-cut, feeling meanwhile the warm, enlivening air embracing his body at every movement. But the commuter does, or can do so, if he desires, and his pleasure is unmarred by the thought that he is being watched by prudish neighbors or that he is spoiling good clothes.

The writer knows of a cashier in a Broad Street (New York) bank who for years had been a literal martyr to dyspepsia, complicated with a group of allied maladies. He employed the usual specialists; "treatments" and sanatoriums also being tried in vain. Finally his health compelled his resignation and the curtailment of his household expenses. So he gave up his New York home and rented a little place on Staten Island. There was a garden attached to the house, and the ex-cashier in an amateur sort of fashion, on his "well" days, began to try his luck with the soil, being dressed somewhat after the fashion that I have described. That was eighteen months since. Today, the cashier is holding down his old job, has a complexion like bronze, muscles like iron and a digestion like unto that of an ostrich. He declares that the garden work did it all. Each day in spring, summer and fall and when the weather permits, he is up and about at 5 A. M., or thereabouts costumed thus: Shoes and stockings, none; trousers (vintage of 1900), one pair; shirt or undershirt, none; coat or vest, none;



A Type of Cottage at Ormonde Park,
Long Island

cap or hat, none. And his truck is famous among his neighbors and as plentiful as it is well-known. Need it be added that, wild horses couldn't tear him away from his cottage and garden, and that he has foresworn the metropolis forever in a residential sense.

Reader, if a dyspeptic, go thou and do likewise, if not on Staten Island, then elsewhere.

The Dietetic Aspect of Commuting

In nine cases out of ten, a depraved palate, that is one that craves highly seasoned and almost invariably indigestible dishes, or other dietetic abominations, is the result of conditions and environments of an unnatural sort. Thus the gourmet is usually city-made. An artificial existence, has brought about artificial demands on the part of his organs of assimilation and his nerves of taste. Both of these are incapable of performing their legitimate functions unless stimulated thereto by condiments or gustatory novelties. And so we have the epicures of various degrees and the special diseases which are the outcome of their special violations of Nature's laws.

But natural and hence hygienic environments, have a tendency to bring about normal conditions in people and things. Thus in dietetic affairs. The commuter who takes his due and proper amount of exercise and fresh air thereby keeps his digestive system in working order and his organs of excretion in active action. Consequently there is no insistence on the part of the first for food of a highly stimulative sort; and the second fulfil their allotted duty, without the spur of poisonous laxatives. Hence the palate is satisfied, and the stomach contented, with a diet of the simplest and, therefore, a diet of the most wholesome nature.

Other Advantages of the Suburban Life

Whatever makes for a cheerful mind, makes for a healthy body also. On this score, there are many things connected with suburban life, which, while not directly related to hygiene, yet bring about hygienic results nevertheless, and as such are pertinent to this article.

Thus, for instance, there are the opportunities for neighborly intercourse

which the suburbanite enjoys. Live in a city apartment house for half a dozen years, and the chances are that at the end of that period the only person in the place on which you are on speaking terms will be the janitor. Become a commuter, and at the end of a week or so, the fellow-members of the community will have given you personal invitations to their churches while the people on your right hand and your left, and round about you, will have called and your wife is in consequence up to her eyes in engagements of all sorts and descriptions, while you yourself have not been neglected by the men-folk. Now if there is one thing in life that tends to the banishing of trouble, the incoming of cheerfulness and the resultant health of brain and body, it is mingling socially with congenial neighbors. Hence the commuter, if he be of the right sort, has a source of health-giving that as a rule is unknown to his city brother.

To the writer at least, one of the most satisfactory features of the suburban life, is in fact, that usually he who elects to live it, can become the owner of his home on easy terms. The normal man has always an "earth-hunger"—the desire for a slice of the mould from which he sprung—and which he may call all his own. Also he wants erected thereon a home that shall shelter himself and those who are dependent upon him. Now it is safe to say that there is hardly one thing in life, that affords a man such solid content as the knowledge that he is on his way to become, or actually is, the possessor of the title deeds to four walls, a roof, and maybe, a bit of garden ground. And as "a contented mind knows no doctor" it will be seen that house-ownership can be legitimately classed among the hygienic advantages of commuting.

If the reader happens to be the tenant of a stuffy, shaft-lit New York flat, inside of which is a depressing atmosphere and perpetual twilight, and outside of which are arid and roaring stretches of bricks and asphalt, the photographs of the homes of suburbanites accompanying this article will furnish striking evidence of the truth of the writer's contentions.

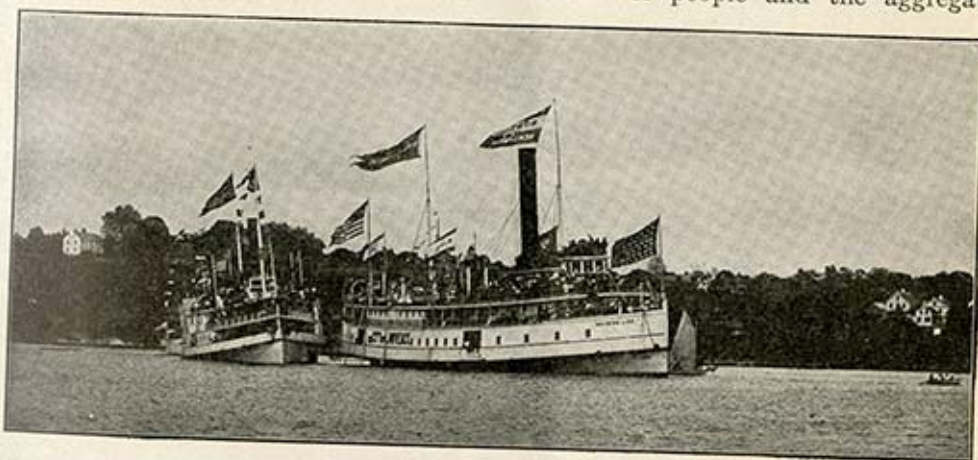
New York's Summer Receptions

By H. MITCHELL WATCHET

NEW York has what is probably the most cosmopolitan population of any city in existence, and is endowed with natural environments that, in point of beauty, extent and accessibility are without peer. These two facts are more or less responsible for its being, above all else, a city that loves to drink its fill of pleasure, especially during the summer season.

The Anglo-Saxon, as a rule, takes his recreation in a somewhat staid and serious manner, and then only when he thinks that he has earned it. It is otherwise with people of the Latin

Now one of the fundamental principles of physical culture is, that you cannot be healthy, mentally or bodily, unless you have your proper share of play. But such play must be of a wholesome sort, or else it breeds infinite harm instead of a plentitude of benefits. What then of the recreations that employ the leisure of New Yorkers during the heated term now nearly upon us? Do they make for good or evil, strength or weakness, development or degeneration? The question is surely as important as it is interesting, considering the millions of people and the aggregate



Excursion Steamers Crowded with Pleasure-Seekers

races or the nations who are in neighborly contact with them. So it comes about that New York seems to have been influenced in this respect by the example of her citizens of French, Italian, Slavic, Spanish or Teutonic ancestry, and puts in a goodly portion of her time in trying to enjoy herself. It musn't be forgotten in this connection, that the fact that a large proportion of Gothamites are of Irish birth or ancestry adds materially to the amusement-seeking propensities of the city. Your son of the Old Dart yields to not another man on earth in his capacity for fun-making.

consequences of these that are involved in the reply.

Coney Island, the Typical Summer Resort of the Metropolis

One can hardly think of New York in the summer without thinking of Coney Island also. Of the great number of natural playgrounds with which Nature has endowed the Empire City, that long, narrow strip of sand thrown up by the sea apparently for the very purpose to which it is put, is the favorite of the "common people." This with good reason. It is within walking distance of the heart of New York if you

have a pair of sturdy legs; otherwise a whole spider's-web of railway tracks converge fan-like on it; a fleet of steam-boats serve those who prefer the water route, and there is even an automobile

transportation service. Situated as it is on the Lower Bay, it is more or less protected from the heavy surf of the open Atlantic and the sometimes strenuous summer breezes of the latter. Its



From Stereograph. Copyright by Underwood & Underwood, N. Y.

Surf Bathing at Coney Island. One of the Summer Luxuries in which the New Yorker of Moderate Means Can Indulge

sandy soil too, adds to its natural healthfulness. And in other ways, it is well-filled to furnish vigor as well as fun to the New Yorker of scanty means who needs both.

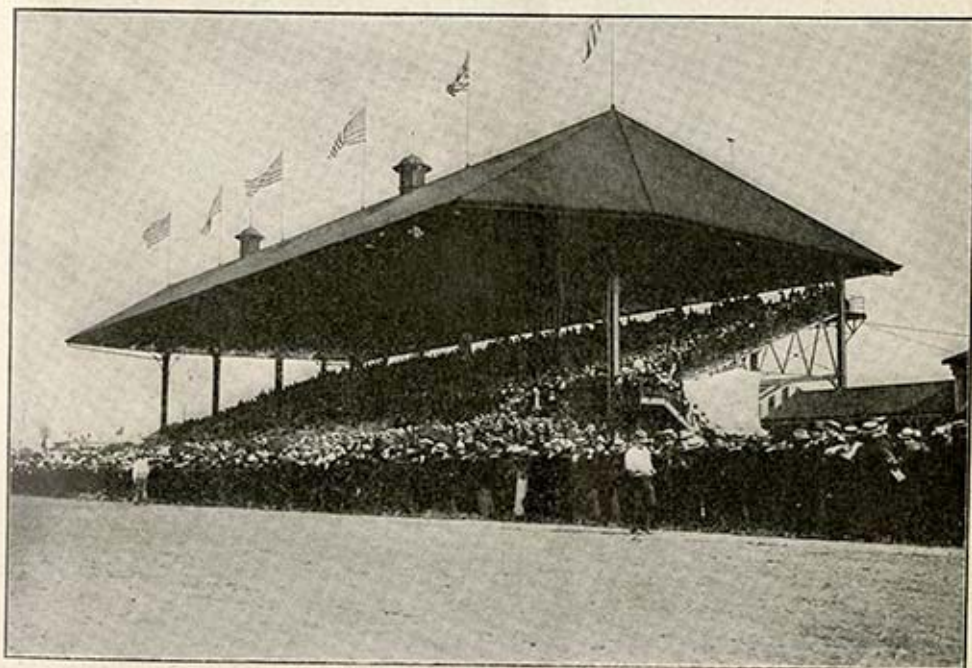
From an amusement standpoint, the Coney Island of to-day is vastly different from the Coney Island of say, twenty-five years ago. In the bad old days, it was the resort of the silly, the dissolute and the vicious and the rendezvous of gamblers, crooks and thugs.

So, handicapped by its reputation and shunned by the better class of peo-

ple, lay out a public park, thereby converting arid acres into stretches of bloom and beauty and dotting a sweltering block with shade tents.

Is it possible to strike an average as to the effect of a day spent on the Island on the health of the holiday maker? Perhaps so. But it will be evident that the only way of accomplishing the task is to consider the proportion that the good influences of the place bear to the harmful. Let us try to do this.

The eight or ten mile ride in an open surface or railroad car, which is the



A Representative New York Summer Crowd at the Race Track

ple, the Island limped along for some years. Then the magnificent possibilities of the place seemed to dawn on the promoters of amusement enterprises on a big scale. The rest is recent history. Luna Park, Steeplechase Park and Dreamland inaugurated the renaissance of Coney. These really admirable resorts brought in their train a host of other similar, if smaller, attractions, as well as an era of unprecedented prosperity to the Islanders. The municipal authorities looked upon the reformation, saw that it was good and proceeded to

preliminary to a visit to Coney, is an excellent thing, especially for those to whose lungs really fresh air is more or less of novelty. Probably twenty-five per cent. of the visitors, on reaching their destination, go to some one of the bathing pavilions and proceed to revel in the inviting water—which of course is greatly to be commended. But unluckily, and owing to the fact that New York's garbage is dumped into the ocean not so many miles from Coney Island, the beaches of the latter but too often look like unto the dumps them-



New Yorkers on the Grass in Central Park. A Popular and Refreshing Means of Sunday Diversion

From Stereograph. Copyright by Underwood & Underwood, N. Y.

selves. Yet there is no doubt but, that on the whole, the health of Gotham is beneficially affected by its summer bathing at Coney.

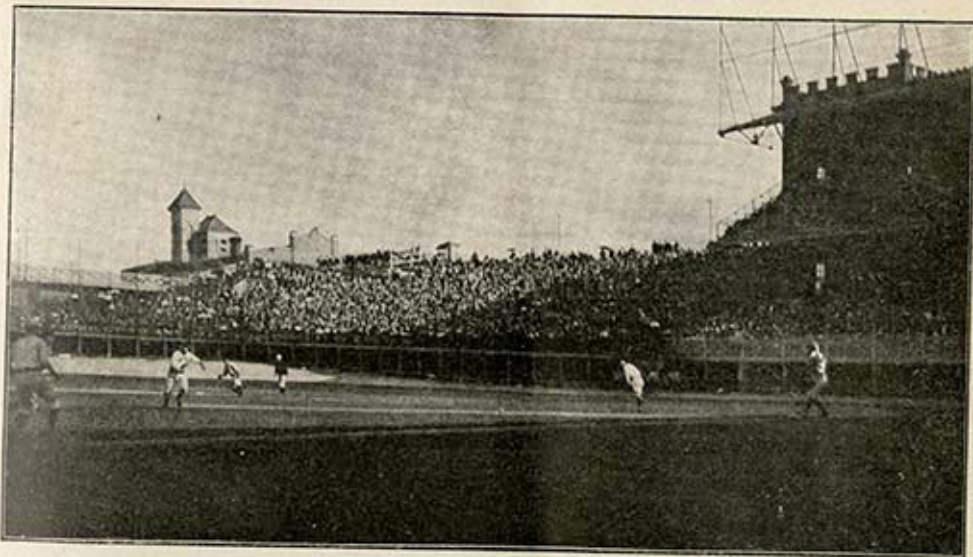
Coney Island Athletics

There is another aspect of Coney Island which, being of a distinctly physical culture sort, is therefore to be approved. The allusion is to those of its amusements which are of a semi-athletic nature. Thus there is the punching pillow, which allegedly registers the force of your blow, the "anvil" that, upon being sorely smitten, sends a weight careering aloft on the face of a tall upright, the lifting and wrist

twist your muscles, the decently conducted dancing floors, and much more of the same. All these things are excellent whether you look upon them as promoters of good temper, or makers of muscle.

Questionable Features of Coney

Dietetically, Coney, in some respects, is enough to make physical culturists squirm with horror. Aside from the oceans of beer and cataracts of whiskey which are served over its bars, there are certain edible abominations that seem to be in high favor among a large proportion of visitors. As a case in point, is the frankfurter sausage, popularly



A Critical Moment in a Base Ball Game, showing also the interest manifested by the New Yorker in this Fascinating Sport

machines, the "kicker"—a last season's novelty that shows just what would happen dynamically, if your trusty right foot came in contact with the coat tails of somebody you didn't like, the lung testers, by the aid of which you can blow yourself off for a paltry five cents; the rifle galleries that prove your accuracy of eye, steadiness of arm and readiness of forefinger; the ponies who know to an inch just how far you are entitled to travel when bestriding them, and who can't be coaxed or coerced into trotting an inch beyond; the electric batteries which thrill your nerves and

known as "hot dog," of the ingredients of which no man knoweth but the maker—and he won't tell. And what is worse, there are also a whole lot of its kin-sausages of many sizes, shapes and denominations that appear to find a ready sale also.

On the other hand, and owing to the fact that the current status of Coney makes it, above all things, a family resort, the careful housewives who are out for the day with their brood usually bring sufficient provender with them to last to the time of the home-going; which ensures unimpaired digestions,

provided that the food is of a right sort.

It may be added that the half dozen dairies at Coney do a rushing business during the season, which is another indication of the increase of physical culture dietetic ideas among the local masses.

Other Popular Resorts

What has been said of Coney Island applies in many respects to a number of other popular seaside resorts, near New York, on Staten Island, Long Island, the shores of the Sound and New Jersey. The majority of these, have, together with Coney, found that decency pays and have shaped their policies in keeping therewith.

The Parks in the Summer Time.

To tens of thousands of New York men, women and children, the parks are annually what Newport, Bar Harbor or the Adirondacks are to the wealthy. They bring into the lives of the less lucky ones, things that would be otherwise unknown to them—the sight and scent of grass, the song of birds, the shade and lullaby of leaves rustled by summer breezes, a chance for the eyes to rove over far spaces of greenery, the sparkle of water, a sky

canopy unmarred by vapors, and pure invigorating air.

New York's Water Playgrounds

One of what may be called the "summer instincts" is that which prompts one to be on or in or near the water at that time of the year when the sun is nearly overhead at noontime. And in view of this and the fact that Gotham has such magnificent waterways around her, it is no wonder that Gothamites are liberal patrons of the steamboat excursion fleet that is a salient feature of the heated term.

And what of all this from the viewpoint of physical culture? At first sight it would seem that the moneyed New Yorker has much the best of it as compared with his poorer brother.

But against all this, must be counted the moral and physical temptations which assail Dives and of which Lazarus knows nothing. The New Yorker who is compelled to spend his summer in the city, may console himself with the reflection that he is, at least, removed from many anti-physical culture things and conditions, which are to be found in the swellest summer resort that ever robbed its patrons of wealth and health under the specious pretention of entertaining them.



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

By BERNARR MACFADDEN

WITHOUT doubt much of the suffering and privation experienced by the working classes could be done away with if only they possessed a little general knowledge of food values and dietetic principles generally. In saying this, I do not wish to insinuate that as a class the toiling poor are willfully extravagant, for though this may be the case in some instances, it can hardly be considered the rule. But it is true that the table set in the home of the average "poor man" shows very poor judgment, or probably we should say, no judgment at all, not only in reference to the variety and quantity supplied, but as regards the actual character of the foods themselves. This is due not so much to any tendency towards extravagance as to the ignorance of food values of those who buy the groceries and prepare the meals. The result is that the table expenses of the family usually consume an unduly large proportion of its income, whereas intelligent selection and preparation of appropriate foods would enable them to reduce current expenses in such a way as to make possible a better standard of living, so far as clothing, education, and other necessities of life are concerned.

Of course this is true also of the average family in better circumstances, but that need not concern us here. Not only does the conventional table contain many articles that are of no actual value in themselves, but it holds many others that are positively injurious. These should all be eliminated, not only because it would be in the interests of domestic economy, but for the sake of the improved health of all concerned. In very many instances, those who bemoan their poverty would soon find themselves in a comparatively comfortable situation if they would adopt

a diet of a less expensive and more wholesome nature.

This is not intended to convey the idea that the ranks of labor have not suffered injustice at the hands of a relentless and all powerful capitalism, or that the grievances of the poor, in protesting against the social and industrial inequalities of this age of trusts and monopolies, are not for the most part well founded. But be this as it may, it is somewhat beyond the scope of this magazine to attempt to settle all of the problems of modern industrialism and social life generally, problems for which learned experts in sociology have failed to find the solution. The spread of physical culture, the word being considered in its broadest sense, including the necessary dietetic reforms, would go far toward the eradication of all these various difficulties.

There is no doubt that much of the social distress and misery among the so-called submerged classes, together with their inability to get on in the world, is due to their inability to think clearly, not only about dietetic and health matters, but also about political and industrial questions. This incapacity to think is due in great measure to their mistaken habits of eating and other unhealthy conditions of life, all of which could be changed through physical culture methods. There is such a thing as food drunkenness, and it is far more common than many suppose, even though it may not usually be manifested in its extreme degree. An excess of food is sure to produce a condition of greater or less stupor, dulling the intellect and detracting from one's activities generally. It is a case of *full stomach, empty head*. Hence the importance of a rational diet and an intelligent understanding of health matters generally. Given a race of normal,

healthy, vigorous human beings, with clear, active minds, capable of understanding and mastering the problems about them, and it is incomprehensible that the social misadjustments of the industrial world could long endure. Given a normal humanity, and nothing in the nature of what might be called social disease could exist.

However, irrespective of the unfortunate conditions in the world at large that make for poverty and stringent wage competition, it is nevertheless true that the financial welfare, as well as the health of every household could be remarkably improved if men and women would only learn the simple truths that I am trying to express in this series of articles.

