

# PHYSICAL CULTURE



*Bernarr Macfadden*

A Room Door as a Complete  
Gymnasium

The Confessions of a Quack  
(Continued)

Duffy Malt Whiskey Exposé

Tree Climbing as an Exercise

Symposium on Divorce

Sports on an Ocean Steamer

Discussion of Milk as a Food

Art of Boxing

A Weird and Startling Serial Story  
Begins in This Number



Vol. XIV  
No. 4

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PHYSICAL CULTURE CITY  
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10c.  
\$1.00 A Year

NEW YORK CITY  
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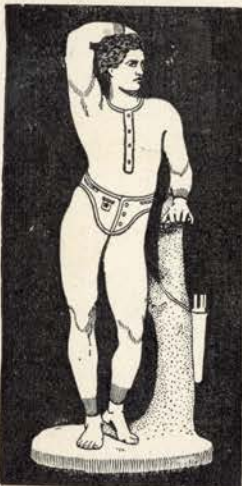
Sample vial free.

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HYGIENIC UNDERWEAR



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Wear Harderfold Hygienic Underwear and you have warmth without excessive heat.

The *Inter-air-space* created by two-fold garments, keeps you warm with less weight than a single heavy garment and represents the science of health as applied to underclothing.

*Air is Life.* Harderfold surrounds your body with air, the most complete non-conductor of heat. The body retains its natural heat, and colds and rheumatism are prevented.

Over eleven hundred (1,100) physicians, representing every state and territory in the Union, unite in endorsing the sanitary principle of inter-air-space embodied in the Harderfold Hygienic Underwear.

The Harderfold goods are made in three styles or weight, as follows:

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- C—Winter Weight.
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Harderfold Fabric Co. 162 River St. TROY, N. Y.

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"Baby Knows"



Borated Talcum Toilet Powder

Beautifies and Preserves the Complexion.

A positive Relief for Prickly Heat, Chafing and Sunburn.

Be sure that you get the original. For sale everywhere or by Mail 25c. Sample Free. Try Mennen's Violet Talcum.

GERHARD MENNEN CO., Newark, N. J.



# Increased Salaries

**From Clerkships and Mechanics to Advertising Managers—From Small Salaries to \$1,200.00—\$6,000.00 a Year.**

**BY GEORGE H. POWELL**

The most remarkable business condition today is the continued growth of advertising.

As a vocation, probably no other line can compare with it, since it promises rich rewards for those who are ambitious and willing to qualify.

As a matter of fact the demand for competent ad writers and managers is now much greater than in 1904 or any previous year.

The years of flood tide in every branch of commerce and trade are largely responsible for the enormous advertising increase, and this alone would make room for new workers, but of even greater importance is the added fact that the business world is rapidly finding out that modern advertising, backed up by an intelligent knowledge of money-making management, is the surest way to quick wealth.

All authorities practically agree that from 60 to 70 per cent. of all money spent for advertising is largely wasted because the copy is badly prepared and generally unattractive.

Year by year this percentage of loss is decreasing, but it is still several times more than it should be, and until the corps of trained specialists is greatly multiplied, there will be countless opportunities for young men and women to enter the field at salaries from \$25.00 to \$100.00 a week and even more.

Another remarkable fact is that while business colleges everywhere train young men and women for book-keeping and other positions at small salaries, yet not one of these institutions is prepared to create skilled ad writers.

More than that, the Powell System of correspondence instruction gives at a minimum of expense far better and more practical advertising skill than would be possible in any other way.

Powell graduates fill the best positions in every state, and scores of them are conducting their own offices. Men formerly drudging for \$20.00 a week as mechanics

now earn \$5,000.00 a year as ad writers. Clerks and other subordinates formerly toiling for \$10.00 and \$12.00 now enjoy advertising incomes from \$25.00 up.

For those who long to conduct offices of their own, it will be interesting to note that a young lady completed my system of instruction last year and was soon doing about \$1,000.00 worth of work per month. This year she is doing over \$4,000.00 in the same period, which shows the ever-increasing and substantial importance of this great vocation.

Ambitious workers desiring to investigate the great opportunity and the superiority of the Powell System—the only one enthusiastically endorsed by the great publishers and experts—should send for my two free books—

My Prospectus and "Net Results," the most explanatory in existence, merely addressing me

**GEORGE H. POWELL**  
1579 Temple Court, New York

**ANOTHER RECORD OF SUCCESS**

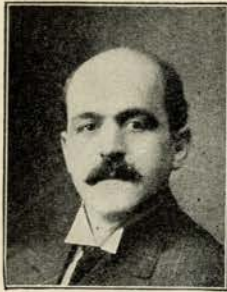
You will be pleased to know that I am leaving for Chicago to take a place as assistant to the Advertising Manager of the largest house in its line in the world.

What I knew about advertising before taking your course was that a number of energetic young men and women seemed to be doing better at it than I was doing—clerking for Standard Oil Co. Five months of very interesting study saw me through in September last year. Though I realize the size of my undertaking, I fully expect to measure up to the job.

Always your Student,  
C. W. PAGE,  
Manchester, Va.



Mention Physical Culture in writing to advertisers.



# REFRESHING!

clear and convincing. You know no man can be his best, physically or mentally, hampered by a depressing tension on the entire Vital nerve system. Every man suffers from it; consciously or otherwise. The Adonis relieves that tension instantly, affording free action to body and mind.

If you think you have known comfort, this will be a revelation to you. Nothing else even intended, for the purposes the Adonis serves—for health, comfort and a refined appearance.

For well men, wise to the importance of preserving and strengthening the most delicate and vital parts of their organism.

Scientifically adapted for the cure and prevention of Varicocele, and with instructions I send free, is the best treatment known.

Sack of pure silk or linen (special weave) silk elastic bands; adjusting clips and band hook, remove to wash, no buckles; weight 1 oz. Price \$1.50. One to a customer, securely postpaid for \$1.00—small, medium or large. Sold only direct.

**CARL C. LANTZ, B-1931 Broadway, New York**

NOTE.—If you desire more proof, I will send a few of the thousands of original, voluntary letters from wearers, on your promise to return promptly. Enclose 4c. postage. Don't waste money on make-shifts or a thing that dare not be illustrated.



## "Building Plans and Designs"

NEW BOOK  
Illustrating houses  
costing \$1,300 to  
\$16,000  
FULL OF NEW IDEAS  
Worth Dollars to You  
Send 50c. for it

**M. E. PARMELEE**  
Architect Knoxville, Tenn.

**Pleasant and Profitable Work** Is offered to men, women, boys and girls, representing our Subscription Department. Previous experience not necessary, although desirable. The work is cheerful and invigorating, and we pay handsomely for it.

It is not necessary that you give up your present vocation, as the service we ask can be fulfilled during spare time or evenings. Apply, stating present employment, age, and the names of two references. Applications considered in the order they are received. Address, Subscription Department, PHYSICAL CULTURE PUBLISHING CO., 29-33 East 19th Street, New York City.

## BURN AIR-IT'S CHEAP NO STOVE LIKE IT!



Consumes 395 Barrels of Air to one gallon of Kerosene. Penny fuel, burns like gas, hottest fire, won't explode, saves work and fuel bills. No coal, wood, dirt, ashes—no wick, no valves, easy operated, handsome, durable. Grand cooker, baker, quick work, cool kitchens. 13000 Harrison Wickless, Valveless Oil-Gas and Air Burners sold 1 month AGENTS WANTED—\$40 Weekly. Greatest MONEY MAKER. Guaranteed, all sizes, sent anywhere, \$3 up. Write, FREE proposition, 30 day trial offer.

World Mfg. Co., 5909 World B'ld'g, Cincinnati, Ohio.

**START PROFITABLE MAIL-ORDER BUSINESS.** Sell goods by mail; cash comes with order. Conducted by anyone, anywhere. Our plan is very successful. We furnish everything. Complete plan free. CENTRAL SUPPLY CO., Kansas City, Mo.

## I Turned Out \$301.27



worth of plating in 2 weeks, writes M. L. Smith of Pa. (used small outfit). Rev. Geo. P. Crawford writes, made \$7.00 first day. J. J. S. Mills, a farmer, writes, can easily make \$5.00 day plating. Thos. Parker, school teacher 21 years, writes, "I made \$9.50 profit one day, \$9.35 another." Plating Business easily learned. We Teach You **Free—No Experience Required.** Every body has tableware, watches, jewelry and metal goods to be plated with Gold, Silver, Nickel and Tin plating. **Heavy Plate**—latest process. No toy or humbug. Outfits all sizes. Everything guaranteed. **LET US START YOU.**

Write today for Catalogue, Address and Offer. **F. Gray & Co., Plating Works, Cincinnati, O.**

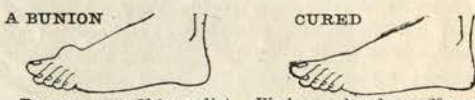
## REDUCED TO \$5.75 FOR ONLY 60 DAYS.



Our Famous **PURITAN WATER STILL.**

Finest made. Solid Copper. Used by U. S. Gov't. Over 72,000 sold. Wonderful invention. Boats filters. Placed over kitchen stove it purifies the foulest water, removes every impurity. Furnishes delicious, pure, distilled water. Saves lives and Dr. bills. Prevents deadly typhoid and other fevers and summer sickness. Only safe water for babies, children, invalids, etc. Cures disease. Customers delighted. Guaranteed as represented or your money refunded. Shipped promptly to any address. Booklet free. Last chance.

HARRISON MANUFACTURING CO., 73 HARRISON BLDG., CINCINNATI, O.



Be your own Chiropractor. We have a handsome 20-page illustrated booklet on "How to have Easy, Healthy, Shapely Feet," which we will mail to any address for a 2c. stamp. Bunions CAN be cured. The booklet tells you how to do it in your own home without cutting and without the slightest inconvenience. It also tells about the prevention and removal of corns, ingrowing toe nails and the treatment of all kinds of foot troubles. **FOOT REMEDY CO., 1312 So. Linsdale Avenue, Chicago.**



## Avoid that Tired Feeling—Wear a Bunker Hill WHY?

It Fits No Buckles to Irritate  
Does Not Chafe Seamless Sack  
Can be Kept Clean Is Adjustable  
Sliding Loop Adjustment Is Durable  
**ASK YOUR DRUGGIST**

Or will be sent postpaid on receipt of prices named as follows:

- 277A Linen, 60c.
- 277B Silk, 85c.
- 277F Parisian Silk, \$1.00
- 277C Fancy Silk, \$1.25
- 277E French Silk, \$1.50
- 277D D'bis'k P'ch, \$2.00

Satisfaction guaranteed absolutely or money refunded. Bunker Hill booklet sent free. Address **THE OHIO TRUSS CO., 27 E. 9th St., CINCINNATI, O.**

## Sexual Facts

The information in these books will insure marital happiness and save mankind untold suffering.

### The Sex Series

The only complete series of books published on delicate subjects. Written in a manner understood by every person and information given which should not be hidden by false or foolish modesty. Commended by medical authorities everywhere.

WHAT A YOUNG BOY OUGHT TO KNOW	WHAT A YOUNG MAN OUGHT TO KNOW	WHAT A YOUNG HUSBAND OUGHT TO KNOW	WHAT A YOUNG MAN OF FORTY-FIVE OUGHT TO KNOW
WHAT A YOUNG GIRL OUGHT TO KNOW	WHAT A YOUNG WOMAN OUGHT TO KNOW	WHAT A YOUNG WIFE OUGHT TO KNOW	WHAT A YOUNG WOMAN OF FORTY-FIVE OUGHT TO KNOW

Four books to boys and men: "Young Boy," "Young Man," "Young Husband," "Man of Forty-five."  
 Four books to girls and women: "Young Girl," "Young Woman," "Young Wife," "Woman of Forty-five."  
 \$1 a copy each, post free. Table of contents free.  
**Vir Publishing Co 868 Land Title Bldg Philadelphia Pa**

## \$20 to \$50 WEEKLY made selling this STANDARD SELF-FILLING Fountain PEN

No ink dropper. No smeared fingers. No twisted rubber. No complication.

**\$178.90** earned in 32 days by retired business man in Ala.

**\$35.80** for a month's spare time by G. Jos. Lovett, of Mass.

**\$5.40** made in first two hours by Mrs. Mary M. Lennon of Mich.

Our free lessons in successful salesmanship make experience unnecessary. We send all particulars and figures to prove above records. Write to-day.

**Energetic Agents and District Managers Wanted Standard Pen Co., 1080 Baker Bld., TOLEDO, O.**



Fills Itself instantly at any ink-well THIS WAY.

## TUMBLE "HOW TO"

Tells all about Hand Springs, Cart Wheels, Flips, Somersaults, Brother Acts and every other kind of Tumbling. It also teaches you about Pyramids, Gymnastic Tricks and Games. Everything is so clearly explained that you can learn without any other teacher. 160 pages, 226 illustrations, cloth. Price, \$1.00.

### The Horizontal Bar

Kips, Giant Circles, Fly-away, Squeeze. All the easy and difficult movements on the Bar. Large list of combinations. Complete Self Instructor. Nothing like it in print. Price, \$1.00. 5-1-2x7-1-2, cloth, 375 illustrations.




**HORACE BUTTERWORTH**  
 Director Philadelphia Normal School of Physical Training, Temple College, Philadelphia

## BROADEN YOUR SHOULDERS

If you have narrow, sloping, or crooked shoulders or if you wish to broaden already athletic ones, we can be of service to you.

We refund the money if our course fails to broaden your shoulders from 2 to 5 inches, and correct any deformity of the back, in two months.

This complete course of 31 exercises, 50 cents.

Special Offer: For 75 cents we will send this course and also our course for developing enormous strength of grip.

**THE SAMPSON CO., BOX 69, NORWALK, OHIO.**

## CHARLES E. PAGE, M. D., 154 Tremont St., Boston

Well known to PHYSICAL CULTURE readers and for 30 years a pioneer in the "NATURAL CURE" of disease, Author of "Practical Physical Culture," "Practical Guide to Health," "Health and Pleasure from Good Feeding" (supplied to patients only), etc., says: "If you are sick or ailing, if you have special weaknesses or diseases, prostatitis, hydrocele, varicocele, impotency, dyspepsia, consumption—if you have any serious disorder, you need a PHYSICIAN, one who has treated many such cases successfully, who knows all about the human organism and every possible means of curative treatment. Such a doctor (he is one in ten thousand) can take you the short road to HEALTH. Delay or self-treatment is dangerous."

Readers can learn more about this by addressing Dr. Page direct, for his booklet, "THE HEALING ART."

# LEARN TO WRITE ADVERTISEMENTS

"A help in your present position and a big help to a better position."  
**A System Representing the Highest Standard of Advertising Instruction in the World**  
**WE TEACH YOU BY MAIL.**

IN THE EAST:

- Butland student, now earning \$25 per week
- Providence student, now earning \$30 per week
- Jersey City student, now earning \$30 per week
- New York student, now earning \$125 per week
- Philadelphia student, now earning \$36 per week
- Cleveland student, now earning \$80 per week
- Brooklyn student, now earning \$45 per week
- Fort Worth student, now earning \$38 per week
- Ontario, Can., student, now earning \$25 per week
- Bridgeport student, now earning \$40 per week
- Reading student, now earning \$35 per week
- So. Norwalk student, now earning \$25 per week

IN THE WEST:

- Denver student, now earning \$35 per week
- Portland student, now earning \$60 per week
- Sacramento student, now earning \$45 per week
- Duluth student, now earning \$43 per week
- Leavenworth student, now earning \$30 per week
- Joliet student, now earning \$38 per week
- Chicago student, now earning \$50 per week
- Kansas City student, now earning \$25 per week
- Grand Rapids student, now earning \$25 per week
- Memphis student, now earning \$40 per week
- San Francisco student, now earning \$30 per week
- Los Angeles student, now earning \$35 per week

**NOTICE TO EMPLOYERS:**  
 Concerns desirous of engaging competent Ad-writers at \$25 to \$100 a week are requested to communicate with us. We have placed successful Ad-writers in some of the largest houses in U.S. This service is gratis.

**PAGE-DAVIS CO.,**  
 Suite 1017 90 Wabash Ave., CHICAGO.

## STUDY LAW AT HOME

The original school, instruction by mail adapted to every one. Recognized by courts and educators. Experienced and competent instructors. Takes spare time only. Three courses—Preparatory, Business, College. Better your condition and prospects in business. Students and graduates everywhere. Full particulars and special offer free.

The Sprague Correspondence School of Law  
 442 Majestic Bldg., Detroit, Mich.



## 40 Illustrations

of exercises especially adapted to cure biliousness, dyspepsia, constipation, and above all else to strengthen weak lungs. Apparatus takes 6-inch floor space. Of incalculable value in promoting health. Send for descriptive circular of 40 illustrations. Address

**Dowd's Health Exerciser, Marshall Field Building, Chicago**



## BE A NURSE YOU CAN IF YOU WILL

Our courses, specially prepared for home study, qualify you, without loss of time, to be a Trained Nurse—the best and most remunerative profession for women. Our graduates earn from \$15 to \$30 per week. Ours is the oldest school teaching nursing by mail. Book describing five courses sent free at your request.

**Chicago Correspondence School of Nursing, 833 46 Van Buren St., Chicago**

Mention Physical Culture in writing to advertisers.

# WHAT IS ORGANIC DISEASE?

(From "Vital Culture")

For the comfort of incurable cases, sympathetic doctors are accustomed to saying to the patient: "You have no organic disease; you are simply very much run down"; "Your body is filled with Uric Acid"; "You have catarrh of the stomach and bowels"; "You are losing vitality"; "You have nervous prostration"; or "You have incipient consumption," or other like trouble.

The poor deluded patient goes home with the idea that he is sick but that there is nothing radically wrong and so time drifts on and he makes no determined effort to get well. Finally he realizes that he is getting no better, but worse, and he consults another physician, who tells him that it is a pity he had delayed so long, that he could have been readily cured had he applied to him for treatment sooner.



GEO. G. NADER

This man has gained 35 pounds. Look for his second picture in next month's issue of PHYSICAL CULTURE or in VITAL CULTURE

If his system is so filled with uric acid that every nerve is irritated to desperation and the nerve cells are being cast off by the billion it is time for the patient to realize the condition and apply the remedy.

If his system is so foul that the entire mucous membrane is lined with catarrh he may look for speedy dissolution.

If the vital fluids are being lost in great quantities, all the sympathy in the world will not check them. Rational means must be sought and used.

If a man has lost some ten, twenty or more pounds he is in a serious condition and the twenty or more pounds he has lost *was just so much blood, muscle and nerve—organic tissue*—and he must again gain the twenty or more pounds of good, healthy, organic tissue, otherwise he is incurable.

## DR. THOMAS' UNCOOKED BREAD

ABSOLUTELY CURES CONSTIPATION, INDIGESTION, BILIOUSNESS, ETC.

BLUE LABEL bread, palatable and nourishing; mild in its action.

White Label bread (coarser), cures the stubborn cases.

Neatly packed in boxes of 25 cakes. Price 25 cts. Send 10 cts. for a sample box. It is best to order in large quantities, as the express charges are not much higher than on the smaller. No wholesale price, except to agents.

BREAD KEEPS INDEFINITELY

## RAW FLAKED WHEAT

The cleanest and most nourishing Breakfast Food on the market. Only 25 cts. for 2-lb. package. Send 4 cts. for sample.

Send a postal request for a copy of Dr. Thomas' free pamphlet, which fully explains his ideas of proper treatment for all internal ailments and diseases, and how to keep well after once relieved of disease. It suggests and illustrates many forms of physical culture and vibratory exercise. It tells all about Dr. Thomas' famous natural bread, now so much in demand—in fact, the book is full of interest to the healthy as well as to the ill. It's free for the asking. Address

**JULIAN P. THOMAS, M. D.,** 172 West 72d Street  
New York City

Be sure and mention Dept. 1 K so I may know you have seen this particular article

# PHYSICAL CULTURE

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

Volume XVI

October, 1905

Number 4

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BERNARR MACFADDEN, EDITOR-IN-CHIEF

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PHYSICAL CULTURE CITY,

SPOTSWOOD P. O., NEW JERSEY

Send money by check, P. O. or express order, or registered letter. When sending check always add 10 cents for collection charges.

Stories and articles of unquestionable merit and photographs suitable for publication in "Physical Culture" invited. The editor does not assume responsibility for opinions of contributors.

We accept no advertisements from those whose wares we cannot conscientiously recommend. Patent medicine and other "fake" remedies cannot buy space of us at any price.

We will consider it an especial favor if readers will furnish us with proof of any fraudulent claims made by advertisers in our columns. We have refused, are still refusing, to insert advertisements which deceive and rob the unwary of money and health. If any of this kind by accident secure insertion we desire to know it as soon as possible.

Change of Address. Notify immediately. In ordering change, give old as well as new address.

Date of Expiration of your subscription is printed on wrapper. Please note, and renew promptly.

THE ADVERTISING RATE IS \$160 PER PAGE PER INSERTION. HALVES AND QUARTERS PRO RATA. CARDS LESS THAN ONE QUARTER PAGE \$1 PER LINE

# EXERCISES ON A DOOR

A UNIQUE AND VALUABLE SYSTEM OF EXERCISES THAT CAN BE ENJOYED IN ANY HOME OR IN ANY ROOM—WALKING AND OTHER SPORTS SUITED TO OCTOBER

*By Bernarr Macfadden*



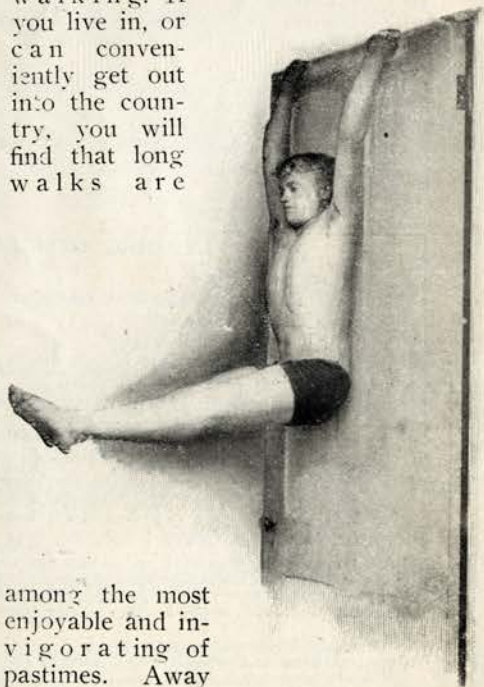
PHOTO No. 6.—Hanging with both hands, and facing the door, bring the right foot backward and upward with the leg straight, as high as you possibly can. It will help you if you will press against the door with the toes of the other foot. Repeat until tired and take same exercise with the other leg.

THOSE of my readers who have tried the exercises on a door as illustrated in the last issue of this magazine have doubtless invented other movements of their own of a like description by this time. For this simple apparatus, like others of its type, holds many possibilities in the way in question. I am now illustrating a few more movements in this issue, slightly more vigorous in nature than those presented last month, and if you give them a good trial I feel sure that you will find them well worth so doing.

290

There are a number of persons who are convinced of the value and efficacy of exercise, and thoroughly approve of physical culture principles in general, who yet feel disinclined to exert themselves during the hot months of summer. But with the coming of the cooler and more invigorating weather of October, one begins to feel more like taking vigorous exercise. So if you have been letting your muscles remain idle for the past few months, there is every reason why you should, at this time, begin a course of physical training.

October is a particularly fine month for walking. If you live in, or can conveniently get out into the country, you will find that long walks are



among the most enjoyable and invigorating of pastimes. Away

PHOTO No. 7.—Hanging first with back to the door, and keeping knees straight, bring both feet up to a level with the hips, as shown in the illustration, or higher yet, if possible. Lower the feet and repeat the movement, continuing until tired. For abdominal muscles.



from the dust and dirt and smoke of the city, out among the trees and grass, the cool, refreshing, unpolluted air seems to literally "taste good," as you inhale it to the fullest capacity of your lungs. And the rich, autumn foliage, in striking contrast to the somewhat monotonous green of summer, enhances the scenic and artistic effect of your surroundings, and adds to the pleasure of the walk. If you have not yet formed the walking habit, I would strongly advise you to do so, now, in this ideal month of all the year for the exercise.

A walk of three or four miles would of course be very beneficial, but if possible, try to make it at least ten miles. And if your work keeps you occupied all day

long so completely that you cannot get time for a walk during daylight, then take a walk in the evening. There are different ways of

walking, however, and if you wish the best results you should walk as though you meant it. If you are walking for your health, make up your mind that that health is to be found at a point ten miles distant, and then walk as though you were anxiously to get there. Do not walk hurriedly or excitedly, but in earnest. If you walk in a slow, tedious fashion, you will find it very fati-



PHOTO No. 8.—Hanging by one hand from the top of the door. You will find this in itself splendid exercise, especially for the grip. Alternate with both hands. It may seem easy upon first assuming this position, but after a little time it will probably make your muscles ache. I would suggest that you do several of the other exercises illustrated in this series, such as the last one, for instance, while hanging from one hand.

guing for it will tire you both mentally and physically. But if you walk briskly, with head up and arm swinging free, carrying the weight of the body mainly upon the toes and ball of the foot with each step, while breathing deeply and fully, you will find a long walk both refreshing and invigorating, and stimulating to the mental faculties as well.

If one desired to live an almost ideal physical culture life, I would advise, in connection, of course, with all other general health habits in the way of diet, clothing, bathing, and fresh air, that one set apart two different portions of each day for exercise. In one portion a long walk should be taken for building vitality and general constitutional energy, and the other should be devoted energetically to some system of movements for building vigorous muscular strength. When a person has once acquired perfect health and a normal degree of strength all this should be interesting and enjoyable. In this connection, I might suggest the use of this series of exercises on a door, which series, by the way is to be concluded in the next

issue. Still any system of movements that brings into active use all the muscles of the body would be satisfactory. The program should, of course, be varied from time to time by the use of new and different exercises to relieve any possible monotony. Especially should there be plenty of active out-of-door games and as many sports as may be obtainable.



Photo No. 9.—Editorial Staff of Ship's Daily Journal preparing copy on forward deck



Photo No. 10.—Shuffle Board

## SPORTS AND PASTIMES FOR OCEAN TRAVELERS

*By Frederick Carrington*

THE exodus of Americans from foreign lands back to the shores of the country of their birth is now at its height. The beautiful British Isles, the sunny lands of Italy, the incomparable Swiss lakes and magnificent Alpine slopes were a few months ago "calling" many thousands of lovers of travel and seekers of recreation and change. Then each day, from the ports of the United States, huge ocean greyhounds turned their noses to the sea, and amid the chugging of their mighty engines, blowing of whistles, and loud huzzas of the watching crowd, started on their courses eastward. But going or coming the conditions on board ship are much alike as far as amusements are concerned. The

swift liners, with their enormous loads of Uncle Sam's mail, race across, counting every moment in their schedule as precious. Other steamers carrying more freight and passengers who prefer a longer voyage and are in no hurry to reach the opposite land, travel more leisurely. The first plow their way over the Atlantic in six days or even less, while their soberer sister boats consume from nine days to two weeks in the voyage, according to weather conditions.