One of the first important lessons for the average workingman to learn is that meat is an unnecessary as well as an expensive article of diet, besides being undesirable for a number of other reasons. To the average conventional man, meat seems to be the source of all strength, other foods being merely incidental. Many are so impressed with this idea that they consider themselves in a partially starved condition if they cannot have meat, not merely once, but at least three times a day. The common opinion even among those who have had presented to them some convincing proofs of the superiority of a non-meat diet, is that while a mental worker—of course, a mere mental worker!—may possibly be able to get along and drag out a weary life on a vegetarian diet, yet a "man who works hard all day has got to eat solid food," implying that meat is the only food of a substantial, strengthening character.

It is idle to argue with such opinionated individuals, for the basis of such a ridiculous contention is to be found only in ignorance. One might suppose, from the premises set forth, and the popular manner of drawing conclusions, that every man and woman who consumes meat in large quantities would be a model of muscular strength, endurance and health; also that the man who eats meat like a wolf three times a day would be approximately three times as strong as he who only partakes of it once. This, however, is

entirely contrary to fact. The man who eats meat, other things being equal, is never stronger than his non-carnivorous neighbor, and he is notably the inferior of the latter in point of endurance. This is a question that has been put to the test in scores upon scores of instances, in long distance races in which athletes of both the flesh eating and vegetarian type competed, and in other arbitrary tests of strength and endurance, the results invariably indicating the superiority of the bloodless diet in this respect! The most recent tests of this kind were those made by Prof. Irving Fisher, of Yale University, the results of which have been given wide publicity through the newspaper reports thereof. According to this, one might concede that the flesh devouring laborer could perhaps do a *little* hard work, though if we wished to secure a man to "work hard *all day*" we would choose one of grani-vorous tastes.

Instead of finding that the consumers of dead animal tissue are exceptionally strong and vigorous, as a class, we find uncounted numbers of weaklings among them—sick men and feeble women in a state of chronic invalidism. Note carefully the dyspeptics among your friends and acquaintances, and you will probably find that in nine cases out of ten they are particularly inclined toward the use of meat, or at least usually have been until they became too sick to endure it. It is true that there are usually other contributing causes of their ailments, but if meat possessed the strengthening and vitality-building influence ascribed to it, we would not expect such an extensive amount of sickness among its consumers. While the so-called "dominant nations"—in other words, the great military powers of the earth, are among the meat-eating class—a fact of which the importance and significance have been hugely overestimated by the opponents of vegetarianism—yet these very nations are at present in a most decadent and physically degenerate state. This is especially shown by the ever decreasing standard of those who apply for examination preparatory to entering the armies or navies, by the crowded condition of our numerous hospitals and

asylums and by the countless wrecks of the human form that stalk about the streets of both city and village—all heavy consumers of meat.

It is a fact not generally known to the public at large, that approximately seven-eighths of the entire population of the earth actually subsists upon a practically non-flesh diet, and that among these races are many of the most powerful types of humanity ever known. Among these peoples great strength is not merely the possession of a few exceptional "Sandows" and professional "strong men," but is characteristic of the entire race, of both sexes. In some instances, the women acquire such strength as burden bearers that they would eclipse most of our strongest men in a weight lifting competition, especially an "endurance lifting" contest. And the diet of these people is invariably frugal, as well as meatless.

We are told of Arabs, men of prodigious strength, with bodies as firm and hard as bronze, who consume as a day's rations one or two handfuls of dates and a like quantity of grain, uncooked. The Turk subsists chiefly on fruit and bread, the latter being made from the whole grain of wheat, barley or rye. The Algerians live on fruit, corn and rice. The Japanese, who have recently astonished the world, thrive on a simple diet composed principally of rice, dates, cereal and a bit of fish. A trifling amount of meat is used in Japan, notably in the army, but it must be remembered that the strength of this nation was originally built up on a practically vegetarian diet.

The same may be said in great measure of most of the European nations. Even to-day the bone and sinew of these nations—the peasantry—from whom was originally derived the physical vigor which has made them what they are, live largely, and in some localities entirely, on a vegetarian diet. Even the United States in great measure depends for the renewal of its vitality upon the immigration of these Europeans, for it is a noteworthy fact that the so-called original Americans are slowly dying out. It is true that one important reason why the peasantry of Europe, as a class, do not eat meat

is because of its expense and their own poverty, but this does not alter the fact that they are vegetarians and build up remarkable strength and vitality because of this fact, whereas when they later settle in America, make good wages and begin the practice of eating meat three times a day, they at once begin to degenerate.

Some of the most beautiful and vigorous girls in the world are found in Ireland, living on a simple diet of little else than potatoes and buttermilk. The fare of thousands of Russian peasants is limited to black bread and onions, and longevity among them is the result. For remember that the whole of the wheat was referred to in the olden days when bread was first called the "staff of life." This was true then, and still is among the peasantry referred to, though rye is used as much as wheat in bread making. Cabbage, potatoes, and a few other vegetables are used somewhat by the farming classes of these countries with occasionally eggs and a trifling amount of fish, though the price of eggs is not what it is in our own countries. Frugality and simplicity of diet also build hardy constitutions and full blooded, powerful bodies in Norway and Poland, where rye bread, porridge, milk, cheese and a little fish are the chief foods. The Moors in Spain display tremendous energy on a diet of coarse brown bread and grapes or other fruit. The rugged Scotch Highlander can live and thrive on little else than oatmeal. German farmers who eat meat have so little of it that it is not to be considered as a factor in the building of strength, for in a family of ten or twelve they will perhaps have a pound or two of pork in a week, or a single hog will be compelled to furnish their flesh rations for an entire year. Much more could be said to the same effect.

So let not you, Mr. "Hard-Working Man," be alarmed at the idea of lacking strength on a meatless diet. If in very stringent circumstances you could live on bread alone, made of honest whole wheat. You might secure an ordinary nut-grinder and grind your own meal, buying wheat and rye by the bushel from farmers. This may seem like going back to primitive conditions of

life, but be assured it would be going back to primitive strength, physical energy and rugged health. Nor would there be occasion for dental services on such a diet. Whole-wheat bread can be most simply made by the use of yeast, water and a bit of salt, the dough being allowed to "raise" according to the ordinary methods of bread making, though note that whole wheat flour or meal should simply be stirred and well "mixed," and not kneaded, as is the rule with fine white flour bread. This is not a fancy bread, but simply the good, wholesome, old-fashioned "staff of life." Here is another specimen menu for one day:

Breakfast

Fresh Acid Fruit.
Steamed Whole Wheat.

Lunch

One Onion Sandwich.
One Peanut Butter Sandwich.
Two Bananas.

Dinner

Whole-Wheat-Bread.
Stewed Lima Beans, Onion-Tomato
Sauce.
Rice and Raisin Pudding.

The *Steamed Whole-wheat* mentioned in the menu will take the place of oatmeal or other cereal commonly used in the morning, though the reader will note that this may be used at any other meal of the day with just as much satisfaction. The wheat should be unground and should merely be steamed, preferably several hours, or until tender. The entire wheat kernel may be boiled, the same as rice, but is better steamed, and served with a bit of butter, or perhaps a little milk. It requires careful mastication. One might live on this dish entirely, with advantage. Do not use sugar, though a few raisins might be added if you wish. Ordinarily one will desire nothing of this kind, however, for the whole-wheat is most palatable in itself. The wheat can also be used uncooked, by soaking in water, or, better yet, in milk, over night.

An *Onion Sandwich* should be made with whole wheat-bread and a filling of thin slices of raw onion. The large

Bermuda or Spanish onions are most satisfactory for this purpose, if available, though otherwise the ordinary onion will do. Plain whole wheat bread, eaten with fresh radishes, or the fresh onions from the garden, would furnish a very refreshing and palatable meal, which, though inexpensive, would be found to sustain strength admirably throughout the afternoon's work.

A *Peanut Butter Sandwich* is made by simply spreading the bread with peanut butter. A little peanut butter will go a long ways, by reason of its rich flavor. It can be generally recommended as being cheaper than butter, though one should avoid eating an excess of it, simply because it is so rich.

Stewed Lima Beans are exceedingly attractive without any dressing or special preparation. Of course the green lima beans to be had in midsummer are especially palatable, but the dried product may be had at all times of the year. They should be soaked overnight in cold water, then stewed over a very slow heat until tender, and until most of the water has boiled off. Use a little salt. A small quantity of butter or olive oil may be added just as they are taken off the stove to serve, though these are not necessary. A little milk added at this time gives them a very creamy character, but is likewise unnecessary. However, the addition of the following sauce, though not needed for palatability's sake, will make a dish of exceptional tastiness:

Onion-Tomato Sauce is made of equal parts of onions and tomatoes. The onions are first cut fine and cooked in olive oil, after which the tomatoes are added, the whole being cooked until blended. It can then be added to the lima beans.

This is a very valuable recipe, for it will serve just as well with other kinds of beans and a great variety of other foods as well. In fact, when the housewife who has discontinued the use of meat is at a loss to know what to use as a substitute for the "gravy" that was so often available in connection with meat dishes, I can recommend that this will more than give satisfaction in most instances.

How to Spend a Vacation

Our Prize Competition for the best letter on how to spend a vacation has aroused an unusual amount of interest among our readers, and among the contributions received have been many unique and very valuable suggestions. A few of these are given herewith. Others will follow in succeeding numbers. The prize winners will be announced in our July issue.

A Tramping Trip

The following are my suggestions for spending an ideal vacation: Have a middle-aged man or woman to chaperon a crowd of boys or girls, as the case may be, have the leader have a route mapped out, preferably along a stream, and walk a certain number of miles each day. Have the point at which to prepare the mid-day meal, and the place to pitch the tents in the evening, near a farmhouse, so as to secure provisions.

Have a couple of wagons to carry the tents, cots, provisions, etc., to travel upon the highway; have some one to prepare the meals, or if the party consists of ladies, let them all serve in turn. Eat principally raw foods—you will thus save time and trouble, and all will feel benefited by it. If the party consists of people accustomed to sedentary occupations, an outing like this would be a wonderful tonic—it would be a tonic to anyone, for that matter.

Wear old clothes, and sun-hats. For the ladies, shirt-waists and worsted skirts are best. Remove shoes and wade across streams; if any are afraid to wade, the rest can carry them, by making a seat with their hands. Have the leader take a camera along, take a snap-shot as they are fording the stream, and another when some of them are up in the limbs of a fallen tree or have them climb into hollow trees, and stick their heads out. Take all kinds of interesting pictures, and afterwards have them assembled in album form, and each one will be glad to purchase one to remember the jolly outing. The tramp for each day does not need to be so long, then there will be time left for other sports, such as bathing, frog-hunting, etc. Should anyone feel indisposed to walk for a day, the time could be spent by the rest in other sports. Fishing, wading, etc. campfires, and singing and story-telling, corn roasts, etc. will make the evenings pass pleasantly. The cost of an outing like this would be very little, so that almost anyone could afford it, and one would feel repaid when returning to their duties, again, by the improvement in their health and appearance. Hoping my few suggestions may help some one.

Miss M. M.

Vacation in the Mountain or Woods

The best place to spend a vacation is where the surroundings are natural; where one can be free from unnatural, artificial environment;

and where one can live the natural life and study Nature and behold her beauty. Where the surroundings are natural one can thoroughly enjoy his or her vacation and will at the same time reap the benefits of such conditions. Mountainous, wooded regions are excellent. Pure mountain water and air are at hand and plenty of exercise can be had climbing peaks, roaming through the forest studying Nature, climbing trees; or games can be played if the vacation party be a large one.

In such places, conventional life in all its forms can be escaped and if desired all unnecessary clothing can be thrown off in order that the body may get the greatest benefit, that it may fully take in the pure air and the sunlight. The mountains in their natural glory contain the most beautiful scenery, more worthy of being studied than useless and vain inventions and arts of man. Cameras may be taken along by the party, as beautiful pictures may be taken of Nature, wild animals, etc.

A plentiful supply of good food should be taken along in waterproof bags, and sleeping bags and a supply of matches are also necessary. Tents may be taken along or dispensed with, according to the circumstances. When the party desires, fish may be caught and eaten, but if it isn't necessary it is best to leave fish and the other animal inhabitants alone, as they were not made to be eaten and killed, and are not over anxious to serve man by being served as foods. The camping party should not remain at one spot all the time, but should travel from place to place and camp wherever night overtakes them. In this way they will derive more pleasure and prevent monotony.

If in a very wild country, firearms should be taken along as protection against wild animals.

As pure water is abundant in the mountains, drink need not be taken along and no doubt such food as nuts and wild fruits can be gathered, according to the season. Cold baths can be taken in the streams. Nature should be studied on every hand. This is an excellent way to spend your vacation.

Orange City, Iowa.

JAKE KOYMAN.

A Camping-Out Party

Five young men spent their last year's vacation in camping-out and living a true physical culture life.

The location was ideal: on one side we had a beautiful bay, on the other was an orchard, and as it was during the month of August, the fruit was ripe and plentiful.

We all left for "Bachelor's Hall," Saturday, and spent all day fixing things up generally. During the afternoon a farmer passed and we were fully supplied with vegetables to last a few days. Before sundown we were off for the beach for a swim, which was followed by a supper that was eaten very heartily.

We rested all day Sunday. In the afternoon we went in swimming—this made us feel fine. A run on an imaginary track followed that, and the meal we then had was certainly acceptable.

Monday we arose early, and it being a delightful day, we were in the water at seven. We were now beginning to feel like two-year olds. We followed this with some good exercise with our medicine ball, a satisfying breakfast was then attacked, after that we headed for the orchard with a large bag.

It was almost two o'clock when we returned heavily laden and all fagged out. But went in for a swim and run before eating anything. During the afternoon we got into our rowboat and made for a distant point. But the tide was strong and we soon had to turn back, incidentally we had all become very tired. As soon as we anchored, another swim, a run and then supper. We were up till almost ten telling stories.

The following days we played baseball, tennis and racquet. We had to walk daily over a mile for well water. Every day we had fresh milk and eggs, and found plenty of amusement in keeping house and had many admiring visitors.

We also had a party of guests and had a clam-bake, which was a big success. We spent much of our time fishing, clamming, ceiling by moonlight, etc.

The time simply flew away and when we left I found that I had only spent about two dollars, my friends about the same.

It was a very inexpensive way to spend a vacation and each gained from two to eight pounds.

Should the same conditions prevail as did last year we will no doubt be in the same spot to reincarnate the scene of last year's experience.

H. C. LEFFLER.

426 East 8th Street, New York.

A Factory Worker's Vacation

Being a mechanic employed in a factory from 8 a. m. till 5 p. m. the whole year round, with the exception of Sundays and legal holidays, I feel the necessity of having a vacation of at least two weeks annually.

During the latter part of July, 1906, one evening towards dusk I boarded an express for Buffalo, my destination being Berlin, Ont., Canada. Arriving in Buffalo at 7 a. m. I then journeyed to Niagara Falls. On a sunny day there is no grander and more enjoyable spot on earth, than the precincts of Niagara. Greater than any opera, more enchanting than any theatrical drama, this

wonder of the planet makes you its abject slave, and the thought that you have arrived at Niagara produces a feverish activity to explore every detail of this peerless region. The first thing that strongly appealed to me was to explore the vacant recess behind Luna Falls, better known as the "Cave of the Winds." I should advise anyone visiting Niagara and who is troubled with nervousness to go through the "Cave of the Winds." After being fascinated for six hours with such a scene of overwhelming majesty, I again boarded a train and proceeded on my way to Berlin. When I arrived there I found my friend, who is a farmer, outside the station with his buggy waiting for me. A hearty handshake and I was seated beside him. After a drive of a few miles through beautiful country, we reached the old farm with its frame buildings and wealthy orchards. That night I slept indoors, but as my vacation was limited, I was determined to take the advantage of the open air as much as possible. Next day I procured a tent and pitched it on the banks of a river which takes a winding course through the grounds. I slept in this tent every night during the remainder of my stay. In the mornings I arose at 5 a. m. and immediately took a plunge into the cold running waters and after a few minutes' swim, I had a thorough rub-down with flesh gloves, dressed and took a brisk walk of four or five miles, after which I had breakfast. The remainder of the day I either spent in the harvest-field or orchard and if I was not working, I was fishing or indulging in long walks; and deep breathing. These I consider essential to good health. My meals (three a day) consisted wholly of fruit, eggs and milk, all uncooked. At 8 p. m. I again took to the water for a few minutes, and after a thorough rubbing went to bed. I know from experience that you can rest much better after having a bath.

I must say that during my two weeks' vacation I rested very little during the day. I simply could not lounge about in idleness. My only regret is that I cannot live continually as I did these two weeks, for I increased eight pounds in weight and never felt better in all my life. To anyone contemplating going to the country for a vacation, I should certainly recommend sleeping in the open air, if possible.

This summer I intend going further north in the Muskoka Lake regions. This is an ideal place to spend a holiday, as the fishing grounds are good, and its many camping sites are unequalled—hundreds of pretty lakes and rivers, situated 1,000 feet above sea level. Fever and mosquitoes are unknown, steamboat service is splendid, and one who has worked hard for fifty weeks in a year knows how to enjoy himself when he is in a region of that kind.

JACK REID.

New York.

A Restful Camp-out

"Yes," exclaimed my friend Bert, "we'll have a restful camp-out—hitherto our expe-

ditions have been too strenuous. This time we will plan for a real rest."

Accordingly one bright August morning found us *en route* for one of southern New Hampshire's most beautiful lakes. In addition to our general camping outfit we added two folding-cot beds, plus mattress covers for same, and a generous supply of magazines. Arriving late in the afternoon it was "up to us" to hustle. First we must make a shelter for old Whity, the horse, next raise our tent and set our cots ready for night.

I must admit we did not rest any too well the first night, and next morning were up with the sun. After breakfast we went after some straw for our mattresses, bought a can of milk, hired a boat and borrowed a shovel. The latter was used in digging a trench around our tent, and a hole at the base of a large pine tree. Here we sunk two boxes, after removing the bottom from one, which was placed on top of the other, thus making us a very commodious receptacle for our provisions. We then cut pine limbs and piled them inside our tent at one end, in readiness for rainy weather, and fixed about the camp generally.

That evening and all the remaining nights we slept the sleep of the just.

The following was our general daily routine: Rise early and lave in the lake; get breakfast—usually consisting of fried fish, fried potatoes, bread and a hot drink, then a troll for pickerel or a row; dinner of either fish chowder, fried or broiled fish, etc., followed by a good rest, laying about camp reading until four o'clock or so, and then take a spin of a few miles, returning about six p. m., when we would go fishing for a couple of hours and returning to camp build a fire and sit about for a time, eating our lunch of crackers and milk, telling stories, etc. Finally we would turn in for the night. Toward the latter part of our second week the provisions, which we had taken from home, were rather scarce and we were glad to resort to the supply of crackers we had. Our vacation ended all too quickly. It was voted we had had an ideal as well as a restful camp-out, and we returned to our work much invigorated and refreshed.

GEORGE E. RICE.

Vacation Out of Doors

Summer vacations should be spent in an active out-door life of various pastimes. All cares and business worry should be banished from the mind and the one thought—comfort—should reign supreme.

My experience last summer, which lasted but two weeks, regenerated my whole system. One week was spent at a beach along Lake Huron and the remaining time near the shores of Lake St. Clair. The early morning dip in Lake Huron was most exhilarating and was generally followed by a reaction that seemed to make our very bones ache for activity. "Quoits" afforded considerable pleasure without any expense. A set of boxing gloves also proved we had yet many things to learn.

Dinner was the real enjoyment of the day. It is wonderful the enormous appetite created by the out-door living. Potatoes, corn, tomatoes, fruit, etc., vanished before us. The nearby cottages made possible a mingling with the fairer sex and the afternoon jaunts through the woods forced us to recognize the charms that Nature had in store for us. While excitement was not prevalent, still time did not hang heavily on our hands.

While at the cottage on the shores of Lake St. Clair we continued to enjoy that comfort and happiness which was so satisfying to our natures. Rowing was indulged in during the mornings. Bathing suits were usually more desirable to us than conventional garb while rowing. The sun liberally tanned our skin and our only regret was that we could not spend a couple of months in such out-door life.

Fishing during the afternoon afforded us an opportunity to dream of the good times we had experienced during our school days, until an occasional "bite" would awaken us from our reveries and fish for supper was then most important.

After having satisfied our appetites with supper, a sudden demand for hammocks was evident and they were required to hold more than the maker had intended they should. Chinese lanterns attracted the fairer sex and we missed some of the boys while they "tripped the light fantastic" at a nearby pavilion, while those of us for whom dancing had no allurements enjoyed another frolic in the lake and after our day's experiences were related and popular airs had been murdered, "Please Go Away and Let Me Sleep," seemed to be the sentiment prevailing. Thus would I spend my vacation this coming summer and I would recommend a similar experience to others.

E. C. U.

Mt. Clemens, Mich.

Two Vacation Experiences

Up in the green Berkshire Hills of Massachusetts, fifteen hundred feet above the sea, six miles from the nearest railroad, and half a mile from the road and our nearest neighbor, the roughly built boarding-house of a deserted camp-ground, stands on a grassy hillside and overlooks as beautiful a wooded valley as God ever made.

Here, during last summer, we camped from July 3rd to September 9th. That is, some of us did. There were four girls in the party to start with, then came two more girls with their mothers and myself. For over a month I was the only rooster in the hen-house, but I didn't mind that, in fact, I rather liked it, though I did have to chop all the wood, and carry all the water, etc. During the summer our party received other additions till there were sixteen in all, from six different families. Then the number shrank to two, but I'll speak of that later.

We secured two cows for the summer which supplied us with more milk and cream than we could possibly use. Strawberries, checker-

berries, raspberries, blueberries, and blackberries in turn overflowed from the nearby fields on to our table. A thoughtful friend before we came had prepared us a little garden where green vegetables could be had for the picking. We bought our butter and eggs at farms just the right distance away to make a nice walk.

I am afraid we were a source of constant bewilderment to the good country folk round about. How could they know that a crowd of "children," as they called us, who dressed in bloomers and gymnasium suits, went everywhere bare-headed and bare-legged, ate only two meals a day and no meat in those, ran and romped in the rain, took sun-baths in the grassy wood-glades, slept out-doors at night, and seemed ready at any time for immodest athletic stunts, were not insane moral degenerates, but merely physical culturists on a vacation?

We picked blueberries and sold them. We took hold of the services in the little undenominational chapel and waked them up. We undertook weekly prayer meetings in the country school-house, and even put through a Sunday School concert, a thing previously unknown. We chartered a hay rick and had the jolliest kind of a straw ride to sing for a bed-ridden old lady in the hills.

We discovered a little waterfall in the brook where we could sit on the stones and let the cold water pour over our shoulders to the accompaniment of our shouts and screams of laughter. A thunderstorm came up while we were thus engaged, so we hung our dry clothes on the limb of a tree to keep them dry, and joining hands, danced the wild waltz out in the rain, singing and whooping. Had any superstitious native seen us, his belief in "haunts" would surely have been confirmed.

We slept in our out-door cots almost all the summer, bundled up well,—for the fresh mountain air is cool at night,—until the cries of wild cats and the rumors of a panther in the vicinity drove us indoors.

When we reckoned up our expenses at the end of the summer we found that we had gained not only in health, energy, and good spirits, but had actually saved money, for on making the division of our expenses we found that the rent of our cottage cost less than five dollars apiece for the summer, and our board amounted to only \$1.08 a week for each of us. Personally I gained in weight from that vacation over one hundred and thirty pounds—and she is a physical culture girl too. I'm well pleased with the results of our summer in the hills.

One year later we passed our honeymoon, that is the first month of it, in Physical Culture City, New Jersey. That is a delightful little spot. Not until you get within a hundred rods of the little station do you suspect that behind the trees is a busy colony of health-seekers. As we stepped out on the station platform we were welcomed by a jolly young man in overalls (that's all) who took us in charge, made us happy, got us settled

in our canvas home, and introduced us to our neighbors.

We swam in the lake, took shower-baths under the falls, picked pondlilies and berries, watched the drills in the gymnasium and took a part ourselves occasionally, attended lectures and concerts, read in the restaurant reading room, took sun-baths in the woods, or long walks about the country, or occasionally staked and cleared a little on our six lots in the "City." There was something doing all the time, or we could completely relax if we choose.

We became acquainted with Mr. Macfadden and all the other people whose pictures we occasionally find in *PHYSICAL CULTURE*, and found them all well worth knowing, good comrades and like one family. At the end of four weeks we parted with them with sincere regret, richer in tan, in health, in friendship, and again found that our vacation had cost us no more than we should have spent at home.

How shall we spend our vacation next summer? In the same place, and in the same way if we can possibly arrange it. In closing let me say that should any of my fellow physical culturists desire to know more about either of the vacations I have described, with a view to spending theirs in a similar manner, I shall be glad to answer questions.

FRANK M. GRACEY.
Agricultural College, Mich.

Get Into the Country

Planning for a vacation, and selecting a place to spend a few days or weeks has taken very little of my time, for the writer always has lots of out-door work to do, and going to mountains and seashore, appeals very little to me. But to the average person, the beginning of summer usually causes lots of speculation as to: "Where shall I go?" In answer to that I would say: no one who reads this is too far away from some lake or smooth stream, where boating and swimming can be indulged in. If you decide on a stream, you want to be very careful in setting up your camp, so as to be out of reach of the rising waters, should there be a heavy rainfall above your camp. You can always find a high and dry place on which you can erect your shelter or tent, whichever you find the most convenient, then too, you will be high enough to get cool breezes that will be fresh and invigorating.

Preparing food doesn't necessarily cause much trouble in a camp; in fact there will be more pleasure, for your appetites will always be well whetted after a day's outing, or a night's rest in such surroundings. The menu for these outings can be made up at your own grocer's at small cost.

As to sports and pastimes, boating, fishing, swimming, hunting, early-morning running—I would suggest all these things as the most appropriate ways of spending the time.

Columbus, Ga.

RALEIGH W. ALTHISAR.

Comment, Counsel and Criticism by Our Readers

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

Diet and Strength in Other Lands

TO THE EDITOR:

As a seaman I have been about the world and tried to keep my eyes open: it is hard for me to understand how men fall into the narrow groove that causes them to reject every kind of reform, however much needed.

I have observed the little Jap with his few ounces of boiled rice and fewer ounces of fish carrying cases of petroleum up steep steps in the hold of a large vessel where your beef-eating, beer-drinking dock laborer of civilization (?) would be exhausted in three hours at the pace they set him, and better still, they never seemed to take the work seriously, but were always cheerful. I have seen the natives of Northwest India (at Kurrachee) handling heavy bags of sugar all day, eating for dinner a thick brown pancake only and during the month of fast (Mohammedan) eating nothing while the sun shone.

I have carried from South America to South Africa cargoes of corn, which is practically the sole food of the Kaffirs employed as dock laborers, and who number among their tribes some of the greatest cross-country runners on earth.

On the West Coast of Africa, the Krumen, engaged by contract for the heaviest class of work, such as carrying all kinds of goods from lighters to shore and for hundreds of miles inland, work three hundred and sixty-five days for an equal number of shillings and for food have three pounds of rice daily and one pound of beef weekly.

Now when a man tells me he cannot eat oatmeal for any part of his breakfast because it would not leave sufficient room to stow away enough beef, potatoes and white bread to sustain life until noon, I feel like calling him a fool, but of course refrain from doing so.

Here in the Canary Islands they parch corn and grind it to a fine flour, which is mixed with milk or water, as desired, for food. They parch wheat to some extent the same, these are sometimes mixed. This with fruit forms a greater part of the diet of the dock laborers, beef being high in price (20c. lb.) and unsatisfactory food. Could send you samples of

these flours if they are not already known to you.

I will be pleased if any part of this is useful to you; you are working in a good cause. I intend writing later on in regard to helping "scatter seeds of kindness" in the shape of **PHYSICAL CULTURE** magazines. While I hate to part with mine, I have given away the entire year of 1905 and find a great number of people becoming interested in the movement for a cleaner and a better life. WM. M. COLLINS, Master of Schooner *Evadne*, Advocate Harbor, Nova Scotia, Canada.

Peruna and the Truth

TO THE EDITOR:

When I came into this country from Finland, my native land, I thought everything would be strange to me; the people as well as their language. So I was quite astonished, on seeing a huge placard on a nearby fence, bearing a picture of a young woman, standing by a big bottle, and above them was a plain Finnish word—"Peruna." The word Peruna stands for potato in the Finnish language, but what the potato had to do with the bottle I could not make out. Finally a happy thought struck me, which I thought solved the problem to me. Potatoes, I knew, were used in the old country for distilling cheap brandy, and very likely they are doing the same thing here, and that must be their advertisement, where they honestly tell the public what their stuff is made of. That reasoning, however, was shown to be erroneous, by a friend who had already acquired some knowledge in the English tongue, and he explained to me that "Peruna" was the name of a wonderful medicine which heals every ailment that human flesh is heir to, and the potato has nothing to do with it, unless it means that you will have an appetite for potato or for any old thing, after you use few bottles of it according to directions. That was a revelation to me, but still, I could not help wondering: Where did they get that name?

But now, after I have learned to read English and have become acquainted with **PHYSICAL CULTURE**, I have found out that

my first reasoning was pretty near correct; for as the chief ingredient of Peruna is alcohol, with some burnt sugar and cubebs for color and taste, and as cheap alcohol is made of potatoes, therefore the name "Peruna" is an honest declaration of the composition of the medicine, and so the manufacturer of the nostrum tells the truth and nothing but the truth, but in such a language that only about a quarter of a million people in the United States understand it, and even they cannot believe it to be the truth, as the truth is not expected from a patent medicine quack.

V. M. HALLFORS.

Healdsburg, Cal.

Discard the Hat, But Protect the Eyes

TO THE EDITOR:

Perhaps three per cent. of the people one meets on the street are bald. They are not so from choice, far from it. Then wherefore the cause?

It is clear that since baldness occurs on the top of the head, and not on the sides, that lack of ventilation and of sun-light is to a large degree responsible. In short, that hats are the cause of it.

Last summer, several of my friends, living out-of-doors, went without hats for six weeks. They found their hair *very much* benefited, but had to return to hats on account of their eyes. The eyes, unprotected by hat-rims, became very sensitive under the strong rays of the sun.

The only solution of the head-gear problem seems to me to be the common eye-shade, such as is worn by students and others to protect their eyes from artificial light. Provided with an eye-shade, a person may go hatless all summer, and besides acquiring a vigorous growth of hair, will have one of those nut-brown complexions, so fashionable now-a-days.

FRANCIS LAYTON.

Oakland, Cal.

Child Labor on the Farm

TO THE EDITOR:

In a recent number of your magazine, I find an article on child labor in the cities. What about the poor farmers' boys and girls that have to help their parents make a living? There is much written and said these days against child labor. How are we going to stop it? We can make laws to prevent them from working in the factories, mines and other places but there must be something done so the parents can make a living for them on the farm as well as in the city without child labor. I can see only one remedy—and that is socialism.

A SUBSCRIBER.

Kalispell, Mont.

A Shower Bath for Farmers

TO THE EDITOR:

Several months ago you had a contribution about farmers not taking proper care of themselves, and some not bathing once in six months. This is undoubtedly correct, but one must remember that farmers are not as

up-to-date as city people and have not the conveniences at hand. They have no hot or cold water and when they want a bath they must take the wash tub. Lots of them don't know what a shower bath is.

A year ago I took treatment in an open air sanitarium and when I left there I went back to the old farm, and had to figure on the bathing proposition, for I always took a cold plunge every morning at the sanitarium. I took a keg, put a faucet on it, and then took a small can, punched holes in it and hung it under the faucet, and I had as good a shower as any Y. M. C. A. in the country. When I wanted a hot bath I took a basin-full of hot water, scrubbed myself well and washed with a shower. There is no patent on my device, so any farmer can use it.

Wishing the best of success for PHYSICAL CULTURE.

T. PUNKEN.

Dodge, Ore.

Hot Drinks

A very common affliction of the human family is the ailment to which common speech gives the names of piles, but which scientific terminology designates by the more high-sounding title of hemorrhoids—a Greek word meaning blood-dischargers.

Several years ago, when the writer found himself numbered among the victims of this derangement, the family physician sought to console him with the information that between seventy and eighty per cent. of the American people were in the same condition. The good doctor opined that the surprising prevalence of the affliction was due to errors in diet and the unnatural conditions of living which exist at the present time. It is not to be supposed, however, that the disease is peculiarly a modern one. The name which it now bears among educated people was given to it by the ancient Greek physicians. In the Pentateuch (Deut. xxviii. 27) and in the first book of Samuel (v. 6) it is mentioned with the spelling "emerods," current at the time of the King James translation.

As to the histological nature of the disease, the doctor said that it consisted in a failure of the circulating blood to pass through the capillaries at the seat of the trouble, whereupon the minute blood-vessels became engorged, and finally broke down and discharged their contents. The immediate cause of the trouble, he thought, was "false fermentation" in the digestive tract, the products of this fermentation irritating the mucous surfaces with which they came in contact. The remote and exciting causes could not be pointed out in each case with certainty, but he mentioned several, which, he thought, contributed to the production of the disease.

As to the cure of hemorrhoids, he said that drugs were practically useless. Local applications offered relief, and sometimes, though not often, effected a cure. The surest treatment was surgical, and consisted in cutting off the offending surface. As faulty circulation of the blood was a condition of the disease, the healing of the wound left by the opera-

tion was necessarily slow and tedious. Even in case of an operation the trouble was likely to recur after a while, in the mucous surface remaining. As a more vigorous circulation would often force the blood through the unwilling capillaries, and as exercise produced a stronger circulation, it followed that lively exercise was an important factor in every cure.

Similar to these remarks of the family physician is the statement of Dr. Humphreys in "Humphreys' Specific Manual" that "this disease usually depends upon congestion of the abdominal venous circulation. This congestion eventually results in the formation of tumors, and frequent hemorrhage or discharge of blood, or, in some cases, a discharge of mucus, or violent itching. A rational treatment will seek to relieve this congested condition, upon which the tumors depend." In the paragraph following the one quoted, Dr. Humphreys speaks of "care in diet," but gives no particular dietary rules for the patient to follow.

The outlook for the writer was not roseate. Here he was, a vigorous man in the noonday of life, but subject to a painful ailment which had been gradually gaining ground for twenty years, until it threatened to interfere with work and pleasure. If this were the record of the forenoon of life, what could be expected of the afternoon and evening? And the doctor intimated that cure was uncertain and even improbable.

While taking advantage of the doctor's palliative measures for a few days, the victim thought and studied and investigated and reasoned. As a result, he substituted cold water for the hot drinks which he had used habitually all his life. At the same time he abandoned the eating of meat. Almost immediate relief followed. No other treatment was necessary, and in three years Nature had wrought so perfect a cure that there was scarcely a vestige or reminder of the disease of twenty years' standing. It should be said that the patient had always taken an abundance of exercise, and always used a fair degree of caution in his diet.

Subsequent observations, combined with his own experience, have convinced the writer that the remarkable prevalence of the above-mentioned disease in this country is due largely to the almost universal drinking of hot beverages; that the heat applied to the interior of the stomach and intestines produces the "congestion of the abdominal venous circulation" referred to by Dr. Humphreys. Experiments have shown the writer that the regular use of hot drinks for a few successive days is sufficient to cause a new attack of the old disorder.

The writer would not advise the use of coffee. He finds that it produces nervous excitement. While that excitement is present the muscles do not respond with their usual readiness and precision to the call of the brain, and the brain itself lags under the promptings of the will. After drinking coffee, therefore, an increased amount of nervous energy must be expended to produce a given muscular or

mental result. Nevertheless, if the writer were called on to choose between drinking cold coffee (of mild strength) and hot water, he is not quite certain that he should choose the latter.

As to the connection between meat eating and hemorrhoids, the writer is not so clear, though he believes there is such a connection. A considerable portion of meat is insoluble, and it is strongly suspected that the change which meat undergoes in the alimentary canal is largely the change of putrefaction rather than the change of ordinary digestion. If this be true, it may contribute to the "false fermentation" which the doctor mentioned. At any rate, the writer knows that after he ceased eating meat he felt better, gained flesh, required less sleep, and could accomplish more and better work. What is perhaps of still more importance is that he felt more cheerful and enjoyed life more thoroughly.

M. H. MORRILL.

Superior, Wisconsin.

Reply to "Intaglio"

TO THE EDITOR:

Replying to the letter in your April issue headed "Choosing Between Love and Duty," I would say to Intaglio: educate the woman you love to your ideals first and then marry her. If she fails to see life now as you see it, then turn your love to some woman who can and will live up to your ideals—those ideals can only work out in harmony with the Universe when both parties are filled with *love and ideals*.

Your ideals make you a man on Earth with the breath of Heaven in your nostrils. Her ideals make her a woman on Earth with the breath of Earth in her nostrils.

LEROY COATES.

Jacksonville, Ill.

Marry For Love Only

TO THE EDITOR:

I read the article on "Choosing Between Love and Duty," in your April number and it interested me very much. In my opinion the young girl that he claims loves him does not, or she would readily listen to anything he has to say concerning the welfare of their future life. It is also my opinion that a man should marry the girl he loves regardless of all things. Many women do not indulge in exercise, or as they term it "foolishness." Their one ambition is to keep a neat house, dress well and keep clean children. This young physical culturist who loves him, after marriage might not practice the exercise to the same extent as in her girlhood. My advice to this young man is "Marry the young lady whom you love and who loves you."

A READER.

Reading, O.

Tell Her of Your Predicament

TO THE EDITOR:

One hardly knows where to start to answer the question raised by one of your readers who, as he says, must "Choose Between Love and Duty." But I think it is a single man's

duty to try and find his mate in this world—one who is physically and mentally adapted to him—and then for both to throw their whole heart and soul into an affection that will grow and grow until love becomes so great that you cannot longer live alone, and then to enter that holy sacred bond of matrimony to mold out each other's faults.

I see no reason why a young woman should refuse to discuss such topics as previously stated, especially with the man to whom she assented to be the father of her children.

In conclusion I would suggest that you try to reform number one to your way of looking at and living the physical culture life once more, and if you cannot succeed then I would tell her my whole heart and if she be a woman and cannot believe the way you do, she will think nothing wrong of you for breaking the engagement.

Then, when your love for her exists no longer you can try to learn to love the other, which you surely should before marriage.

EGROEG SELWOUK.

Sault Ste. Marie, Mich.

Marry the Girl With the Highest Ideals

TO THE EDITOR:

As regards the latter from Buffalo in April *PHYSICAL CULTURE* written by "Intaglio," from personal experience, I advise him to choose the physical culture girl and he will be certain to love her as much all his life as he now does. Many hundreds or thousands of men have married girls they adored and worshiped, only to have the feeling gradually, but surely, die out after marriage. That even, slow fire of brotherly love for a girl never dies out. That is my own personal experience and I have heard others say the same. It lasts through life, for how can a man help but admire a good, jolly, sensible girl who has such high ideals? The strong, fiery passionate love, is usually not so lasting for it is very often more lust than true love. True love is like deep water, not so fiery or turbulent. It is a well-known fact that still water runs deepest, and, it is also the hardest to disturb. It is not so easily diverted from its course as a dashing, rushing, madly splashing little noisy brooklet with but a ribbon of water threading its way over the rocks and among the weeds and rushes. That quiet, brotherly love, as he calls it, lasts longer and does not wear itself out as the more passionate love does.

Yours for a better and cleaner manhood and womanhood,

CARL RAMOND PIERSON.

From a Selfish Standpoint

TO THE EDITOR:

Tell "Intaglio," of Buffalo, to marry the one he loves and send me the name and address of the other.

"A little nonsense now and then is relished by the best of men."

A. R.

Buffalo, N. Y.

Let Phrenology Decide it

TO THE EDITOR:

I noticed in the April issue of your magazine the letter of a young man who is in a quandary as to what to do in regard to the marriage of one of two girls that he is much interested in from different standpoints.

The advice that he seeks is difficult to give in such a way as to be of real value. It appears to me that the best any would-be helper could do would be to give the general principles in the premises and let the person directly involved make the practical application of the same. As for myself I can not consider such a proposition aside from the teachings of the science of phrenology. This science furnished to me the only definite guide to the study of any proposition of a mental nature—and all such cases are mental in aspect.

If I were to attempt anything like direct advice I should have to know the mental constitution of all the parties concerned. I would, however, beg to suggest to our young friend, that the advice of a good phrenologist would be the most reliable help he could get in the case.

With the earnest wish that our friend may come out well and have a long and happy married life.

Wyoming, Ia.

FRANK TASKER.