The wonderful phenomena seen in both sky and water are among the delights of shipboard, but the informal sports and amusements, when all formality and stiff convention are cast aside, provide no small part of the pleasure of an ocean



Photo No. 3.—"Sling the Monkey"

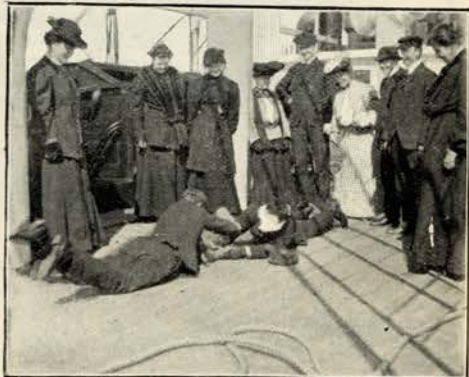


Photo No. 4.—The "Blind Duel"



Photo No. 1.—Rope-Quoits



Photo No. 2.—Placing the Pig's Eye

voyage. Many games are indulged in, some for the vigorous and athletically inclined, and others, milder, for those desiring to be somewhat indolent on the trip. For those seeking strenuous exercise there need never be an unfulfilled desire for it on board a large steamer. And to the travelers who indulge most actively in these beautiful sports, *mal-demer* has lost half its terrors.

Of the milder forms of games, rope-quoits is popular. It is played practically in the same way that the small boy plays his "horse-shoes," with one "post" or two, as the contestants prefer. Instead of metal rings, those made of three-quarter-inch rope are used. The rings are graduated in size, making each throw more difficult to effect. An exciting and amusing modification of the game may be introduced by one player tossing the rings at his opponent's extended arm and finger, and penalizing him if he misses any of them.

"Placing the Pig's Eye" is copied after the old Halloween game of "Donkey's Tail." The outline of a pig, at least five feet long and three feet high, is chalked out on the deck. The first "artist" is blindfolded and a light pole, or shuffle board cue, is placed in his hand. From a point fifteen feet from the "pig" he is started, with instruction to place the eye where Nature intended it to be. Though commencing on the right course, the laughter of his fellow-passengers and their many "helpful suggestions" completely confuse the player and he either marches directly to the tail,—to the intense amusement of all,—or chalks the eye half a dozen steps away from the proper spot.

Strength of arm and good control of body muscles are necessary to the victor in the ludicrous game of "Sling the Monkey." A seaman mounts the shrouds and fastens a 30-foot rope to the railings. A noose two feet long, is fashioned at



Photo No. 7.—Wrestling in Steerage



Photo No. 8.—A Half Nelson Hold



Photo No. 11.—"Rope Tag"



Photo No. 12.—Swinging on Board

the lower end of the rope, about four feet from the deck. The first "victim" gets down upon his hands, and his feet are inserted in the noose. With a large portion of the body's weight thus resting upon the hands, the "monkey" is ordered to walk backward. In this absurd position, wrong end up, he must chalk lines as he progresses. The "monkey" placing the mark farthest away wins. In his struggles to keep a perfect balance the contestant will gyrate around and around, clawing frantically at the deck. When he has finally reached a satisfactory point and throws his weight on one arm and hand, in order to draw his line, a roll of the steamer sends him whirling back amid shouts of laughter. The difficulty of the feat can hardly be appreciated until one has played the "monkey" with an unstable deck to contend with and jeers and numerous words of advice ringing in his ears.

Another mirth producing sport is, "Are you there?" or the "Blind Duel." Two "duelists" are blindfolded and commanded to lie flat on the deck, face downward. They are placed head to head, extended at full length and just far enough apart so that they can clasp their left hands. In the right hand of each is placed a large roll of paper as a sword. At the word "Go," one "duelist" rises on his elbow, still holding the hand of his opponent, and cries, "Are you there?" When the other answers "Yes," the first attempts to strike him over the head with the roll. In order to avoid the blow, the second, the moment he replies, dodges with head or body to a point where he

believes his opponent's "sword" will not fall. As each vainly attempts to locate his foe by the sound of the voice and hits the deck violently and fruitlessly, the on-lookers are convulsed with merriment. The victor in this novel duel is he who scores the largest number of successful blows in a given time.

As a test of muscle and an incentive to friendly rivalry, the tug-o'-war is excellent entertainment both for participants and spectators. As many as choose may lay hold of the long rope, making two big teams, but, as a rule, teams of eight are pitted against each other. A regular tournament may be "run off," the winning team becoming victor over all the others. In this sport the fair sex enters equally with its sturdy brothers or husbands. On the center of the rope a handkerchief is fastened and placed directly over a mark on the deck. Then, as "the tide of battle" flows, the "flag" will move backward or forward, marking the ebb and flow of victory.

Wrestling and boxing and the game with the undignified name of "Swat," are popular in the steerage. On their lower decks, the boys and men tussle or pummel each other for the edification of their fellow-voyagers, or create amusement with "Swat." In this latter game, the one who is "it" bends from the waist downward and forward, clasping his hands behind his back and placing his face in the locked hands of a "director." The other players form a circle around the two. At a sign from the director, one of the players strikes the man, thus blinded, upon the back. If the victim is

able to whirl in time to detect and also slap the one striking the blow, the latter must be "it." Though the cabin passengers seldom indulge in this game, they are generally amused spectators of it.

From the pillow fight, which has come down to us from earliest nursery lore, the amusing "Military Tournament" is taken. A boat's mast is lashed to two supports about four feet from the deck and in a position horizontal with it. Two opponents mount this "riding-the-rail" fashion, and, armed with large pillows, attempt to knock each other from their unstable seats. A mattress or pad is thrown beneath the spar to protect the fighters from the hard deck. When the word to start is given, one player strikes a heavy blow at his enemy and the force of his own effort often tumbles him ignominiously to the mat. Up he jumps, and, as he is almost safely mounted, a blow on the side of the head may again land him on the floor. His opponent has been successful for the moment, perhaps, but with his own blow precipitates himself. The small mast is a difficult seat and clever and agile must be the "duelist" who long retains his position. For a laugh-producing exhibition the game can scarcely be surpassed by any other of the amusements peculiar to an ocean voyage.

"Ginger ale and bun," human wheelbarrow, potato races, and cock fighting are all entertaining. In the first game each contestant is provided with a bottle of ginger ale and a biscuit. These he must entirely consume, without spilling the ale or throwing away a morsel of the bread, before he begins to race. The difficulty of running fast with a mouth

full of dry bun after drinking rapidly the carbonated liquid may well be imagined. In the cock fighting, an eight foot ring is chalked on the deck and the two contestants seat themselves upon the flooring, placing a cane within the crook of the knees which are drawn close to the body. The ends of the cane are then caught in the hollows of the elbows. In this awkward position the fighters endeavor to push each other, rooster fashion, out of the circle.

Much enjoyment is obtained by means of a ship newspaper. On board steamers, there are usually some passengers who have had journalistic, literary, or artistic training. An editorial staff, from the editor-in-chief down, is selected and the business department is organized with its chief, advertising, and circulation managers. The city editor forms a reportorial staff from the passenger list and the artist or cartoonist provides the comic illustrations. At sea the passengers become, as a rule, one big family, its members being on most friendly terms and ever ready for a joke at their own expense or that of someone else. This little journal is a delightful means of publishing these jokes and the entertaining side lights of the voyage. No one is allowed to escape the paper's witty shafts. The news, written in an exaggerated and ludicrous manner, is furnished to the passengers each day. "Telegraph dispatches" are received by "seagull" service of "macaronigraph." The advertising manager receives, for twenty-five cents or more, squib ads, while the duty of the circulation manager is to obtain the subscription of every passenger, charging a quarter to



Photo No. 5.—Tug-o'-War



Photo No. 6.—"Military Tournament"

fifty cents, as may be determined, for the entire issue of the paper from the time of its birth until it dies at the end of the voyage. As a rule the proceeds are given to the sailors' funds—and frequently snug sums are thus raised through this pastime. The printing plant usually consists of a mimeograph.

But the staple game, which remains most popular throughout the voyage with the largest number of passengers, is Shuffle Board. It is a light sport, yet provides sufficient exercise to create considerable fatigue, if the player chooses to exert himself. It is somewhat like the game of pool. Cues, with half-moon shaped head and a handle five feet in length, are used to drive round blocks. The latter are from six to ten inches in diameter across the top surface. Two goals or "fields" are marked out on the deck about twelve strides apart. Each field is about six feet long with oval or straight ends, as the players prefer, and straight sides four feet from each other.

The square within the oval ends are divided into nine equal squares, numbered so that, no matter in which direction they are counted in threes, the total will amount to fifteen, the total number in the nine squares being forty-five. The inside oval ends are marked "ten off" and the outside ends "ten on." If the player's block stops in the first he sacrifices ten points, while if it reaches the outside "pocket" he gains ten. If one player's blocks "land" on numbers and not on the lines, his opponent immediately attempts to knock them out, at the same time placing his own block in one of the "pockets." Skillful shots may clear the "field" which would have totaled a large score. Though it requires considerable skill to use the cue, in a few hours one may easily become a good player. Shuffle board tournaments are both exciting and diverting.

So that it will be seen that the ocean voyage nowadays need never suffer from athletic ennui.

### Remarkable Forty-five Day Fast

A remarkable forty-five days' fast, the first one on record where the person fasting carried on his business every day, has just been ended by J. Austin Shaw, of No. 1310 Forty-ninth Street, Borough Park, Brooklyn.

"I began this fast forty-five days ago," said Mr. Shaw to an *Evening World* reporter, "with the intention of reducing my flesh and also of improving my health. Strange as this may seem to some people, at the end of my forty-five days' fast I felt stronger and better than ever before in my life. During those forty-five days I never once tasted food, but took plenty of cold water and fresh air. The most important feature of my experience is that I eliminated fear. That is what brings about bad results in fasting. When I began my fast my weight was 199 3-4 pounds and at the close I tipped the scales at 173 pounds.

"On the forty-fifth day I took a Turkish bath. This was to prove whether or not my heart had been affected by my long fasting. I came out of it feeling as fine as could be. All during my fast I had a doctor take my pulse every day.

It averaged 60 a minute—never went below 60 and never above 80. The few occasions it reached 80 were caused by great excitement.

"Before I fasted I suffered from palpitation of the heart when I ran to catch cars, but now I can sprint like a youngster and my heart does not beat out of its normal course.

"Nine-tenths of the strength I gained during my fast I attribute to the deep breathing of pure air and drinking pure water. The absence of fear, however, I believe, kept me from feeling any discomfort or showing by my appearance the lack of food.

"I do not believe that anyone could fast for forty-five days as I have done and come out of it in as good condition unless prepared. I had fasted before, otherwise the long fast would have been too much for me. Three years ago, in a period covering six months, I succeeded in reducing my weight. I began fasting for three days; then I would wait for a couple of weeks and increase the length one day until I reached ten days."

# THE JEW AS AN ATHLETE

HE IS ASSUMING A PROMINENT POSITION IN THE WORLD OF OUT-OF-DOOR SPORTS—SOME CASES IN POINT—WHY THE JEW DOES NOT SHINE IN BASEBALL—HIS STATUS ON THE FOOTBALL FIELD—INDICATIONS THAT HE WILL RIVAL IF NOT EXCEL THE GENTILE ATHLETE IN THE FUTURE

*By Edward R. Bushnell*

**E**VEN the casual observer of athletic development in America must have noted and marveled at the way in which the indefatigable Jew has been sweeping to the front in the world of outdoor sports. That the representatives of the race, that only in a comparatively few instances showed, in the more or less recent past, an inclination or ability for physical prowess, should come into such athletic prominence now, is one of the notable features of the world of athletics during the last decade.

The intense vigor and shrewdness of the Jew have been his chief characteristics from time immemorial, and have always won him a high position in the business and intellectual world. But the entire history of the race furnishes only one period—the Syro-Græcian, approximately 200-175 B. C.,—in which the Jew liberally patronized outdoor sports. Yet curiously enough, Jewish historians are inclined to apologize for the athletic achievements of their ancestors which, they say, were due more to association with the sport-loving Greeks than to their own inclinations.

In contrast with the Jews, the Greeks had their Olympic contests of running, jumping, discus-throwing, and boxing, while the Romans developed boxing, chariot racing, and combats of gladiators. To the Jew, such pastimes were immoral, a waste of precious time, and a violation of his religious principles. There is hardly a nation known to history whose annals do not glow with athletic achievements or one which did not have some form of outdoor sport peculiar to it alone. But the earnest, industrious Jew had neither the time nor the inclination for the diversion of athletics.

But this condition is no longer characteristic of the race, especially in Amer-

ica, where it is free from both religious and political oppression. The annals of all forms of modern athletic sports are filled with the deeds of Jews as well as of Gentiles. In the prize ring, on the football field and cinder path, the former are holding their own and sometimes supplanting the hitherto invincible Gen-



R. Vetterlein,  
Quarter-back of the Princeton University Football Team, 1903



Meyer Prinstein,

Formerly of Syracuse University, holder of the American Championship for the running broad jump, twenty-four feet seven and one-quarter inches

tile. At his present rate of progress, the Jew is likely soon to hold as many honors in athletics, in proportion to his small numerical representation, as he does in other fields.

The absence of the athletic Jew in the past and his present distinction are readily explained. The religious dogmas of the ancient Jews were sufficient to keep them out of athletic sports in Biblical days; and the religious and political persecution to which they were subjected in later times destroyed their desires to measure athletic prowess with the Gentiles. But in America and England, where the Jew has had an opportunity to secure proper nourishment for his body, and space in which to let his business sense, as well as his intellect expand, he has become the physical and mental equal of the Gentile.

In further explanation of the Jew's

prominence in athletics, it is worthy of note that the champions are numbered among those members of the race who have dropped all evidence of clannish prejudices. Conditions are now such, that any Jewish athlete who mingles freely with his Gentile competitors is assured of a kindly reception and due credit for what he accomplishes.

If there is any one sport for which the Jew shows predilection it is that of pugilism. As a fighter, the Jew has made an enviable name for himself, while effectually disproving the oft-repeated charge that "a Jew will not fight." In the early history of English pugilism, the Jew well-nigh monopolized the prize ring and produced many famous fighters, as he is now doing in America. In this country the Jew has demonstrated that he can fight with skill and science and courage. The most notable pugilist of the Jewish race in America is "Tommy Ryan," whose real name is



A. Hyman,

University of Pennsylvania, quarter-mile runner and member of World's Championship five-man one-mile relay



Joseph Youngs. He is now, and for many years has been the recognized middle-weight champion of the world. Ryan is not only a fighter from the ground up, but one of the cleverest ring generals who ever donned the mitts.

In the galaxy of pugilistic stars may also be mentioned Joe Choynski, a veteran of the ring and one of the gamest men boxing has ever known; Joe Bernstein, the Ghetto bantam champion, of New York; Benny Yanger, a formidable claimant for honors in the featherweight class, and scores of other pugilists of lesser fame are also of Hebrew descent; and few, indeed, are there among them classed as "quitters."

Next to boxing, the realm of individual athletics in which the Jew has won most fame is college athletics. The most striking illustration of his ability there is Meyer Prinstein, a graduate of Syracuse University. Prinstein's chief claim to fame is his feat of setting the world's record for the running broad jump at 24 feet, 7 $\frac{1}{4}$  inches. Prinstein is virtually a self-made athlete, and has great ability in events other than jumping. He is a hurdler of the first-class and a sprinter of ability. He has made a splendid showing in several A. A. U. all-round championship meets, and is still a competitor to be feared. Although Prinstein is probably the most notable representative of the Jewish race on the college cinder path, there are many other of his race who are almost equally well known in the same line of athletics. One who promises to become an intercollegiate champion is A. Hyman, a quarter-mile runner and member of the University of Pennsylvania world-champion-



Tommy Ryan (Joseph Youngs),  
Middle-weight champion of the world

ship, five-man, one-mile relay team.

The Jew has not been conspicuous on the football field—but not because he lacks ability. But even football furnishes instances in which the ability of the Jew has been sufficient to emphasize his natural athletic ability. Of all the Jewish representatives on the gridiron, none approaches Phil King, one of the greatest players ever developed at Princeton or any other college in the last decade. Whenever Princeton's prowess on the gridiron is spoken of, mention is made of King as one of the Tigers' brightest luminaries in the

past. In later years, Princeton has been able to point with pride to the record of Quarterback Vetterlein, of the 1903 eleven, also a Jew, whose sensational playing, both as a general and a drop kicker, made him one of the greatest quarterbacks of that year. When Princeton administered her startling 11-6 defeat to Yale, in 1903, it was Vetterlein's quick thinking and accurate catching that made possible the field goal which Captain De Witt kicked, and won, not only the game, but the intercollegiate championship as well.

The reason why the Jew is not more prominent in the greatest of American sports—baseball—is due partly to a physical peculiarity of his race. The first requisite of a good baseball player is, that he shall be a strong batsman. One of the methods employed by a manager to select his players is an examination of the eyes, for it is a little-known and singular fact, that the best batsmen are men with light-colored eyes. For some reason the dark-eyed man has never been able to get his eye on the ball

well enough to become a great and consistent batsman. As Jews, with comparatively few exceptions, are dark-eyed, they cannot qualify in this important particular. The dark-eyed man must have some remarkable special ability outside of batting to recommend him to the consideration of the baseball manager. Again, the element of stupid and unreasonable racial prejudice has, perhaps, something to do with keeping the Jew out of baseball. Baseball is a sport in which success depends quite as much upon team work as upon the individual ability of the players. A man who is not generally liked by his mates has no place on a team, for it precludes the possibility of his fitting into the complicated machinery of team play. The time may come when the Jew will be able to break down the prejudice in question, but, as it now stands, the average manager declines to experiment with him as a team unit. But if he can overcome this prejudice and the optical defect alluded to sufficiently to qualify as a batsman, he will win his share of laurels on the diamond, as well as on other fields.

The Jew can credit much of his athletic success to his diet and his abstemious manner of life. He does not eat pork or lard—articles, by the way, which athletes, and other individuals as well, could do without to advantage. Furthermore, the Jewish athlete is not given to drinking and other forms of dissipation to the extent that characterizes many Gentile athletes. Because of his strict manner of living the Jew lasts longer

as an athlete and is more proficient as a competitor than is his Gentile rival. Dissipation is the bane of the Gentile athletes, many of the most promising of whom have succumbed to its debilitating effects. When one considers this fact it should afford an explanation of why the Jew's average length of life is 57 years as against 33 and a fraction for the Gentile. The record is convincing proof of the advantages to be derived from the Jew's manner of living; and the athletic Jew profits accordingly.

Not only is the Jew a successful athlete himself, but he possesses, to a marked degree, the ability to make successful athletes of others. His most notable successes have been with the Gentiles themselves. The trainer of the Columbia University track team is Ernie Hjertberg, a German Jew, and for many years a famous distance runner. But even more than as a trainer is the Jew conspicuous in the capacity of manager. Modern sport does not furnish a more shining example of the able manager than Barney Dreyfuss, the principal owner and the manager of the Pittsburgh baseball team of the National League. Dreyfuss is not only a most capable manager, but he has few equals in judging the ability of ball players. It is not surprising, therefore, that his team won the National League baseball championship three years in succession. Another instance of the Jew's athletic managerial ability is Sam Harris, who brought out Terry McGovern, the former featherweight champion of the world.

### Commendable Medical Ethics

Herewith follow some medical ethics advanced by the Medical Clinic. They are noble in their import—barring their reference to medicine—and we are glad to print them for the benefit of our readers:

"Let's all try to prescribe the right thing, at the right time, in the right dose, and stop it at the right time; to do this better, more accurately, than ever before; to see carefully to elimination; to sustain the vitality; to cleanse the alimentary canal; to do my own prescribing and eschew ready-made remedies for the names of diseases; to study each case to the very last possibility, so that no con-

sultant can catch me unprepared; to do my duty by every patient so thoroughly that no other doctor can coax him away from me; to be kind to the sick, merciful to the poor, courteous and strictly ethical to my colleagues; to work for love of the work and of humanity; to develop my resources by increasing my knowledge of pathology and therapeutics so that I never shall give a remedy or make use of an expedient without a clear comprehension of what it will do; and to be satisfied with nothing short of perfection (as far as perfection is possible) in my professional work."

# IS THE CONCEIT OF MAN UNFOUNDED?

Harold Winthrop

THE article in PHYSICAL CULTURE of last September upon "The Asounding Conceit of Man" attracted my attention because of my interest in questions which tend along philosophical lines. Having waited in vain to see the answer which the article deserved, I have myself volunteered to reply to it. While Mr. Marshall suggests much which it would be well for us to ponder over, I cannot agree with his main contention, which he has summed up in the last few words: "the last man, the most highly educated man that humanity is capable of producing, will enjoy only what the first enjoyed in following, *his unperverted instinct*. With all his learning, the last man will secure only that which the first man secured without learning." I shall attempt to answer the view from three points of view, the psychological, the philosophical, and the more manifestly practical.

From the psychological point of view, is it true that the animal's life is one of "almost constant pleasure," while man's is "a miserable failure—from every standpoint"? The expression "happy as a bird," falls very easily but also very thoughtlessly from our lips. One would imagine from the way we often speak that birds have nothing to do, but flutter joyously about in the fresh, sweet air of the fields and woods, filled with overflowing joyousness which wells up in melody and warbling. But if we closely observe a bird's life, we shall find it scratching here and there for food, day after day, week after week in dull succession, see it gathering straws and sticks and pieces of dirt for its home; we shall have cause to remember that storms sometimes destroy its home, that robbers steal, murderers abound, and that battles must be fought in self-defense, or in the defense of the young, in bird-life as well as in human life.

No, that struggle for survival which goes on unceasingly in all forms of life—brutal, tragic, mighty, uncompromising, ever determined by that pitiless and inexorable law, the survival of the fittest,

is not a fanciful notion of some closet theorist. It is the actual description of countless struggles, yes, victories, but also defeats, sufferings, and deaths unnumbered.

What then is the psychological difference, in degree if not absolutely in kind, between man and the lower animals? Comparative psychologists agree that it is the contrast between the reflective and the instinctive. Here, however, a distinction should be made, which reveals an error in Mr. Marshall's argument. He ignores the fact which no less an authority than William James of Harvard emphasizes, when, in speaking of various animal impulses such as greediness and suspicion, coyness and desire, bashfulness and vanity, sociability and pugnacity, he says: "Each one of them is an instinct, as instincts are commonly defined. But they contradict each other—'experience' in each particular opportunity of application usually deciding the issue. The animal that exhibits them loses the 'instinctive' demeanor and appears to lead a life of hesitation and choice, an intellectual life; *not, however, because he has no instincts—rather because he has so many that they block each other's path*—in other words, there is no material antagonism between instinct and reason,—and thus, though the animal richest in reason is also the animal richest in instinctive impulses too, he never seems the fatal automaton which a merely instinctive animal must be." But Mr. Marshall would have us mourn the fact that we are capable of that reflection which grants us the joys of planning for the future, of delighting in the past. The very quality which renders the misfortunes and sorrows of the lower animals far less intense than ours, at the same time inevitably dulls the edge of their pleasures to an equal extent. We shall admit with him that pleasure comes from "following—instincts," but who can doubt that the richer and higher instincts yield a keener pleasure. That, while physical health is a necessary basis for the truest happiness of any kind, yet

the satisfaction in a life of purpose, in duty done and good accomplished, the rare delight of coming in touch with the great minds, the rich personalities of the past and present, the joy of true friendship and love—the sacred heritage of home—are joys so deep and unutterable that they have been the goal toward which humanity has struggled along the winding path of civilization for all ages.

Is it an effective answer to this to say, what is indeed true, that with the more reflective life have come also keener sorrow and disappointment and, often, the nervous strain of chronic worry and of physical ill health? This leads us to the philosophical question involved: what is the philosophy underlying Mr. Marshall's theory? It is nothing less than this: If the cultivated faculty of reason, while in itself good and productive of enjoyment, yet brings in its train desires which result in embarrassment, trouble, and unhappiness also, then do not cultivate it—annihilate it. Let us follow this doctrine to its logical conclusion. The desire for pleasure if humored, like reason if cultivated, brings trouble in its train. Then do not humor it—annihilate it. The same is true of the desires for com-

rades, for marriage and the home with its children. Annihilate all these desires, for the happiness is tangled up with unhappiness. We shall have to admit that such a course would end at least our earthly troubles in a generation, but why wait that long? The desire for physical life, for food, entails endless work and tribulation. Annihilate those desires. In other words, let us commit suicide! Absurd, you say; yes, but it has its devotees, for it is the hopeless philosophy of pessimism. Can we not chide Mr. Marshall himself for having started on a path which leads so far from nature?

The practical and the courageous way is so to guide our lives that we shall as far as possible eliminate the unhappiness and evil, and increase the pleasure and the good. It is right here that the great value of physical culture becomes clear, for it is the first and fundamental tenet of the simple life. The neglect of it is the cause of no small part of the suffering, worry, and bodily and mental ill-health, which we too often attribute to civilization itself.

In conclusion, I would affirm that my plea is not for conceit, but for that wholesome optimism which is the creed of superb physical and mental health.



Methodist (New Connection) Physical Culture Class and Foot Ball Team, Stapleford, Notts, Eng.

# A SUNDAY SCHOOL ATHLETIC ASSOCIATION

REMARKABLE GROWTH OF AN ORGANIZATION THAT BELIEVES IN COINCIDENT SPIRITUAL AND PHYSICAL DEVELOPMENT

*By D. C. Crain*



White House Ellipse, Looking Down Towards Third Base. War and Navy Depts. Building in the Distance

**I**N the Spring of 1903 the representatives of six churches of three different denominations of Washington, D. C., met for the purpose of forming a baseball league. The new venture was successful from the start, in spite of the fact that many people seemed to regard a baseball organization under church control as a joke. They were sure the Presbyterians would stop the game to argue the question of Predestination and declared the Baptists would play only on rainy days, while the Methodists would shout without waiting for either side to make a good play.

All jokes from the press and spectators were taken good-naturedly, and the boys played ball so well that they soon drew as many people as the American League Club. The race for the pennant was interesting. The Gunton Temple Presbyterian Church finally won from the Temple Baptist with two other clubs close up.

The Association started this season with twelve clubs, although they were deluged with applications. Its name was

changed to the Sunday School Athletic Association of Washington, D. C., as the board of control decided to promote athletics of every description, recognizing the fact that strong, healthy men make the best Christians. This is the way to solve the problem of how to bring young men into the church. If some of our theologians, who have spent much time and thought on this subject, could walk into one of our churches affiliated with the Association, on a warm summer's morning they would have to rub their eyes and ask what attraction had brought out so many young men. The Association requires a man to attend the Sunday School six Sundays before he is eligible and he must attend fifty per cent. of its sessions after becoming eligible. Strange as it may seem, the majority generally attend about ninety per cent.

Having but one park with such a large membership, a serious handicap presented itself to the Directors. But President Roosevelt interceded and had the famous White House Ellipse, directly back of the Executive Mansion, thrown open for the

benefit of the young men. The accompanying photograph will show what a magnificent place this is.

Like any other successful enterprise, a way had to be found by which the organization could sustain itself without continually calling upon church people for financial aid. This has been accomplished in a manner that is decidedly unique. The executive body issued small lapel buttons for sale at one dollar each. The purchasers of these buttons are



Board of Directors of the Sunday School Athletic Association, Washington, D. C.

known as sustaining members and have the privilege of occupying the grand stand at all games during the season. No admission fee is charged to witness the game from any part of the grounds. A second way, and one that might be said to be characteristic, has been the collection. When the game is about half over, young men pass through the lined spectators with boxes and receive whatever one might feel inclined to give. It is a very profitable and popular plan, as a "fan" has the privilege of giving as much as his sense of liberality or enthusiasm will permit, or he can give nothing if the game is not to his liking.