Talk Over Matters Before Marriage

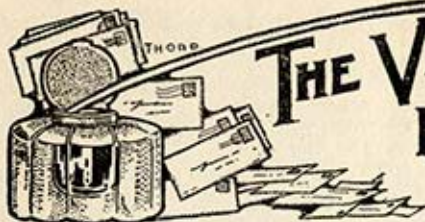
TO THE EDITOR:

Having read a letter in your April number as to "Choosing Between Love and Duty," I think this can usually best be answered by the persons themselves concerned, although my personal idea (after eleven years of married life) is that these things need talking over during the engagement, not after marriage. I am of the impression that modesty, as I call it, is really at the bottom of most divorce cases. Of course there may be physical imperfections that are not evident, even to the personal knowledge of either party but there would be more healthy, happy children in this world if parents on both sides would talk over such things with each other before they allow marriages to be performed. In case parents of either can not or will not do so, I think the young people themselves should take things in hand. If a girl has not the courage of her convictions to talk over such things with her intended husband, then I say she either is not ready for marriage or does not love the one to whom she is engaged.

Possibly my ideas on this are a little exaggerated on account of not having practiced what I now preach, but I know whereof I affirm, I had neither father or mother when I was married and I claim that my nine-year-old girl knows more than I did when I married, although possibly she does not realize it yet and I mean to get her good books to read as she grows older. As the Bible has it: "Now we see through a glass darkly, but then face to face."

MRS. F. E. LEE

Larimore, N. D.



THE VIRTUES OF OUR METHODS PROVEN

Live Close to Nature

TO THE EDITOR:

From the activities of a busy farm life to the sedentary duties of clerk in a city office was such an abrupt change for me that in a few months I had a well-developed case of dyspepsia and in less than a year, I was reduced from a strong man of 180 pounds to a wreck of 110.

I certainly "suffered from a thousand and one indescribable bad feelings both mental and physical." Then I began to take every quack medicine that came to my notice. Not getting any relief I consulted a score,—at different times—of eminent (?) specialists and grew worse rapidly. As a last resort I tried a number of "sure cures" given me by sympathetic friends, with very discouraging results.

Out of money and on the very verge of despair, I saw that if ever I regained my health or any portion of it, I must pursue an entirely different course. It would be suicidal to do otherwise.

I was very miserable, indeed. The future looked dark to me, but I wished to live—I do not know why, unless a desire to live, notwithstanding one's misery, is one of the characteristics of the disease.

A treatment for my trouble suggested itself to me when hope was almost gone. Prefatory, however, to working it out I abandoned the use of stimulants, which I had used sparingly, and of tobacco, which I had used moderately. The theory was this: Primitive man, away back some where, some time, knew nothing about the cultivation of articles of diet. Before the rude club, stone knife and bone hook were fashioned, flesh, fish and fowl were not on his bill of fare. So, I concluded that fruit and nuts with, possibly, eggs as a side dish, constituted the sole stock of food stuffs found in the larders of our remote ancestors, and resolved to live, for a time at least, upon food that I assumed the great Creator gave them when He fashioned them in His own image and gave them dominion over land and sea.

I began self-treatment on the 1st day of January, 1906, am still keeping it up and shall continue to do so, for the result is marvelous. A shadow has been given substance. I have been given back my normal weight accompanied by a vigorous body and an active mind. Life is again a pleasure to me and although I have passed middle age, I pride myself in being able to do as much work, mental and physical, as a man of twenty-five.

For more than a year, I have subsisted entirely upon fruits and nuts, eating such

quantities as satisfied my hunger and drinking enough pure cold water to satisfy my thirst. Of fruits I ate nothing but apples, peaches, grapes and oranges. Of nuts, I ate English walnuts, Brazil nuts, filberts and almonds. I partook of these whenever I felt hungry, as probably pre-historic man did, as we know savage man of history did and still does.

I have taken out-door exercise every day regardless of the weather. When I began treatment it was necessary for me to be assisted to and from the carriage when I took a morning drive of two miles to the city and back, but after one month I was able to walk the distance without much exertion and now I believe I could walk all day and enjoy it.

I have made it a duty to get out of doors, aside from my regular exercise, whenever opportunity presents itself.

O, there is health, precious and abundant, for every wretched, suffering mortal, if he will but get back close to Nature and claim it!

WM. A. DAVIS.

Urbana, Ill.

A Man, Not an Imitation

TO THE EDITOR:

I have been a constant and enthusiastic supporter and reader of your magazine, and let me thank you for what it has done for me in the last three years of which I have known it.

At one time I was a weakling, ashamed to go bathing, for fear I would have to show my hideous form outside of my well-padded clothes, and in fact thought I would always be the same, as every time I talked about being strong I was laughed at. I came across the magazine by accident one day, and reading its pages, throughout I resolved to turn over a new leaf and become a man, not an immitation.

I got home, undressed in my room, and began going through different motions, when my father came along, and saw me, this made me blush for shame, to think that he had looked upon my nude body, whereupon I received a sound scolding, and was asked if I wanted to die of a cold, and what-not and in the bargain was nicknamed Bear, which still clings to me.

Well, to cut a long tale short in three years, I have become the idol of the boys and girls, being tall, broad shouldered, muscular and full of vigor and health, an exponent of all sports and an all around athlete.

Now I have convinced my folks of the value of fresh air, and exercise, which never

entered their minds before, and all in all we, as a family thank you heartily, and you may have the pleasure of knowing that your efforts have not been fruitless, have saved a family and shall be the medium of the making of a robust and healthy family to be, for as one of our readers says, he has found Bel, I wish to say that I claim like-wise and she is here in Brooklyn.

With luck and wishes, I am an earnest solicitor and believer.

HERMAN W. GOLDBERG.

A Drunkard Made Over by Physical Culture TO THE EDITOR:

Thinking your readers would be interested in a case of how your magazine has made a man of me I give you the facts in my own case:

I am the son of a director of one of St. Louis' large factories and much to my disadvantage my father was over-generous with his finances, until I found myself at twenty-four years of age a drunken, dissipated, worthless wretch, a mountain of fat weighing 278 pounds with a record of never doing a day's work in my life. My associates were those that frequented race tracks and gambling hells and one night on a raid of a gambling den I was taken to the holdover with an half dozen of my companions. This blow nearly floored my father, and while the newspaper reporters kindly gave me a fictitious name my own family felt the disgrace keenly. At the time my mother and sister were away on a visit and my brother at college. After the costs had been paid by my indulgent father, he called me into the library and said: "Harry, you have disgraced us. You have proved yourself unworthy of our love. Here is \$350, the last cent you will ever receive from me. When I return home to-night you must be gone for good. Never let me gaze on your face again."

With that he had gone, I knew him too well to delay my departure, and proceeded to add fuel to my drunken brain until I hardly knew what I was doing. I began to pack my things, and while so doing conceived the idea of burying myself somewhere in the deep woods.

Filling an old trunk with some magazines, old clothes, a fishing outfit and other things, I found in my brother's camping outfit, and helping myself to my brother's bicycle (which I was too fat to ride) I made my way to the station, and was soon spinning towards the southern portion of the State. I had checked my baggage and wheel to a small town which seemed near a big stream, and was soon in the little village with my possessions. By consulting a map I saw a town some twenty-five miles over the Ozark mountains and getting a team and drummer's trunk wagon was soon on the road.

Coming to the town about an hour after dark, I found very comfortable quarters in a small hotel and was soon asleep. Sleeping off my drunken spree. I awoke the next morning with "such a head," but could remember where I was and why I was there.

Learning that I could get no liquor I resolved to turn over a new leaf. I purchased an old tent and some cooking utensils and had a native take my possessions several miles up the river, where I found a camping-spot and after dismissing my drayman was surely alone in the big woods. Opening the old trunk to get something to read before pitching my tent (for I was so sick from the effects of my spree that my stomach would not retain food—let alone the fact I was so fat I could scarcely walk), I found a bound volume of PHYSICAL CULTURE belonging to my brother and began to read. Right then I resolved, God helping me, to lead a strictly physical culture existence. After reading on and on, I realized I should arrange my tent. Considering my condition made the thought of food unbearable to me, and I began then and there to fast.

In the evening I took a short walk, which fatigued me very much, and before retiring took a bath in the clear, cold stream and drank of the water copiously. I need not recite the misery I was in for days. The cry of my system for a stimulant was almost more than I could bear. For twenty-one days I fasted each day, spending the day climbing and walking. My burden of flesh was dropping from me and I was beginning to see daylight. At the end of that time I began eating, first some fresh eggs, and as soon as my stomach got accustomed to again doing its duty I lived on a diet of eggs, milk and fresh vegetables, which I got from farmers in the valley. My desire for liquor and tobacco was gone and my physical condition was improving. I soon began to ride the bicycle and would ride miles and miles every day returning home (to my tent) tired, hungry and happy.

My clothes were so much too large for me, I called in the services of an old lady down the valley who made the required alterations.

All this summer, from May 25th, when I left home, until October 28th, I lived in the open, took a swim twice a day, lived on a vegetarian diet and when the last days of October came I took myself home, a healthy, happy, hearty fellow weighing 185 pounds, and when I presented myself at my paternal residence and established my identity and they realized the fact that I had been redeemed, let us draw the curtain over the happy scene.

Thanks to physical culture I am no longer a slave to anything except pure air and exercise, which make pure thoughts.

As I look back I hardly see how I stood the hard physical test which I gave myself.

Since last October I have been devoting my time to studies under a private teacher and have kept up a rigorous system of exercise and when I get my education, which I so sadly neglected when I was young, I mean to devote myself to the physical department in Y. M. C. A. work. Each month I get PHYSICAL CULTURE from a friend who owns a news-stand, and couldn't do without it.

St. Louis, Mo.

HARRY J. B.

General Question Department

By BERNARR MACFADDEN

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

Intelligent Fasting

Q. I wish to become one of the company of fasters who will join you in your thirty days fast in June, but would like to know one or two things about how to break the fast. What foods should I use, and how much? Can one with a weak heart and a run-down nervous system fast for thirty days, especially when already considerably under weight?

A. A long fast should be broken very carefully, otherwise serious trouble may result. Sometimes a second short fast is necessary to overcome the effects of injudicious eating after a long fast. The stomach is not in a condition to suddenly receive and digest a hearty meal, and the fast should therefore be broken with a very, very little food, of a nature easily digested. A little orange juice might be used first, after which small quantities of milk might be taken for each meal, commencing with perhaps half a glass, very carefully masticated, and gradually increasing the quantity. I might suggest that an exclusive milk diet for two or three weeks following the fast would usually be advantageous.

In your individual case, I could not state whether or not it would be advisable for you to fast thirty days without knowing your exact condition in detail. As a rule, when one is much under weight it is better to take a short fast of perhaps a week or less, first, then, after having gained some flesh following this, take another somewhat more extended fast, and continue this line of action until satisfactory results have been arrived at. In some cases a fast will not affect the heart action materially, though usually it will weaken it somewhat after many days. It would certainly improve your nervous condition and ultimately your heart action, especially if this is affected by any digestive disorders. In your special case I would not recommend much exercise while fasting, though in many cases a great deal of exercise will add greatly to the benefits derived from the fast. On the whole, it would be best, for one in your situation, to place himself while fasting in the hands of an expert who thoroughly understands the subject. This does not mean the ordinary member of the

medical profession, but rather a physical director or natural cure physician who is perfectly conversant with the principles and philosophy of fasting.

Ventilation vs. Out of Door Sleeping

Q. I sleep in a small room, head of bed very close to the window, which is always wide open, winter and summer. This is the only window in the room. Is not this arrangement, however, about as good as sleeping on a porch?

A. When the wind blows towards and directly into your window, the arrangement is perfectly satisfactory. But when the wind blows in exactly the opposite direction, the ventilation is only fair. If you can find no other sleeping quarters you will get along very well with this, but it would be better to sleep on a porch where there would be a current of air blowing over you at all times. This, of course, is the ideal arrangement. If one must sleep indoors, there should be more than one window, if possible, and the bed should be so placed that the head is in a draught the entire night. This makes it impossible for one ever to breathe the same air or any part of it a second time.

Bad Breath During a Fast

Q. Why is it that, in my experience, the coating on the tongue is worse when fasting than at other times, and the breath is so bad? The longer the fast, the worse it gets. What should be done for this?

A. Your experience is a very common one, but you are mistaken in saying that the longer the fast, the more pronounced the unpleasant symptoms mentioned. This is only true at first, for a few days, or perhaps a week or two, depending upon the individual's condition. If the fast were continued long enough the foul state of the breath and the coating would entirely disappear. Indeed, where such symptoms are in evidence, the fast should be continued until these have disappeared, and the breath is pure and sweet. You may then understand that the body is in a thoroughly purified condition. Under such circumstances, the work of diges-

tion having been temporarily suspended, the system uses the entire alimentary tract as a medium through which to eliminate the impurities of the body, in excess of those thrown off by the natural depurating organs, and it is this excretory activity or the system which is responsible for the bad breath. The coating on the tongue is merely an indication of the state of the entire alimentary canal. The more water you drink while fasting, the more you will hasten the elimination of the matter referred to, and the quicker will be the clearing of the tongue and the sweetening of the breath. Don't neglect water drinking. If you were in the habit of drinking water freely at all times, if your diet was perfect both in reference to quality and quantity, and you lived an active and perfectly healthy life generally, you would experience no such symptoms when fasting. But since few are able to regulate their lives perfectly, in this respect, these manifestations may usually be expected, in a slight degree at least, for two or three days. The intense craving for food, sometimes experienced, invariably passes away after three or four days of fasting.

Sea-Sickness

Q. Can sea-sickness be prevented? If so, how? Is there any remedy?

A. As a usual thing sea-sickness can be more or less prevented, or, when experienced, cured by natural methods and a proper diet. It is true, however, that there are some individuals possessed of such nervous susceptibility, as one might call it, that it is almost impossible to entirely overcome the tendency towards sea-sickness when the conditions are inclined to provoke it. Though even in the case of these, the discomfort may be ameliorated by proper methods. One should eat very lightly for two or three days before embarking, using fresh, acid fruits often, and drinking water freely, so as to overcome any tendency towards biliousness even before starting on the trip. The same policy should be continued throughout the voyage. One should not fail to keep himself in vigorous condition by means of exercise on board ship, including walks about the deck. The common practice on Atlantic liners of eating for amusement, and as often as possible, is to be emphatically discouraged. But if in spite of your care you find yourself a sufferer, you should fast absolutely until all traces of the trouble have disappeared. There are some who would do best to fast during the entire voyage, if it is not too long, or live exclusively on fresh fruits and fruit juices.

Age for Athletic Training

Q. Is twenty-five years too great an age for a previously untrained man of ordinary strength to begin training for distinction in amateur athletics.

A. Twenty-five years of age is certainly not too old to begin training for competitive athletics. In fact, it is, a far better age at which to begin serious training than the undeveloped age of seventeen, eighteen or even

twenty, at which the enthusiast usually begins competition. Before one reaches years of maturity his efforts in the line of physical exercise and training should be principally to develop normal strength and vitality, rather than to habitually exert himself to his utmost, as is necessary in competition. At the age of twenty-five years, however, if one is healthy, he should be in a condition to do his best work in athletic competition, particularly in those branches which call for great endurance or tremendous strength. For those activities which call chiefly for agility and speed, it would probably be to his advantage to begin training three or four years earlier.

"Goose-Flesh"

Q. Kindly advise me as to the cause of "goose-flesh" and its cure.

A. "Goose flesh" consists simply in the contraction of the skin, and the closing up of the pores, as a result of chilling. It is a perfectly natural manifestation and should not cause alarm, though if your circulation were more perfect you would not experience such chills except on exposure to extreme cold. If you are particularly subject to it, you should make efforts to enrich the blood and improve the circulation, so that you may retain proper bodily warmth at all times, irrespective of draughts or other conditions.

Friction and Sun Baths

Q. Do not sun-baths and dry friction rubs tend to produce an abnormal growth of hair on the body?

A. If sun and friction baths have any such tendency as you mention, I have never heard of it. In all my experience I have never known a case in which this was true, so that on the whole you need have little fear of such a result. I have read of cases in which long exposure to extreme cold seems to have produced this result, but not sun and friction baths. On the contrary, they should be of great benefit to you, improving the general health and especially strengthening the nervous system. Do not continue the sun bath too long, at least at first.

Belt or Suspenders?

Q. I should like to know which is the best means of holding up the trousers, a belt or a pair of suspenders?

A. As a rule, suspenders are far better than a belt for the purpose you mention. You should never have anything tight around any part of the body; especially around the waist. A belt, if worn tight enough to support the trousers properly, is sure to interfere with your breathing. Remember that the proper method of breathing is "diaphragmatic breathing" (performed by the contraction of the diaphragm) in which the expansion of the body is most noticed in the region of the stomach and waist line. This should not be interfered with. Suspenders will enable you to support the trousers from the shoulders, which is the best plan.

The Organs and Their Purposes

No. 5.—THE LIVER

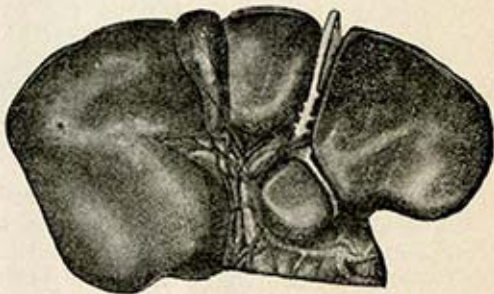
This is the fifth of a series of articles having to do with the various organs of the body, the part that they play in the total scheme of the system, and the manner in which they perform their work. It is a curious and lamentable fact that although a knowledge of the machinery of our bodies is of prime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

THIS is the largest gland in the body. It is so-called because it secretes, that is, produces a certain fluid necessary for the vital processes of the body. In normal human beings, it weighs about four and a half pounds. It is brown in color, sometimes stained yellow by the bile. It is divided roughly into four lobes or parts—two large and two small. It is situated on the right side, immediately under the diaphragm or muscular partition between the chest and the abdominal cavity, being protected by the free border of the lower ribs at the right side and back. It has a double blood supply, rather different in character from that of any other organ of the body. This is because of the fact that all the blood from the intestines, into which has been absorbed the food made soluble by digestion, needs to be carried to the liver, have these absorbed foods changed. Hence, there is a blood supply known by the name of portal, and another blood supply, similar to that of other organs, for the nourishment of the liver itself.

The work done by this organ is of various characters: First, it produces or secretes what we know as the bile. This is a yellowish, opaque viscid liquid produced in the cells of the liver and stored up pending the necessity for its use in what is known as the gall-bladder. This latter is a pouch-like reservoir situated at the anterior and under sur-

face of the liver. The bile is poured from this into the small intestine during the process of digestion. The uses of this bile were detailed in our last issue.

The second class of work done by the liver is what is known as the change of the absorbed foods into such material as may be assimilated or used by the tissues themselves in all parts of the body. The absorbed foods which are changed by the liver are, first, absorbed



Under Surface of Liver, showing Division into Lobes

sugars, technically known as dextrose. When this material reaches the liver, having been brought from the intestines, that portion of it which is not needed immediately by the tissues, is changed back into a form of animal starch known as glycogen, and stored up in the cells of the liver for future use. Second, the albumins which have been brought from the intestines after being digested, are chemically changed in the liver to such

proteid material as the tissues are capable of assimilating.

The third class of work done by the liver, is connected with the excretion of broken down tissue of the body or worn-out-bodily tissue. The blood from all parts of the body carries to the liver, worn out or broken-down tissues. These particles, which are useless, are changed in this organ to a material called urea, which can naturally be filtered out of the blood by the kidneys. This urea manufactured in the liver in normal conditions, is sent by the blood current to the kidneys, there is to be excreted. In abnormal conditions, many diseases such as rheumatism, gout, neuralgia, disturbances of circulation, heart trouble, etc., are caused by a failure of the liver to complete this work properly, so that instead of producing urea from the broken-down

materials of the system, uric acid and its salts are produced, and these not being filtered out by the kidneys, are backed up into the body and deposited in many tissues, poisoning the nervous system, causing muscular and joint pains, and many other ills.

The liver being the largest gland in the great chemical laboratory of the human body, necessarily needs great care and attention to keep it in a normal state and in good working condition.

From the foregoing description of its labors, one may easily see that the character of the diet and the amount of the food ingested are of prime importance in this matter. Overloading—overworking of the liver, sooner or later, cause break-downs, and nine-tenths of humanity to-day, suffer multifarious ills from this cause.

ARTIFICIAL LAUGHTER

By William Wolfson

Laughter is the lubricating oil which retrogrades the action of worry's rust upon the system. It kindles the eye with a joyous light, and fills heart and soul with an amiable spirit. Then, too, it is contagious. Do you not feel affected by the jovial companion whose mirth rises and rises until it bubbles over and is caught by you?

Doctors and others have frequently encouraged laughter at the dinner table. They knew that it is an aid to digestion. They knew also that laughter is better than medicine. But, there is a class of people who unfortunately do not happen to possess this merry temperament. This class especially, I recommend to take heed of the following exercise which will partially take laughter's place.

Lie down and relax all muscles. Take a few deep breaths, inhaling and exhaling very slowly; the slower the better. Now, begin to inhale and

exhale short tiny respirations rapidly through the nose, as if you were running a race and gasping for breath. That's the idea. When necessary, take a deep respiration, and be sure to inhale and exhale slowly. Keep this up for five minutes. Then, before rising, take a few more deep breaths.

You will observe that this exercise, which by the way is an excellent means for developing for the lungs, equals a long, hearty laugh. It will send vibrations throughout the whole body, invigorating the vital organs and every cell and atom. If taken after dinner, it will prevent indigestion or help cure it, as it aids the stomach greatly in digesting food, thus abolishing a good many of "the ills that human flesh is heir to." When feeling gloomy, blue, sad, or out of sorts with yourself and the world, a little of this tonic-exercise will do a heap of good.

"It is as truly a man's moral duty to have a good digestion and sweet breath and strong arms and stalwart legs and an erect bearing, as it is to read his Bible or say his prayers or love his neighbor as himself."—Brawnville Papers.

Twisting Exercises for Boys and Girls

OF all the seasons of the year, the present offers the greatest opportunities for out-of-door activity.

It is true that out-of-door life at all times is unquestionably the most beneficial kind of a life, and that one should be in the open air at least a part of each day the entire year round, no matter what the weather may be, if he

or she wishes to enjoy good health. But the cheerful warmth of the sunshine in June and the following summer months makes it almost impossible to stay in the house. Furthermore, your school days are at an end for the year, and for a long time you will be free to give up practically your entire time to play and recreation.

Thus, boys and girls have the very best opportunity at this time of the year to grow and get strong. Make the most of it. Remember also, that if you

greatly improve your health during your vacation time, you will be able to study better and improve your minds much more

when you do go back to school, during the coming year. Stay out-of-doors and play as much as you like. There is nothing that is more inclined to bring one good health than happiness. Grief will weaken the body, and, if long continued will finally bring on sickness, but happiness will strengthen it. Therefore, play such games as you can enjoy the most, for they will do you the most good.

The exercises illustrated herewith are not intended to furnish you all of the exercise that you are expected to take on a summer's day for the sake of health. You can take and enjoy a great variety of active sport, of various kinds, and it would not do you any harm to do a few useful things occasionally, either about the house or outside. If you live in the country or in a city where it is possible to have a lawn and garden, you should find plenty of opportunity for actively employing yourself in a profitable manner. Gardening is exceedingly healthful work, and is full of interest because of the pleasure one takes from day to day in watching things grow—the things that he has planted and cared for by his own hands. And what is also quite important, you finally derive great satisfaction from the



Photo No. 1. Stand very firmly, with feet slightly apart and well braced. Then raise both arms to the level of the shoulders, keeping them straight, and turn, or rather twist, around to the right, trying to bring the hands around just as far as you possibly can. You should twist so far that you are actually "stretching," but don't work so hard at it as to become uncomfortable. Now turn back and twist just as far around to the left, and continue, back and forth, until you begin to feel tired.

sweet, fresh vegetables that reward you for your time and trouble. Flower gardening is also exceedingly interesting, and the product in this case is surely as valuable as in the other. For the fragrance and beauty of flowers often seem like the breath of the angels, and is surely worth as much as ordinary garden truck which is only fit to be eaten.

I would like to make a little suggestion to our young readers. It is this:



Photo No. 2. First stretch your arms out at the sides, then bend far forward, keeping your knees straight. The value of this exercise depends on your knees in this position. Then swing the left arm down until you touch the floor, the right arm being raised at the same time, after which raise the left arm and swing the right arm down to touch the floor. Continue this exercise, alternating in this manner, until you feel tired.

If there are several children in the family, let each one of them have a certain small part of the ground occupied by his parents and his home set aside for his own share, and let him use this for gardening purposes in any way he wishes. It is certainly true that a boy

does not care to work for some one else nearly so well as he does for himself, for this is a true spirit of independence. And though a boy or a girl would probably be dutiful and kind enough to attend to a garden in the interests of his father and mother, yet he would take a special pleasure and delight in caring for a little garden all his own. In following this plan, it is very likely that most boys would raise lettuce and onions, radishes and beans, peas and other vegetables, while the girls would probably raise nothing but flowers. But of course there are many boys who would be interested in flowers just as much as girls, though one could hardly think of a nice, sweet little girl raising a crop of onions.

If you have what is commonly called a "back-yard," you would find some profitable employment in keeping it clean, for raking and sweeping and other work of this kind is fairly good exercise. Then, after having cleaned it all up, you would have good opportunities for jumping rope, or for putting up a swing. Perhaps you would like to put up a horizontal bar for gymnastic purposes. The carpenter work, digging, planting of posts in the ground, and other efforts necessary to construct these things, would be worth almost as much to you in both pleasure and physical benefit as the gymnastic exercises and other "play-stunts" that you might perform on them afterward.

The movements shown in the photographs published here are recommended to be taken immediately on getting out of bed in the morning, before taking your cold bath. If you do not take such a bath each morning, I would strongly urge you to do so, for you will feel much better and enjoy more perfect health. If you will take some vigorous exercises immediately after arising, you will feel so warm and full of life that the cold bath will feel very pleasant to you. Twisting exercises are very valuable, because they exercise the muscles around the waist, sides, stomach and back. As a rule, one thinks of exercising only his arms and legs, but it is very important that the trunk of the body be strengthened also. These exercises will beautify as well as strengthen the body.

Athletic Training for the Young People

BY HARRY WELLINGTON

TRACK athletics are among the most interesting of summer games, and can be entered into and enjoyed as much by the girls as by the boys. Track athletics include all sorts of running and jumping contests, usually practiced on a regular running track, though it is not necessary to have a special track for the purpose. Any piece of smooth, level road, or better yet, a nice plot of grass, will do just as well for children. This form of athletics is usually practiced chiefly among young men of mature years, in

Now, you might read that last paragraph over a second time, and study it carefully, for it contains the secret of safety and benefit in athletic work. People often speak of this as "athletic work," but it should be "play." In your running contests, do not undertake long distances. Make your races short, then rest, then race again for another short distance. Do not attempt to enter into such competition when you are out of breath, or feel too tired to do your best.

Of course there are a great many merry,



The 100-Yards Dash—A Girls' Race on the Cinder Track at Physical Culture City

colleges and clubs, but it will furnish good sport and exercise for our younger friends.

It is not necessary to try to be a champion in order to get fun and benefit out of your efforts. As a matter of fact, it is not advisable for boys and girls during their growing age to attempt feats of great endurance, and long continued and very hard training may do as much harm as good. Do not strain yourself in such contests. Never carry them to such a point that they make you uncomfortable or cause distress.

active games for a number of young people, which involve more or less running about, and these are to be very highly recommended to all who enjoy them. But, as a rule, they are pretty well known to most children. But most boys and girls are not so well informed about track athletics.

I will give here a few very brief hints about running. Read them over twice, and study carefully: Swing your arms naturally, so as to help you, but do not double your arms up at the elbows. Keep them down at the sides, swinging

powerfully forward and backward with each step, the right arm forward when the left leg comes forward, and *vice versa*. Don't throw your head far back, and don't let it hang loosely forward. Hold it erect. Don't run stiff legged. First bring the knee forward and upward with each step. This will lengthen your stride. Don't throw your heels high up in the air behind you, as if trying to kick your back. This is wasted motion. Bringing the knees forward, as suggested, will help you to correct this. Do not attempt

So much for running. These brief hints should help to make a sprinter of you. But remember the advice given above, about not straining or attempting to run too great a distance. Fifty yards should be far enough for a boys' or girls' race, and they should seldom try to sprint over one hundred yards. Of course, if one is hardened and in good condition, so that he can run more than this without any great effort, there is no reason why he should not. One above the age of fifteen and sixteen, of course can attempt far more than before that



One Kind of Game that Yields both Fun and Physical Benefit

to run on the flat of the foot. Run on the toes and ball of the foot. You cannot possibly run well otherwise. Lean forward slightly, *but only slightly*. If you lean forward too far, you will go stumbling, pitching forward in a clumsy manner. If you stand up too straight, or seem to lean backwards slightly as you run, you will find yourself acting like a man trying to climb a flight of stairs, throwing the feet too high in front. To prevent this, avoid swinging the arms too high in front, never higher than the chest.

age, though no one should try to make records until after he has attained his full growth. A good test and guide in these matters will be found in the comfort, ease and pleasure with which one performs his athletic feats. Great distress either in competition or practice means that one is doing too much, especially in the case of young people. You may display great grit and will power, to run a long, hard race when you are fatigued, but you show very poor judgment in attempting to accomplish it.

Home Comforts and Conveniences for Campers

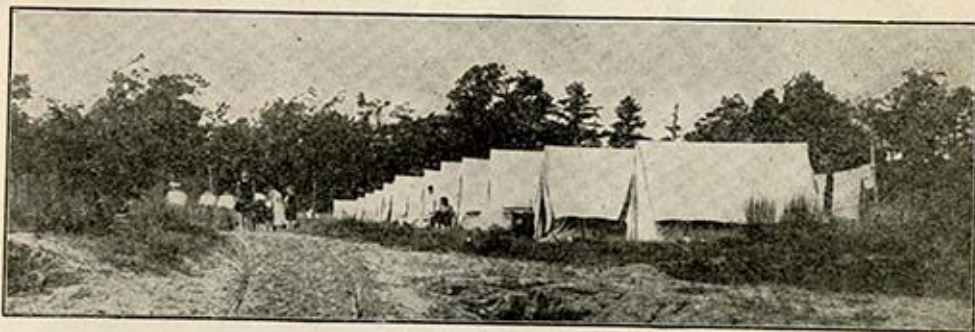
By THOMAS W. JOHNSON

EVERY normal man and woman has a strain of primeval blood in his or her veins which manifests itself at stated intervals, in spite of the fact that the modes and methods of civilization tend to keep it in check and even entirely eradicate it. But hereditary tendencies are hard to down. When one's ancestors, however remote, for centuries lived in the open, having, for the most part, the sky for a roof; the grass for a carpet; a strip of skin for clothing; the forest and stream for larders, with a bone fish-hook, a bow-and-arrow and a bark-canoe in place

from his usual lines of thought and action. It is a "health resort" of the most practical kind, and it gives play to muscles, instinct and imagination.

It is all that the "resort" proper is not, and the dweller within its canvas walls, has the added satisfaction of knowing that while he is getting a hoard of health, his hoard of wealth is but little diminished thereby.

But the main reason of the growing vogue of the summer camp, is, that, thanks to the ingenuity of the inventors of sporting goods, one can have all the comforts of home while enjoying the



Street Scene of a Camp Colony

of charge accounts with butchers, bakers and grocers, 'tis no wonder that we are at times, apt to listen to the "call of the wild" within us. Kick over the traces of conventional existence, and literally take to the woods again.

Camping-out is becoming more popular year by year and that too, for good and sufficient reasons. The average summer resort is nothing but a slice of city removed to the country or seaside, and as such, affords but little rest or wholesome recreation to its patrons. The camp, on the other hand, yields pretty nearly everything that can one desire who is seeking a thorough change

benefits of practically an open air life. Time was, when camping-out meant enduring many discomforts, if not real hardships; indifferently cooked meals, sleepless nights, days of bad temper and not infrequently a sudden breaking up of the whole business in sheer disgust.

It is otherwise nowadays, however. You can be just as comfortable—sometimes more so—within your walls of cloth as within those of brick and mortar, thanks to the hundred and one things which now serve the convenience of the camper. This is saying nothing about the delightful freedom from

hampering conventionality which the tent affords.

Let us for example consider the tent itself. Within the past few years, much has been done to improve it in the way of increasing its roominess, reducing its weight and improving its shape. The result is that you can carry a "lodge in the wilderness" capable of sheltering four persons in your pocket—or pretty nearly so. Such a tent, silk being the material used, weighs only ten pounds and packs into an absurdly small parcel. In canvas it weighs about twice as much and is somewhat more bulky. Yet it can be easily carried by a small boy. The silk tent is not so expensive as its name would seem to imply, is thoroughly waterproof, of a tan color and delightfully cool.

Next to the tent itself, the question of comfortable sleeping arrangements is the most important problem with which he who proposes to return to the Simple Life, has to grapple. But again, and thanks to experience allied to inventiveness, one's slumbers may be sounder and sweeter, in a tent than in a ceilinged room. All sorts of devices are there to this end. There are sleeping bags, once inside of which, one can defy wind, weather and mosquitoes. There is the combination of pneumatic mattress and the sleeping bag proper. Folding cots of many designs and much comfort are there, likewise the standard pneumatic mattress by the aid of which one can sleep on the stoniest ground and which deflates to a small roll. There is a tent bedstead, which packs in a box, 35-5 inches, folds into two pieces and weighs just 15 pounds. And there is—but why extend the list? Enough has been said to show that sleeping in camp nowadays, is a luxury rather than an infliction as it sometimes proved itself in days of yore.

As to camp furniture, there is purchasable a whole host of articles made especially for use under canvas. Thus, there are folding chairs that, when packed, occupy no more space than a furled umbrella; tables which are built on the same principle; lounges, ditto; table tops than can be used as canoe back-rests; pneumatic cushions that make first rate life preservers or hassocks,

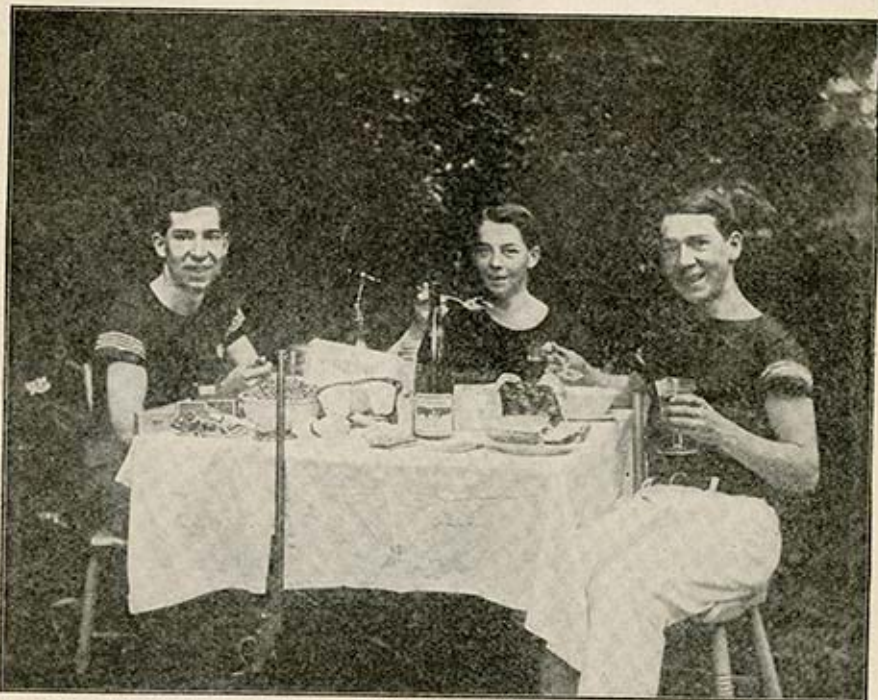
likewise, lockers that double up to the dimensions of a book and many devices of a similar character.

Although he who camps out has a magnificent opportunity to test the dietetic value of uncooked foods, yet there are times and seasons in which a stove will be found to be an essential, not only for cooking but for heating purposes also. This too, with a full recognition of the value, hygienically and otherwise, of the camp fire. Because of this, there are a number of stoves of convenient sizes and of different principles, some of which burn oil, others the vapors of kerosene, alcohol or naphtha, while others again, are made to consume wood. To build open air fires for different purposes, such as cooking, heating, "smudge" and so forth, is an art that is rarely mastered by the occasional camper. But possessed of a stove, he can assure himself of the comforts, external and internal which might be impossible without it.

The question of stoves, naturally suggests cooking utensils. With these too, invention has kept pace with the growing popularity of a summer life in the open. Aluminum is the metal that is chiefly employed in the making of these articles, on the score of its lightness and the fact that it doesn't rust. Space will not permit of more than an allusion to one or two of the varieties in question, but these will indicate how conveniently furnished is the camp kitchen of the present. In old days, the man who cooked in camp, usually half-cooked himself because of his clumsy tools and the size of the necessary fire. Nowadays he may stand far distant from either fire or stove, thanks to utensils that are made with sockets into which long wooden handles may be thrust. Saucepans, frying pans, grills, and so forth are thus fitted. Then there is a folding "baker" which, when in action, will cook corn-bread, biscuits and what-not to a turn and when not in use can be stowed away in about the same space as would accommodate a collar-box. Nests of aluminum pails and pans are there, and cunningly contrived "kits" that weigh but a few pounds and contain everything needed by the cook or the table.

The so-called "fireless" cooking apparatus is finding added favor with the advent of each camping season. The principle involved in these ingenious contrivances was related at length in this magazine some time since. Briefly, a fireless stove consists of an earthen or porcelain pot, that fits into a receptacle in a box which, together with its lid, has a lining of heavy felt. The food intended for the "fireless," is

of the endorsement of physical culturists of the strictest dietetic views. Thus there are condensed and powdered eggs—sixty-seven to the pound—and it is declared that omelets made therefrom cannot be told from those fashioned from the real article fresh from the nest in the barn yard. Cream and milk in a very much condensed and dry form are also obtainable. Soups in solid tablets and desiccated vegetables, fruits, berries



The Camp Dinner.—This indicates the state of a boy's appetite, though from a physical culture point of view the rations are too generous, tending towards gluttony. Do not be alarmed at the sight of the bottle. It is only grape juice. That's all.

brought to a boil on the ordinary stove and then placed in one of the pots, the lid of the box is closed and its contents are left severely alone for some hours. Then the contents of the pot will be found to be thoroughly cooked.

As far as food itself is concerned, there are scores of preparations on the market that are expressly prepared for the use of the camper. Such preparations are in the main, characterized by lack of weight and concentration of nutritive qualities and many of them are worthy

and even melons can be obtained although it is needless to say, the camper should use fresh fruit if possible. Soups in self-heating cans are among the more recent camp conveniences, and those made of vegetables, are particularly palatable. Also there are sausages, the basis of which are dried vegetables, legumes and cereals, which are very nutritious and form a capital reserve ration, when there is to be a day's absence from camp.

Tent-life calls for the use of tools

and implements of a special sort. One of such essentials is a thoroughly reliable axe, or rather axes, for at least two should be found in every camp; one for heavy work and the other for light usage. The cutlery manufacturers that make a specialty of sporting goods, turn out a variety of axes varying from those of the handy "pocket" sort to the heavy kind used for felling and cutting up trees. Some of these tools are fitted with devices that make impossible the loosening of the "bit" or head of the axe; others are supplied with a spring clip that fits snugly over the edge of the

If there is water in the neighborhood of the camper, a boat of some sort or the other is next door to a necessity. Of course, if the lake or river is big enough and his pocket book is sufficiently deep, the chances are that he will employ a power-boat. But the probability is, however, that he will content himself with a row-boat or a canoe.

But there are also boats made to meet any and all of the conditions which may confront the camper. There are steel craft, marvels of lightness and strength; there are boats made of a



Courtesy of "Recreation"

A Camp Colony in the Mountains

blade, thereby preventing accidents, and one clever individual has devised an axe handle which is also the sheath of an excellent hunting knife. Then, too, there are pocket knives fitted with contrivances that are likely to be needed by the amateur woodsman on occasions when haste is required.

In the case of the rod and reel, it is somewhat different however, for while a diet rich in meat is distinctly harmful, an occasional dish of freshly caught fish is to be commended. And the angling outfits of to-day are so beautifully wrought, and so skilfully fashioned that they are enough to tempt any man to become a fisherman, no matter what his dietetic or other convictions may be.

special preparation of linen pulp; folding boats; boats that can be taken to pieces and carried by hand; canvas and metal boats; others that can be transformed into an ordinary looking trunk and so forth.

Considering the foregoing, doesn't it really seem as if there was some danger of camping becoming a wee bit too luxurious? However, while if we still obey the promptings of that savage blood that still courses in our veins, we can't quite rid-ourselves of the cravings for those things that civilization has taught us to look upon as necessities.

Hence the ingenious inventions in question.