So much enthusiasm has been manifested, that the baseball fans, who attended the American League games and saw the "Senators" lose game after game, declared that the Church Leaguers could defeat them at any time. They became so persistent that in mid-season,

the general manager, P. J. Donovan, had to ask the Cleveland team to take a day off while the Senators and Churchmen fought it out for supremacy and public favor. The largest crowd of the season, with the exception of "Opening day," saw the game and although the youngsters met with defeat, the game stimulated them considerably.

The race for the top round of the ladder is very close, the first five clubs being separated only by a few games. The players are putting forth every energy to capture the individual prizes that have been offered by the business houses for the best player in each position. A silver cup is to be presented to the winning team by one of the leading newspapers.

After the baseball season, The Board of Directors, which is composed of many of the



Sixth Presbyterian Team of the S. S. A. A.

best known business and professional men of Washington, will devote their time to promoting different kinds of desirable sports calculated to interest the large membership now in the Association. Already they have received an invitation to send relay teams to one of the outdoor meets to be given by a well-known college. With a comparatively large surplus fund on hand, the Directors now feel that they are on a sound financial basis and look forward to the winter season with great confidence.

# TREE CLIMBING AN EXCELLENT EXERCISE

ONE OF THE BEST EXERCISES FOR BUILDING UP MUSCULAR STRENGTH AND CONSTITUTIONAL ENERGY, REQUIRING VIGOROUS USE OF THE ARMS, LEGS AND BACK

*By Bernarr Macfadden*

ONE of the most exhilarating and beneficial exercises that I have ever tried is tree climbing. Of course I must admit that the danger of the exercise adds a certain zest to it which does not, however, by any means lessen its attractiveness. Still I believe that one can climb trees with but slight possibility of an accident, if due care is used at all times. Last summer, a large part of my exercise consisted of climbing trees. I enjoyed it thoroughly, and am satisfied that I secured a vast deal of benefit from it.

In tree climbing like everything else, many different methods can be used. Though the photographs shown here illustrate a method that is somewhat difficult, one will really be amazed to find how quickly he can climb a tree after having mastered this same method.

But to climb trees effectively, one should be barefooted, for otherwise your feet will slip. In fact, last summer I went barefooted practically all the time when not in the city, being clothed in two simple garments only, viz., a shirt and a pair of overalls, as shown in the accom-

panying photographs. I consider this apparel sufficient for anyone who does not live in the city and so is not compelled to dress to suit the conventional tastes of others. If far in the country, however, and sufficiently isolated, it would doubtless be still more satisfactory to dispense with even these garments, unless you feel that you require some clothing to protect you from the rough bark of the trees.

The first illustration shows one of my favorite exercises, that is, hanging on a limb. The simple act of hanging in this way is productive of marked benefit, since the body occupies a position which is not usual in everyday life. The exercise has a notable influence in broadening and deepening the chest, and would be beneficial for those to practice who are afflicted with lung trouble. While hanging in this position also, a great many movements can be taken that are of vast benefit. You can swing the body from side to side, then forward and backward. You can pull the body up until the chin is over the limb to which you are clinging. You can raise the legs to a horizontal



PHOTO NO. 1.—Exercise while Hanging from a Limb



PHOTO No. 2—The Speediest Method of Climbing the Trunk of a Tree

position in front with knees rigid. You can raise the feet up behind you as far as possible, which is a splendid exercise for the back. In fact, a large variety of movements can be taken that will be productive of very great benefit. You can raise the feet above the limb and then suspend yourself, head down, from the hook made by bending the legs at the knee,—this being the little "stunt" of which the schoolboy is so proud when he first learns it. Then, hanging from the knees in this way, with hands stretched down toward the ground, pull yourself up and touch the limb with both hands and again drop far down, repeating the exercise until tired. This is a very vigorous and splendid exercise for the abdominal muscles.

The second illustration shows what I term the speedy method of climbing trees. It requires considerable strength, but after prolonged practice you can walk up a tree in this manner almost as fast as you can climb ordinary stairs. You simply place the feet against the tree, bring the hands around the trunk as shown in the illustration, bracing with the feet, and pulling out with the arms, and then climb the tree, step by step.

The larger the tree, the more difficult it will be to climb it in this way, and I must admit that it would be practically impossible to climb a tree with a very large girth of trunk in this manner. The hands are hooked around the far side of the tree, and this will be found quite a tax upon the muscles on the inner side of the forearm, but at the same time, if the exercise is persisted in, it will prove very valuable by strengthening this part of the limb.

The third photograph shows the position which can be used for resting. Place the flat foot on each side of the tree, pressing inward and holding the body up near the tree with the arms. In this position you can rest for a considerable time, in case the limbs of the tree are so high that a rest is necessary before reaching them.

If at first you are unable to master this method, you will still secure good exercise and added strength in climbing up by the old method of tightly hugging the trunk of the tree with both arms and legs, moving them up alternately a few



inches at a time. To climb in this way, however, you should wear very strong clothing, and in "gripping" the tree with the legs, I would suggest that you hook one leg around the trunk, with the back of the calf and heel to the tree, and dig the toes and ball of the other foot into the side of the tree that is nearest you, pressing tightly against it. This will give you a very effective leg hold, and is excellent exercise for the legs.

In a general way, I would recommend that you use the method illustrated in these photographs for climbing all trees of a suitable size, but when you endeavor to go up a pretty good-sized tree of a foot or more in diameter, it will be absolutely necessary for you to use this old-fashioned method, hugging the tree tightly with both arms and legs, and you will find it as good exercise for the arms as for the legs.

When you have finally reached the limbs and branches of the tree, the character of the work is quite different, though no less interesting. Climbing and pulling yourself up and among the branches is comparatively simple, and no special suggestions of any value can be given, for your movements will always depend upon the arrangement of the limbs and branches of that particular tree. It will often help you, however, even when up amongst the foliage and branches, to occasionally make use of the trunk of the tree in climbing between branches that are rather far apart. And naturally a strong, active person can climb through the upper branches much faster than one possessed of less strength, who is slow to think and act. There is ample use for the arms in pulling the body upwards, and work for the legs, for you often have to step pretty high.

And then what a sense of rest and delight, as you pause near the top of the tree, With the blue sky and the warm sunshine above you, you feel at the same time, the delicious, refreshing coolness of the summer breezes, both sun and wind blending harmoniously in order to add to your comfort and pleasure. It makes you feel free as a bird, and you think with regret of returning to the old conventional, critical, corrupt, and selfish world below, in which you are compelled to spend your working hours.



PHOTO NO. 3.—How to Rest Where there are no Limbs



# SYMPOSIUM ON DIVORCE

-THORP-

THIS is the seventh and last installment of the contributions to this Symposium by public and private men and women in regard to the divorce evil. I believe that this symposium has been of much value to those students of marital unhappiness who are seeking a solution of the problems involved because of the variety of opinions, the healthful suggestions, and the practical ideas which have been offered through its medium. My original contention that divorce is in main the outcome of an ignorance and a consequent violation of physiological laws of marriage has been amply maintained. Furthermore, my repeated assertion that the only way by which these laws can be honored and obeyed is by teaching them to the young of both sexes, has been amply vindicated by a great many of the contributors, including, it may be remarked, some of the most notable dignitaries of churches of various denominations. And my declaration that such teaching would result in the abolishing of mock modesty and unclean prudery has also been vouched for by the individuals to whom I have just alluded. Theory is one thing and practice is another, however. It now remains to be seen whether parents and ministers, educators and legislators, will take advantage of the many valuable lessons which have been embodied in this symposium as a whole.

BENARR MACFADDEN.

"DEAR SIR: Does it ever strike you that a good many divorces are due to the fact that lots of girls obtain husbands under false pretenses? What do I mean by this? Well, I'll tell you. There are certain characteristics about a female form which always have been and always will be attractive to the male sex. If we come to analyze the reasons of this, it will be found that these characteristics have

to do with the qualifications of a woman for motherhood. I need not enter into the anatomical points involved, but it is certain that every wholesome-minded man is attracted to a woman whose hips and bust are well developed, and who has those other indications that mark her as well fitted to perpetuating the race. The women are well aware of this fact, and what is the result? Look over the advertising columns of any magazine or visit certain sections of big department stores, and you will find that woman, or at least a goodly part of her, is engaged in the occupation of deceiving man by means of pneumatic busts, ditto hip pads, hair dyes, a multitude of 'complexion washes,' 'false teeth,' 'form improvers,' 'eye beautifiers,' and the like. What follows? Let us consider a supposititious case: A youth has been paying court to a girl who carries with her all the marks of perfect womanhood in the way that I have indicated. He marries. Then he discovers that he is espoused to a something which is a joint product of the art of the rubber manufacturer, the dentist, the hair-dye man, the complexion expert, the dressmaker, and the corset specialist. He believed that he was wedded to—to use the title of your last serial, 'A Perfect Beauty'—and discovers that he is mated to a breastless, hipless, toothless nonentity, who puts her pearly teeth in a tumbler of water at night, turns a saffron yellow when her complexion wears off, while her golden hair is a dirty brown at the roots, where the dye can't get at it. Now, if this kind of thing isn't sufficient to make a man go wrong in the first instance, and seek divorce in the second, I don't know what is. I speak of one who has been there.

E. NOWES.

"Philadelphia."

"DEAR SIR: There always will be divorces in plenty until we get away from that silly idea that marriages must be the outcome of what we popularly know as 'love.' 'Love' in nine cases out of ten, it is nothing more nor less than passion, and passion always dies in the presence of gratification. As far as my experience goes, the only marriages that were ever worthy of the name were those that were based on friendship, and not on so-called 'love.' Then, too, in these practical days of ours, it is absolutely necessary that marriages should have a practical side to them also. In

other words, no man or woman should contemplate matrimony until the bread and butter side of it had been fully considered and decided upon. You know the old saying that 'When poverty comes into the door, love flies out of the window,' and there never was a truer statement uttered than this. It is the experience of everyone who is fortunate enough to be a party to a happy marriage, that affection—the lasting affection that unites the truly mated—is, in a great measure, the outcome of mutual interests, mutual tastes, mutual desires, and the mutuality in general. Such a mutuality can easily be cultivated by two *friends* of the opposite sex who marry, but it rarely accompanies a marriage that results from a 'love' match. Look at it as we like, consider it as we will, gloss it over as we may with all kinds of phrases and catch words and thrills of sentiment, yet, after all said and done, matrimony is a contract, designed for the mutual comfort and well being of two individuals, and unless that contract is founded on equity and common sense as all contracts are or should be, disaster and unhappiness are sure to result. Let our boys and girls be taught more sense and less sentiment, and the result will be a rapid lowering of the divorce rate of this country. The greater proposition embraces the less, and so we shall find that in the case of marriage of the kind for which I am pleading, there will be no question of the violation of the physiological laws involved.

H. BRENT HURST.

"Washington, D. C."

"DEAR SIR: While agreeing with you that a great many divorces are the result of the causes which you name, namely: the violation of the physiological laws of marriage, I think that even more are due to the stupidity of parents in permitting their children to marry at ages when the latter are immature, not only in body, but in mind. Until a man is thirty years of age he is still in a formative process, mentally and physically, and the same remark stands good of a woman up to her twenty-fifth year. Consequently, people who have not attained the ages mentioned, have not the development that warrants them in becoming husbands and wives and parents. So that if they marry below these ages they are liable to outgrow those things which attracted them when they were less mature. I question if there is a married man or woman in existence who does not feel a little ashamed of what they said and did in their courting days when under the influence of undeveloped, unbalanced love of the 'calf' kind. Of course, this 'calf' period is a pleasant one from a sentimental standpoint, and if it did not exist, poets would have to shut up shop and the novelists would go out of business. But, for all that, it is a most serious matter for a man to wake up in the thirties and discover that the woman that he is linked to is nothing more nor less than a peevish, selfish, unreliable child, who wears a woman's form. On the other hand, it is no less painful for a wife of about the same age to tearfully realize that she is

linked to a something who is the owner of no trace of those rainbow colored qualities with which the promptings of her young, immature heart and imagination endowed him. The age of youth is the age of mirages as far as love affairs are concerned, and it is only when these fade away that the true features of the landscape of life are seen. As I have already said, the time of true love is when men or women have reached their true and full development. Hence, public opinion, common sense, and, I believe, law itself, should combine to the end of preventing marriages which are conceived and executed during extreme and foolish youth.

N. P. BARNET.

"New York."

"DEAR SIR: 'With all my worldly goods I thee endow.' One cannot help giving a hearty endorsement to the sentiments that some of the foremost writers of the day are advancing regarding the enslaving of married women, financially as well as physically; and the worst of it is the slave drivers—the husbands—they themselves do not seem to be aware of the part that they are taking in the matter. The words which stand at the head of this letter are uttered at the altar during the marriage ceremony, yet the sequel not infrequently seems to prove that never for a moment is the real meaning comprehended. So the husband straightway proceeds to keep from her who is supposed to be the object of said endowment, all, or nearly all, of his worldly goods. At least this is the usual experience of the wife.

"This is not pertinent to those cases where the husband is able and willing to make his wife a bridal present of dollars running into six figures, thereby making her forever independent of his 'worldly goods,' but to the less wealthy and comparatively poor classes. The average man considers that he earns the money and that it is his privilege to give or withhold as he chooses. He does not for a moment mean to be cruel, but he simply presupposes that she is not capable of using money properly, or, indeed, of even needing it for her personal expenses. This thing will go on until women themselves understand and compel men to understand, that marriage is a financial as well as a physical and mental partnership, and that if they bear and care for children, keep house, cook meals, patch clothes, darn socks, and so forth, that they earn the money as much as men do, and have a right to spend a portion of it.

"Women are separate entities, even if they are married, and after marriage as before have wants and necessities altogether foreign to the male partner. To deprive them of the means of supplying themselves with those things is equivalent to casting them into the water and telling them to 'swim or die.'

"The majority of women who are of any use anywhere are capable of earning an income sufficient for their wants, and often much more if unmarried. It is no wonder then that a girl hesitates when invited to give up that privilege, and asks herself, 'Shall I have these same dollars that now furnish my comforts

after I have that man?' The pleasure of a man's company (?) and the honor (?) of bearing his name, do not, I assert, compensate a girl for the lack of physical and mental comforts or necessities.

"I often think of the story of the lover who wanted his sweetheart to give up her lucrative position as a teacher, in order to marry him and care for his invalid mother, 'because he could not afford to pay the hired girl two dollars a week for doing the housework and being nurse.' She was utterly unable to make him see that she could not, from a common-sense point of view, afford to give up a good paying position which furnished her with all she needed, to be his wife and nurse for his mother, for less than two dollars a week. Failing to impress him with the principle of the matter, she wisely severed her acquaintance with him.

"There are, it is true, many very beautiful examples of true love and devotion on the part of both men and women, in sickness, want and privation, due to causes beyond the control of either party. But for a man to deliberately and with apparent willingness promise 'all my worldly goods,' and then when after marriage, if a wife dares to say that she would like a few dimes, to ask her 'What did you do with the nickel I gave you before Christmas,' or words to that effect, is nothing more or less than a criminal breaking of the marriage vows. Yet this condition exists in thousands of families on a greater or smaller scale. Love, or the semblance of it, knows so well how to cast a golden glamour over stern realities, that the girl does not realize where she is standing until her feet are so firmly fastened in the quicksands of submission that she has neither the courage nor the strength to withdraw them, and try to change her condition for the better. To those of you to whom this does not apply (and there are many of that class) I say, 'God bless you' for acknowledging that the woman who shares your sorrows and doubles your joys has a judgment of her own sufficient to enable her to have a pocketbook of her own, and privilege to use the contents thereof as she pleases.

"To you whom the shoe fits, however much you may dislike to wear it, perhaps you have never thought that you were doing a wrong in not according to your wife the same privilege you claim for yourself. But now look back and see how your wife has been cowed and humiliated by the feeling that she had not a thing on earth to call her own and dispose of as she pleased. Put yourself in her place if you can. Many a woman of independent character and lovable disposition has been stung by the feeling that she is less than a servant in the respect in question until she has become embittered toward one whom she would otherwise have always loved and honored if he could only have understood that women do

not like to be beggars, and have that thrown at them which rightly belongs to them or have it dealt out to them with a niggardly and grudging hand. No wonder women are ceasing to look upon the home as their proper vocation. They have been driven to do so. Better far be a worker than a beggar for what is theirs by right. Think this over, and remember that you would pay and pay roundly for even the ordinary service the wife renders. But can there be any money price put upon the loving service the wife has most likely rendered to you and yours in time of sickness and sorrow? It is love that makes the world go round—not passion—but devoted, self-sacrificing love, with the sacrifice on the part of both, not a one-sided affair.

"The only ameliorating feature of this business is the probable ignorance of the oppressors, at least in some cases. But there is no excuse in the future for those who have had the matter presented to 'hem in this letter. Turn square around, those of you who have read to whom this is a new idea, and see how much easier the wheels of domestic life will turn when both husband and wife share alike in truth, love, and finance. And you girls who are contemplating matrimony place the matter lovingly but firmly before the lover, so that he shall understand distinctly that in no sense will you surrender your individuality when you change your name. That not one of your necessities is to be abridged; that if your hands are to be busy caring for him and his wants instead of earning money for your needs and wants, that that money must come from him, and not grudgingly, either, or you would far better stay as you are, and retain his love and your own self-respect; for both will likely flee away, if any other state of affairs comes about.

"The respect of the man whose name you take (without which you cannot retain his love) will be doubled when he discovers that he must make an effort as before to be first in your heart, for what costs nothing is worth nothing. This is a serious matter, as is evidenced by the marital unhappiness and divorce that are to be seen. There is a vast difference between 'marrying for money' and obtaining justice in matters of finance no matter how small the amount involved may be.

"Reforms of all kinds begin with women, and reformation on this line will be found to be no exception to this rule. If this question was properly adjusted, women would not so often leave their homes to earn money, and the friction caused by this action on their part would be avoided. So, divorces would be fewer, and married life would be more nearly what it was designed to be—a partnership whose happiness is more akin to heavenly joys than anything else that we know of on this earth.

"Everett, Wash."

O. V. ROE.

***"Teach self-denial and make its practice pleasurable, and you create for the world a destiny more sublime, than ever issued from the brain of the wildest dreamer."*—Scott.**

## Winners of Prize Baby Competition

THE judges in the Prize Baby Competition have at last reached a decision by which they award the first prize to Erdis Fox-Smith, 101 North Broadway, Rochester, Minn.

The second prize goes to Donna Louise Soule, daughter of Mr. and Mrs. H. E. Soule, 1209 Lyndale Ave., North Minneapolis, Minn. Third Prize is awarded to Charles Pomeroy Park, Jr., son of Mr. and Mrs. C. P. Park, of Ensley, Ala.

To decide this contest has been the most difficult problem which we have had to grapple for a long time, and at first it seemed almost impossible to solve it. There were so many beautiful, perfectly formed babies entered in this contest that we felt that each one of them deserved a first prize,

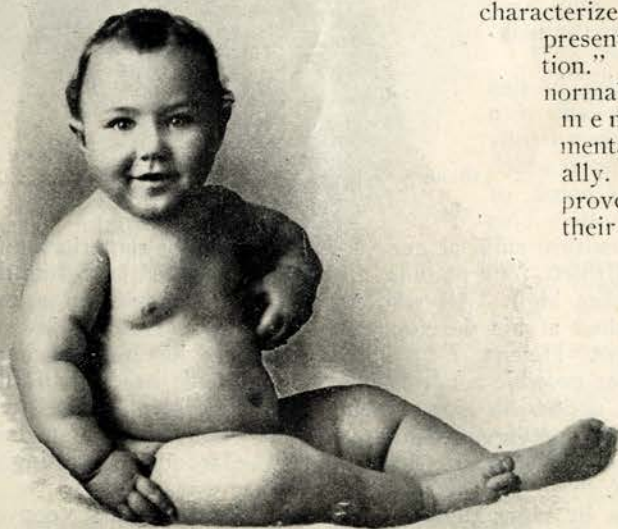
if such a thing were possible. But, the awards having finally been made, we hope that the parents of the other contestants will not feel disappointed, and as we have said we regret that there could be only one winner of the first prize. We were not able to publish all the photos submitted to us, owing to lack of space. Photos of some of these other magnificent repre-

sentatives of babyhood we shall probably publish later on. In some instances, photos of really beautiful babies were poorly taken, and taken in positions that were not satisfactory for purposes of reproduction.

But to the parents of all of the babies entered for competition we extend our most hearty congratulations, on the score of their being blessed with such bright, healthy, and vigorous little ones. Such children prove the value of physical culture methods in the care and rearing of babies, and we feel sure that they will grow up into strong, robust, healthy men and women. Not being handicapped by the abnormal conditions with which most children born in civilized communities

have to contend, we believe they will attain mature years and go through life without ever learning or knowing the vices and other unnatural habits and depraved tastes which characterize our so-called present day "civilization." They will be normal men and women, physically, mentally, and morally. They will prove a credit to their parents, and will exert a wholesome influence upon all those with whom they come in contact.

And these babies are to be congratulated in that they have had parents with the intelligence to raise them in



ERDIS B. FOX-SMITH

Rochester, Minn., Winner of First Prize; Age, 1 Year; Weight, 34 Pounds; Height, 30 Inches

a natural, common sense manner, instead of subjecting them to the coddling, the stuffing, the smothering clothing, the "soothing syrup," and other absurdities which the average helpless babe is called upon to endure. These children certainly have the best kind of a start in life, and it is with the deepest sense of regret and pity that we think of those thousands of other little ones who from the very start, even before birth in many cases, are handicapped in every conceivable way. To you who already are parents, and to you who may become parents, let it be said that it is the most sacred duty that ever devolved upon you, to learn the responsibilities of parenthood, so that your sons and daughters shall feel thankful that they have had the privilege of such parentage, rather than to have had to suffer the inexpressibly bitter experiences of some of those who have been "marred in the making."

The first prize in this competition consists of a solid gold and beautifully wrought medal, upon which is inscribed the name of Erdis Fox-Smith. This model physical culture child at one year of age, weighed thirty-four pounds, and stood thirty inches high. All who see him are astonished at his development. His mother, Mrs. Helena Fox-Smith, lived as nearly as possible a natural life before his birth, dressed in loose gowns, and followed an intelligent course of diet and exercise. She states that she began years before to put herself in a proper condition by right thinking and doing, for the sacred office of motherhood.

Little Erdis during winter weather has worn linen-mesh underwear next the skin, with a woolen garment over it. He



MISS DONNA LOUISE SOULE

Minneapolis, Minn., Winner of Second Prize; Age, 16 Months; Weight 25 $\frac{3}{4}$  Pounds; Height, 32 Inches

is not only remarkable for his size and strength, but is distinguished by his active, alert mind and unusually happy disposition. He has invented little exercises of his own, such as touching the top of his head to the floor in front of him and bending and twisting the body. He delights in running the carpet sweeper and exercising his muscles in other ways.

The second prize consists of a five dollar physical culture library. The winner of this prize, Donna Louise Soule, is sixteen months old, weighs 25 3-4 pounds and is thirty-two inches tall. She is a true little physical culture girl, thanks

to her parents in spite of the opposition that friends and relatives of the latter manifested and who declared that the child would surely be killed by "new-fangled experiments." She enjoys play-

ercises regularly, together with hot, cold, friction and air baths. She lives at present on fresh fruit, cereals, figs, dates, wholesome breads and raw eggs beaten up in milk, eating three meals each day with no lunching between.

Charles Pomeroy Park, Jr., winner of third prize, consisting of a three dollar physical culture library, recently took first prize at the Baby Show in Alabama, and we feel assured that he deserved it. At the age of eight and one half months he weighed 24 pounds and had eight strong little teeth, cut without any inconvenience. He has a sunny disposition, is remarkably bright and active, as well as being strong and hardy physically. He is an excellent example of the value of prenatal culture.

In addition to the above we are giving ten consolation prizes, to the next ten most perfect babies, each prize to be a

choice of any of the books in the Physical Culture Library, or a year's subscription to PHYSICAL CULTURE, or two years' subscription to BEAUTY AND HEALTH or PHYSIQUE CULTURE FOR BOYS AND GIRLS.

In addition to the above we are giving consolation prizes, each to be a choice of any of the books in the PHYSICAL CULTURE Library, to the following other competitors:



CHARLES POMEROY PARK, JR.,  
Ensley, Ala., Winner of Third Prize; Age, 8½ Months; Weight, 24 Pounds

Marion Daid Holgate, 266 Littleton Ave., Newark, N. J.; Master J. B. Vincent, 37 Sussex Ave., Newark, N. J.; Agnes White, Rusk, Texas; Richard Straub, 526 Larimer St., Denver, Colo.; Annette Heidebach, Oak Park, Ill.; Clarence W. Young, Jr., St. Paul, Minn.; Jack Dupree McGee, 819 South Park St., Shawnee, I. T.; Raymond Loveland Stoddard, New Britain, Conn.; J. V. Scott, Newark, Ohio; Robert Gaynor Jones, Boston, Mass.; A. F. Skene Reinhold, San Francisco, Cal.; Ira Steele Jones, Vancouver, B. C.; Grace Dickinson, 8 Hart Place, Woburn, Mass.; Merlin Hayford Mickel, 939 Mt. Vernon Ave., Cedar Rapids, Ia.; James Covington Allmon Bellefontaine, Ohio; Joseph Brainard Merrick, 167 Linwood Ave., Providence, R. I.; Ross Maxwell Robertson, Toronto, Ont.; Charles Wayne Alkire, Springfield, Ill.; Harrison Foster Johnson, Jr., Brooklyn, N. Y.; Olga Mildred Kroone, Missoula, Mont.; Dean Duffield Cutting, Seattle, Wash.; Kathryn Viola Pangle, Indianapolis, Ind.; Richard Charles Watson, Adelaide, South Australia; and Master Karo Bryant, Omaha, Neb.



**Temples Reared to Medical Superstition**

The history of medical temples dates back to very ancient days. Æsculapius, who was a good enough practitioner in his way, left behind him descendants to perpetuate his art. The people of his times built temples, deifying him, and his successors in the art of healing persuaded the people that they ought to have priests therein and that they, being the descendants of Æsculapius, ought to be the priests.

Are we so far advanced beyond these people in our ideas regarding doctors and medicine? Some day the world will point to *our* temples built in honor of medicine—our present erroneous medical system, our political Boards of Health, our foolish medical laws, and our endowed drugging colleges, and will view them in the same manner that we now look upon the temples and monuments reared because of religious reverence or in honor of the deified Æsculapius, god of medicine. Without a doubt these medical structures of ours will metaphorically fall to pieces with the spread of education on this subject that is now taking place. But, even now there is being reared, in New York City, one of the most colossal temples to medicine that the world has ever seen!

**Rockefeller Institute of Medical Research**

Rockefeller, the bald Creesus of modern times, god of dollars, has paid a tribute to the greater god, medicine. He has given a million dollars to perpetuate medical superstition and mistakes. What an opportunity for sinecure positions, spoils, and for strengthening the mistaken methods of the order!

The Rockefeller Institute will be given over to the study of germs. They will be hunted down, classified, and arranged and, whenever a new germ or bacillus is

discovered, millions of dollars will be expended in this work. How long the Rockefeller Institute will be tolerated we do not know, but the building itself will stand for ages as a monument to the many errors that now distinguish medical science, which science, by the way, is slowly but surely yielding to the influence of physical culture principles.

**The Boll Weevil Excitement**

Hunting down the boll weevil is getting to be a much of an excitement among the hunting down germs. The United States government already has expended large sums of money in studying the boll weevil, in issuing pamphlets concerning the insect.