The Effect of the "Crawl" Stroke on American Swimmers

By E. H. ADAMS

MARVELOUS as has been the speed shown recently by Charles M. Daniels, of the New York Athletic Club, the world's champion hundred-yard swimmer and holder of every American record, swimming is still in its infancy in America. Great as the improvement in this line of sport has been during the past two or three years, it is actually nothing when compared to the giant strides which will be made by swimmers inside of the coming five years.

For instance, through the installation of public baths all over New York city, equipped with pools of sufficient size to enable swimming races to be held, hundreds and even thousands of swimmers will spring forth where in the past there have not been a half dozen. No better example of this can be furnished than in the fact that over 300 High School swimmers entered for the first swimming races of the Public Schools Athletic League, held at the new public bath in Sixtieth Street. Five years ago even a national championship race would not bring out enough men to fill the event, and even these would in most cases use the crudest of strokes. Now, so great has been the recent interest in swimming, that almost every schoolboy has a fair idea of the best swimming stroke.

The great success of American swimmers can safely be laid to the introduction of the crawl stroke, for it is by the use of this novel means of propulsion that our fastest men get their wonderful speed. However, as modern as this stroke is, it is but in its elementary stages as a speed-producer, instead of being, as many think, a finished method.

Speed-swimming has already been completely revolutionized, and the new leg movement as used in the crawl stroke is responsible for the revolution. The old styles of performing a sweep with the legs, as in the breast stroke, com-

monly known as the "frog kick," and the much-vaunted scissors kick, which everyone previous to the last two years who wanted to do fast swimming was supposed to be compelled to learn, has fallen into disuse, and now the novice, instead of throwing his body out of all position in the endeavor to master this



E. C. M. Richards, of Yale, Holder of Novice Swimming Record for 50-yards of 27 Seconds.

most difficult leg movement, starts right in at the crawl kick, which he can learn with but little trouble, and thenceforth his progress is steady.

Through the devotion of so many swimmers to this one form of kick many new variations of it have been dis-

covered, for the simple reason that each individual is built differently, and so rests in the water at a different angle, which means that his use of the crawl kick, while the same in principle, will be different in execution.

Already the simple up-and-down splashing kick into which the beginners dropped when they first took up the crawl kick has evolved into a more



E. E. Wenck, Jr., one of the N. Y. A. C.'s Crack Swimmers and Water-Polo Players.

finished movement, doing away with much of the waste of power which before naturally resulted. More power is now put into each movement of the legs, as the swimmers have overcome the awkwardness they at first experienced when they tried to make arms and legs work simultaneously instead of alternately, as in the old strokes.

Now the up-to-date swimmer, instead

of moving his legs quickly up and down, which at first was thought to be the proper thing, gives each leg movement wider latitude, and thus the leg and arm motions are more in harmony, something which was considered almost impossible when the stroke first came into use, as then the swimmers used arms and legs independently of each other.

The result has been that the swimmers are now moving faster than ever, and, with much less power, can go a greater distance. And this more modern improvement of the famous kick is growing into still another variation.

What will the average man think of the statement that in a short time we will have an "over-leg" kick! We know the single overarm movement, or English overhand stroke, and also the trudgeon, or double overhand movement. But what about a single overleg kick, and then, furthermore, a double overleg kick?

This doubtless seems absurd to the average person not thoroughly versed in the sport of swimming and in touch with those who are making the greatest progress at the sport. Nevertheless the evolution in swimming methods, as indicated by the work of the scores of expert swimmers who now take part in races, surely point to a single overleg kick within the next year, with the double overleg kick not by any means a remote possibility.

Right now C. M. Daniels, who holds the world's record of 56 seconds flat for the hundred yards—the fastest time ever made by a human being through the water—uses a single overleg kick. By this is meant that each time he moves his right leg up in the first half of the crawl kick he brings the foot clear of the water by at least three inches, and then brings it back on the downward movement with a resounding splash that shoots his body through the water at a faster gait than even that speedy swimmer ordinarily moves.

Daniels has not yet perfected this novel leg action, but gives it a try-out from time to time, always with the best results, and contemplates its adoption altogether in the future when he has mastered it thoroughly. Occasionally



Harlan O. Bartels, Denver Athletic Club. Holder of United States 220-yards Intermediate and 100-yards Junior Championship.

he tries a right and left overleg kick, and the speed he momentarily generates is simply wonderful, but long practice will be necessary to master this kick, though the results will surely be worth the effort.

Another swimmer who is now trying the double overleg is Conrad D. Trubenbach, of the New York Athletic Club, formerly captain of the Columbia team. Trubenbach has been experimenting with the kick for a long time. He has wonderful leg power, but at first the results were far from satisfactory, and many of his comrades advised him to abandon the idea. However, he has kept on and there has been a noticeable improvement, which was brought to the notice of everyone when in the hundred-yards at the public bath in Sixtieth Street he covered the distance in one minute and two seconds, his best previous time having been one minute and five seconds—an improvement which all swimmers will appreciate. The swimming of Trubenbach was remarked by all the spectators, for his legs alternately came out of the water and then were driven back again with a tremendous splash that almost obscured him from

view, but which sent him shooting through the water with a speed that was the wonder of all present.

Nine out of ten of the boys now learning to swim start right in with the crawl stroke. They never think of trying to learn the single or double overarm strokes, because, even after mastered, the best results cannot be obtained from them.

But with the crawl stroke the improvement is immediate and rapid. The poor swimmer of to-day with steady practice develops into a fine speed swimmer within a couple of months or so.

As an example of the fast improvement through the adoption of the crawl stroke reference can be made to the new swimming team of Princeton University. Last March the new swimming association was formed there, but there were no swimmers. The N. Y. A. C., in order to stimulate the sport, sent down its crack team to give an exhibition in the Brokaw tank at Princeton. A large crowd of students gathered to see the exhibition. Nearly every member of the N. Y. A. C. team used the crawl stroke. But the swimming of Daniels was, of course, what interested

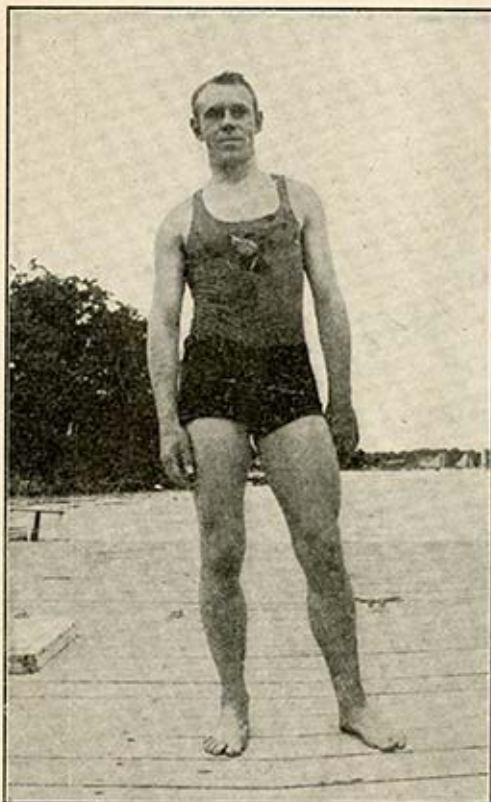


Norman A. Bartels, Denver Athletic Club. Holder of U. S. 50-yard Junior Championship. A brother of Harlan Bartels.

the college men who were in attendance the most.

So impressed were the onlookers that they began to take an interest in the new stroke, receiving valuable assistance from a couple of college men who had a good general knowledge of it.

A month later a dual swimming meet was arranged between the crack team of Yale and that of Princeton. This was to be an exhibition more than anything else, so everybody expected, as



Conrad D. Trubenbach, N.Y.A.C. Former Captain of Columbia University Swimming Team.

the Princeton team was not thought to have a chance with that of Yale.

To the amazement of everyone concerned with the sport, Yale was beaten. And beaten upon its merits. At that time the Yale relay team was regarded by the New Haven boys as the best ever turned out by their college. Yet this fast team was taken into camp by

the new Princeton team. Then the speediest men of Yale were beaten in the individual races.

Columbia University's team of swimmers, one of the very best in the country, arranged a dual meet with the team of Lawrenceville Preparatory School. The crawl stroke had been quite the vogue at the latter institution. This meeting also was expected to be nothing more than an exhibition set of games, as Lawrenceville, which had never cut the slightest figure in swimming, was not expected to make even a good showing against the Morningside Heights swimmers.

But again the experts reckoned without their hosts, for Lawrenceville won the meeting on points,

The latter-day swimmer has a great advantage over the older men. In former days every man learned the stroke that seemed best suited to him, and as for finished style there wasn't any such thing known. First there was the single overhand, and then came the double overhand, but there were many variations of these two general styles, and everybody used them in a different way—most often a faulty way.

As fast as an improvement was found the swimmer had to forget what he had taken so much time to learn and then devote himself to the mastery of the newer method. And so this went on, from one style to the other. This was a big handicap, as most persons know, for it is harder to get out of using a certain stroke than it is to learn a new one.

But the modern swimmer has no such drawbacks. He begins where the older swimmers leave off. The best and most finished style is presented to him right at the start. It is only necessary for him to learn one stroke, and that one is the very best that has ever been discovered. He has nothing to forget. Everything with him points straight ahead. The more practice the better he becomes, for he has started by the right method.

So this explains the rapidity with which the newer men are learning to swim so fast, and it has made a hundred swimmers where five years ago there was not one.

Obscenity and Witchcraft—Twin Superstitions

By THEODORE SCHROEDER, Attorney for the Free Speech League

HAS it ever occurred to you that the witchcraft superstition was almost identical in its essence, with the present superstitious belief in the reality of the "obscene," as a thing outside the mind? Think it over.

Fanatical men and pious judges, otherwise intelligent, have affirmed the reality of both, and, on the assumption of their inerrancy in this, have assumed to punish their fellow-men. It is computed from historical records that 9,000,000 persons were put to death for witchcraft after 1484. The opponents of witch-belief were denounced just as the disbelievers in the "obscene" are now denounced. Yet witches ceased to be, when men no longer believed in them. Think it over and see if the "obscene" will not also disappear when men cease to believe in it.

In 1661, the learned Sir Mathew Hale, "a person than whom no one was more backward to condemn a witch without full evidence," used this language: "That there are such angels (as witches) it is without question." Then he made a convincing argument

from Holy Writ, and added: "It is also confirmed to us by daily experience of the power and energy of these evil spirits in witches and by them." (See *Annals of Witchcraft*, by Drake, preface, page xi.)

A century later, the learned Sir William Blackstone, since then the mentor of every English and American lawyer, joined with the witch-burners in bearing testimony to the existence of these spook-humans, just as our own courts to-day, join with the obscenity-burners to affirm that obscenity is in a book and not in the reading minds, and that therefore, the publisher and not the reader, shall go to jail for being "obscene."

Blackstone said: "To deny the possibility, nay, actual existence, of witchcraft and sorcery is at once flatly to contradict the revealed word of God in various passages of both the Old and New Testament, and

the thing itself is a truth to which every nation in the world hath in its turn born testimony, either by example, seemingly well tested, or by prohibitory laws which at least suppose the possibility of commerce with evil spirits." (Blackstone's



Judge Ben B. Lindsey, of Denver, whose condemnation of prudery is voiced in an article appearing on page 444 of this issue, entitled, "Why Girls Go Wrong"

Commentaries, page 59. Edition of 1850.)

And yet when men ceased to believe in witches, they ceased to be, and so when men shall cease to believe in the "obscene" they will also cease to find that. Obscenity and witches exist only in the minds and emotions of those who believe in them and neither dogmatic judicial dictum nor righteous vituperation, can ever give to either of them any objective existence.

In the "good old days," when a few, wiser than the rest, doubted the reality of witches, if not themselves killed as being bewitched, they were cowed into silence by an avalanche of vituperation such as "infidel," "atheist," or "emissary of Satan," "the enemy of God," "the anti-Christ" and some witch-finder would get on his trail to discover evidence of this heretic's compact with the devil.

How this is duplicated in the attitude of the nasty-minded portion of the public toward those who disbelieve in the objectivity of "obscenity!" Whether obscenity is a sense-perceived quality of a book, or resides exclusively in the reading mind, is a question of science, and as such, a legitimate matter of debate. Try to prove its non-existence by the scientific method, and the literary scavengers, instead of answering your arguments, by showing the fallacy of its logic or error of fact, show their want of culture, just as did the witch-burners. They tell you that you are "either an ignoramus or so ethereal that there is no suitable place on earth for you," except in jail. They further hurl at you such illuminating epithetic arguments as "immoral," "smut-dealing," "moral cancer-planter," etc. etc. It is a regrettable fact that the miscalled "moral" majority is still too ignorant to know that such question-begging epithets when unsupported are not argument, and its members are too obsessed with sensual images to be open to any proof against their resultant "obscene" superstition.

Think it over and see if when you cease to believe in the existence of "obscenity," you must not also cease to find it. If that be true, then it exists only in the minds and the emotions of

those who believe in the superstition. Connect your mind with a sewer, and empty therein all the ideational and emotional associations which the miscalled "pure" people have forced into your thoughts. Having done this, you may be prepared to believe that "unto the pure, all things are pure, but unto them that are defiled and unbelieving, is nothing pure, but even their mind and conscience is defiled." (Titus. 1-15) not till thus cleansed can you join in these words: "I know and am persuaded by the Lord Jesus that there is nothing unclean of itself; but to him that esteemeth anything to be unclean, to him it is unclean." (Romans 14, 14.)

When you have cleansed your own mind of the "obscene" superstition, proclaim a real purity on the highways and byways, until other minds are like wise cleansed, and then our obscenity laws will soon die a natural death, and healthy-mindedness will have a chance, to control the normal functioning of a healthy body.

Once let the public become sufficiently clean-minded to allow every adult access to all that is to be known about the physiology, psychology, hygiene and ethics of sex, and in two generations we will have a new humanity, with more health and joy, fewer wrecked nerves and almost no divorces. All morbid curiosity will then be dispelled, and thus the dealer in bawdy art and literature will be bankrupted. Our sanitariums, and hospitals and insane asylums, in that day will be uninhabited by those hundreds of thousands of inmates who are now there because of compulsory ignorance of their own sex nature. All these present evils are the outgrowth of that enforced sexual ignorance resulting from our legalized prudery, brought about by our general acquiescence in the "obscene" superstition, forced upon us by the vehement insistence of our over-sexed, prurient prudes. Let all clean-minded persons unite to abolish this twin to the witchcraft superstition and secure the annulment of all present laws against "obscene" literature. Thus you can test further the interest of humanity by promoting a sane and scientific physical and moral culture.

Editorial Comment on Items from Everywhere

BY BERNARR MACFADDEN

A Sledge-Hammer Blow at Meat-Eating

It is amusing to note the contortions of the average editor in his endeavors to maintain the confidence of the public in the meat eating habit. Prof. Irving Fisher, of Yale, recently made some elaborate experiments on forty-nine students, professors and physicians, and the non-meat-eaters proved to be far superior in various tests of physical endurance that he advised as a means of determining the value of a meat or a non-meat diet. One non-meat-eater held out his arm for more than three hours, while a prominent meat-eating athlete was "all in" after nine minutes.

Here is positive proof that no human being can possibly doubt of the superiority of the non-meat-eating diet. An actual increase in physical endurance means an increase in strength—means a greater amount of mental power—means that you are capable of longer continuing mental efforts, for physical and mental work, after all, depend upon the same power, viz., the nervous forces of the body. The vegetarian who could hold his arm out for three hours would be just as much superior to the athlete who succumbed in nine minutes, in work requiring mental energy, as he was in that requiring what might be termed physical energy.

Nevertheless, you will find the average editor searching in every conceivable manner for some excuse to avoid the plain results of this experiment. The facts are there. They cannot be disproved. They were scientifically demonstrated. The non-meat-eaters had more endurance—were capable of doing more work or doing it more satisfactorily than were the meat eaters. What more proof do you want? If you were to see a black piece of cloth before you, you might talk yourself black in the face trying to prove to yourself and

others that the cloth was white or some other color, but in the end, you only make yourself ridiculous. And the average newspaper editor in his endeavors to "make fun" of the experiments of Prof. Fisher and the facts demonstrated, can hardly be blamed for his efforts, for it is hard for the average man to "get around" old time prejudices. The meat-eating habit will die slowly but surely, and there is only one satisfactory method for each individual to determine whether or not a meat diet is of value to him, and that is, to give a non-meat diet a satisfactory trial. If you feel better and stronger when leaving out meat, then no further argument is necessary.

Is Precociousness An Evil?

Precociousness in children should never be encouraged. It should be condemned. A child should remain a child throughout its entire years of immaturity. Quick development often means speedy decay.

The *Westphalia* (Mo.) *Times* calls attention to the success of a so-called dullard, in a manner that is interesting:

There have been numerous disappointments in the outcome of some of the boys. We remember one boy in particular who was the butt of all ridicule from the boys of his age, and he took it good-naturedly. He seemed to have no particular friends and herded by himself. His clothes always looked funny and he had that awkward swagger over which the rest of us had much sport. No one ever thought that plug would ever get anywhere or have anything. But to-day that plug is drawing a better salary than any two of the old gang. He has more money, more influence and more friends than any of the rest of us. The plug had a gait that was slow, but it was sure. He didn't appear to be a bit bright then, but he had a surface that took on a polish.

Consumption Caused by Inactivity

One of the most prominent causes of consumption is inactive habits, next would no doubt come various excesses. The terrible effects of this disease are specially noted in those who have in former years or even in former generations been accustomed to very active outdoor life. Indians, for instance, when they are fed by the Government and kept warmly clad and made comfortable in houses or tents, succumb to the white plague in vast numbers. The *Denver News* recently called attention to the fact of consumption in buffaloes in the City Parks of Denver.

On the very spot where once he ranged in full enjoyment of the broad sweep of free prairie, now compassed by civilization, a dread fate has come to the buffalo. There is a curious irony in the discovery. Years ago, before there was any civilization the site of the City Park was marched over every day doubtless by thousands of buffalo, and such a thing as tuberculosis was never known among the animals.

Now the park is a Mecca for human beings afflicted with the dread disease, and the air of the grand pleasure resort is taken daily by scores of people seeking a return to health. For humanity there is no better breathing spot in Colorado, yet to the buffalo it is sure death, apparently.

One of the members of the herd died early this week, and an investigation proved that it was from tuberculosis. Another tubercular patient has been found in the herd and isolated to avoid possible contagion. The test applied to dairy cows will be given all the buffalo, and an effort made to find out how many are affected.

Temperance in Denmark

The *Baltimore Sun* recently commented upon the idea of temperance prevailing in Denmark. There the reformers do not attempt total abstinence from alcoholic drinks, but aim at supplying beers and other drinks having less than 2½ per cent. of alcohol. At the same time they seize upon the social attractions of the saloon and establish "temperance homes," which are combinations in one building of a restaurant,

beer-saloon and rooms for social gatherings, amateur theatricals, concerts, balls and entertainments of other kinds. Here families gather for a good time, enjoying the social features and taking part in amusements. It is claimed that the light beers served make the people the more ready to give up whiskey and class themselves as "temperate."

The cause of "temperance"—based on the consumption of light beer—is in fact booming in Denmark, and sobriety is said to make real progress. Arrests for drunkenness in Copenhagen in 1905 were but 16 per 1,000 of population, against 52 per 1,000 in Gothenburg, where drinking is "controlled." Denmark puts no tax on light beers, and there is no politics in temperance. It is the shrewd appropriation and expansion of the social feature of the "saloon" that distinguishes the Danish system.

Girl Teacher Floors Bully of School

Miss Nora M. Maur is to be congratulated upon her muscular attainments. She is a school teacher in the town of Callicon, Sullivan County, N. Y. This school has a bad record. There were six teachers at the school at different times last year, but not one of them had any desire to return. Many of the scholars were unruly, and were led in their efforts by a big boy, the bully of the school. Miss Maur had been there but a short time when the bully refused to obey her, and then he tried to force her from the building. She gave him a box on the ear that sent him sprawling to the floor. He got up and made for her, but Miss Maur whacked him again with her open hand, making him dizzy. Then she asked:

"Who's boss in this school, you or I?"

The vanquished bully looked up shamefully and whispered, "You be."

After that there was no more trouble.

Murder Trials in England

Startling contrast is furnished by a recent trial in England, when the methods in that country are compared to those in force here. Horace George Rayner recently murdered William Whitely, a great dry goods merchant of London. He was put on trial in the morning, and in the evening of the same

day, after the jury was out nine minutes, a verdict of wilful murder was rendered, and he was sentenced to death. Compare this trial with the Thaw trial in New York, and you will be rather amazed at the difference. Rayner's trial will probably cost England about one hundredth or one thousandth part of the actual cost of the Thaw trial to New York State. Though some may not consider this subject especially appropriate to our columns, yet when the fact is known that the jurors, the innocent victims of this trial, are compelled to undergo all sorts of hardships in order to attend to their compulsory duties, at a salary that usually makes their services seem like a donation to charity, then we must realize that after all, that it at least seriously affects the physical welfare of these men.

You Are Made of Food

In a recent issue of *The New World* they comment upon the influence of food and upon the opinions of the Department of Agriculture, showing that you are just what food makes of you.

The department authorities say that man reflects animal spirit. They point to the fact that just as the carnivorous animals, as the tiger and the lion, are predatory and ferocious, so can a human being become by devouring raw meat. And, by the same process, the granivorous animals, like the cow and the horse, are tractable and strong, just as the man is who lives on vegetables. Thus, by the regular diet of beans three times a day from generation to generation, the subject finally becomes a strong but easily persuaded individual. On the other hand, if the subject eats raw beef sandwiches he becomes belligerent, crafty, treacherous and selfish.

The department is now engaged in exhaustive research into the precise effect upon the human intellect of various kinds of food and will soon issue a formal statement on the subject.

"Investigations by noted scientific men throughout the world," said Prof. Langworthy, of the department, to-day, "have led to the conclusion that probably the most intellectual men in the world are the Buddhist priests. They

are vegetarians. But it is well known to anyone who views the more physiological aspect of the case that regularity is what counts. I don't mean that a man or woman should eat the same things every day, but that they must eat about the same time each day and be moderate in the quantity of their food.

"Temperance in the consumption of food counts for everything. Overeating and the persistent consumption of rich foodstuffs, especially at hours when the digestive apparatus should be allowed to rest, cause the so-called 'brain storms.' The mind is put in an abnormal condition through the over-taxing of the stomach."

Barnard College Girls Strenuous

In a recent athletic meet of the Barnard College girls, there was an exhibition of the strenuous athletic spirit that seems to indicate that the girls are becoming an intensely interested in these sports as their muscular brothers. The following is quoted from the *New York Herald*.

Starting with an auspicious invocation to the "gods," the games between sophomores and freshman were without incident and the score was close until in the wrestling contest Miss Smithers by an adroit move threw Miss Bailey to the floor. The judges quickly rushed to the fallen girl's side and she was at once hurried to a padded couch in one corner, where water soon restored her from the daze caused by the bout. The fall won the point for the second year students, who played a reckless game of passing a basket ball and triumphed again over the freshmen.

Thoroughly exhausted from this test of their strength and nerves, the opposing classes—the sophomores with a score of 28, and the first year girls with 22—began the tug-of-war in a wild spirit of enthusiasm, each side determined to win. For five minutes they struggled madly, plunging and pulling backward and forward, until with a supreme effort the freshmen won by one point, thus gaining five counts, to the second year students' count of four, which final score gave the victory of the day to the sophomores, with a total score of 32 against 27.

How to Rid Yourself of Rats

The ingenuity of C. Buck Gorham in placing a metal collar with pendant bells on it upon the neck of a rat has succeeded in ridding the large plant of the Automatic Machinery Company at East Norwalk, of an army of rats that infested it. The company has paid the youth a reward of \$75, which it offered to anyone who would drive away the rodents.

The bells tingled as the rat went through ceilings and walls, and he acted as though he was proud of his musical adornments. His numerous relatives however, forsook both him and the plant, whether through envy or from fear has not been determined.

A Warning to Fat Wives

George Hunter, a conductor on the B. & O., is said to have deserted his wife for a more ideal specimen of female beauty, because she allowed herself to become fat. It is said that when he was first married, his wife was willowy and sylphlike, that he was so charmed with her, that he gave her \$950 of the \$1,000 he earned each year, that is, according to her statement. They were very happy, and three children came to bless them, but Mrs. Hunter gradually grew plump. With each pound of avoirdupois she gained, the warmth of his love fell one degree. He thinks she is fat now, and it is said that her husband has lost his affection for her. Fat is all right in its place. Its purpose is to round out the corners and make the body more symmetrical. It is not supposed to be a load that one must carry around just as though he had to carry one or more buckets of coal all through life. An excessively fat man or woman always reminds me of the hero of Bunyan's "Pilgrim's Progress," with his burden always on his back. He was finally relieved of his particular load, and one can easily be relieved of excessive fat, if he is willing to make the effort.

"You see, Judge, I am not fat," said Mrs. Hunter when appearing in Court for the purpose of making her husband do his duty towards her. "My figure is well-rounded, to be sure, but I am far from fat. We were very happy at one time. I have taken all kinds of physi-

cal culture—I have consulted physicians, but I am the mother of three, and I am not as slender as I was seven years ago."

She says she has taken all kinds of physical culture. She has probably neglected to eat a little less. She has also probably neglected to walk from five to ten miles each day. If I knew the details of her life, I might be able to find half a dozen other things she might have omitted from her daily regime when she tried physical culture. Let this be a warning to wives. Do not get fat. It might also be applied to husbands.

Turkish Wrestlers

Mr. Frank L. Gotch, champion wrestler (catch-as-catch-can) of America, says the greatest wrestlers of the world can be found among the Turks. He was recently asked who he considered the greatest wrestlers. His reply was as follows:—

"Undoubtedly the giant Turks are the best," Gotch answered; "men like Yousof, Nouroulah and others their size. No white man can hope to cope with these 400-pound hulks unless he can get back of them and work on their feet. I've been looking for someone to show me how to get back of them. Don't let anybody tell you any white man ever beat Nouroulah, for he didn't."

"In America we have a gallant array of wrestlers—Whistler, Joe Action, Strangler Lewis, Tom Jenkins, Farmer Burns, Dan McLeod, Charley Olson. There's a splendid seven, and then to-day we have Freddy Beell, a man only a notch above a middleweight and yet one of the greatest on the mat. It is something to hold a championship title in the face of such competition as exists in the country of the Stars and Stripes to-day, and I hope I am not egotistical when I say I am proud to have won my right to defend the American championship."

While the American champion is doubtless right in attributing to the Turks the credit due their great size, many are of the opinion that our own wrestlers, who exhibit far more strength and skill in proportion to their avoirdupois, are more worthy of greater admiration.

The Crime of the Appendicitis Operation

By M. J. RODERMUND, M. D.

A Blood-curdling Revelation of the Methods of Those Murderers who Masquerading Under the Name of Surgeons, Perform Unnecessary and Frequently Fatal Removal of the Appendix for the sake of the Incidental Big Fees—Many Cases in Point—Inflammation of the Appendix Appears to be so rare as to be Practically Unknown—The Criminals in Question are so Protected by Medical Legislation that they Cannot be Punished for their Crimes

Dr. Rodermund, the author of this remarkable article, is a Milwaukee physician of high repute professionally and socially. Unlike a great many of his colleagues, he declines to be a party to some of the crimes that are committed in the name of medicine, and, as will be seen, does not hesitate to denounce them. His revelations, regarding operations for appendicitis explain the "cutting craze" of the majority of modern surgeons, while they also emphasize the callousness and brutality of these same men. Just why a doctor should be permitted to commit homicide for the sake of a few paltry dollars and yet go unpunished, is one of those legal mysteries which seem to be past finding out. Dr. Rodermund is writing a series of articles in a medical publication on the blunders of doctors, and that which follows is a portion of one of such.—Bernarr Macfadden.

IF this chapter does not open your eyes to a matter that is so atrocious in its evolution, and so inexcusable in its manifest ignorance, that it might properly be called by another name which would not be in order in print, then I have formed too high an estimate of the intelligence of a large number of our general practitioners and the lay public.

First, I will call your attention to the difference between the anatomy of the appendix of a dog, and that of a human being. In a dog, the appendix is practically a continuation of the intestine. Anatomy would make it natural to assume that the construction of this part of a dog—this free and open appendix—could be easily obstructed by substances passing through the intestines, as it is practically a part of the latter. Yet a dog does not seem to ever have appendicitis.

Dr. J. B. M., of Chicago, if I am rightly informed, has a hobby for experimenting upon dogs, and is also considered the father of the atrocious and criminal appendicitis operation which is so much

the fashion. Did he conclude that the appendix was the same as in the human being, and that it was therefore unnecessary, and a dangerous little piece of anatomy?

If this organ existed in the human being as in the dog, it would be quite natural to infer that it would easily become obstructed with plum stones, grape seeds, or anything else that is passing along the line, and thus set up inflammation, or other serious trouble. Hence its removal would be a blessing to man, and that the all-wise Creator made a mistake in leaving such a dangerous little organ within the body.

But we find here a very decided difference existing between the appendix of the dog and the man. And because of this difference we find exploded such a gigantic fraud and deception that has been foisted on the public and, no doubt, upon many physicians, that it seems almost impossible for it to be true. The universal impression has been given to the public that plum stones, grape seeds, lemon or orange seeds, and other things, get into the

human appendix and set up an inflammation, and, therefore, it was a blunder of the Almighty, when he constructed man with this same attachment.

But, anatomy shows that it is absolute impossibility for the appendix in man to become obstructed any more than the glands that secrete the saliva can be obstructed by the food in the mouth.

The appendix is in reality a glandular organ and is evidently intended for a purpose similar to that of other glands, *i. e.*, to furnish lubrication, and answer as an "oil can" to prevent any obstruction when the contents of the smaller intestines are passing into the large ones. When the truth of the matter came to me, I felt that I would have to get a new mainspring put in my vocabulary to express my feelings. So I feel it will be best to let each one use his own adjectives in this connection. However I would like to especially give my compliments to those doctors who have been sending their patients to Chicago surgeons, or any other place in order to get a "rakeoff," this too, when the patient had only a belly-ache, which most any old woman could have cured with a little common sense treatment.

Of course it may be possible that the appendix may become inflamed by cold or through an inflammation of the surrounding parts, but I have never seen such a case. I have witnessed and assisted in thirty-four operations of so-called appendicitis, *but never have I seen a diseased appendix*. Yet, I have seen a number of healthy, blooming young men and women sent to the angels just because the surgeons wanted the incidental fee of three to five hundred dollars.

I mean just what I say; these operations were performed absolutely for the fees only, and the surgeons made no bones about saying so before the operations.

A. B. Stockham, M. D., quotes the statement of a physician at a meeting of physicians in Boston, which shows how hard it is to get the actual proofs, even if you are standing by and seeing the criminal performance, as long as credit is given to the statement of these prominent surgeons. This physician,

who is said to have performed more operations for appendicitis than any other American doctor, made the statement: "Ninety per cent. of the cases that he operated on for appendicitis proved not to be that disease at all."

In explanation he said: "We always tell a patient and his friends that the operation is successful, and show some tangible excisions, to prove the validity of the case."

In the city of Appleton was built one of the largest of hospitals in this State by Catholic Sisters. Some months after the hospital was completed, the physicians of that city and others along the Fox River Valley, informed these Sisters of Charity that if I was allowed to come in, or bring patients into the hospital, they would refuse to bring patients there, and I was so notified; this, be it remembered, because I had cured a number of patients of a very simple ailment after these prominent physicians had told them that nothing but an operation would save their lives. This would appear to me as though these particular Sisters of Charity considered the financial success of their hospital more than the lives of human beings. Perhaps I am a little prejudiced, but facts are stubborn things.

I shall avoid giving names of surgeons who have this operating mania, but the knowledge and information which I have had given me from different States, make it reasonably clear that this foul and murderous practice is terribly general.

No valid argument or evidence can be presented to show that one operation in a hundred; yes, one in five hundred, is actually necessary. Can language be strong enough to condemn this practice of butchering and murdering? It is so foul that it smells to heaven.

I will here give a few instances for which I can vouch, to substantiate the foregoing statement:

A school teacher, twenty-two years of age, who had inherited several thousands of dollars, went to a physician about sixty miles from her home, and complained that she had a pain in her left side, near her ribs. (Remember, she said her *left* side). The physician told her that she had appendicitis, and

she believed it. I had occasion to examine the case before she went to the operating room and told the physician that she was in perfect health, but being quite fleshy, it was very risky to operate upon her. "Well, there is four hundred dollars in it, and she expects to be operated upon, so we will go ahead," said the physician, and in four days she went to the angels.

Another case, a man thirty years of age, was operated upon in this same hospital, and had nothing wrong with him, only an irritable stomach and indigestion. But the surgeon made him believe he must have that appendix of his removed to get well. He had it removed and recovered, but the peritoneum failed to unite, and there was a hernia. The doctor operated the second time and the man made a good recovery. The six weeks in the hospital gave his stomach and general system a good rest and, of course, he went home feeling pretty good. Almost two months later, I saw a letter written by this man to the surgeon, stating that he would praise him as long as he lived for saving his life by his skill as a surgeon, and would see that all the people from his part of the State would go to him when sick. Business is business. *The best way to get a reputation as a successful surgeon is to operate upon healthy people, and not get caught at it.*

A boy of sixteen years was hurried to the hospital after being suddenly taken sick while the father was driving to a neighboring village. On his arrival home he was informed what had happened. He drove quickly to the hospital, where he was informed that the boy had appendicitis.

"How much dat cost?" asked the father.

"About three hundred dollars."

"Dree hundred thaler? I got no dree hundred thaler"

He took the boy and drove home with him. After arriving home, the boy had a natural operation and the next day was following the plough as well as ever.

Another instance similar to the foregoing: A tall, strong man was taken to the hospital in the evening, to be operated upon the next morning. The next forenoon, the operating room was

prepared, and the nurse went to the room of the patient, but the bird had quietly flown. The man had had a natural operation during the night, and felt so good in the morning that he went home.

One of our Congressmen, a perfect giant of physical health, was taken with a little pain in the abdomen while attending church. He called a physician when he arrived home, and was told he had appendicitis. He was taken to the hospital the same day and was operated upon, and was buried the same week. I heard this same man say several times that if he ever had any intestinal trouble he would have his appendix removed immediately. Well, he did, also he was "removed," and made room for another candidate.

A certain postmaster had a daughter who after her summer vacation in the mountains, came home blooming in health. A few weeks later she complained of a pain in her side. The physician's verdict was, "operate immediately," but the girl fought and pleaded not to be taken to the hospital, declaring that they would kill her there. The father said, "My dear, the doctor says you must." And so to the hospital she went. In four days the man's child was a corpse.

A most unique case occurred in Milwaukee. A prominent family was a little skeptical about this appendix business. But on account of their long intimacy with the family physician, and an added consultation with two other doctors, consent was given when it was said that it was absolutely essential to have the husband's appendix removed. The man was taken to the hospital and his family waited until the operation was over, as they insisted on seeing the appendix after it was removed. Of course, as usual, the actually healthy appendix was amputated, and the surgeon cut off a piece of fat from the wall of the abdomen, twisted until it looked like a corkscrew, dipped it in the blood of the patient, and showed it to the family, as the "diseased appendix." He also explained how destruction and disintegration had taken place, and that the operation was just in the nick of time to save the man's life.

Wise and Otherwise

A PAGE OF WIT AND HUMOR

Whenever you hear or read anything especially funny that will emphasize the value of physical culture theories, or that is in some way pertinent to the physical culture propaganda, we will be pleased to have you submit it to us for publication in this department. In making contributions, please remember the necessity of stating the source whenever possible. This will be exclusively a readers' department, and all contributions must be voluntary, the contributors being satisfied with the reward that you will receive through the appreciation of the readers of this magazine. We cannot guarantee to return unused contributions, but whenever requested, we will endeavor to do so.

Physical Culture Wanted in the Saloon?

Following is a curiosity, clipped from the *Evening Chronicle*, of Spokane, Washington:

WANTED—Bartender, one who has steady habits; must not drink or gamble; must furnish unquestionable references; no pimps need answer. Address for three days. Jas. McGirr, Coeur d'Alene, Idaho.

Treatments

"That's mighty funny treatment Dr. Pillsbury is giving young Tompkins!"

"I understand Tompkins broke his arm?"

"Yes; and the doctor is pulling his leg."

Those Doctors

"Don't talk to me about doctors! I consulted one, and he advised me to sleep with my windows open. I did so and the next morning my watch and pocketbook had disappeared."—*Fliegende Blaetter*.

Mark Twain's Clothing

Some people suffering with an overdose of dignity have given evidence of being considerably shocked by Mark Twain's new philosophy about "clothes." On a visit to Washington, during the past winter, the humorist wore a suit of white flannel, and when a brave reporter joked him about wearing summer togs in winter he said:

"Oh, I find this flannel suit comfortable. You see (illustrating), I wear heavy underclothing. This suit I may say is the uniform of the Ancient and

Honorable Order of Purity and Perfection, of which organization I am the president, secretary and treasurer, and sole member. I may add that I don't know of any one else who is eligible.

"When a man gets to be seventy-one, as I am, the world begins to look somber and dark, and I believe we should do all we can to brighten things up and make ourselves look cheerful. You can't do that wearing black, funeral clothes. And why shouldn't a man wear white? It betokens purity and innocence. I'm in favor of the peekaboo waists and the décollete costumes. The most beautiful costume is the human skin, but since it isn't conventional or polite to appear in public in that garb alone, I believe in wearing white.

"I don't know of anything more hideous and disgusting in men's attire than the black claw-hammer coat. A group of men thus adorned remind me of a flock of crows more than anything else. About the most becoming get-up I ever saw in my life was out in the Sandwich Islands, thirty years ago, where a native who wanted to appear at his best usually appeared in a pair of eye-glasses."

(The above is very commendable with the exception of the heavy underclothing, especially if it was woolen.—*Ed.*)

In Doubt

Reporter—"To what do you attribute your great age?"

Oldest Inhabitant—"I bain't sure yet, sir. There be several o' them patent med'cine companies as is bargainin' with me."—*London Punch*.

Timely Health Hints

By BERNARR MACFADDEN

The Advantages of Early Rising

It would be impossible to fitly describe the pleasure, in fact, you might say the delight, that can come with a walk through the woods in the early morning hours. And when I say early, I mean at sun-rise or a little before. There seems to be something in the air at this particular time of the day, which is inclined to invigorate one, and at times to almost intoxicate the senses, provided one is enjoying a high degree of health. At no other time of day does a walk seem so pleasurable. I know the temptation to lie in bed is very difficult to resist, but if you make a strenuous effort or if you will positively determine that you will get up at daylight or thereabouts, and keep on determining this time after time, after awhile you may be able to arise in time to taste the joys of an early morning stroll. And though you may stroll along for a little while, when you are thoroughly awakened, you will gain vastly by increasing the speed to a fast walk. Then begin to draw in oxygen in great "gulps." Fill your lungs to the very greatest innermost capacity, expanding fully and freely, and in a few moments, life will assume a brightness—almost a glory that will encompass you like a halo. I believe oxygen is actually intoxicating at times. No matter if you have not a cent in the world, at such a time, you will feel as though you owned the earth—the joy of living, breathing, will permeate until every nerve tingles with pleasure. I know the average reader will call this an exaggeration, but it is not, it is simply an actual statement of facts, as any one can demonstrate for himself or herself, if they will experiment with these early morning walks.

"That Tired Feeling"

A chronic victim of "that tired feeling" is to be pitied. Life is all gloom to such an individual. There is no brightness, no joy, regardless of what his environ-

ments or earthly possessions may be. But there is no reasonable excuse for suffering in this way. This condition is really a disease. It is abnormal. It is not right or natural for a human being to be continually tired. There is something wrong, and though there may be many causes that bring about this condition, I am going to very briefly mention one cause that is especially important. This tired feeling is usually especially noticeable in the morning. You go to bed tired, and you awake up more tired. You hate to get up. It is exceedingly difficult for you to arouse enough energy to drag your weary limbs out of bed. The chronic fatigue seems to have settled in your bones, and the victim of this trouble is usually of the opinion that there is no remedy for him. He might imagine that he was born tired. Now the fact that you are more tired in the morning than at any other time, is evidence that the influences during slumber were especially inclined to aggravate your trouble. I want to especially emphasize that one of the most frequent causes of this deplorable condition, is simply the lack of fresh air in the sleeping room. If you are a victim of this chronic tired feeling, throw your windows wide open. Breathe all the oxygen you can. Rid yourself absolutely of the fear of draughts. Breathe the fresh pure air. Fill your lungs to their greatest capacity when you go to bed and before you arise in the morning. If you can sleep with your head out of doors, or right in an open window, and then your trouble does not disappear in a short time, it will be surprising.