The boll weevil is a bug that exists in the bolls of the cotton. It develops in the bolls, drawing its sustenance from the blood or sap of the plant. Where an insect pest of this kind appears, is it not reasonable to suppose that a low condition of the affected organism has previously existed? So we think that the presence of the boll weevil in the Southern cotton fields is simply, a sign that the original nourishment of the soil used for growing cotton has been exhausted by the yearly planting. Degeneration of the soil ensues in the same manner that a race does! The cotton plants' resisting power is low, and hence the development of the boll weevil, which insect is an advance messenger of ill-news for the Southern cotton industry. If sensible means are not taken to reclaim the soil, it is possible that cotton growing in the South will soon become a thing of the past!

**A Dreadful Threat**

"The Canner and Dried Fruit Packer," in a leading article entitled, "When Not to Advertise," advises its readers, some of whom are large and influential



advertisers, not to advertise in the PHYSICAL CULTURE publication. "The business of canners, preservers, and manufacturers of food products is being greatly injured by various journals throughout the country," says this journal. And after pointing out PHYSICAL CULTURE as an example in point, it goes on to say: "If every packer in the industry will take this matter to heart and cut out his advertisements, we think that some of these journals will wake up to the fact that they have taken a wrong stand in the matter."

Exposures  
Everywhere  
against pill

Little was it expected when the editor of this magazine first adopted a campaign against pedlars, drug venders, and

food adulterators, that the course adopted would influence the other magazines to the extent that it has. One by one, the larger magazines have followed PHYSICAL CULTURE into the exposing business. *Everybody's*, *Collier's*, *Ladies' Home Journal*, *Leslie's*, and other prominent magazines have taken up this form of public usefulness to an extent remarkable for conservative magazines of this character. We are glad to have company in the work that we are doing and hope that the men behind *Collier's* will grow so big in the work that they are beginning, that they will find it advisable to pull out from the advertising pages. "The beer that made Milwaukee famous," and "First over the Bar."

## An Exercise for the Entire Upper Body



This is a splendid resisting exercise, particularly for the neck, back, and muscles of the stomach and upper chest. Assume position illustrated above, then, keeping knees straight, bend gradually backwards and raise the head, resisting the movement vigorously with the arms. After bending back until you lie flat on the floor, return again to the first position, illustrated, pulling hard with the arms and resisting with the neck. Repeat until tired.

# OPENING OF THE PHYSICAL CULTURE EXHIBITION FOR 1905

At last the great Physical Culture Exhibition is at hand. There are only a few days more to wait. On Monday, October 9th, the doors of Madison Square Garden, New York, will open to admit the public to the most gigantic physical culture exposition the world has ever seen. The Physical Culture Exhibition of 1904 was of a wide scope and a grand success, but by reason of the experience gained on that occasion it is expected that the coming physical culture and athletic carnival will far outclass anything previously attempted in the world's history.

To add to the general interest of the exposition, it must be noted that it is not, as heretofore in the world's history, an affair in which men only are concerned, but that women, as well, will enter into almost every variety of athletic competition. And if only on this account, it will be seen that the Physical Culture Exhibition marks a big step in the world's progress.

The principal object of the various competitions and athletic events is to determine who are the most perfectly developed men and women of the world at the present time. In the Physical Culture Exhibition of 1904, the selection of the most perfectly developed man was made entirely through the posing competition, a jury of artists and sculptors awarding the prize according to form and external development only. This year, however, symmetry and general beauty of form will count for only thirty per cent., and the contestants will be compelled to enter into a list of seventeen different track, field and other athletic competitions, to prove the quality of their muscles, their strength and endurance, and in these competitions competitors may win a possible seventy points, the highest percentage of both posing and athletic competition combined to determine the winner.

And unlike the Exhibition of 1904, the competition this year, for men, will be open only to amateur athletes. Nearly all of the best athletic talent is to be found in amateur circles, and to admit professionals in this competition would be to really exclude almost all of the best athletes. And for this reason, no cash prizes are offered as prizes to male contestants. However, very costly and valuable medals—seventeen in number, will be awarded to those who in this competition win the distinction of being the most perfectly developed men in the world.

But in addition to the above mentioned all-around competition, which is only for those who are competing for the grand prize, there will also be seventeen other similar track and field contests, open to all amateur athletes, in which valuable and beautiful gold medals will be given to the winners. In the case of these last mentioned contests it should be noted that they will not be arranged on a handicap basis,

but will be strictly scratch events in every instance. In other words, they will decide the *Physical Culture Championships* in each of these special events. About \$1,000 worth of prizes in the form of medals will be distributed in the above contests, and following is a list of the events referred to:

Five-mile run, 15-mile walk, two-mile run, one-mile run, half-mile run, quarter-mile run, 220-yard dash, 50-yard dash, standing high-jump, running high jump, standing broad jump, putting 16-pound shot, throwing 56-pound weight for height, back lift in harness, straight two-hand lift, 50-yard run, carrying 100 lb. climbing the rope hand-over-hand.

The great competition to determine the most beautiful and perfectly developed woman will also differ from that of 1904 in this important respect, namely that strength, endurance and skill in athletic events, as well as symmetry and beauty of form, will be considered in determining the winners. Thus in addition to the posing competition, all of the female contestants will also take part in the following athletic competitions: One-mile run, half-mile run, quarter-mile run, 220-yard dash, 50-yard dash, high jump, five-mile go-as-you-please, two-hand lift.

In athletics among women, up to the present time no distinction has been made between amateurs and professionals, and there is no objection to their competing for money prizes. Cash prizes, therefore, will be offered to the winners in this competition, aggregating \$1,000.00, and ranging from \$500.00, the first prize, down to minor prizes of \$10.00 each.

In addition to the above, there will be women's fencing championships and other athletic contests for women.

Of special interest, also, will be the great wrestling tournament held in connection with and as a part of the Exhibition. There will be two styles of wrestling, namely, Catch-as-Catch-Can and Physical Culture Style. In the latter a fall consists only in getting an opponent off his feet. In both of these styles of wrestling, Physical Culture Championship will be decided in the following classes: Featherweight, welterweight, lightweight, middleweight, heavyweight. Handsome and valuable prizes will be awarded to the winners.

Entries for all contests should be sent to the Manager, Physical Culture Show, 29 East 19th St., New York City.

For those who are fond of fun, the comical element will be amply supplied, both in the form of innumerable humorous races and in other ways.

The exhibition of pure foods will be an attractive and educational feature which should be of exceeding value to all who visit the Exhibition, and in addition to this there will be a great host of other attractions which space forbids mention, but which will be found of engrossing interest.

# THE ART OF BOXING AND SELF-DEFENSE

*By Prof. W. F. Lee*

IN the first photograph shown in the article herewith we have a fine illustration of the "knock-out" blow. It might be said that this is one of the best blows to use in case of an attack with or without boxing gloves. No matter whether your opponent tries with right or left swing, "step in" and slightly to the right side, "pinning" his right glove with your left as he draws it to hit you. If he draws his left you have him just the same. Send your right glove straight to his jaw with full length aid of the shoulder. In this position you are quite free from attacks, as it usually sends your opponent off his balance. Be careful not to "swing" but "hit straight" from and with the shoulder with complete turn of the body. In order to execute this blow accurately, it must be done quickly and you

must not be afraid to step in and pin your opponent's right glove quickly and hit at the same time. No matter how he draws back his head, if you judge your distance accurately, you will land him. Now don't get the habit of holding your feet "pat" on the ground. Shift around and get "comfortably set." When you judge your dis-

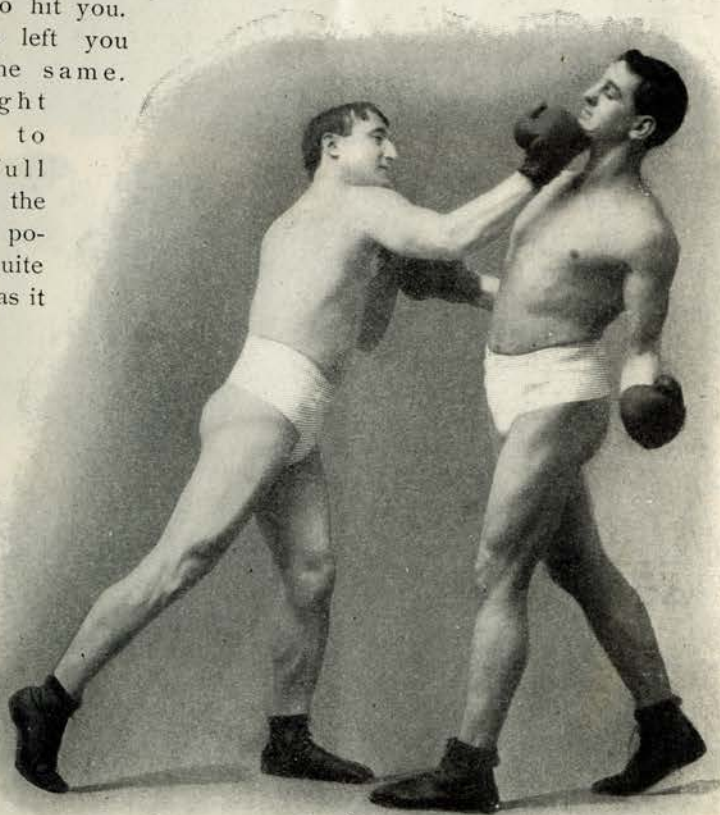
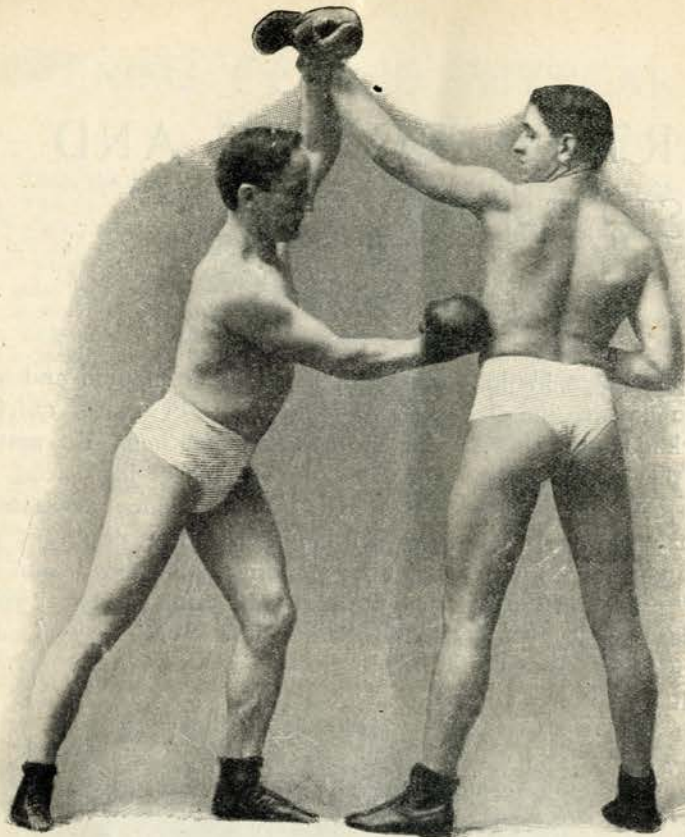


Figure No. 1



tance to hit with  
right or left glove  
don't be afraid to  
raise up on the "ball  
of your right foot

you hit in.  
lends force and  
reach to your  
blows. Always  
bear in mind  
to keep your  
left foot well  
advanced  
front of your  
right. You  
feel your weight  
in, as it were,  
with your left  
foot, but the  
right one tells

Figure 2.

how far you can  
come in. Never get  
caught with your  
two feet together.

SEE FIGURE 2.

We have here  
a good illustration  
of the famous  
right  
hand kidney  
blow,

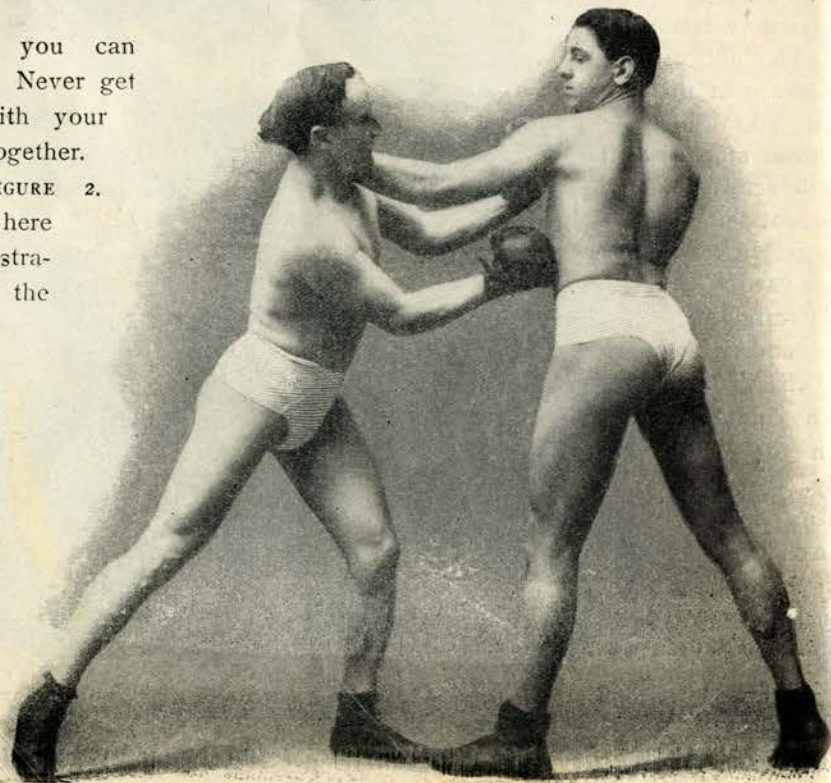
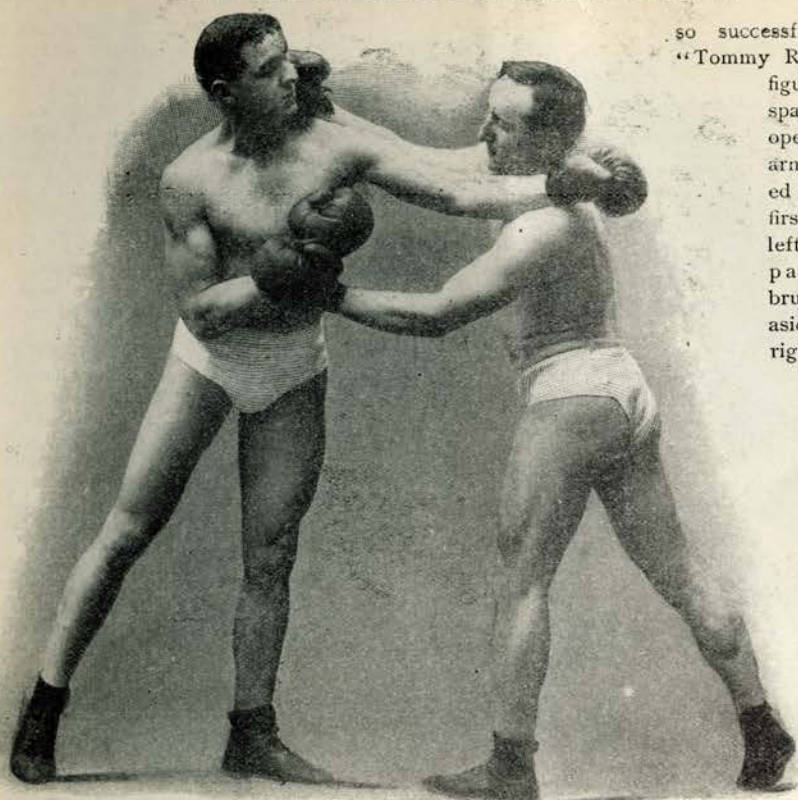


Figure 3.



so successfully used by "Tommy Ryan." In this figure both are sparring for an opening with left arms well advanced in front. The first to lead the left is met with a parry by left brushing the blow aside and sending right hand straight to kidneys. This is a very difficult move. This position is a great test of strength. The harder you block the more brace you have to hit him.

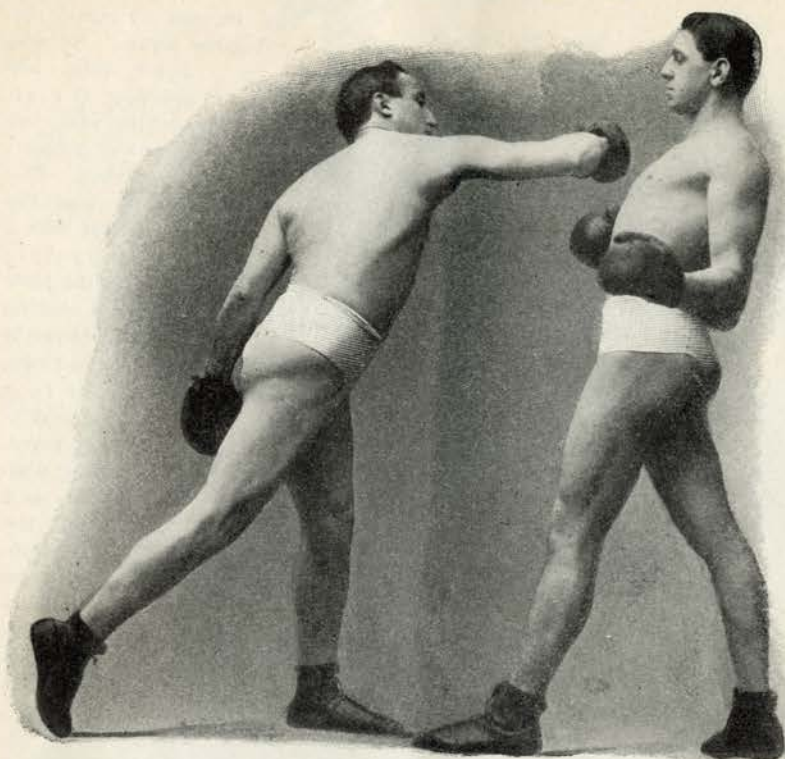
Figure 4

SEE FIGURE 3. This is a very difficult position. Let both pupils try. Figure on right side has led with left jab heavily. Figure on left side has slipped his head to the right by raising left and dropping right shoulder, at the same time pinning opponent's right glove to break, then, quick as a flash, sending his right glove to the heart.

SEE FIGURE 4. This gives the pupil a fine chance to see front view of blocking or pinning right arm to pre-



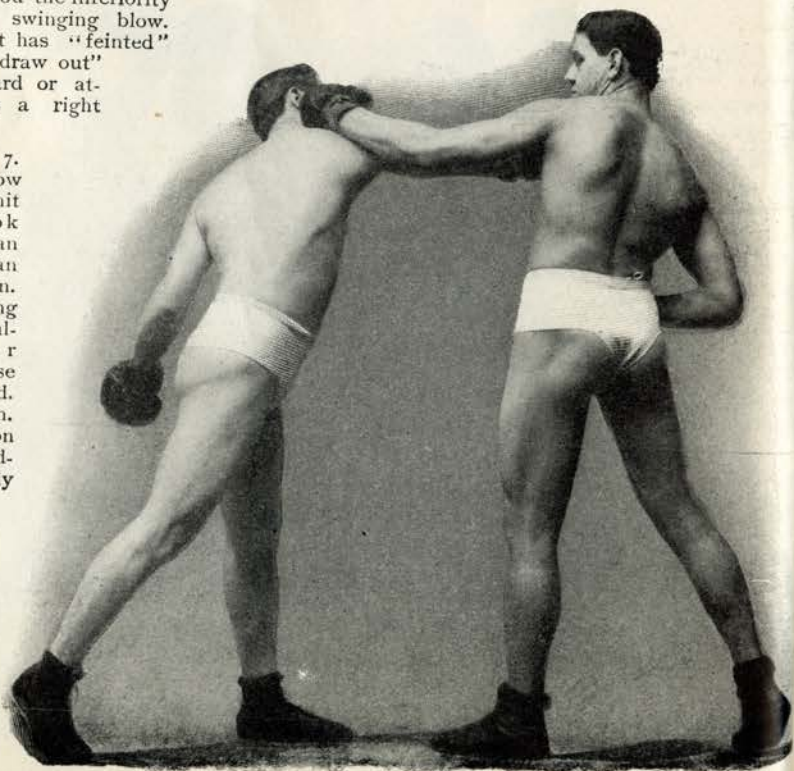
Figure 5



SEE FIGURE 6. This illustration shows you the inferiority of using the swinging blow. Figure on right has "feinted" with left to "draw out" opponent's guard or attack, which is a right hand swing.

SEE FIGURE 7. This shows how you can be hit with left hook before you can recover to an erect position. When swinging wild you usually drop your "guard" and lose your other hand. Note the position. When figure on right has "guarding" hand ready for attack, figure on left has dropped his guard too far. Figure on right shows best position for sending straight right to body or jaw.

Figure 7



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your oppo  
to hit at yo

SEE FIGURE  
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avoiding bl  
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body is use  
the waist  
again as in  
ure 4; but  
head is "sh  
inside"  
blow. It is  
a straight b  
as is sh  
in figure  
but y  
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blow j  
the same

Figure



## LEGISLATING PATENT MEDICINES OUT OF EXISTENCE

MEASURES INTRODUCED IN MANY STATE LEGISLATURES AIMING  
AT SUPPRESSION OF EVIL—POWERFUL ORGANIZATIONS  
ENLISTED IN THE MOVEMENT

*By H. Mitchell Watchett*

THERE are not wanting indications that the American public is at last awaking to a recognition of the fact that it is being swindled out of its money, robbed of its health, and deprived of its life by the proprietors of "patent" medicines. The history of this country proves us to be a patient and long-suffering people, slow to anger and sometimes too willing to submit to imposture rather than to break the peace. On the other hand, when once aroused, the consequences to those responsible for the arousing, are usually of a disastrous nature. Instances of this need not be given here in detail, but the truth of the statement will be very evident to those who have past and recent memories concerning the downfall of apparently impregnable political rings that bade defiance to decency, law, and the community—such defiance being based on the immunity, due to the lethargy of the public, which they had enjoyed for years.

America has been the stamping ground of the maker and boomer of fake "remedies" from the period that it could first lay claim to the dignity of a nation. Not so long since, the writer was looking over a file of old newspapers which dated back to the times when King George held sway on this side of the water. In these newspapers were "puffs" of "Persian Elixir," "Oriental Rejuvenator," and "Morocco Health Restorer," which, for extravagance of language and fluent lying in general, would have done credit to the advertisements of the nostrum venders of to-day.

However, and as already intimated, the American public is beginning to wake up to the fact that it is the ass upon which the patent medicine man rides to fortune, and as a consequence it is beginning to flatten its ears and agitate its heels in a significant fashion. That it will have a

hard struggle to rid itself of its burden will be evident when it is remembered that the value of these medicines produced in this country annually, is no less than \$60,000,000.00. That is to say, that sum is the value of the medicines as supplied to the retail druggists, and as the druggists get about one-third profit over their counters the yearly tribute levied by the patent medicine man on American men, women, and children, is about \$80,000,000.00. Remembering these figures, you will readily understand why the proprietors of these medicines are always prepared to spend a good many millions to prevent the passing of laws whose end and aim it is to stop the wholesale poisoning of the American public, as it now obtains.

The moment that there is a hint of a legislative measure directed against this diabolic free traffic in health and life, a horde of lobbyists are rushed to that particular legislature, by the Patent Medicine Trust and the result invariably is, or has been, that attempts are made to have the measure stifled at birth. Cases on cases in point might be cited, and up to recently, tactics of this kind were almost always successful. But even cold-blooded scoundrels, every dollar of whose fortunes represent a human being robbed of money, health, and even life itself, together with their allies, the lobbyists and corrupt legislators, cannot continue their nefarious work in the presence of adverse public opinion. And that such opinion exists, and is growing, is evident by the fact that during the present year, bills which have for their purpose, the suppression of patent medicines, have been introduced in the legislatures of Massachusetts, Maine, New Hampshire, Vermont, Connecticut, New York, Wisconsin, Minnesota, North Dakota, Indiana, Nebraska, Utah, Texas, Colorado,

Oregon, and other States. In each and every instance, the fight between decency, honesty and humanity, as represented by the introducer of the bill, and greed and utter disregard of the laws of God and man, as set forth by its opponents, has been of a bitter type indeed. Usually the patent medicine men have won out, but in almost every case, by such a small majority, that the promoter of the bills have not only been gratified, but even astonished at their unlooked-for moral, if not legislative success. At the present writing, the indications are that within a year, the measures will become law in several of the states. Arrangements have been made by those behind the movement, to persistently introduce these bills until their passage is assured.

The measures so introduced are practically the same in each instance, differing only in the matter of details. They are to the effect, that all patent medicine packages shall have a label on which are set forth the names of ingredients and the proportions of such, of which the stuff is compounded. Of course, this kind of thing would be simply death to nine-tenths of patent preparations, inasmuch as they almost always contain a large proportion of narcotic, or poisons of some other kind, together with a big percentage of alcohol, as has been repeatedly shown in articles and analyses published in *PHYSICAL CULTURE*.

A bill that has been introduced in the Massachusetts legislature is in part as follows, and is characteristic of its sister measures in other States:

"No person or corporation shall sell or keep, expose or distribute for sale any patent or proprietary medicine or any compound beverage, lotion, tonic, physic, or other article advertised, recommended or claimed to possess medicinal, remedial or curative properties, and containing opium or other poisonous drugs or more than one per centum of alcohol, unless each package, parcel, case, paper, bottle or other receptacle or wrapper within which such article is contained shall have legibly inscribed thereon the weight, proportion or quantity of such opium, drug or alcohol therein contained: provided, however, that nothing here shall affect sale or dispensing upon prescription of a registered physician.

"Section 2. Whoever violates the provisions of this act shall for each offense be punished by a fine of not less than ten nor more than five hundred dollars, or by imprisonment

of not more than one year, or both such fine and imprisonment."

During the last session of the Maine legislature, a bill of the kind in question was introduced and referred to the Committee on Temperance, and subsequently the majority and minority reports were reported.

The arguments of the gentlemen who supported the majority report that the bill should not pass, would be amusing if they were not pitiable. For example, a Mr. Stevens, of Portland, said that a patent medicine man who had spent \$250,000.00 in the State of Maine, in booming his trash, had declared that "If this bill passes, I shall cease to do business in the State," which Mr. Stevens added would be greatly to be regretted as that amount of money would be withdrawn from the State. Mr. Stevens overlooked the fact that in all probability, \$250,000.00 worth of patent medicines, foisted on the ignorant and sickly of Maine, probably did an amount of damage to the health of his constituents that could not be computed in dollars. The representative also added that if the bill passed, "lots of harm would be done to the newspapers." And continuing, he said: "How will this harm be done? Because their contracts for advertising are all made on the basis that if there is no adverse legislation, their contracts for advertising shall run. It means hundreds of thousands of dollars payment out of the State in the matter of advertising if this bill passed."

In other words, it doesn't matter a peep whether the people of the State of Maine are drugged, and poisoned, and murdered by the proprietors of the patent concoctions, as long as the newspapers fill their advertising columns. A noble attitude truly, for a citizen and a legislator to take! Our wives and sisters may become cocaine fiends, our brothers and fathers degenerate into wretched sots, and our children "soothed," soothed to death by syrups—but what does it all matter as long as that patent medicine man doesn't take his business out of the State, and the newspapers are permitted to "carry out their contracts"? It may be added that Representative Johnson, of Waterville, held the same views as the Hon. Mr. Stevens.



But the minority report was rejected by a very small majority. That the patent medicine men were responsible for the defeat of the bill through means already alluded to, was very evident. Most significant, however, was the statement made by Mr. Milliken in regard to these means, as follows: "I resent some of the influences which have been brought to bear upon me in regard to this bill. I was notified when this bill was first introduced, that unless it was withdrawn, I should be subjected to the adverse influences of certain powerful political persons in this State. I was told that the thing could not pass, that it was only a question of whether I should withdraw it quietly, or persist and probably get hurt in the process. I was told that any interest I might have in this legislature would be defeated if I persisted in urging the passage of this bill. There was much effort made to prevent even a minority

report." Mr. Milliken said more to the same effect, as did his colleagues.

This action in the Maine legislature has been quoted somewhat at length for the reason that it is practically a repetition of what has happened in every other legislature in which measures for the suppression of patent medicines have been introduced. But it may be added that outside of the unorganized but none the less powerful public movement that is antagonistic to patent medicine swindlers, organized efforts for the suppression of these fellows are being made on the part of The Women's Christian Temperance Union, The National Organization of Civic Leagues, and all temperance bodies, while the Bureau of Chemistry of the United States Department of Agriculture, believes that legislation of the type in question, is absolutely necessary in order to protect the public against one of its worst enemies.

## How to Become Strong by Exercise With a Bag of Shot

*By Orrin H. Winton*

TO those who are not in a position to reap the muscle-making advantages of work with gymnastic apparatus, the following exercises will prove of great value. Even as an adjunct to apparatus work and calisthenics, they are distinctly useful.

Take an ordinary shot-bag; or make a bag from strong cloth, about eleven by five inches; then partially fill it with any heavy material, as shot, slugs, fine gravel, or sand. When you grasp the bag in the center, the contents will then run to either side and balance it.

Start exercising with about ten or fifteen pounds, and gradually increase the weight as you become stronger by filling the bag; and when necessary, make a larger bag.

The exercises should be continued until the set of muscles used are slightly fatigued. A half hour is not too much time to devote to them. The exercises should be done slowly and forcibly.

Exercise No. 1. Grasp the bag where the string is tied around the opening, or in the middle (whichever is most convenient) and flex the forearm. Good for the biceps. Repeat ten or fifteen times.

Exercise No. 2. Grasp the bag in the middle and flex the forearm as before; then straighten the arm out overhead, with a sideways motion. This develops the deltoid or shoulder muscle, and also the triceps muscle which extends the forearm on the arm. In lowering the arm from this position in order to repeat the exercise, do not let it drop, but bring or

rather press it down slowly. The muscle used in this pressing down is a large one, called the latissimus dorsi, and is situated on the back just below the armpit.

Exercise No. 3. Grasp the bag with both hands, one at either end, and raise the bag forward and upward at an angle to the body until it is overhead. Return to first position slowly. For the shoulder muscles.

Exercise No. 4. Grasp the bag by the tied end by one hand and bring it around to the back; there grasp it with the other hand, so that the bag will be held in both hands at the middle of the lower part of the back. Now, bend the body forward as far as possible, and return slowly. For developing the abdominal muscles.

Exercise No. 5. Hold the bag in one hand at the side; then bend the body far over to the other side, then back to original position, and repeat until tired. This benefits the muscles of the sides of the body (the internal and external obliques).

Exercise No. 6. Bend the neck slightly forward, and place the bag on the nape of the neck, holding both ends of the bag with the hands. Now, bend the knees, raising slightly on the toes, until you come to a crouching position; then raise yourself slowly. An excellent exercise for the muscles of the legs and feet.

A careful diet, cold baths, and perseverance in the use of these exercises will surely result in a good muscular development.

# THE CONFESSIONS OF A QUACK

THE FULL TRUTH ABOUT THE PATENT MEDICINE GANG IN THIS COUNTRY—  
ASTONISHING AND HITHERTO UNREVEALED INFORMATION DISCLOSING  
THEIR INFAMOUS METHODS OF LURING UNHAPPY FELLOW CREATURES  
INTO THEIR TOILS—METHODS USED BY THE NOTORIOUS DR. R. L.  
WILLIAMS AND DR. KANE—HOW YOUNG MEN ARE INOCULATED  
WITH DISEASE AND MADE TO BECOME STEADY VISITORS TO  
THE OFFICE—MANNER OF BLACKMAILING UNTIL PAYMENT  
IS OBTAINED—FULL DISCLOSURES REGARDING  
GANG OF MEDICAL QUACKS NOW FLOURISHING  
AT THE FAMOUS HOT SPRINGS, ARK.

By A. N. Kidd

*I am pleased to be able to present to my readers these complete confessions from one who touched the lowest step of infamy in the business of wrecking human bodies and souls. The writer of the confessions that follow was employed by the various quack concerns throughout the country as "decoy duck," "steerer," and "outside man"; the meanest sort of work that a human being can stoop to. He came into my office and asked the privilege of these pages partly because he is in the last stages of a disease, consumption, that will shortly claim his life, and partly with the hope that in writing these words he may be able to make at least some retribution for his part in the undoing of his fellowmen by warning others against the methods of the medical quacks. The statements contained herein have been duly sworn to before the proper authorities. I hope they will be the means of saving thousands from the hands of the criminals who are practicing in the name of the medical profession.—BERNARR MACFADDEN*

(Continued)

BU T you will suggest that the fleecing process as stated cannot go on indefinitely. True, but there are only two or three ways of bringing it to a close. In many cases, death is more merciful than the quack and interposes to save the victim from further robbery and suffering. I emphatically declare that the quacks in hundreds of instances, *commit deliberate murder* by assisting the disease to get a fatal grip on the sufferer for their infamous ends as told. Then again, the patient may give positive proof that he has come to the end of his resources and, ruined in body and weakened in mind, that he is incapable of earning a livelihood. In such instances, the quack "mercifully" does not press the claims against the sick man under his contract, knowing as he does, that he would be wasting time by so doing; but he generally manages to keep track of the victim in order that he may descend upon him with his claim, should he, by a miracle, partially recover his health.

But the usual way in which the "treatment" is cut short is this: the victim begins to realize that he is being defrauded, and so ceases to call at the doctor's office. A couple of days after he has failed to appear when due, he re-

ceives a letter from the quack, asking why he did not show up. If he takes no notice of this communication, another one is sent him to the effect that medicines imported for him are lying at the drug store subject to his order, the cost of which is so and so, and usually a very heavy amount is named. If this second letter is ignored by the patient, he receives a third, couched in threatening terms, reminding him that his contract binds him to take the treatment week by week and that, in the event of his failing to live up to the terms of the instrument, he, the victim, is to pay the balance of the total fee agreed upon.

Presuming that the patient disregards this letter also, he receives yet another shaped in something like the following terms:

"Sir: As you have not seen fit to take any notice of our recent letters to you, we beg to inform you that it is our intention to collect the amount due to us through the courts unless we hear from you by—. We further intend to notify your friends of our intention and shall further advise the young woman to whom you are engaged, of your physical condition, for we feel that, as your attending physician, we should be doing

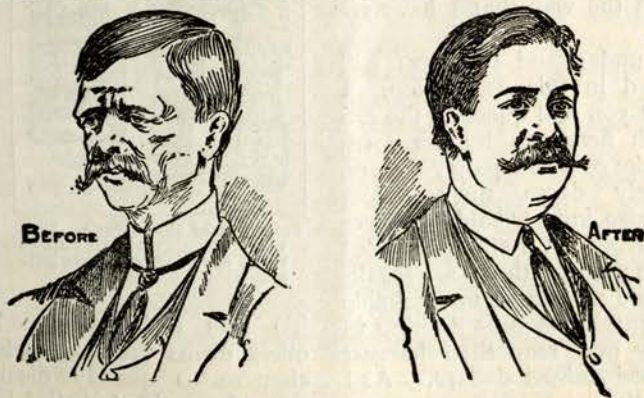
her a very grave injustice did we permit of your marrying her."

This almost always causes the unhappy man to surrender. He hastens to the quack's office, pays the balance and exits, cursing his credulity and the scoundrels who have fleeced him. The probability is that, in the interval, he has been to some reputable physician, who has informed him as to his actual condition and the malpractice to which he has been subjected. Furious as he is, he realizes, however, that if he attempts to punish the quack, his so doing means publicity, social ruin, and the death of his hopes as far as the woman he loves is concerned. So he grins and bears it, regretting that he cannot make his experience known to others.

Even if he is not engaged, he will make any sacrifice to prevent his mother or sisters or women friends from knowing that he is suffering from a loathsome malady. This is saying nothing of his men acquaintances whose respect he desires to maintain. Let it be added here, however, that I have never known a case in which a quack sought to recover in court, under the terms of the contract, for these hyenas of the human race know full well that no court would sustain the contract. Besides that, it would be easy for the victim's lawyer to furnish ample proof of the deliberate swindle involved in the prescription. But, as intimated, the quack realizes the victim's dread of exposure, and so does not hesitate to use blackmailing methods, pure and proper. I was once in the employ of a notorious

quack who is now under sentence with an associate for swindling a New Yorker by means of an alleged radium cure. This fellow also has had a fraud order recently issued against him by the Federal Post Office. Part of my duties, when with this scoundrel, was, as "outside man," to call on patients who were beginning to have their eyes opened and were ceasing to visit his office. I used to employ tactics of the most brazenly blackmailing kind and the wonder to me is, that I did not have my neck wrung, or my skull cracked, on many different occasions. But, like my employer, I knew that I was immune from the punishment I richly deserved, simply because of the victim's fear of exposure. I will not describe these methods of collecting at length, for space will not permit of my so doing, but if you could imagine yourself one of the victims and employed in a business office, and me approaching you and asking in a loud and bullying voice "why the doctor hasn't seen you lately," and "that he has got to see you right away," and so forth, you will get an idea as to my typical method of procedure.

To revert for a moment to the means employed by the quacks for perpetuating the diseases of their victims for reasons told, let me be a little more specific. Supposing that the victim is suffering from gonorrhoea and exhibits the customary symptoms of the earlier stages of the malady, the doctor forthwith gives him a prescription which shall make him feverish and so cause further



A "Before" and "After" picture used by the quack to snare the gullible

manifestations. Of course the merest layman will understand that where inflammation exists, the first thing to be



The static machine in the hands of the quack. Ignorant of the scientific use of this machine, the electrical fakir makes the sparks fly to startle and impress his victim.

done is to use means to reduce the feverish condition locally as well as generally: Then again the quack will with deliberate intention prescribe drugs of an irritating nature for the express purpose of setting up a stricture.

Still another way of taking advantage of an ignorant patient is this. It not infrequently occurs that the man who applies for treatment is suffering from a chancroid and not a chancre.

The first named of these is, as perhaps you know, not an indication of syphilis, although it is held by many physicians to be a disease of a syphilitic type. But to all intents and purposes, it is merely a local ulcer that does *not* arise from a poisoned system and yields very readily to proper treatment. Still the victim does not know this, and thanks to what the quack tells him, he is firmly convinced that he had contracted the much dreaded disorder. That which follows is as per usual in the way that I have recited.

I can well understand that you will doubt my word in this connection. I can realize that you will question the existence of such fiends in human form who, for the sake of a few paltry dollars, will deliberately doom their fellow creatures to those indescribable tortures that are the outcome of a stricture. But I call on God to witness that I am speaking the truth and that those unspeakable wretches, the quacks, stop at nothing in order that they may reap their harvest of literally blood-stained dollars. As I look back on the past twelve years, I feel as if I had been placed outside the

pale of forgiveness for what I have done in connection with prolonging and perpetuating the agonies of so many of my fellow men. It is a subject upon which I dare not reflect, but, if remorse is a part of reparation, then indeed I am making reparation in full.

It is a saying among many quacks that, "A good stricture is a bank account," and for that reason they set up by the means told. Out of the stricture grow a number of agonizing affections each of which means more "imported medicine," and the incidental plundering of the unhappy victim's pocketbook. In a word, the object of the quack is exactly the opposite to that which he pretends it to be. His object in life is not to cure but to make sickness. Would that the world, and especially the world of miserable men to which this article more particularly applies, could understand this.

If, however, the applicant for treatment is suffering from plain manifestations of syphilis, the method pursued is the same in kind if not in quality. Supposing that the victim exhibits a chancre, now the normal treatment for it from the honest physician's standpoint, is to, within reasonable limits, assist Nature to throw off the poison in the sufferer's system by means of the chancre. The



Fake use of the X-rays. This really valuable scientific apparatus used for swindling purposes.

To this end, caustic, bismuth, and other drugs are used which cause the chancre to quickly disappear. Naturally the patient's belief in the quack is strengthened by the going of the sore

quack simply reverses this treatment. He takes steps to dry up the ulcer as quickly as possible in order to keep the body of the sufferer charged with the venom of the disease, so that the victim may continue indefinitely under treatment.

and the foundation is laid for his future fleeing. But there were instances in which I have known the ulcer to have been continued in order that the patient might be terribly impressed with the fact that he had a particularly virulent attack of the basic malady. One particular case recurs to me of a well-to-do Chicago man who was treated for nine weeks by a Dr. Williams, paying \$500 therefor. Finally, however, he "tumbled" and put himself in charge of his family physician, who had him on his feet within two weeks. I heard subsequently, however, that owing to the manner in which Williams had permitted the disease to run, the unhappy man, after a lapse of some months, exhibited secondary symptoms in a very bad form indeed.

Should the patient have a bubo in the incipient or advanced stage, the quack will treat it very much as he did the other symptom just alluded to. In other words, he will prevent the intention of Nature to rid the system of its poison and, as he phrases it, "reduces" the bubo by means of caustics, etc. The honest doctor will, with the assistance of flax-seed poultices, quickly bring the bubo to a head. But, and for reasons told, this kind of thing would not be to the quack's purposes. The work of the caustics, etc., is furthered by massage of the parts affected, the idea being to disseminate the poison though the glands back into the victim's body, in order that his recovery may be retarded as long as possible.

The devices of the quacks for the purpose of length-

ening out the treatment of those unfortunate enough to fall into their clutches are of an endless nature quite apart from those of which I have already spoken. The devilish ingenuity which they exhibit in this connection passes belief. One case which I recall, will serve as an illustration thereof. When I was in the employ of Dr. Huffman of Cincinnati a young man called at our office who exhibited syphilitic symptoms of an unmistakable nature. He also had a slight attack of gonorrhoea. After the usual inquisition into his personal affairs, during which it developed that he was the son of well-to-do people in Buffalo, he was told that his malady was merely gonorrhoea, and there were no manifestations of the other and graver malady. Now the reason for the doctor's attitude towards the victim was this. Had the latter been told right away that he had syphilis, he would probably have balked at the price which would have been asked of him for a cure. Besides that, he might have become so scared, as young

men sometimes are under such conditions, that he would have made a clean breast of the whole matter to his parents, who would of course have placed him in the hands of a reputable physician. But if he was assured, as he was, that he had a simple case of gonorrhoea only, he would of course put himself under treatment with Huffman, and the fleeing of him that would follow would be a mere matter of time and detail. So he was allegedly treated for the milder malady, but two days later a chancre appeared, which was quickly dried up by the doctor,



A specimen picture of the kind that is sent to the prospective victim by the quack in order to scare the former into taking a "treatment"

and the patient was assured that he would be all right within a few days. I omitted to state that he had agreed to pay \$100 for a cure, paying \$25 down to close the bargain. Of course he had, in addition, to stand the expense of the swindling prescriptions in the way that I have already told. That which followed was as anticipated by the doctor. In two or three days' time, the parts affected presented a woeful spectacle indeed, and the lancet had to be used. He was still assured, however, that he was not a victim of syphilis. When he called again, which was four or five days later, the chancre had reappeared and in a virulent form. The unhappy young fellow was now told that complications of the most serious and unanticipated nature had developed, so much so indeed, that it would cost him an additional \$100 for special treatment, as Dr. Huffman himself would be compelled to take charge of the case. He paid. At the end of two weeks of further "treatment" he began to develop unmistakable secondary symptoms, including trouble in the throat. Again he was assured that there was no syphilis present. Nevertheless he was liberally dosed with mercury in a tablet form, with the result that he became badly salivated. Dupe as he was, he had heard enough about salivation to know what it meant, and so returning to the quack's office he insisted upon knowing the facts about his case, adding, that if his suspicions were correct, he would make arrangements to go to Hot Springs right away.

That of course was the last thing that Huffman desired, for it would mean the loss of the patient.

"No, sir," said the doctor, "you haven't the faintest trace of the disease in question, and you are not salivated. Be content to be treated by me and all will be well."

Hardly reassured, the youth left the office, but fainted on the street. He was taken to the city hospital, where the diagnosis showed that he had a terribly developed case of the frightful malady which he had so dreaded. A little later, the victim went to Hot Springs, where he was treated by Dr. Greenway, one of the oldest and one of the few honest practitioners in the resort in question.

In two months' time he was back home, comparatively well man. Then he told his story of his experiences with the Cincinnati quack, and his people forthwith made a strenuous demand upon the latter for restitution. Huffman was naturally disinclined to disgorge, upon which there was a threat of criminal proceedings and he very reluctantly "coughed up" on the understanding that he was not to be exposed. I believe that this is the only time that I ever knew or heard of one of these fellows letting go of money on which they had once gotten their clutches.

The methods of the quack who conducts his nefarious operations through the mail, are very much akin to those of his brother brigand whom I have just been describing. In most cases, however, his plunder is somewhat less than is that of the quack with the office business, but he gets there just the same in the way of cold-blooded robbery and heartless inhumanity. Most of the victims who fall into his hands are from small centers of population or from the backwood districts, so that they are easy to skin and make up in number for what they lack in cash. If one replies to an advertisement of one of these fellows, a blank form is received in return which, if anything, is of a more exhaustive and ransacking nature than the blank used by the quack of the other type. With the aid of this blank, when filled out, the quack knows pretty nearly everything about the prospective victim that is worth the knowing, and it is carefully filed away for future reference. Usually lurid literature is sent with the blank and pictures showing the alleged results of a neglect of the maladies in question.

The next step is to try to get the sufferer to come in to the web of the spider, but if this is not feasible, negotiations take place by letter, the usual thing following, that is, the signing of the contract by which the victim agrees to pay so much down, a further amount on being cured, and to pay cash for the medicine which the doctor forwards to him. That which follows is also in line with what has already been told. There comes a time when the victim balks. Threats of legal proceedings and of exposure on the part of the quack follow,

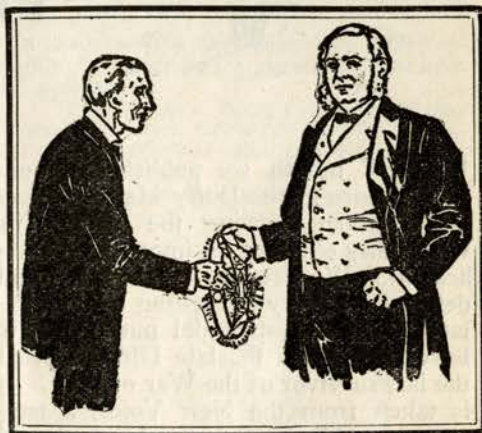
and the matter invariably ends by the victimized one, either compromising with the quack or else paying the total balance of the amount involved as per the contract.

The "follow-up" system is extensively used by the quack of the type of which I have just been speaking, and the perseverance of these fellows in this regard passes belief. One concern with which I was had a series of nineteen letters extending over a period of six months, each of which was more emphatic than its predecessor and was filled with increasingly vivid and terrifying pictures of the results of a neglect of the disease from which the correspondent was suffering. Toward the close of the correspondence, there would be a suggestion of a threat in the letters such as, "Am I not right in feeling that you owe the civility of a reply?" or "It is a surprise to me that you are willing to take such risks by neglecting yourself, not only for the sake of yourself but for others. How would you like those who are dear to you to know that you are in this condition? etc." Or as I have already said, a threat of an almost direct nature would be made in order to force the victim to reply. In some cases, and on the receipt of the first letter from a victim, bottles or packages of medicine would be sent on to him with a note to the effect that the doctor felt that he could rely upon the patient's honesty to pay for the medicine. In the event of the medicine not being returned and no notice being taken of subsequent letters, the quack would send on a terse and stinging communication to the effect that unless the price of the medicine was forthcoming immediately, suit would be begun in the court of the victim's town to recover cost of same. This generally resulted in the money being sent right away.

There is a variation of this game

*(To be continued)*

which is played by the humbugs who head their advertisements "No pay until cured," or "Not a dollar down until you are a well man," or "I ask no fee from suffering men," etc. The "nigger in the wood-pile," in these cases, consists in the usual contract without the stipulation that an amount shall be paid down, but the sufferer agrees to pay for his medi-



Familiar advertisement of the electric belt fake appearing in the daily newspapers throughout the country

cines, as they are sent him. It need not be added that the cost of these medicines very quickly eats up the victim's financial resources, and when he eventually balks, the usual thing follows in the way of threats of a blackmailing sort, etc.

You will not believe me when I tell you that some of these advertising scoundrels have the impudence to write to a victim who has not replied to the first letter which he received to the effect that unless he answers, the statement made by him in his letter of inquiry "will be investigated through his friends." In other words a veiled threat is made of exposure unless he puts himself in the hands of the quack.

## Plutarch on Vegetarianism

You ask me for what reason Pythagoras abstained from eating the flesh of brutes? For my part, I am astonished to think what appetite first induced man to taste of a dead carcass, or what motive could suggest the notion of nourishing himself with the putrefying flesh of dead animals.



# FULL STORY OF THE DUFFY MALT WHISKEY FRAUD



**L**AST month we published an exposure of the Duffy Malt Whiskey concern showing the manner in which they obtained testimonials for publication. We present herewith a more detailed and very interesting account relating to the testimonial purporting to have come from the late Hiram Cronk, the last survivor of the War of 1812. It is taken from the New Voice, a temperance publication that is being threatened with suit by the Duffy people:

Boonville, N. Y., June 23.—(Staff Correspondence.)—The whole truth is now at hand regarding the alleged "testimonial" of the late Hiram Cronk to Duffy's Malt Whiskey.

The original testimonial was a fraud. Hiram Cronk never gave any such "testimonial," or any other testimonial regarding Duffy's Malt Whiskey.

At the time the alleged "testimonial" was invented, and for a long time thereafter, Hiram Cronk had never even tasted of this whiskey.

This bogus testimonial which the Duffy Malt Whiskey people advertised all over the country as having been given by Mr. Cronk reads:

"On being interviewed, Mr. Cronk said: 'For many years Duffy's Pure Malt Whiskey has been my only medicine. I take a dessert spoonful of the tonic three times a day with my meals and when I go to bed. Although we have severe weather where I live, I am able to be out every day and take quite extended tramps. I am very thankful to Duffy's, for it gives me a good appetite, and keeps me strong and well in my old age.'"

"For many years," says the fraudulent testimonial. Hiram Cronk never heard of Duffy's Malt Whiskey until last fall.

"I take a dessert spoonful three times a day," says the bogus testimonial. Hiram Cronk never tasted a drop of it until the last weeks of his life, months after the "testimonial"

was published, and then only a few drops in some wine, and but a few times. He died within a few weeks after he began taking it. As a matter of fact, he never knew that he did take it.

"I am able to be out every day and take long walks," says the fraud. Hiram Cronk had never left his room for five years before this "testimonial" was said to have been given. These facts are testified to by his daughter, Sarah Rowley, who has cared for him for more than twelve years, as well as by all his relatives and neighbors.

Mrs. Rowley states that Merryman was drunk, but it might have been only an overdose of malt enthusiasm.

Merryman besought the old lady to take the case of whiskey from the express office, where it had been sent, and allow him to use a "testimonial." They offered some to Cronk, but he refused to touch it or have anything to do with it.

Finally, to get rid of Merryman, Mrs. Rowley said that if they would wait three months, and not use the Cronk name in any Rome or Utica paper, they could use a "testimonial."

Accordingly a neighbor wrote a note authorizing the use of a "testimonial" and Mrs. Rowley signed it. The "testimonial" then was "faked" by the Duffy people. Cronk had no more to do with it than had Noah.

Several bottles of the whiskey were given away to the neighbors. A. G. Hubbard, neigh-



The Justice of the Peace was given a bottle



bor and justice of the peace, was given a bottle, as he was recovering from typhoid fever. He vomited up the first attempt and took no more of the emetic.

A bottle was given to Mrs. Rowley's farm-hand and he got howling drunk on it. Then he kept stealing more and kept getting drunk on the stuff until she was compelled to discharge him.

Doubtless the Duffy people could get a warm "testimonial" from this bibulous hired man now out of a job.

The whisky is now all gone, mostly imbibed by a drunken laborer who was thrown out of a job on account of it.

Justice Hubbard is also ready to testify that the stuff is an excellent emetic.

The publication of a letter from Sarah Rowley, Cronk's daughter, in the New Voice, calling the Duffy testimonial false, created great excitement in the Duffy camp.

Mr. Reilly, the good-natured cadaver who manages the distillery, together with his agent Merryman who got so hilariously stuck in a snowdrift, rushed post haste to Boonville, where they hired C. R. Sperry, a lawyer, and all three made a descent on the Rowley homestead, scaring everybody out of a week's growth, including the chickens. Reilly and Merryman took Mrs. Rowley into a private room and cajoled her into signing an affidavit in which she refreshes her memory and states that she did send a testimonial to the Duffy people.

Armed with this affidavit, Mr. Reilly hastened to Chicago and hired another XXX lawyer. Together, they drew up a formidable "retraction" as long as a snake's tail. With this the pair swooped down on the New Voice office, urging that the "retraction" be printed conspicuously at top of column next to pure reading matter.

As yet the paper has not seen fit to make a retraction of any kind and doubtless never will.

Immediately after this the New Voice telegraphed Mrs. Rowley, asking for an explanation of her affidavit. No explanation came until some time after when the following was received on a postal card:

"Ava, June 19th.

"The New Voice: I don't want to say anything at present. Will tell just how it is later on if not arranged to my satisfaction.

"SARAH ROWLEY."

In the meantime Mr. Reilly, Duffy's manager, got some sort of a tip and again rushed

post haste to Boonville. He was closeted for an hour with Mrs. Rowley. Immediately on his departure Mrs. Rowley slammed her mouth shut on the Duffy question and has since started up in horror every time anyone says "malt whiskey."

In the meantime, the tongues in the neighborhood are wagging at a furious rate. Previous to Mr. Reilly's second visit, Mrs. Rowley had freely confided to neighbors how she had discovered that the "testimonial" was worth lots of money to the Duffy people and dropped sage hints as to how she expected to be benefited.

In the meantime, the slippery Mr. Reilly appears to be laying deep underground wires for two purposes:

1. To decoy Mrs. Rowley into a mail correspondence which will involve her in a criminal charge, and thus place her completely in his power; and
2. To use her as a tool in an attempt to involve The Voice in a position where he can



Where the Marvelous Whisky Testimonials Originate

have a color of charge of attempted extortion through her.

The development of this interesting incident will be watched with interest by all people hoping for the overthrow of this mail-order grog-shop.

The most unhappy of all men is the man that cannot tell what he is going to do, that has got no work cut out for him in the world, and does not go into it. For work is the grand cure of all the maladies and miseries that ever beset mankind—honest work, which you intend getting done.—Carlyle.