Sun-Bathing

Do not forget the value of sun-baths. The sun is of just as much value to human life as it is to plant life. It is absolutely necessary to the enjoyment of the highest degree of physical health. Now that the days are pleasant, and the

sun is inviting, give your body a chance to breathe. Give the sun-light a chance to invigorate every part of your organism. If you are not living out in the country where you can bask in the sun among the trees away from prying eyes, then secure what sunlight you can in your own room. You will be surprised and pleased at its effects. The sun not only has a beneficial effect upon the external parts of the body, but the light really permeates the internal parts almost like an *x-ray*. It seems to invigorate the various parts of the internal organism. It seems to give them more life—more health. It makes them perform their functions more perfectly. I would not advise you to expose the surface of your body to the sunlight too long at your first attempt, as there is liability of being sun-burnt, and an experience of this kind, I can assure you, is far from pleasant. But you can expose the body for a few minutes on the first occasion, and gradually increase the time each day thereafter, and you will find that the skin is slowly but surely taking on a brownish tint, and in a short time you will be able to bask in the sun-light as long as you choose, without fear of being sun-burnt.

How to Treat Sunburn

Probably one of the most painful and uncomfortable of sensations is that which results from exposure of the body to the sun for too long a period, before the skin has become accustomed to its rays. A really severe sunburn is usually continuously painful for from two to five days. Not infrequently, it is so serious as to cause its victim to remain in bed for a few days. Of course, this is not by any means necessary, and as a rule, simply prolongs the complaint. Now, a sunburn must, of course, go through the process of recovery the same as any other burn, but this process can be made fairly comfortable by methods which I will here prescribe. Take an ordinary sunburn—as a rule, the application of olive oil at night on going to bed, will cause it to disappear within the next morning, but where the burn is really serious, as it frequently is when one goes in bathing and entirely forgets himself for a long period, in the

joy of the exercise, more radical methods must be adopted. If the sun-burn is on the shoulders, put on a thick undershirt, linen or cotton preferable, but if you have not a thick shirt, put on two light ones. Now wet the shirt wherever the skin has been burned; put a dry towel or something over the wet parts to avoid it wetting the bed. You will find this will quickly allay the stinging, burning sensation, which is frequently so severe to as keep one awake throughout the entire night. Of course if the shirt dries, the pain is liable to reappear, and then you will have to wet it again. This process will make life bearable while enduring the tortures which come to those who allow themselves to be sunburnt in this manner.

Air-Baths

Air-baths are valuable at all times of the year. They can be taken anywhere and at any time, with benefit, provided of course, they are not too prolonged in a very cold temperature. They are a tonic of no small value, to the skin, and to all parts of the body, and now that the weather is growing warmer, it would be a good plan to encourage the habit of taking air-baths. Of course sun-baths are preferable, or one can naturally take both sun- and air-baths at one time, but if you are forbidden the privilege of basking in the sunlight minus your clothing, then take an air bath, taking your morning exercise entirely nude, and after the exercise, read a book or stand around and thus secure the benefit that comes when the skin is allowed to have free contact with the air. Of course an air-bath of this kind is more pleasurable when taken at the same time you are exercising, though it can be enjoyed without exercise, provided the temperature is not too cool. It is well-known that savages who wear but little clothing enjoy far better health than those who are addicted to the civilized habit of covering their nakedness, and though I am not going to commit the terrible offense of advising one to go without clothing outside the privacy of his own room, unless he owns a forest or a yard where human eyes cannot penetrate, still, I am in favor of discarding clothes as often as

you can, and at the same time, avoid arousing the mental vileness that is associated with the average prude.

Going Bare-foot in Summer

If you want to go back to your boyhood or girlhood days, acquire the bare-foot habit this summer. Throw your shoes aside. Allow your bare feet to come in touch with "Mother Earth," and you will then come in direct contact with the magnetic centers of the earth. You will be able to absorb some of this magnetism, and thus secure increased health and strength. Of course, you will have to step lightly and with extreme caution for a few days. The sole of one's foot becomes extremely delicate after indulging in

the shoe habit for years. But the adaptability of the human skin as far as hardness of the sole of one's foot is concerned, is really amazing. Day by day the soles of your feet will become toughened. You will find you can walk farther and farther without discomfort, and it takes but a few days for one to so harden the soles of his feet that he can walk several miles bare-footed on an ordinarily smooth road. Of course, I would not advise you to go bare-footed on the streets of a large city, or where it may be considered especially shocking for the bare feet to be seen. I usually go bare-footed a large part of the summer while at home, and I am able to wear sandals during trips to cities without attracting much attention.

My Special Recipe

By BERNARR MACFADDEN

Under this heading frequently hereafter, I intend giving my readers a recipe for a cooked dish that I can especially recommend, not only as a wholesome article of food, but which I can guarantee, will be delicious. I was always fond of experimenting with cooking, and never confined my diet to the recipes furnished by others. As a result, I have originated a large number of combinations, or special methods of preparing foods, that are of considerable value. —Bernarr Macfadden.

DELICIOUS SPAGHETTI

Nearly all those who are in favor of a non-meat diet, are fond of spaghetti, that is, provided it is properly cooked. The following is an excellent recipe:

Place the quantity of spaghetti you desire to use in a vessel, pour a small amount of water over it, using only sufficient to supply what will be absorbed while being cooked, and cook until the water has permeated every part of it. You can test this very easily by biting through it. If the inner part of the spaghetti is dry, it is not sufficiently cooked; but be very careful not to cook it too long, for if mushy it loses in flavor. If it is cooked without boiling, it is usually better. If boiled, it can usually be cooked in from 15 to 20 minutes.

When the spaghetti is cooked as described, turn the contents of the vessel into a colander, having a dish under it to catch the liquid in which the

spaghetti has been cooked. After the liquid is thoroughly drained off, pour over the spaghetti a very small quantity of water, and catch this also in the vessel. Now, place this liquid on the stove; meanwhile allow cold water to run freely over the spaghetti until it cools all parts of it. After the liquid first drained from the dish has been boiled a sufficient length of time to give it the consistency of a thick soup or gravy, mix in from two to four onions chopped very fine. After this has boiled four or five minutes mix in four or five ounces of cheese. If you are fond of the cheese flavor, you might double this quantity. When the cheese is thoroughly melted and the mixture is boiling, turn the cold spaghetti into it. Allow it to remain until it has boiled for one or two minutes, and after salting to taste, it is ready to serve.

Why Girls Go Wrong

By BEN B. LINDSEY, Judge of the Juvenile Court of Denver

NINE-TENTHS OF OUR GIRLS GO WRONG BECAUSE OF THE CARELESSNESS OF PARENTS

The following article appeared in a recent issue of the "Ladies' Home Journal." It proves, in a most positive way, the statements I have made again and again in this magazine, with reference to the neglect of parents in their plain duty to their own children. In the last issue of PHYSICAL CULTURE I referred to what I termed the conversion of the publication from which this article is reprinted. It states plain facts that have been secured from actual experience with hundreds of children, yet parents continue to ignore this subject of such vital importance to their girls and boys, with such startling proof as this before them. The crime—and the offense deserves this epithet—that is now being committed by parents everywhere through this neglect, brings about more physical weakness, and causes more misery than any other one evil in existence at the present time.—Bernarr Macfadden.

ONCE asked a little girl how it was that, when we had twenty bad boys in court, we only had one bad little girl. "Well," she replied, in the most innocent way, evidently wishing that the girls should not be outdone, "one bad little girl is worse'n twenty bad little kids, any time."

This little girl was even wiser than she knew, and the probation officer in the children's court knows too well the truth of this statement. A boy is generally a part of most girls' troubles, and one girl's case has often, through the skilled and careful work of the probation officers, yielded twenty men, women and children to be dealt with.

Now we men and women prefer to associate our thoughts of a little girl with all that is good and pure, and I thank God we can do so in most cases. There is no doubt whatever that the immoral little girl is exceptional. And while this is true, there is also danger in this statement, for, while the exceptional case must be in some family, is it quite beyond the possibilities that it should be in yours as well as in some other family?

I venture to say that there is scarcely a parent reading these words who would dream that such an instance as the following could have happened in a well-regulated school. An officer once brought to me two school copy-books containing some of the most improper literature that the fiendish mind of man

could invent. It was discovered that one of the copy-books belonged to a thirteen-year-old boy; the other to a girl of the same age. They were both children from good homes of the better class.

The boy told me that the girl had obtained his copy-book quite by accident and had requested permission to copy its contents. The girl afterward, in the presence of her mother, verified all that the boy had said. This boy told me frankly that he knew six little girls in the same school who had similar copies, and who, from some source unknown to him, had similar literature which they had shown him, but which he had not seen fit to copy. This boy was bright, refined, stood well in school, attended his church, and at the time I talked to him was preparing for confirmation. Neither his father, mother, teacher nor preceptor had the slightest knowledge of this pollution in his life. No grown person had ever talked to him on such subjects except his father's coachman, who had handled them in the vilest way. He frankly told me that he had made improper suggestions to several little girls. I asked him about the girls he knew, and I found he had several playmates among them.

Expecting the same reply that always comes, I said, "Tom, why did you never have the same thoughts, make

the same suggestions to Anna B?" (Of course no real names are used here.)

"Well," he said, "she is entirely different from Jennie K."

"What does Jennie say?" I asked him.

"She is kind of flip; she laughs and jokes about such things," he replied.

"If you were to say the same thing to Anna B. what would she do?" I asked.

"She would slap me in the face or never speak to me again—I could not think of such a thing. You know, Judge, she is different from Jennie."

That boy told me that among his playmates they frequently discussed Jennie K. Gossip among them was rife and common. Not a single father, mother or teacher suspected it.

I sent for Jennie K. and her mother. She was a pleasant, sweet-faced child; her mother appeared to be a refined and intelligent woman. I found that the girl was more or less forward. I explained to her that the proceeding was entirely in her interest, that no one but her mother and me should know the facts, and in the most tactful way her confidence was gained. The mother was surprised to know that her little girl could have written pages and pages of vile stuff about which she supposed the child was ignorant. The child frankly told her mother that she had known of such facts since she was nine years old, and that such forbidden subjects had been a part of the conversation of a dozen of her companions since she was eleven. She also told her mother, in my presence, that at least fifteen boys in the school had made improper suggestions to her; she admitted that, though she fully understood, she had never cried, never slapped any boy in the face, never bowed her head in shame, never gone to the teacher or mother with the slightest word. She also admitted receiving, without detection, many improper notes in the school-room, and that she had never informed either parent or teacher of this.

She told me she could give me the names of at least twelve girls in her school who talked just as much as she did about such matters, and to whom boys said the same things they said to her.

The very day I write this a father and mother have spent an hour talking to me of their sixteen-year-old daughter who has fallen to the very depths. The girl admitted to me in their presence that her first knowledge of such matters had come to her through notes passed about in the school, and through the common gossip that floats among children at the curious age; that impure suggestions had come to her before she was twelve years old; that she had shown no proper resentment; that she knew of evil then, but did not understand. No sympathetic, fond and loving heart had ever explained. Yet her mother never knew. With these parents was another daughter, sweet and pure, seven years of age. I have no doubt that the experience of this mother with her sixteen-year-old daughter may be the means of saving the girl of seven. The mother told me that the older girl had at the same age been even more beautiful, more sweet and fetching than the little girl who seemed a perpetual life of sunshine in the prosperous, well-ordered home.

Within a week I had four boys from homes of our best neighborhoods complained of for a serious offense. I talked to those boys separately, and then to their fathers who accompanied them to my chambers. First I tried talking to the boys in the presence of their fathers, but their embarrassment was so painfully apparent and falsehood so surely encouraged thereby that one of the more sensible fathers suggested that they withdraw. I soon put the boys at their ease; they knew perfectly that I understood them, that, while I did not justify their conduct, there was a sufficient amount of sympathy to make the truth perfectly easy—and the truth is the most important thing in such cases.

Each boy admitted he had said improper things to little girls, and, with one exception, every little girl had turned it away with a flippant remark, as a mere joking, foolish thing, betokening smartness on the part of the boy. Not one of the fathers knew.

Now, why did not these fathers and mothers know? They should have known, if they had known their children. But this is where the seat of the trouble

lies: parents do not know their children, nor have they the least idea of what their children know, or what these children talk about and do when away from them.

It is all very well for us elders to retire behind the old excuse that the delicacy of this subject forbids its discussion. But the fact remains, nevertheless, that its very delicacy only emphasizes the extreme importance of the subject. I am convinced that this whole moral question among children, instead of being a question to be avoided, as it has been heretofore, by word of mouth or pen, is by far the most important problem that concerns the preservation of the American home, and as such cannot be any longer dodged, but must be squarely met. Beside this question, the mere matter of the boy or girl who steals or runs away is of small moment. If, then, the nation decay, as it must if the home is undermined, it is because mothers and fathers have proved false; it is because mothers and fathers are traitors to childhood's sacred cause. These are strong words, truly, but I have facts from actual experience upon which to base them.

My experience has shown clearly this one indisputable fact, and I say it unhesitatingly: that nine-tenths of our girls go wrong because of the carelessness and inattention of parents. They do not all land in the red-light district. They are in society, a part of its pollution and filth. They are responsible for many of the divorce causes, for the broken homes, desertions, sorrow, misery, blighted faith, despair, and the great mass of social ills which infest society, and of which we hear and know but little, except through suicide, divorce, desertion and the sensational exceptions that compel attention.

I say unhesitatingly that the great majority of girls who enter into a life of sin and are forced to the attention of the courts at sixteen or twenty, after the real mischief is done, began their wayward course as early as eleven and twelve. Every wayward girl I have talked to has assured me of this truth. Nor is this startling fact so startling if we look at it in its right light.

* * * * *

We must remember that children read the daily papers; that they frequently hear discussions among their elders which are more or less veiled, with the idea that the children do not understand; that they are constantly in the streets, back and forth from school, directly or indirectly in contact with those who are much older than themselves. It is no wonder that at a very early age their curiosity may take a dangerous turn. Thence comes the necessity for companionship between mothers and their girls, between fathers and their boys.

I have had hundreds of children in my experience who were involved in such troubles, and I have made it an invariable rule to ask a girl in the presence of her mother, and always to ask the boy, if the parent has counseled in regard to such matters, and always the answer has been that their only information came from the street, and from older companions. I can say without hesitation that not more than one child in twenty cases has ever been able to tell me that either father or mother had ever given him any counsel or advice on the most important matters of life, pure and holy when properly understood, but one of the greatest sources of corruption in childhood, and therefore in manhood and in womanhood, when not properly explained, or when learned from the filthy, poisonous sources of the street.

Now, I ask: Does this condition of things justify the mock-modesty, the unwillingness of parents to be frank with their children and discuss, as they should, the matters of sex with them? I have met with scores of parents who have felt this way about the matter, but I have never known of a single case, out of the large number which I have dealt with in these six years, where the parents did not afterward admit the mistake and thank God that the awakening came before it was too late. But in some instances—ah, in too many instances—the eyes of the parents were opened too late! And that is the sad part of the matter—the girl finds out too late what her parents might have and should have told her in time!

Our Present Evil Jail System

By I. M. KING

I HAD not given the subject of our present day jail system much attention until quite recently, when out of curiosity, I visited a county jail in my vicinity. I had always believed that those who violated our laws were taken in hand and made to regret their faults by methods originated by capable individuals. But after an examination of this jail alluded to, I materially changed my views upon the subject. This particular jail has the reputation of being one of the best in this section of the state, but if so, I can hardly imagine what the conditions are at other jails.

Ordinarily one speaks or thinks of the jail as a place to discipline and improve those who have gone to the bad, with the intention of making them good citizens. Hence it would naturally be supposed that a place for the making of men's characters would be hygienically perfect, and the prisoners surrounded by all that was elevating, such as good reading, music, athletic exercise, etc.

But the one who imagines this would doubtlessly be horrified to learn the real condition of our jails. I speak in particular of our county jails as I am aware that our big penitentiaries are in better shape than the former.

The jail which I am now describing is a long, low affair composed of cement blocks with windows doubly barred and screened far above the reach of the inmates, to keep them from seeing the world or getting a whiff of fresh air, I suppose, although ostensibly to keep the prisoners from escaping thereby. Outside, it hardly looked forbidding, but this was Paradise to what was inside its walls.

After I had viewed the outside, I roused up the warden, who was doubtlessly having a good time all by himself and invited him to show me through the "menagerie." I must confess that he did not impress me much by his looks or manners and later, it seemed to me

that he looked even worse than his "animals."

We entered the den through an iron door that had a complication of locks and bars similar to those which one sees in the safety deposit vaults. Then I found myself in the lounging room of the "trusties." This was a space about five feet wide by ten long, running along one side of the building. On the other side was a double tier of barred iron cells that reminded me of a double-decked rat trap. Along the wall of the lounging room was a shelf about a foot wide, which contained two or three old papers and magazines that looked as though they had come as wrappers on some article and had been read many times. The only other articles that this apartment contained were a small deal table and one chair which was occupied by a prisoner. He was playing solitaire like a machine and when I happened around about five hours later, he was still at it. On the wall were a few dirty newspaper clippings. The prisoners seemed to have the privilege of enjoying themselves by standing up or trying to sit on the narrow shelf.

The warden next showed me one of the cells, which was about eight feet square and made of iron bars (which were about two inches wide, half an inch thick, and placed up and down so as to leave spaces about three inches square). This was unlighted save for what little illumination came from the lounging room. The only article of furniture was a plank about two feet wide by six long with one edge fastened to the wall while the outer edge was supported by a chain at each corner attached to the wall above. This was about three feet from the floor and on it were a dirty straw tick and a still dirtier blanket. It was so dark that this was as much as I could observe.

From here, the warden escorted me to a wall through which we passed by

an iron door even more formidable than the one by which we had first entered. This gave egress to a small alcove about two by four feet composed of the usual network of iron bars. This alcove was in the corner of a large room, down the center of which extended a long table, about which were seated some sixty men, playing cards, sleeping, fighting, or doing nothing as they desired. These were the foreigners and "violents." The room was dimly lighted by gas jets that barely made visible the dirty, unshaved, woe-begone looking men. The air was thick with tobacco smoke and the floor was running with filth. The atmosphere was damp and humid and so evil smelling as to make one about sick. It strongly reminded me of a circus menagerie where dangerous beasts were kept instead of an abode of humans being "cultivated" for a better life, except that I never saw a menagerie as dirty.

While I looked upon these miserable men, I asked myself if it was really improving them, or the public, to take

them from the free air and bright sunshine, to cast them into this vile, damp, dirty, heathenish dungeon. Would it give rise to human ambitions? Would it brighten a man's moral or intellectual character? Would it kindle that spark of human love and kindness which is in every one and which can be developed by proper means.

Of course, there are people that must be confined or they would injure others, but would it not be better to *improve them* than to *degrade them*? It is only adding one wrong to another to treat our wrong-doers as is done at present. Why not provide clean, sanitary quarters for them, give them encouragement, furnish them with elevating reading, give them a chance to indulge in athletic sports and other pastimes? Nothing is as bad as idleness. Ninety out of every hundred prisoners in our jails could be reformed and changed to faithful, honest, and law abiding citizens if gone at in the right way.

I say, "Give every man a square deal."

FRUITS AS GERM KILLERS

Among some "Science Notes," republished by the *Indian Mirror*, we glean the following relating to the virtues of fruit. This is supplemental to the well-known effect of juice of acid fruits, such as limes, apples, pineapples, etc., in the mitigation of the craving for alcoholic drinks; it is said that an eminent Japanese bacteriologist has recently shown, with success, that the acids of lemons, apples and some other fruits, are capable of destroying all kinds and varieties of the germs which cause disease and pain in the human body. The acids—citric and malic—contained in the fruit juices, probably have the effect of producing this effect. Cholera germs are said to be killed in fifteen minutes by lemon juice or apple juice and even typhoid germs, which have great resisting power, are killed in about thirty minutes by either of these acids even in a very diluted form. A tumbler full of cold water saturated with cholera bacilli

might be gulped down one's throat with impunity, provided a lemon has been squeezed into it about fifteen or twenty minutes prior to the act. The safety here lies in the absolute certainty of the destruction of the bacilli by the action of the lemon juice. What is a delicious drink to the human being is here evidently a poison to these micro-organisms. Thus the two most dreaded diseases in India, *i. e.*, Asiatic cholera and typhoid fever, have a simple remedy to checkmate their ravages. These prevalent and universal diseases have now this powerful antidote. Limes are now within the reach of the poorest people in India and they could be secured for a pie even in the districts of great scarcity.

Even the very poor people, by having a plentiful supply of lemons and oranges in the time of epidemics, could tide over the infection with great credit.
—*The Theosophist.*