# WEIRD AND WONDERFUL STORY OF ANOTHER WORLD

THE UNPARALLELED EXPERIENCES OF A YOUNG SCIENTIST WHO SOLVED  
THE PROBLEM OF NAVIGATION NOT ONLY OF THE ATMOSPHERE BUT  
THE HEAVENLY SPACES OUTSIDE OF IT—CLAIMS JUPITER TO BE  
PEOPLED BY A SUPERB RACE OF MEN AND WOMEN WHO LIVE  
PHYSICAL CULTURE LIVES OF THE HIGHEST ORDER AND WHO  
IN THEMSELVES PROVE THE MAGNIFICENT POSSIBILITIES  
OF PHYSICAL CULTURE PRINCIPLES

*By Tyman Currio*

In presenting this, the first instalment of Mr. Currio's marvellous story of his journey to the planet Jupiter, we feel that we are placed in a somewhat peculiar position. As the story develops it will be seen that it is not only of intense interest, considered from a literary standpoint, but is, in addition, rich in incident, in dramatic situations and in lessons which will appeal to everyone who holds to physical culture principles and has the well being of his fellow-creatures at heart. We give the report of the committee of scientific experts which deals with this aspect of the story and we refer all questioners as to the truth of Mr. Currio's story to it.

I consider this story to be the most unique, the most interesting and—best of all—the most instructive of all the serials that have so far been published in this magazine and as proving the possibilities of physical culture in the mental and physical advancement of man on this or our sister planets.—BERNARR MACFADDEN

I N the case of a story of the kind that I am about to tell, the reader has a right to know somewhat and something of the narrator. This because the truth or untruth of the story depends upon the testimony of one witness, so to speak, he being the author. Now if he is a man who by birth, education, and standing in the community is worthy of credence, it follows that that which he relates should be given a hearing, even if it apparently clashes with preconceived ideas and accepted theories. In order to establish my right to this hearing, I feel that it is incumbent on me to tell so much about myself as will give assurance that I am neither a visionary, or possessed of a delusion, or one of those who pervert the truth in order to reap that questionable form of pleasure that comes from springing a successful hoax upon the public. Of course, I am aware that in connection with the publication of my experiences, I shall be called a number of names by the unbelieving, the mildest of which will probably be "prevaricator"; but this has been and will be the fate of all of those who depart from the beaten paths of doctrine and investigation. However, and to quote a good old maxim, "Hard words break no bones," and when the cudgels of criticism, which I know my story will bring into play, have ceased their battering, the probability is that I shall still be found to be that which I am

at this writing: consistent, a physical culturist, sound in health, poised in mind, and unshaken in my determination that, if possible, my fellow creatures shall vastly benefit by those marvelous experiences which a beneficent Fate has permitted me to undergo and which I am about to relate. And now to speak of myself.

My name in full is Tyman Bridgeport Enrique Y. Currio, which, as you will probably remark and as I admit, is a queer combination of patronymics. The reason of my being so christened I will presently make apparent. My maternal grandfather was Seth Tyman, a hard-headed Yankee, born at Bridgeport, Conn., and educated as mining engineer. In the early '30s he removed to New York and became the junior member of the engineering firm of Storey, Shaw & Tyman, whose offices were in an old ramshackle building on lower Broadway. That building has long since disappeared, and at the present a skyscraper towers in its place. Mr. Tyman, at the time of which I speak, was a widower with a daughter, Clara, then ten years of age. In 1861 he was sent by some New Yorkers, who had obtained concessions from the Mexican government to investigate coal deposits located about forty miles northwest of the city of Zacatecas on the line of what now is the Mexican Central Railroad. His

daughter, who was to be my mother, was a bonny young woman of superb physique, loving adventure and a life in the open, who, after much entreaty on her part, was permitted to accompany her father.

At Zacatecas, my grandfather met by appointment a party of Mexicans who were also interested in the development of the coal deposits, among them being Don Enrique Y. Currio, a wealthy ranchman whose hacienda was in the central section of the state of Coahuila. He promptly fell in love with Miss Tyman, but she, being possessed of that prejudice against "greasers" which was characteristic of the born and bred American of those days, did not take kindly to his advances. Don Enrique, however, was handsome, courteous, and persevering. So it came about that just about the time that my grandfather's work at the prospective mines was ended, the girl took advantage of a woman's right to change her mind and accepted the Mexican. On the day following the announcement of the engagement, my grandfather fell sick of a fever which carried him off in a few days. Under the circumstances but two courses remained to the young woman, one of which was to return forthwith to the United States, and the other to accede to the fervent solicitations of her lover and marry him forthwith. Naturally she hesitated to become a wife so soon after the death of her father, but the conditions warranted her in ignoring conventionalities, and hence, ten days after Mr. Tyman's body had been interred in the little cemetery of Zacatecas she married Don Enrique. It was characteristic of her, however, that after the ceremony had been performed by a priest of the local Roman Catholic Church, she insisted that she should be remarried by the Rev. Robert Bowker, a Presbyterian missionary, laboring among the Indians of the State from which the city took its name.

I was born in my father's hacienda on September 12th, 1870.

When the question of my name came to be discussed by my parents, my mother, with typical Yankee loyalty, insisted on my bearing not only my grandfather's name but also the name of the village—as it then was—of his birth. I am told

that my father emphatically objected to this. But my mother was accustomed to have her own way in the household, and hence I became that which I am, as far as the offices of the font were concerned.

It is said—and I sometimes believe it—that as a man is christened, so he is. Anyhow I recognized in myself those practical qualities which are usually identified with a good American name of Anglo-Saxon derivation combined with those imaginative faculties that are part and parcel of the Latin races. If I have succeeded to any extent in my chosen pursuits, I believe that my success is the outcome of the welding of the qualities to which I allude—in other words, my temperament is such that action usually follows the promptings of imagination.

As I have intimated, my father was a man of means and he spared no pains or money in seeing that I was fittingly educated. Up to the age of 15, there were two tutors attached to our household, who looked after my moral and mental development, one of them being a member of an impoverished family of Spanish grandees, and the other a graduate of Yale. Although a goodly portion of each day was devoted to study, I did not neglect those opportunities for athletic and adventurous enjoyment which the ranch afforded. So, much of my time was spent with the peons and our tigrero, Miguel, whose duty it was to keep in check or destroy those beasts of prey which, even at this day, cause considerable loss to owners of stock in Mexico. As a result, and when but a mere lad, I could ride a bucking mustang, use the lasso, the rifle, or the revolver with the best, and was versed in the lore of wood and prairie and mesa. Nevertheless, and in spite of the temptations to neglect my studies which surrounded me, I did not do so, for, lad as I was, learning of all kinds, and especially those branches that had to do with the physical sciences, were intensely attractive to me.

At 15 years of age, I was sent to the University of Mexico and subsequently came north, where, after a preparatory course in New York, I entered Yale. It was at this period that my mother died suddenly. The devotion given her by my father throughout their married life, had been of an ideal sort, and hence it

was that precisely a year after her death, he departed also, his death being caused by sheer grief.

It then became necessary for me to return to Mexico in order to look after the affairs of the ranch. But I had absorbed the atmosphere of a great university, and the things that had attracted me a few years before, were now, while not exactly distasteful, at least tedious, if not frivolous in the presence of my developing passion for science—for passion it was rapidly becoming. After an eighteen months' stay on the ranch, I therefore determined to dispose of my holdings—being, by the way, sole heir under my father's will—and return north again. This I did, and as a consequence there was formed the Currio Stock Ranching & Wool Co., for at this time it was becoming recognized that sheep were a coming factor in ranching affairs. A goodly portion of the stock became mine, while the cash payment made to me was of a nature that almost warranted my being placed on the millionaire list of the Empire City when I subsequently became a resident thereof. Besides that, I held interests in a number of lucrative mining properties which the business acumen of my father had prompted him to secure. I tell of these things since they will explain why I have been in a position to carry out those experiments which would have been impossible to a man of smaller financial means.

Returning north, I spent some little time in deciding upon my future course of action. The field was so rich in possibilities that I was in a sense embarrassed thereby. So I finally determined to travel, hoping that my so doing would, in some way or other, enable me to reach a determination as to my future course of action.

In Paris, I came in contact with certain individuals who were engaged in those investigations which resulted in the boom that was later given to aerostatics. The problems involved interested me greatly and I studied some at length. Subsequently, I found myself in London, where I came in touch with a number of savants, who were investigating the qualities and properties of the cosmic ether, which, as I presume that most of my readers know, is a Something that

fills all space, permeates all bodies, and the medium by which and through which all forces such as heat, light, and electricity are promulgated. Likewise I am additionally fortunate to secure letters of introduction to some of the prominent astronomers of Europe. There are certain individuals whom I need not name in this connection but who nevertheless placed me under obligations which I feel that I can never sufficiently discharge. It may be that this will meet the eyes of some of these gentlemen in question, and I take this opportunity of expressing to them my heartfelt thanks for what they did for me at this stage of my career.

By a mental process which I can hardly define, but which nevertheless was of an orderly nature, it gradually came to me that advantage might be taken of some of the qualities of ether, to the end of solving the problem of aerostatics, and even more, of penetrating the stretches of space. In other words, it seemed to me that a machine might be constructed by which one could not only get away from the earth and its envelope of air, but under proper conditions reach the regions of the ether, and so voyage out into the uncharted oceans of space.

I need hardly say that I did not confide my beliefs to anyone, having that dread of ridicule and discouragement which is characteristic of youth. Nevertheless, and after a year or so of research, I began to experiment in a small way on the lines of my theories, crude as they were, the results being, on the whole, of so encouraging a nature that I determined to return to America, fit up a laboratory and go to work in earnest.

This I did, and that which followed was but a repetition of that which everyone must expect who attempts to explore paths and byways but little trodden by the disciples of science. I will not attempt to tell of these experiences at length, but they included months and even years of apparently fruitless effort, of hopes that came into shape only to be shattered, of the running down of clews that proved to be no clews at all, of the weaving of theories that would not stand the test of experiment, or periods of utter depression, of times when I was tempted to believe that I was possessed of a

delusion that was not many degrees removed from insanity, and of periods of absolute and black depression. You must remember and as I have intimated, I was working alone for the reason given. Consequently I had no one to whom I could turn for suggestion or encouragement, hope or advice.

But at length order began to be evolved from chaos, and attainment seemed possible. Yet much remained to be done, so much indeed that at times I grew heart- and brain-sick and was tempted to abandon even when abandonment would have been cowardly if not criminal.

At length I ACHIEVED! That which is to follow in my story will tell of the nature of my ACHIEVEMENT. Incredible? Yes, if such a word exists in the presence of scientific research. Impossible? Yes, if one blindly clings to old forms and old dogmas. Yet I accomplished this:

I INVENTED AND PERFECTED A MACHINE BY WHICH I WAS ENABLED, NOT ONLY TO NAVIGATE THE ATMOSPHERE OF THIS EARTH, BUT TO PASS THROUGH THAT ATMOSPHERE AND EXPLORE SPACE BEYOND. MORE THAN THAT, I VISITED MY OBJECTIVE IN SPACE, WHICH WAS THE PLANET JUPITER AND THE ASTEROID REGION THAT LIES BETWEEN IT AND THE PLANET MARS!

Think of me as you will; pass upon this statement of mine as you please; credit me with being either fool or liar, but the fact remains as I have just set it forth, and the experiences and results of that journey to Jupiter are to be set forth in this tale of mine.

You will probably ask me why I selected Jupiter as my objective. To this I reply that it had long been a belief of mine, based on the nebular theory, that the more distant a planet from the sun the higher and more perfect its organism. This belief applied not only to the planet considered as a planet, but to those forms of life that might be found upon it. That my reasoning was well-founded, my visit to Jupiter proved, as this tale will in sequence show.

How it came about that I am writing this for PHYSICAL CULTURE has been stated in an article which appeared in last month's issue of this magazine. I believed that PHYSICAL CULTURE was

the proper, if not indeed the only vehicle through which my story should be given to the world, because my experiences so thoroughly confirmed the principles of which it is the advocate. So I wrote to the editor of the magazine, giving him a brief outline of that which I had to tell. Naturally, he looked upon me as a "crank." More correspondence, however, resulted in an invitation being sent to me to call at the offices of this publication at Spotswood, N. J. There I had a long interview with Mr. Macfadden and some members of his staff, during which I was subjected to the cross-examination to be expected under the circumstances. It should be mentioned here that the introductory article regarding myself which appeared in last month's issue of PHYSICAL CULTURE has some minor discrepancies, due, no doubt, to the somewhat hurried and evolved nature of the conversation upon which it was based. However, these errors do not affect the major facts of my statements, which are as told. So we can afford to let them pass.

The outcome of the interview was that I agreed to submit to a committee of scientists to be selected by the editor of this magazine, a statement of the principles upon which my Etheroplane was constructed, together with some details of the mechanics of the apparatus. I further agreed to furnish the committee with a general idea of those results of my researches which made the machine and its trip through space alike possible. But I reserved to myself the right of giving a full description of the processes by which I arrived at these same results, for the reason that I believed that I ought to reap some of the financial fruits of my long labors. Furthermore the construction of a larger and yet more elaborate Etheroplane is being projected by me, the cost of which will be a heavy strain on even my not inconsiderable resources. Yet I am assured that so valuable to the arts and manufactures are some of the secrets that I have wrested from the crucible and the furnace, from fluxbead or test-tube, that I shall have but little difficulty in disposing of them for sums that will be amply sufficient for these future purposes of mine to which I have alluded. Lastly I offered to stand

or fall by the report of the committee, as far as the publication of my story in this magazine was concerned. In other words, if the report was of an unfavorable nature that was to be the end of the matter. But if it confirmed my assertions, wholly or in part, I was to be given the benefit, if not of the doubt, at least of the decision, and my astounding experiences were to be duly recorded in PHYSICAL CULTURE.

The fact that you, my dear reader, are now scanning these lines, proves that the committee has more or less completely vouched for my truthfulness, vindicated my theories, and attested to the value of my discoveries. This may seem to savor of egotism but such is not the intention. I am simply yielding to a sense of warrantable exultation in that I have proven myself to be neither fool, fanatic, or madman, but instead, one who may justifiably lay claim to being the author of that which bids fair to absolutely and radically revolutionize and advance the moral, scientific, and physical structures of humanity—nay, the soul of man itself may be so affected by the coming Possibilities of which I am the pioneer—I say this humbly and reverently—that it may, in time, be clothed with those perfected Powers and Attributes which, as we are now taught, are practically monopolized by the one Central Soul. But this aspect of the work of the Etheroplane will be treated of in my story proper, to which all this is but a preliminary.

The make-up of the committee was of a representative sort, and each member was fully qualified to pass on that portion of my statement that appealed more particularly to his individual scientific bent. That the names of these gentlemen are not given is for a good enough reason. The scientist with a reputation to maintain is a person of much caution. Not until he has exhausted every conceivable method or line of investigation that bears on a given subject, will he furnish the world with his conclusions over his signature. Now in the case of my discoveries and experiences, as set forth in my statement, it was manifestly impossible for the committee to do more than it did under the circumstances; which, as the report will show, was to confirm my theories and vouch for the

possibility of their practical application on the basis of accepted scientific facts. This was sufficient for Mr. Macfadden, and, as I have intimated, entirely satisfactory to myself. But the conclusions of the committee did not nevertheless quite gibe with scientific etiquette, in that they had not been subjected to the formal and usual ritual, so to speak. Because of this, the full names of the committeemen were withheld at their request. By which you will see that even science is sometimes hampered by usages and red tape.

I have considered it necessary to devote some amount of space to this matter of the committee because the whole value of this story of mine, as far as my fellow creatures are concerned, springs from the report. It is a comparatively easy task to write fiction of the sort that has to do with alleged travels through space. But such stories are useless, except in that they may afford amusement and perhaps excite interest in scientific affairs. It is infinitely otherwise, however, when one is dealing with truths of such tremendous import as those to be set forth in my story. To show that these same *were* truths, it was necessary to ask the aid of the committee. And however widely and magnificently the telling of this story may affect the future of the Race, the debt under which the latter labors to the trio of scientists in question must not be forgotten, for they it was who, through the medium of their conclusions, made the telling possible and the truths involved apparent.

My first intention was to give to my readers my statement in full as submitted to the committee. But when the editor of this magazine gave me permission to embody the report in this, my story, I concluded that there was no need for the publication of the statement. The reason for this will be apparent when you read the report. You will see that the scientists have taken up my remarks one by one, so that the report is practically a résumé of my statement.

Finally, I want to say this: that if any of the claims of my statement appear to be somewhat obscure they have been made so by me for a purpose. Yet did I think that the needs of humanity were of such a pressing sort that a minute descrip-

tion of my researches and discoveries was demanded of me, I would gladly furnish the world with such. But I do *not* think that I am called upon to take this step just at present. I have hinted at one of the reasons for my reserve. But another and infinitely more potent reason is, that the individual or the nation that possessed the data that enter into the construction of an Etheroplane would be the owner of powers that would allow of the absolute domination of humanity either for good or for evil. Hence it is that I positively refuse to accept the terrible responsibility involved in the yielding the secrets involved to others, at least at this juncture. And hence my purposeful omissions of details in some parts of the statement, to which omissions by the way, the report alludes, as you will presently see.

With but slight changes and some trivial editing the report is as follows:

“Bernarr Macfadden, Esq.,  
Physical Culture City,  
Spotwood, N. J.

“Sir:

“We beg to herewith hand you a summary of our conclusions regarding the written statement of Mr. Tyman Currio, submitted to the members of this committee at your request, which statement deals with certain scientific researches on the part of Mr. Currio that in turn are related to the construction of a machine by the assistance of which he asserts (an almost incredible claim) that he has actually visited the interplanetary spaces, made a cursory examination of the region of the asteroids, and spent some time on the surface and among the inhabitants of Jupiter.

Now as to whether Mr. Currio did or did not make this journey, it, so has seemed to the members of the committee, is no part of their duty to decide. What they, as they understand it, have been asked to do is to ascertain whether those of Mr. Currio's statements in general that relate to his machine are borne out by accepted scientific facts. Also whether certain special assertions of his are in accordance with scientific axioms, or whether they run counter to the same.

It may as well be said first as last that, with certain reservations, the consensus

of opinion on the part of the committee is decidedly favorable to Mr. Currio in regard to his scientific findings and assumptions. That too, spite of the fact that he is in a sense unknown to the scientific world and that his theories, and his experiments, together with his deductions therefrom, are apparently as unique as they are daring departures from the ordinary. Indeed one of the difficulties in dealing with his statement arises from this condition. We cannot understand how a young man of his evident ability could have accomplished as much as he seems to have done, and yet be so little known to those who would gladly have been his associates in his labors.

We may add that we have examined the credentials left with us by Mr. Currio and find that they confirm his assertions that he has been in touch with certain leaders of scientific thought in this country and in Europe. Also that his social and personal standing in Mexico, abroad, and elsewhere is as has been represented by him.

We concluded that it would be well to let this report take the form of categorical comments, taking up such claims of Mr. Currio's statement as called for remark, one by one, and passing upon each in turn. This plan has been followed, as will be seen.

Mr. Currio's document naturally falls into two divisions: (1) the principle upon which the machine was planned, (2) the construction of the machine itself. The second division includes questions that arise out of the mechanical and other of the manifold difficulties that would naturally have to be met in connection with the building and navigating of such an apparatus. We will now attempt to deal with the fundamental features of the first division.

Mr. Currio states that his researches regarding the properties of the ether began in 1899 and that he was fortunate enough to be so placed that it was possible for him to have actual and intimate relations with his subject.

Comment: This is a cryptic utterance on the part of Mr. Currio, but we think that we can explain it. On August 13th, 1898, Professor Brush at a meeting of the American Association for the Ad-

vancement of Science' announced the discovery of a gas which he called etherion that, so it was claimed, had all the properties of the cosmic ether. Little was subsequently heard of the matter, although there were occasional rumors of exhaustive investigations of the gas being made by unnamed persons, which experiments so it was hinted, promised startling results. It may be and indeed is probable, that Mr. Currio was one of the anonymous investigators; at all events the coincidence between the time of Professor Brush's discovery and Mr. Currio's admitted labors is well worth noting.

Mr. Currio says that he has obtained positive proof that the cosmic ether is nothing more or less than a highly attenuated gas of incredible sensitiveness. He gives data in support of this theory which prove that he speaks with much authority.

Comment: This statement has a bearing on the preceding paragraph, which is sufficiently significant. Professor de Volson Wood also declares that ether is a gas with a mean molecular velocity of 100 times that of hydrogen. The experiments of Professor Michelson and Morley, Lodge, Threlfall and Pollock, Henderson and Henrys, Lockyer and others confirm this theory. It will be seen then that Mr. Currio is in excellent company in his belief.

*"The basic principle of my invention is the utilization of a scarcely suspected series of etheric waves of relatively low tension, but of high dynamic potentiality by means of a device by which such waves can be developed, refracted or reflected at will,"* says Mr. Currio.

This portion of Mr. Currio's statement is as distinctly vague as it is highly interesting. In it we are getting close to the kernel of the whole subject, but he chooses to hide the kernel in a husk of scientific generalities. Still, he is well within scientific truth in speaking thus. Fresnel first proved that light was due to vibrations or waves in the ether. Ampere confirmed Fresnel's researches and furthermore found that electricity was the result of etheric waves. The direct relation between light and electricity was first suggested by the late Professor Clerk Maxwell and recently developed by Professor Hertz, who prophesied that

*the ether would later be found to be a vast reservoir of various forms of force.* Professor Blondor held practically the same views and discovered that light and electricity travel at practically the same speeds. The "Rays" of several kinds of which the public has heard so much of late years, are simply manifestations of etheric waves of different lengths and durations. There are not wanting those who hold that much of the so-called occult phenomena of the strenuous sort, are nothing more or less than manifestations of obscure etheric forces which are capable of being induced or directed by persons of a certain physical or perhaps mental type. The allusion is more particularly to those verified instances of individuals being able to move articles of furniture, etc., by animal magnetism (sic) when at a distance from such articles. It is possible that Mr. Currio has been fortunate enough to ascertain the source or rather the method of inducing these 'occult' waves by mechanical or chemical means, and color is lent to this suggestion by his allusion to 'scarcely suspected waves,' which shows that their existence *has* been suspected to at least some extent. As light and electricity and other forms of etheric undulations are only made manifest to our senses when subject to 'interruption' and then in their special and peculiar forms, there is no apparent scientific reason why (supposing they exist) etheric vibrations of a dynamic sort, if properly 'interrupted' by a suitable device, should not transform themselves into appreciable and probably tremendous energy. Indeed it would seem that the main difficulty involved in investigations of the sort in which Mr. Currio claims to have been engaged would be the controlling of the gigantic forces that might develop. It is proper to add in regard to the last part of Mr. Currio's sentence as quoted, that Professor Hertz showed that electrical waves *can* be refracted or reflected. It is important to remember this point in connection with Mr. Currio's statement in general, because if his waves can be "refracted or reflected at will" that would apparently explain how he managed to overcome the otherwise insuperable difficulties of navigating such a machine. Besides that, etheric undula-



tions reach us from space in straight lines that are supposed to traverse the current of the etheric flood, so to speak. Now, unless Mr. Currio's waves could be 'reflected' with practically the same force or flow as they originally reached the earth, his device, for obvious reasons, could never have been brought into being—always presuming that it actually exists.

*'The dynamic etheric waves enable one to easily overcome the law of gravitation, while the resistance of the atmosphere when leaving the earth's surface is practically nil. The waves in the first instance are developed in lines of dynamic energy at right angles to the axis of the earth, but later may be directed at any-angle desired.'*

Comment: Admitting that Mr. Currio has actually discovered and utilized the waves in question, no objection can be taken to this statement, which in fact is more or less self-evident—if his premises be granted.

*'I found it impossible to apply the methods used for measuring the velocity of light and electricity to the waves discovered by me, but by means of instruments of my own invention, came to the conclusion that these last traveled at the approximate rate of 95,000 miles per second, rather more than one-half the speed of light. It should be added that my machine can utilize fully four-fifths of the etheric power-speed in question, the missing fifth being accounted for by the "pull" to which the machine is almost constantly subjected by some planetary body when it is voyaging through space.'*

Comment: This was so astounding an assertion that we wrote to Mr. Currio regarding it, pointing out to him that it was impossible to believe that the human system could travel in one direction at the rate of 76,000 miles per second without, if subjected to the slightest gravital 'pull' in another direction, being dismembered or reduced to a pulp. We also called his attention to the fact that if he and his machine had attempted to pass through the air envelope of our earth at the speed named, both would meet the fate of the wandering meteorite and become a puff of incandescent vapor, because of friction with the atmosphere. To this he replied that he regretted that he

had not made clear the fact that his 'waves' were under approximately perfect control, that the minimum speed of his machine was but two miles per hour and that he had never used the maximum speed except in those narrow interplanetary neutral zones where the 'pull' of one planet or heavenly body so offsets the "pull" of another, that the force of gravity is rendered null and void and consequently no danger was to be feared as suggested. He added that the extreme limit of the atmosphere was nearly 300 miles above the earth and not 127 as usually supposed. Also, that, in spite of the theories of Professor Wood, the density and tension of the ether were not the same throughout space, but that in those regions far removed from celestial bodies, it was of greater density than when nearer to them. This is one of the several reasons why he is convinced that ether is a true gas, subject to the same laws as the other gases. The statement, if true, is, we may add, of the greatest interest to the scientific world, for it explains many hitherto inexplicable phenomena that have puzzled students of the physical sciences.

We now arrive at the second division of the statement which, as told, has to do with the machine itself. Mr. Currio relates at length his reasons why he decided to construct the machine in some out-of-the-way place. This reason was in the main, due to a desire to be so circumstanced that he and his assistants should be free to labor unhampered by the curious, the ignorant, the envious, and, most of all, by a meddling and sensational press. The result of a palaver with the chief of a group of tiny, little-known and less visited islands in the Southern Pacific resulted in Mr. Currio becoming the temporary lessee of a speck of land or rather coral that does not appear on the map. The island, as per arrangement with the chief, was promptly put under taboo so as to prevent visits from inquisitive natives. A few weeks later, a schooner sailed for the group from a New Zealand port on an alleged trading trip. She was laden with material which it had taken Mr. Currio nearly a couple of years to get together. Almost simultaneously, a yacht set out from New York having on board the in-

ventor himself, two trusted associates, of scientific training, and half a dozen pipped mechanics. The yacht's manifesto proved that its hold contained many things not usually carried on a pleasure craft. She cleared for Hawaii, but it was generally understood that she was to go on a prolonged cruise in Pacific waters.

Comment: Clippings from the shipping news columns of metropolitan and New Zealand newspapers confirm this part of Mr. Currio's statement. The name of the yacht and schooner, together with their dates of sailing, are by his request kept secret. It may be added, however, that the yacht was to be found all last summer cruising on Long Island Sound, her owner being a person who is prominently identified with milling interests in Northern New York.

That part of Mr. Currio's statement which has to do with the difficulties incidental to setting up the plant and actually constructing his machine on the little island is hardly pertinent to the intent of this report. So we pass it over and come to the construction of the machine as touched on by Mr. Currio thus:

*'The machine itself is a cylinder, shaped somewhat like a thick rocket minus its stick. At its blunt, or lower end is the apparatus for developing the etheric energy. The interior is suitably fitted for the accommodation of one person, including scientific instruments of ordinary type, and others of my own invention for taking such observations as under the conditions were possible.'*

Comment: On Sept. 3, 1901, Captain George Onslow of the trading schooner *Tressa*, Sandwich Islands to Melbourne entered on his log that when in lat. — long. — at 2h 21m., the weather fine and clear, something that looked like 'a big shell or rocket head' was seen to apparently rise from the water about three miles to the S.S.W., floated slowly toward the ship 'head up,' and when a few hundred yards away paused and began to shoot straight upwards until it was lost to sight. Captain Onslow adds that 'there was a circle of blue sparks about the base of the thing like the sparks of a dynamo, and it disappeared in about two minutes from the time that it began to soar. One of

the deck watch, James Head, was so frightened by the appearance of the object that he took sick and was in his bunk for several days.' This entry in the log of the *Tressa* was singularly enough cut from the columns of an Australian newspaper by a member of the committee who has for long made a practice of collecting items that have to do with curious natural phenomena. Mr. Currio practically admits that on the date in question he was making a trial trip in his apparatus, but adds that he was at least three hundred miles from the base of his operations.

*'The shell of the machine is constructed of a metallic alloy of my own invention, which is three-fourths as light and, according to tensile tests, six times as strong as any other alloy known to science. The main portion of the mixture is aluminum, but I cannot for the present divulge any other facts concerning it except to say that other of its constituents are certain more or less common alkaloid bases and that the electrical furnace is brought into play in connection with the fusion of the mass.'*

Comment: This is a remarkable assertion, but it may be possible nevertheless. One branch of metallurgy to which but comparatively little attention has been paid is that of alloys. Hence, in the absence of evidence to the contrary, we are hardly justified in doubting Mr. Currio's word in this instance. His alloy, if as described, should secure him a prodigious fortune if it can be manufactured as a commercial proposition.

*'There is an inner and outer shell to the apparatus and the space between—a matter of six inches—is lined with a material which is an absolute non-conductor of heat. The interior walls of the rocket are also heavily faced with it. My voyage garments are also made of it. With its aid I was enabled to defy the unimaginable low temperature of interplanetary space—in some instances two thousand degrees below zero.'*

Comment: We wrote to Mr. Currio suggesting that he must have used the words 'absolute non-conductor of heat' in a relative and not a literal sense. He replied that he meant precisely what he had written, and that he had evolved a substance that repelled heat in a way analogous to the manner in which a ma-

terial that has been waterproofed repels water. He added that he had forgotten to include in his general statement the fact that the metal of which his machine was constructed had been especially devised to withstand the cold of space—a cold, as he reminded us, of such intensity, that, when exposed to its influence, ordinary metals crumble like punk. As we were not in a position to contradict Mr. Currio on these points, we agreed to let his assertion pass without comment.

*'Having succeeded in solidifying oxygen, a compact apparatus for restoring a tablet of the gas to its original form and mechanically mixing it with a proper proportion of pure nitrogen, and for submitting the noxious product of the lungs to absorbent chemicals, insured me against asphyxiation.'*

Comment: If Mr. Currio has succeeded in solidifying oxygen, he has accomplished where scores of other experimenters have failed. However, the feat is theoretically, and hence, in a sense practically possible. The apparatus to which he alludes is by no means a novelty. It has, in some shape or the other, been used by firemen, miners, and others for some years.

*'The actual food supply that I took with me on my journey into space was comparatively scanty. This for the reason that the time consumed in reaching Jupiter was a mere matter of hours.'*

Comment: The planet of which Mr. Currio speaks is 476,000,000 miles distant from the earth. Presuming that his machine traveled at the average rate of 70,000 miles per second—considerably less than its alleged possible speed—it would have taken him only about nineteen hours to reach Jupiter. As Mr. Currio does not give data regarding his scanty food supply, we cannot pass upon his judgment in this respect.

*'I should state, however, that an inquisition into—if I may use the term—the egos of nutritives, resulted in my isolating some of such. I found that it was possible to sustain, if not to nourish, the body for several weeks with a mere pinch of one of these quintessences, although it cannot be denied that the effect of their continual use on the system might, and probably would, be of a disastrous kind. A supply of these "food finals" as I*

*named them, formed a portion of my commissariat.'*

Comment: Mr. Currio, according to the foregoing, has been following the example of certain German chemists who claim, among other things, to have recently isolated the nutritive 'principle' of the egg. The fruits of their labors are authentically announced to be of an astounding kind and include a precocious mental and physical development on the part of the young of animals fed on the 'principle' in question. Mr. Currio's remark regarding the disastrous effect on the system of nutrients of the ultra-condensed type is entirely in order and has been borne out by experiment.

*'In spite of all statements to the contrary, the density of Jupiter is practically the same as that of the earth and the force of gravity is in keeping therewith. As a consequence, the inhabitants of the planet are akin, physically, to those of this earth. Also I felt little, if any, inconvenience from the slight difference in the "pull" of the planet as compared with the "pull" of this earth, although for the first week or so my limbs were a trifle heavy and I suffered somewhat from lassitude. But by degrees these sensations wore off as my system adjusted itself to its new conditions. The scientific misconception of the specific gravity of Jupiter to which I have alluded is perhaps in some way connected with the disturbing influences of the ring of asteroids that lie between the planet and Mars.'*

Comment: We prefer to pass in silence this remarkable assertion, simply because we assume that Mr. Currio has apparently ample reasons for making it. As we are not in possession of those reasons we cannot confirm or dispute them.

*'My machine was lit by a transparent metal of my own invention which I have named "etherine." It admits light almost as readily as glass, and has about the same tensile strength as copper. I anticipated the fact that its exterior surface would be scratched and dimmed by meteoric dust when once outside the confines of the atmosphere and so had invented a device by which a new plate of the "etherine" could be put in place of the one marred, without the necessity of re-*

*moving the latter, and so lowering the temperature of the interior of my machine.'*

Comment: Arabian philosophers of some centuries since, claimed to be able to make a metal or substance whose properties were akin to those of which Mr. Currio says he is the author. Such a substance is quite conceivable to the scientific mind, although it must be admitted that the Arabian story has heretofore been looked upon as as of a legendary sort.

*'I realized from the first, that the chief danger to be encountered during my journey through space would be due to those vagrant fragments of matter which we know are meteorites. I felt that I could as little guard against them as can an Atlantic liner guard against icebergs when running through a fog in the berg season. Subsequently I learned, however, that the vast majority of these meteors were of such comparatively trivial size that collision with them was not to be feared, provided that the Ethero-plane was going at a moderate speed. Furthermore, they were only to be found in great numbers in the vicinity of the planets. These two facts taken in conjunction with the strength of the metal of which my machine was constructed, accounts for my immunity from harm, although on more than one occasion, I came very near colliding with meteoric masses that must have weighed many tons.'*

Comment: Mr. Currio's theory that meteors are most numerous in the vicinity of the planets is plausible and can be explained by the fact that they are drawn from all points of space to common centers by the gravitation.

*'Jupiter has a permanent cloudy envelope of a semi-luminous nature. I use the term advisedly because while this vapor garment has many points of resemblance to the sky-vapors of our earth, yet, on the other hand, it is possessed of a radio and other qualities which have a relation to the life and geographical economy of the planet itself. It may be here remarked that this envelope seems to, in part, compensate for the comparative lack of direct sunlight which Jupiter receives as compared with our earth. In other words, it appears to be a reservoir*

*of diffusible light, the result being, that the days on Jupiter are equally as bright as are those of the earth, yet this brightness is of a singularly equable and pleasing sort to the eye and the mind. I say the mind, because I am convinced that the illuminative properties of the Jupiterian sky have a distinct effect upon the intellectual make-up of the planet's inhabitants.'*

Comment: We are again unable to confirm or controvert Mr. Currio's statements for reasons already given, but we can imagine that such a firmament as he describes is possible.

*'The constituents of the atmosphere of Jupiter are somewhat different to our own, for while the amount of oxygen present is practically the same, the nitrogen is replaced by two gases, one of which seems to act simply as a dilutant, and the other as a sort of nutritive. "Eating the air" is no figure of speech in Jupiter.'*

Comment: A chemist could, if necessary, replace the nitrogen of our own atmosphere within a gas that would do no harm to one who inhaled the mixture. So that the atmosphere of Jupiter, as described by Mr. Currio, is quite feasible inasmuch as one's lungs are concerned, although we can hardly conceive of a gas possessing nutritive qualities.

We believe that this concludes those portions of Mr. Currio's statement which calls for remark by us, and in this belief we beg, Sir, to subscribe ourselves,

"Very respectfully yours."

Here followed the names of the members of the committee.

There is little more to add before beginning that portion of my tale which will be a special interest to PHYSICAL CULTURE readers, namely: my actual experiences on the planet Jupiter itself. Suffice it to say then; that in the latter part of 1901 my Ethero-plane rose from its birth-place in the Pacific, that I successfully passed through the dangers of space, that I made a brief examination of the region of the asteroids and found them to be countless and varying in size from a grain of dust to spheres 300 to 700 miles in diameter, these being discernible from the earth, such as Antiope and Aegina, Ceres and Pallas, Flora and Syl-

via. Then passing on, I dropped directly down towards the silvery globe which lay below me and which I knew was Jupiter incased in its shimmering vaporous garment. This garment, by the way, seems to be about 50 miles thick and has a temperature that suggests that it absorbs heat as well as light. Under the envelope, Jupiter lay stretched below me, glowing—I can use no other word—with a tender effulgence that was indescribably beautiful.

My first impression, as I came near to the surface of the planet, was that of scenery of somewhat heroic proportions, yet strangely familiar in coloring, contour, and general details. This was hardly to be wondered at when we consider that, as I have said, there is much in common between Jupiter and our own

dear planet, except size and distance from the sun. However, considerations of this kind were stifled by the flood of varied emotions which surged in my breast as I reflected that I, of all humanity, had been chosen by the Power that shapes our fate, to look for the first time upon the face of the gigantic and wonderful sister to the earth. So feeling, I mechanically directed my machine towards the slope of a hill that was sparsely covered with magnificent trees somewhat resembling the historic cedars of Lebanon. And choosing a sort of glade on the hill side, I guided the machine downwards softly and reverentially. It touched, I shut off its power, slipped back the exit panel, and placed my foot upon a surface that had never before been trodden by the foot of man.

(To Be Continued.)



A Few Members of the Montreal Physical Culture Society who will Compete in the Great Contest to Determine the World's Most Perfect Man

# ROUGH RIDING AS SEEN AT WEST POINT

THE TRAINING THAT MAKES THE AMERICAN CAVALRYMAN THE MOST EFFECTIVE HORSEMAN IN THE WORLD

By *H. Irving Hancock*

SOME years ago the Duke of Cambridge, at that time Commander-in-Chief of the British Army, attended a performance of Buffalo Bill's Wild West Show in London. His Grace, while more or less interested in every detail of the exhibition, reserved his real interest for the feats of horsemanship. He saw the Cossacks ride; he was more than pleased at the work of the German Uhlans; the jaunty little French cuirassiers pleased him with their nimbleness, and he warmly applauded the Arabs. But after he had witnessed the superb riding of the American cowboys and of a detachment of ex-United States cavalymen, work in which, too, some North American Indians took part, he remarked:

"The British Army must learn riding all over again!"

The American cowboy learned the art of riding from the Indian. So, too, did the American cavalryman. To-day there can hardly be a question as to which of the three excels. The horsemanship of Indian, cowboy and cavalryman is practically identical, and all three are

equally at home in all situations where real rough riding is required.

No man, no matter what his strength or endurance may be, can truly call himself a perfect physical man unless he has acquired the mastery of the horse. Riding, when rightly done, brings with it a suppleness, wiriness, grace and perfection of carriage that cannot be acquired by any other form of exertion. It does

more; for rough work in saddle brings with it a confidence which begets the fearlessness that is absolutely essential to the best type of physical manhood. The man who when riding at headlong speed, can feel his horse fall under him, yet calmly

retain his seat in saddle, pull up the animal to its feet again, and ride on as if nothing had happened, has reached a goal of physical courage and stamina as he may hope to go. Such a man is unlikely to flinch before dangers of other kinds.

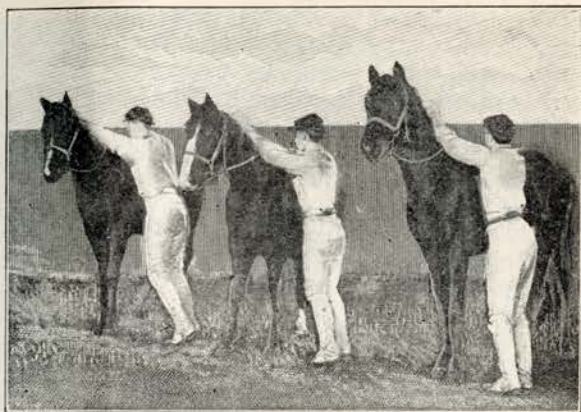
What are the essentials of good horsemanship? First of all, self-confidence. In the



Capt. Sands

second place, intelligence, combined with a good deal of faith in the intelligence of the horse. Competent instruction in the art of riding, while it is of incalculable importance, is only an aid to the first two requisites.

Love of the horse and of the exhilaration of the genuine sport of riding should belong naturally to the true horseman; still they can be acquired. It is not difficult for the ordinarily healthy man or woman to form a passion for work in the saddle, and it is a passion well worth the acquiring. Bancroft.



Cadet Drill—Prepare to Mount

a disgrace not to comprehend riding as well as sleeping or eating. The cowboy springs into the saddle partly as a matter of choice, and mainly as a means of earning a livelihood, but it does not take him long under the sharp lash of necessity to learn all that the Indian knows of horsemanship. The American cavalryman attains the perfection of the art of riding because he does not want any mounted man the world over to be able to beat him at his work.

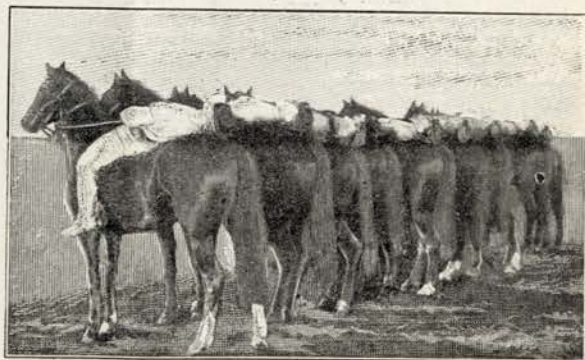
At the United States Military Academy at West Point there is a detachment of enlisted cavalrymen. They are the pick of that arm of the service. They are chosen from the different cavalry regiments, and each man



Training for Trials

the historian, was a familiar figure in the saddle in Washington when he had passed his eightieth birthday. He attributed his wonderful health and mental powers in his last years to the fact that he had endeavored to ride a few miles daily since his earliest years of manhood. With riding was the favorite form of recreation.

The plains Indian rides from the earliest boyhood without stopping to analyze his reasons. He knows merely that it would be



Cadet Drill—Gymnastics

there is selected on his merits as a horseman under all conditions. The men of this detachment are used for the purpose of instructing the cadets. They are men who have seen rough, hardy service under all the different conditions, and any one of them would be capable of opening a riding school of the highest grade. They care for the animals that are used for the instruction of the cadets, and break in the new ones that are sent to the post.

In charge of the instruction of the cadets is Captain George H. Sands, the senior cavalry instructor. He is accounted one of the best horsemen in the army. In his day, at West Point, the cadets received but a tithe of the instruction in horsemanship that is now given, but Captain Sands, when he left the Academy and went West as Second Lieutenant of Horse, began to study the methods of the Indians and the cowboys. He made an equally persevering study of all the horses with which he was brought in contact. When he left West Point he thought, as he confesses, that he understood a horse very well. Afterward he learned that he was but on the threshold of horsemanship. Although he is now really at the head of the army's training in horsemanship, he is more than willing to admit that he is adding to his store of horsemanship every day. And nowhere in the world to-day is a better young horseman turned out than at West Point.

During his first year at the Military Academy the cadet learns nothing about the horse. But when he has finished his first year, and has gone into summer encampment, the first lessons in rough riding are due. The horses are brought out on the Cavalry Plain. The new third class man is taught how to fold the saddle blanket, and how to cinch the saddle over it. He is shown how to adjust the bridle, and is instructed in the technical names of all the parts of the saddle and bridle. He is also made fa-



Rough Riding—Double Balance

a beginner.

After this very preliminary work has been gone through with, the cadet is taught how to properly mount into the McClellan saddle of the army. Having mastered this, he is taught how to dismount. Then comes drilling in the use of the "aids"—the legs and reins—both equally important to him who would know how to control a mount and guide it. Now comes instruction in riding at a walk, and after that at a trot. The proper way to sit in saddle, the use of the legs and the proper carriage of the trunk and head are explained. The object of this preliminary instruction is to give the cadet complete confidence in himself and in his horse. After two weeks of this kind of training the new third class man finds his career as a rough rider temporarily closed on account of other drills. But he has mastered the essentials. It is wonderful how much of the horse he has learned.

Not until November comes is riding instruction resumed. Now the cadet g-

miliar with the points of the horse, passes so uncomfable moments if he for his instructor beyond the degree that reasonable



to the Riding Hall, where he receives  
drills a week during four months and  
half. The horses are led into the tan-  
bark with nothing but bridles, and the  
young man is shown how to mount and  
dismount bareback. As soon as the  
cadet has learned this, he is then required  
to perform the same feats with the horse  
in motion at all the gaits. There are, of  
course, many falls at first, but when the  
horses are trotting or cantering around  
the ring the cadet who finds himself lying  
of a sudden on the tan-bark is ex-  
pected to jump up, pursue his mount  
and get on its back. If the gait is too  
swift for the accomplishment of this feat  
the young man is expected to stand still  
until his riderless beast comes around  
the edge of the bark again,  
and then mount.

The photograph showing  
cadets in the attitude of "pre-  
pare to mount" illustrates,  
that is at first a very hard  
act, but it is rapidly acquired  
by the tyro in horsemanship.  
On the command "prepare to  
mount" the left hand takes  
hold of the mane, while

the right  
hand is  
held well back  
and the right  
hand, and at  
the same time  
the man  
mount" each  
man makes a  
leap, landing  
himself astride  
the animal's  
back. At  
first, that is  
at the man  
after he  
has learned the  
trick thorough-  
ly. At first he  
is far more apt  
to slide back to  
the bark. Yet  
his perform-  
ance, difficult as  
it may seem  
at a glance  
from the photo-  
graph, does not  
require a tenth  
of the time as much

instruction as it would in a city riding  
academy—so thoroughly is the drill  
carried out. Patience is the watchword  
of the instructor—and good nature, ac-  
companied by sufficient firmness, will  
work wonders in such work.

Another feature of the early gymnastic  
training, bareback, is the "lean back."  
In this exercise the cadet maintains the  
correct position of the lower leg, holding  
that limb from the knee down as if he  
were sitting erect in the saddle, yet  
throwing his upper leg and torso back  
until head rests squarely on the animal's  
rump. This may not seem difficult, and  
is not after practice, but the tyro horse-  
man who first attempts it will realize that  
it is far from being as easy as it looks.

As a matter of conven-  
ience, the photographer has  
shown enlisted men of the  
Regular Army detachment in  
a more difficult accomplish-  
ment. Here there are two  
horses, with a man astride of  
each. Either one of the  
men astride extends a hand  
to the third man, who leaps  
lightly on to the horse nearest

him, then in-  
stantly takes his  
position on the  
nearer shoulders  
of his comrades.  
While the two  
men seated on  
the horses hold  
on by halter  
straps, he who  
is perched aloft,  
with his arms  
folded, holds the  
reins and guides  
the pair. At the  
"walk," "trot,"  
"canter" and  
"gallop" men  
and animals go,  
taking hurdles,  
ditches and  
other obstruc-  
tions without the  
slightest regard  
for consequen-  
ces, and rarely,  
very rarely, with  
accident.



Rough Riding—Pyramid—Four Men, Two Horses

The "double balance" shows a feature of horsemanship that is no less hazardous to the beginner, yet one that comes easily after careful training. In this performance two horses are used, side by side. A man sits on either horse, guiding by the bridle. Sitting erect, with arms folded, two other men sit erect upon the shoulders of the men below them with feet touching the horses' backs. In this drill, too, all the gaits are used, and the obstacle work is next attempted.

Incidentally as the men learn, the horses are taught. There are many things outside of mere burden-carrying that the equine beast may be made to acquire. One of the pictures of this paper shows a horse obliged to sit back upon his haunches. He is also taught to lie down, allowing his rider to fire over his back, and to hold lighted paper close to his ears and to do many other things to which an untrained horse would most vigorously object. In the actual field work of war it is absolutely necessary that the horse be as well trained and obedient as the cavalryman himself. At West

Point, when practicing cavalry scouting work, the cadets are frequently required to rein up sharply, dismount, make their horses lie down, and aim their carbines across the animal's bodies at the imaginary foe who becomes the real one in warfare. Only a fleeting instant is required for the trained cadet to stop, throw his horse, lie down behind the body and be in position for firing.

The "pyramid" is a performance common enough in all systems of gym-

nastics. But when tried bareback becomes a good deal more exciting. Two riders first vault on to their horses side by side. A third man leaps up behind them, resting a hand on the shoulder of either rider and a foot on the back of either horse. A fourth man then springs up resting a hand on the shoulders of the third man on either side, with feet on the backs of the two riders. The command is given. Away start the horses at a walk; the gait increases to trot, next to a gallop. There are ditches, hurdles, other obstacles ahead, but men and horses surmount all difficulties without

tremor. It is a superb sight. When the final obstacle has been executed, the horses slow down to a walk, breathing a little heavily, and the two uppermost men of the pyramid amid slide to the ground as unconcerned as a man alighting from a horse.

At the beginning, and often at the end of a drill, the men "stand to the horses," the position taken by the cavalryman when awaiting orders. Each man holds the bridle in his right hand, allowing the arm to fall to his side in position of



Rough Riding—Three Men, Two Horses—Middle Man Drives Team

attention." Thus they stand until the next order, whatever it be, is given.

Only during the first year at West Point are cadets obliged to attend gymnastic drill. But during that first year suppleness and strength are acquired that render these seemingly difficult feats of rough riding easy after a little instruction.

At all times the cavalry instructors are on the lookout to prevent crippling accidents.



## A MAN OF THE WORLD

*By George E. Burnap*

It was the crucial day of a fluctuating stock market, and the anteroom of the J. Bancroft Varden Banking Institution was filled to overflowing with an impatient company of financiers, bank directors, corporation lawyers, and the like. J. Bancroft Varden, president, suddenly emerging from the private office, stood before the crowded company. "Gentlemen, there will be no further business conducted to-day!" Turning, he sharply bid the messenger call him a cab, and abruptly left the building.

The act of the head of the firm leaving the office, on this afternoon particularly, several hours before the usual time, was unprecedented. Some predicted a financial crash; others whispered that at last the insanity that was acknowledged latent in the Varden family was appearing in its unmarried and only living representative.

Meanwhile, Varden, seated in a cab, was being driven rapidly down town, his mind cleared by contact with the cool air. His was a masterful, square head, set on slightly stooping shoulders, a huge brow, a large nose, a cow-catcher-like jaw; but the inconsistency of his face was a pair of eyes which, albeit capable of formidable keenness when in business atmosphere, yet oftentimes, when at rest, grew strangely questioning.

At present he was engaged turning over in his mind the happenings of the last few minutes. In the midst of an interview concerning the consolidation of a steel concern, there had suddenly occurred to him the utter worthlessness of this constantly increasing fortune, to one whom Fate had ordained should be denied the right of a man to possess a wife and a home. Was it not a crime for a man to bring under the evil shadow a second human being? To-day, as he had suddenly felt himself torn with an anguish of envy towards his most menial clerk, the conversation, which meant a small fortune, no longer had power to hold him. There had come to him, with renewed significance, a realization of his position, and on the moment all had

changed; his office had become a cell, and he had been compelled to escape its confines or he would have lost all self-control.

He came to himself as the cab rattled by the Exchange building. Its familiar aspect appealed to him, his impulse was to command the driver to stop. But he recollected that he was to give up this whole afternoon to nothing but forgetting that ugly conviction of impending physical and mental breakdown which had seized upon him. The cab was taking him down town to the quarters of a certain Charles Murray, a physical-culture advocate, and he wondered vaguely why he had been influenced to give the driver the address. His case had been diagnosed as hopeless; he had spent large sums with the medical profession in vain. However, this "health man" might be able to succeed where others had failed.

The carriage drew up at its destination and the banker was ushered into a plainly appointed reception room. After a few moments, Mr. Murray entered. He was a striking figure, middle-aged, tall, grave, commanding, with an easy grace of movement. The face above the well-set shoulders was one of incisive lines, and the gray eyes possessed an open directness of expression which showed the depth of will-power behind them. "Well, sir, can I be of service to you?" he asked.

The words seemed to break the spell that held the banker. Varden's face changed. He comprehended that in some way this physical-culture man had looked into his soul and made him confess that he was in trouble; had understood that which no one else in the world knew. When he spoke, it was in a tone of increasing anger. He said:

"When I left business to-day, it was with the intention of making you the proposition that if you could insure me perfect health for a year, I would pay you one hundred thousand dollars. However, upon reconsideration of the circumstances, I am of the opinion that a man without a medical degree cannot

accomplish that which scores of professional men have failed to do, and I apologize for occupying your time."

Mr. Murray was surprised at the inexplicable change that had taken place in the man, and also at his words. There was the hint of intense nervous irritation, if not worse, in the way in which Varden spoke. Then too, with what ailment was he suffering, that he should offer so fabulous a sum for a cure? But Mr. Murray simply said, "How are you suffering?"

His visitor ignored the question, and proceeded. "Doctors all agree to help me. Medicines, tablets, prescriptions of all kinds, have been a part of my life for years. One promising fellow even covered me over with plasters, but whether he succeeded in anything more than making me extremely uncomfortable, I do not know." The suggestion of a smile played for a moment around the straight lips; then the habitual sternness. "The most disagreeable feature of these physicians has been, however, that they often persist in advising me to retire earlier than is my custom, some even suggesting twelve o'clock as late. Of course this is all nonsense, since my business oftentimes requires me to go without sleep altogether for a night, and it is seldom that I can retire before 1 or 2 A. M."

Murray was silent for a moment, and then said sternly, "Man, you're crazy."

Like as a thunderbolt out of a clear sky came this unexpected answer, and marvelous, indeed, was the transformation in the face of the banker. His face grew deathly pale, great drops of sweat appeared on the forehead, the eyes contracted, the jaw dropped lifelessly. No words came from the dry lips. Then full comprehension seemed to come, and the cloud burst; the face flashed on the instant to crimson, the eyes dilated, there seemed to be a snap in the brain, a twitching of the muscles, and all the previous paroxysms of nervous energy culminated in a frenzied outburst against the man who had aroused the animosity of the diseased mind. "Crazy, am I? All the other doctors prophesied that I should be insane by a year at any rate, and now when I come to you for assistance, you inform me that I am already a madman."

The man was advancing with blazing eyes on Mr. Murray, who was cautiously watching his chance. As the banker finished speaking, his eyes wandered for a moment from the face of Murray; the latter saw his opportunity, and, with a leap, seized the man's wrists in a steel-like grip and bore him to the floor.

Now all was plain. Varden's misfortune had not only been overworked, but he had not been given necessary rest. The brusque and accusing words, "You're crazy," had been accepted as literal truth and had brought about a paroxysm.

As a blue-coated boy came running at the sound of heavy falling, a plan of action quickly formulated in Murray's mind. He thought of the one hundred thousand dollars and the gray eyes laughed as he gave the order: "Send once for Dr. Cutter and tell him to come prepared to take an insane man to the asylum."

The result was as he had anticipated. With a leap that took all the strength he tried muscles of the athlete to restrain the strain, the banker started to forbid the boy delivering the message, but in vain and as the footsteps died away in the corridor, he lay back and glared speechless at the man who was holding him.

When the doctor and two assistants entered about twenty minutes later the banker had regained some of his usual composure, but his voice was hoarse with anger as he spoke. "Doctor, if you value your degree, consider well before pronouncing me insane! This man, who is almost unknown to me, is attempting an outrage. I don't know what he contemplates, but at all events he is a liar and I will prosecute him to the full extent of the law, once I get free. I am J. Bancroft Varden, of the Varden banking house."

The flushed face and wildly shining eyes, however, belied all ideas of sanity. The name Varden was at once recognized by the doctor as that of the White Street magnate, who, as rumor had it, had long been threatened with insanity. The assistants were accustomed to hear people with affected minds talk in this melodramatic manner; and that night the banker occupied a padded cell at the city insane asylum.

It was nine o'clock the next morning

when Murray was shown into the room where his visitor of the day before was confined. He uttered a pleasant "Good-morning" upon entering, and calmly took a seat, apparently unconscious of the threatening attitude of the man, who had sprung up from the pallet at the sound of his voice. "You, you——" The voice broke with the very vehemence of passion, and there was silence.

Murray smiled. "Now, keep cool, Mr. Varden," he said, "for I've a proposition to make you. Of course, you know that you're not any crazier than I am, but that would be difficult to prove to an outside party. Moreover, I possess the physician's certificate, recorded last evening, that you are temporarily deranged of intellect, and this morning's papers announce that J. Bancroft Varden, suffering from severe mental indisposition, will retire from public life for a period of six months. Now, if you recollect, yesterday you said that if I could guarantee you health for a year, you would allow me the sum of one hundred thousand dollars."

The banker interrupted—"Give you a hundred thousand dollars? I'd spend one hundred million to get revenge on you for this outrage!"

Murray laughed jovially. "I rather expected you to feel like this, but, as we become better acquainted, you will probably see the advisability of my plan. Now what I am to suggest is that here I will give you my course of treatment. It will consist merely of physical exercise, scientifically taken. At the end of a period which I shall set, if you will give me your written word to continue my directions as advised, and also agree to pay me the previously mentioned sum,—at that I will secure your release. Until you agree to these conditions, all the money you possess could not persuade me to let you free, for I am no kidnapper holding you for ransom, but am only attempting to earn the fee for your cure."

The banker was obdurate, however, and Murray left without further argument. For a week the banker refused even to allow Murray to see him, but on the eighth morning he summoned him and agreed to sign a document in regard to the matter.

The physical training began at once;

the enforced rest and proper diet were already bearing fruit. Soon the patient began to improve, his eyes became clear and lost the hard gleam that was becoming habitual there. Also, after about a week, Murray introduced his daughter Nell to the banker.

She was a perfect picture of her father; tall and slender, with graceful, unrestrained movements. Her young fresh face was tenderly sweet, and she possessed great, open, gray eyes, a high forehead, with dark hair rolled back carelessly in a great, soft wave. The face could hardly be considered as strictly beautiful by a connoisseur, but it possessed a charm of frankness.

And Varden thought much about that face after it was gone, and cursed the bitter inheritance of his life, and his past actions, that forbade him the right to own such a creature for his own. He turned in anger to the leather punching bag, the use of which he had learned to enjoy, and for a long hour he grimly kept up a dull "thudding" with the swiftly-flying bag.

So the days went on. He lost all interest in the outside world, and barely read the daily papers brought him. His hours of greatest enjoyment were those spent in wrestling or sparring with Murray, when watched by the appreciative eyes of Nellie Murray. When alone, there was always with him the face of the girl.

At last the time approached when he was to regain his freedom. To tell the truth, he was loath to leave the healthful life he had been living, which must also mean the last of Nellie. She was accustomed now to visit him every afternoon, even if her father was too occupied to accompany her. Many were the enthusiastic discussions that the pair had upon various questions of health and exercise.

It was the final afternoon of his stay. On the morrow he was to return to the turmoil and strife of the world; and as he looked at the dear face before him, he wished that he might never leave it, that he might be like other men and have the rights of his sex, to utter the ardent love words that were trembling on his lips.

His eyes, suddenly raised, met the full gaze of the gray ones opposite,

and Nellie must have understood the struggle that he was undergoing, for suddenly there appeared in the shining depths of her eyes a light, half-challenging, half-encouraging, asking the question, "Are you a man?" Almost involuntarily his heart broke from its leash, and regardless of all resolutions and previous reasoning he clasped the trembling form.

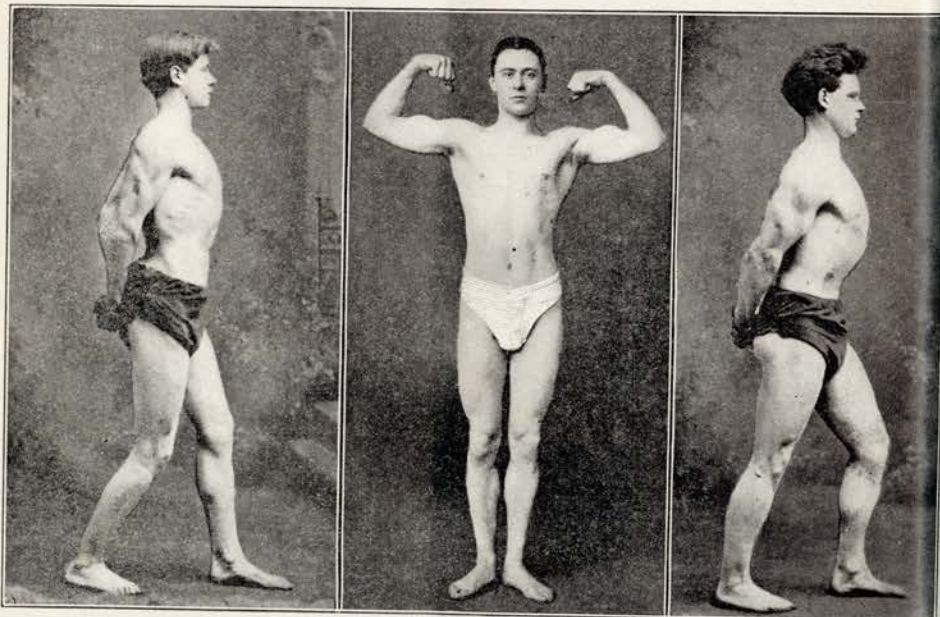
Then, as it were, the scales fell from his eyes. As the warm, red lips stole softly up to meet his, he suddenly realized that not only must he possess this girl for his own, but also that he had the right to possess her, that the curse of his

life had been forever removed, that he was free to follow the yearnings of his heart.

As Mr. Murray came upon them, they clasped in each other's arms, the voice of Varden rang out: "Mr. Murray, I owe you the thanks of my whole life for what your treatment has done for me, but now, in addition to my already incurred indebtedness, I want to ask you for the gift of your daughter."

Murray broke into a laugh of hearty contentment, as, grasping the banker's hand warmly, he said, "I'm afraid that will cost you another hundred thousand Varden."

### Three Competitors in the Contest to Determine the Most Perfect Man



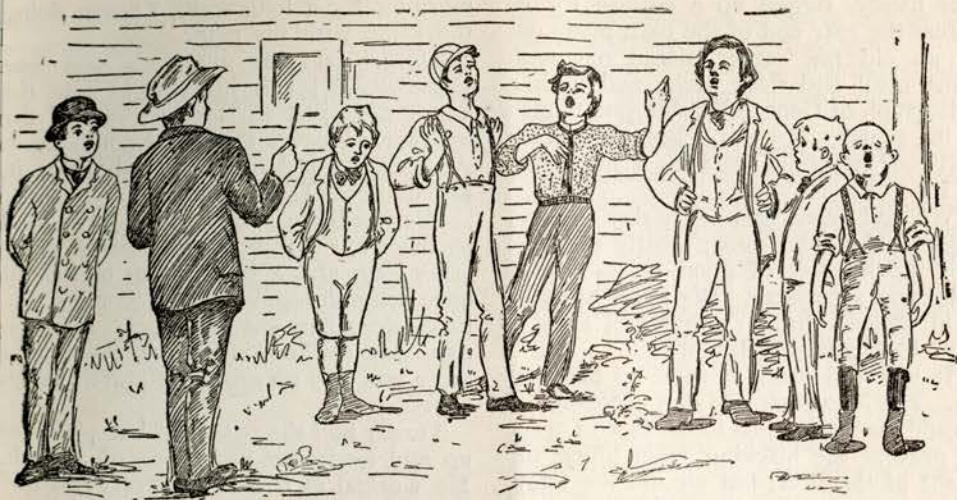
Mr. John Nordquist,  
Ashtabula, Ohio

Mr. Chas. B. Morss,  
Bradford, Mass.

Mr. Arthur Nordquist,  
Ashtabula, Ohio

As commonly employed, the word "indigestion" denotes not a disease but an admonition. It is the language of the stomach and is mostly an unknown tongue to those who are addressed

—Sir Henry Thompson



We had rehearsals every day for two weeks

## PUNCH AND HIS GANG

By B. R. Childs

THE mammoth minstrel show for the time being overshadowed the boxing match. This was due to the fact that it was to take place sooner and that all the club was to share in it. The entertainment committee, consisting of Lonson, the minister's son, Mike and myself, were in almost hourly session deep in discussion of different plans and features for its success. We were open to any suggestions that the rest of the gang might have to offer, and they were many; and when the matter finally took definite shape and the minister's son had written a rough working program for the show, we were all surprised at the amount of talent in the club. Harry Spaulding could play the violin, Lonson was an expert on the mouth-organ, and this, with a harp played by one of the girls in our room in school, formed a fine orchestra. Mike and the minister's son were endmen, and I was the center man, or inter-actor. None of us knew what inter-actor meant, but I was it just the same. All the boys sang or did something except Bub Powell. He could not do anything, and so we made him form part of the audience. This dismal distinction,

however, was little to his liking, and he loudly protested until we told him that he could get in free and be usher.

We used to have as much fun getting ready for our shows as we did at their actual performance—maybe more. Harry Spaulding printed fifty tickets, using the backs of calling cards furnished by Joe Smalley. Joe told us his mother had more than she needed, anyway, and if we used them they would not be wasted. Mike threw Joe into a panic by moving that the entertainment committee call upon Mrs. Smalley and tender her their thanks for donating the cards. They read as follows:

**mammoth minstrel  
Entertainment  
by the Idaho Club  
for the Benefit of the Punching bag  
Admission Five c**

Lonson and I signed our names in the corner of each one so as to prevent "counterfeiting."

Turner, who was stage carpenter, property man and everything else that

was handy, rigged up a curtain for us across the rear end of the barn made out of an old rag carpet pieced out with some meal and flour sacks and with a lithograph of George Washington pinned in the center. It was the best curtain we had ever had, and we took a just pride in it.

We had rehearsals every day for two weeks before the show, mostly singing; and the number of good voices in the gang was surprising. We never knew of it in school. But in a minstrel show—Gosh! that was different!

It was fun when it came to blacking up. The joke book said that cocoa-butter should first be applied to the face in order to prevent the blacking from filling the pores of the skin; but we did not know what cocoa-butter was, and so we used lard, thinking it would do as well. Joe Smalley furnished the lard. He told us that it was some that was left over and his mother would be glad to get rid of it.

Besides the regular minstrel business, Lonson and I came on in wrestling and boxing bouts, and one of the girls of our schoolroom sang a solo with orchestral accompaniment. The minister's son also volunteered his services and spoke a piece from "Julius Cæsar." None of the audience knew what it meant, and laughed all the way through it, and the speaker retired disgusted.

In short, the show succeeded beyond our fondest hopes, netting us over three dollars. It seemed easy money, because the gang enjoyed it as much as the audience. It gave me an idea, too, for raising more money for our gymnasium. The scheme was this: to sell five-cent tickets for the coming lightweight championship boxing match to every boy outside the club, and to thus arouse added interest in our athletic doings. At the same time in order to prevent possible interference, I arranged to keep secret from all except Lonson, the place where it was to take place, which would be somewhere to the west of the park on the open prairie. The gang received the project with hurrahs.

The training continued right along. It was beginning to tell, too. For the first time in his life, I guess, the face of the minister's son had a little glow of color. I remorselessly routed him out every

morning for a long walk, Lonson doing the same with his man.

"Gee," said the minister's son one morning. "I can jump right into the water now just as it comes out of the hydrant. I never thought I could do that. And maybe I don't feel fresh after and hungry—Oh! mamma!"

His headache stopped also. He used to have a small headache nearly every other day, and a big, raging one about once a month regularly, that would sometimes keep him out of school. His system was settling into such shape that there was now no need of Nature's storm signals.

Turner had the punching bag platform up and ready for use inside of a week. He worked at it like a beaver, and had the pick of the gang for his assistant. The face of the platform was constructed of strips of maple flooring joined close together, planed to a glassy smoothness and then painted red; and as it hung there in the west corner of the barn with a new yellow bag dangling from its center, it was the unanimous opinion of the gang that it was as good, if not better than anything of its kind in a store. They all wanted to keep punching it, too, and raised a roar when, on the second day it was up, Lonson and I issued a decree to the effect that it was to be used only by the two competitors until after the boxing match.

Among all the incidents of vivid boyhood life, none stands out with more clearness than my training of the minister's son, and the effort and study I gave to the problem of bringing him up to the highest degree of efficiency for meeting his opponent.

I had him practice running every morning during the last week of preparation, in order to increase his endurance. He was quicker than Benny, and I figured out that if he rushed the fight he would win. He was one of those people who are stronger than they look, because they have such an abundant supply of nervous energy that they keep themselves worn to a razor edge with activity. At the same time, I knew that Lonson was not idle, and doubtless had a few little schemes up his own sleeve for preparing his man to meet mine.

Harry Spaulding had now printed at



other batch of tickets, and all the gang were out and around trying to sell them. They sold like hot cakes, over sixty being disposed of, mostly to boys of our school.

The training quarters were now a scene of tremendous interest, and a mob of boys gathered daily in front of my home—as near to the barn as they were allowed—in order to get a peep at the two gladiators. It was a gala time for the latter—especially the minister's son. He would wait until a crowd had assembled and then, with his sweater pulled up to his ears and his hat over one eye, he would leave the barn and strut out among the awestruck little boys.

"Say," said Mike to him one day, "I don't know about your muscles, but you will certainly need a larger sized hat after his training."

At last the great day came. On the preceding afternoon, Lonson and I had told the gang the location for the match, which was about half a mile west of Douglas Park. We also delegated Dutch, Turner and Bob to go the rounds and inform the ticket holders of the place. It was on a Wednesday. The gang had gathered about my house ever since morning, patiently waiting. The fight was scheduled to occur at 2 P. M. In order to have our men in the best trim for the event, Lonson and I had instructed them to eat a light luncheon at 11 A. M. They would then enter the ring unloped by a heavy dinner.

At 1 P. M. we started for the grounds. All about us, swarmed, shouted and jostled the gang, re-inforced by a goodly number of the outsiders. Lonson and I had to fight to get room to walk; all wanted to get next to us and feel big.

"Say, Mike," said I at last, "I appoint you and Turner policemen to keep the kids off, and to keep them out of the ring when we get there."

Mike forthwith began his duties by grabbing Joe Smalley by the nape of the neck and swinging him forcibly to one side out of our way. We never could lose Joe.

He rubbed his neck. "Gee, Mike's strong," he remarked proudly to a lot of boys. "I boxed with him once. He says I will make a good boxer. But you ought to see Punch and Lonson; they've got us

all skinned when it comes to boxing and everything else—and strong, gee!"

The rest of the gang overheard what he said, and laughed. He wanted us to overhear it.

The crowd about us swelled into a mob as we proceeded. "Hurrah! here's Skinny," shouted Dutch as a tall, lean boy wearing a battered derby cocked over one eye, hastily emerged from an alley to join us.

A pile of wood by an open shed door showed that he had been working.

"Hello, Skinny; got a ticket?" said Lonson.

"Sa-ay, what'je take me fer?" replied Skinny, who had "graduated" from the fourth reader in order to go to work and earn money like a man. "Did youse ever ketch me widout de goods? Nix; I pays me way like a gent."

After Skinny came "Looney" Hanan, "Sloppy" Sutton, "Pie Face" Higgins, —all of our school, but not members of our gang.

Benny and the minister's son were the heroes of the day. Both were in the pink of condition, and looked it. Six short weeks of clean living in diet, exercise and outdoor life proved the potent elixir that sent the red blood dancing in pure rivers through their frames, making them new beings. Even the heedless boys about them noticed the change, and expressed their mingled admiration and envy in sundry "gees" and "goshes" and resolved to go themselves into training right away. Either of the two, I verily believe, in the trim they were then, would have been more than a match in a fistic encounter with the average older boy in the crowd. Lonson and I had done well, and we felt a due exultation in our handiwork. Among the many remarks made in comment was one that, young as we were, sunk into our minds to be remembered to this day; it was made by Dutch.

"Golly," said he, "wouldn't a fellow feel fine if he was in training all his life!"

You bet he would! But how many are there?

As we swarmed over the railroad tracks and struck across the prairie, the pent-up feeling of the crowd, freed from the restraint of the streets, vented itself

"No," I answered. "Who chucked something at me?"

"I don't mean that," said Lon. "I mean did you notice the difference between our gang and the rest of the crowd?"

It came to me all at once what he meant. The gang—nearly every one of them—looked the picture of health, with their clear eyes, upright figures, sun-burnt, healthy cheeks and all the rest of it. They were in striking contrast to nearly all the rest of the fellows, many of the latter of whom were smoking cigarettes, while lots of them were stoop-shouldered, sallow-faced, unhealthy-looking specimens of boyhood.

"Sure," said I; "I catch on to what you mean."

"I don't think you do," said he—"at least not quite. Of course the gang looked fit enough to lick all the rest of the crowd with one hand tied behind its back, but that wasn't all." Here he stopped and hesitated as if he didn't quite like to say what he had in his mind. Boys somehow or other, even among themselves, are shy of admitting that they appreciate moral qualities. But he said at length with an effort, "Well, the gang not only looked clean but *talked* clean."

"That's so," said I; "now you speak of it, I remember that while those cigarette smokers had as nasty language as they did breaths, not one of our fellows used cuss-words. Why was that?"

"Well," said Lon slowly, "I guess the kid that uses cuss-words does so to make himself sound big and strong and fierce because he feels he's a weak little coward in heart. But the boy who *knows* he's strong and can take care of himself, knows too that he does not need to use cuss-words to help him to put up a bluff."

"That's right," said I. "Dad once had a dog that could lick any other dog within twenty blocks, and he never used to let a yap out of him. On the other hand, the dogs that he did lick, generally got it and got it good after they'd been ki-yi-ing at him—or using dog cuss-words until he felt it was time to bring that jaw of his into action."

"Say," said Lonson, after another pause, "we used to be a tough crowd of kids."

I grinned and nodded.

"The reason of that," went on Lon "was because we hadn't anything else to do, I guess. Seems to me a kid something like a steam engine. If you give him a chance to work off steam properly, he's all right and to the good. But if you cork him up, something's going to happen."

I nodded. To tell the truth, all that Lonson was saying hadn't occurred to me before.

"And," said Lon finally, "I hope that the newcomers will turn out as well as the rest of the gang have done."

Lonson's hopes were realized. The club was the physical culture leaven that by degrees, worked a wonderful transformation in the looks, the language, and the manners of nearly all the kids in the neighborhood. The ambition to become athletes and keep in good condition which was shared by pretty nearly every member of the club, of course necessitated clean living in every respect and that brought about clean thinking. And when a boy thinks clean, he's about as good as they make them, let me tell you. And don't dream for a moment that the change that I am speaking about brought anything like a "sissy" element into the club. On the contrary, we were about as hard a lot as you wouldn't wish to get up against. The young rowdies that remained in the locality, and kids with scrapping reputations from further away, got so that they'd run a mile before they'd venture to stack up against one of our crowd. So the club developed in the way and on the lines that I've been telling you about. This was some years ago. To-day, many, I was going to say the majority, of its ex-members are fine, solid citizens with business and personal reputations of the very best. And they attribute no small part of their success in life and the estimation in which they are held by their neighbors, to the wholesome lessons in physical diet, exercise and behavior that were learned through the medium of the club.

In other words, physical culture transformed a horde of incipient hoodlums and budding toughs, into a gathering of young Americans, as magnificently formed physically as they were sound and admirable morally.



# PARLIAMENT OF THOUGHT

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 greatest 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 or BEAUTY AND HEALTH**, to be sent to the writer or to any friend the writer may designate.—**BERNARR MACFADDEN**

67 YEARS OF AGE—EIGHT MILES IN ONE-FORTY

To the Editor:

Stranded in a northern Michigan village at 5 o'clock Saturday night. The last train on the two railroads gone! The last of seven chances a day to get by steamer to a summer resort fifteen miles away, for Sunday gone, all because the captain (who eats three meat meals a day) has a poor memory, and has entirely forgotten his promise to land a vegetarian at a transfer dock a mile from town.

Eight miles away was a little station, so popular with fishermen that in the summer time the evening express made regular stops there.

After waiting ten minutes for the boat to turn back, this egg-eating vegetarian decided to walk to the railroad. There were good lively stables in town. He had "the price." But what one has to do is work; what one doesn't have to do is play. It was my sixty-seventh birthday, a good time to make a test of endurance. Where the track was hard I ran, and found that my heart action was good, no flutter at all. So I tried up hill and down, a run of a quarter of a mile, and enjoyed every second of it. Excepting the few short runs, I made the full eight-mile walk in one hour and forty minutes from dock to railroad station, and this included two stops of about a minute each.

I have been a student of physical culture for over a quarter of a century. I began with Swedish movements. The first book I bought a few years after was Fowler and Wells' "Health by Exercise." I have since read many publications on the subject, and I had perhaps better not state in this letter that in the past two years **PHYSICAL CULTURE** has been of more use to me than all else I have read, as the editor would be too modest to publish my claim in this respect.

I have never used weights or clubs, drink very slowly much pure water, never with meals, but an hour before or after; do not use spirits, tea, coffee, tobacco, or anything with meals that is "hot when it is cold."

On the day of my fast walk my breakfast consisted of a pint of freshly picked strawberries, and at night two fine navel oranges—nothing else. For the noon meal, whole wheat bread, nut butter, a boiled potato, two soft-boiled eggs, and rice pudding. Anyone who uses such a diet, sleeps in pure air, and who takes at least an hour a day of healthful exercise, including a cold air and a cold water bath, will be a wholesome and useful member of the human race—always in condition for any kind of a race, literal or metaphorical.

C. E. ELLSWORTH.

## CURE FOR INTESTINAL PARASITES

To the Editor:

On the query page of the March number of **PHYSICAL CULTURE** appeared this question: "Will you kindly advise me how to remove worms?" As I have recently had some experiences with these parasites I think, perhaps, it might help some of your readers if I give an account of my case and its cure.

As a small child one of my earliest recollections is of the old family physician prescribing obnoxious doses of some strong drugs to cure me of worms. I was sick and peevish, had a nervous, hacking cough, and was often out of school with stomach trouble. One of the most annoying symptoms was a grinding of my teeth during sleep.

When I was nine or ten years old the doctor said the symptoms were caused by nervousness and that I would outgrow them. The years went on and instead of outgrowing them there seemed to be good reason to fear that the symptoms would outgrow me. I had very serious stomach trouble, constipation and various complications. Also I was continually under the influence of asafetida, quinine, strychnine, and various stimulants.

Two years ago I was invited to visit a friend and while there saw for the first time copies of **PHYSICAL CULTURE and BEAUTY AND HEALTH**. I went home a week later with some

new ideas. Since then I have lived, as nearly as circumstances would permit, up to the standards taught by those magazines. There was in consequence a steady improvement in my health, but my cough and toothaches continued. Several weeks ago I developed an acute case of catarrh. Then I tried the one meal a day plan. One night I came home with a very bad headache and resolved to fast altogether. Of course the first twenty-four hours was only a part of my daily regime, but the second day was torture. At the end of forty-eight hours I was very hungry. I drank the juice of a lemon with some water, and later in the evening took the juice of three oranges.

The next morning my bowels moved freely and I passed several worms three or four inches long. I had accidentally given them just the acid that they couldn't stand. Since then I have felt very much better. I have fasted before, but hadn't happened to break the fast on the right material to get the required results. I have since learned that reliable physicians have recommended a short fast broken on acid fruits as "sure death" to worms. I mentioned my case to a trained nurse and she said my experience was well worth knowing, as it would be a good treatment for children. I shall be glad if my experience may be of use to some other sufferers.

B. C. R.

Torrington, Conn.

## WRECKED GIRL'S LIFE

To the Editor:

Six months after a girl friend of mine was married to a splendid, healthy fellow, a doctor of this city cut out her ovaries. The husband wanted a family. How will he ever get it now?

She hasn't been well a day since—is a wreck for life. The doctor deserves capital punishment, but he is one of this city's prominent physicians.

The physical culture magazines are rescuing the people. Keep on, you will finally succeed.

Your simple, plain article, years ago, on "The Cause and Cure of Disease," was so clear to me that I threw my "fake bottled health" into the ash barrel, and have not since touched a drug or paid a doctor a cent for twelve years. Even a dog knows how to keep well. Hasn't man as much brain? I look back on the time when I took drugs and was sick with great shame.

EXPERIENCE.

## CAUSE OF GREATNESS

To the Editor:

Having read with great interest the articles on the transmission of greatness, which recently appeared in your valuable magazine, I submit the following in no spirit of controversy, but with an earnest desire to promote investigation along lines which, to me, appear most profitable.

One author cited instances in which some distinguished men reached comparative success in life, the other confined himself to the rise of the sons of obscure men to greatness. Neither one has considered woman's share in the development of greatness or her influence in its transmission or cultivation.

Catalogues of diseases and athletic feats carry no enlightenment as to the cause of disease or health; neither do mere statements of mediocrity or greatness reveal the cause of greatness.

If physical culture or natural living develops strength and beauty, why, if the mind receives equally intelligent attention, would it not also improve?

The seeming contradictions in the origin of greatness arise from the fact that the world supply of great men and women are recruited from among those who are extraordinarily free to live natural lives.

As the requirements for the natural development of mental strength are even less understood than those necessary for muscular development, and as mind and body are absolutely interdependent, it should be a matter of little surprise that mediocrity and disease are the rule, and health and greatness the exception.

Our greatest poets lived open-air lives, slept in airy log cabins, and ate food free from poison. Lincoln lived a hardy life, and his mind was not ruined by so-called education, which is mostly an effort to train the mind in channels for which it is unfit.

Celebrity and greatness should not be founded. For every man who achieves the former there are scores of women whose lives would cause the "great man's" career to pass into insignificance by comparison.

True greatness may live and die in obscurity, while self-seeking smallness masquerades in temporary glory. Hoping these lines may lead to a search for the cause of greatness.

E. A. B.

Ogden, Utah.

## NOBLENES OF NUDITY

To the Editor:

I notice that you are severely criticised from time to time for your stand against the prude's conception of the nude human body. It was the magnificent nude picture of supermanhood that encouraged me to take up physical culture. You cannot picture too many such in your monthly magazine. There is no grander work of God than man, and why should we be ashamed to expose His workmanship? Many men and boys to-day would have been wrecks but for the nude pictures published in your magazine, which made them desire to become like the same.

I hope that you will keep up the grand work of literally picturing the possibilities of physical culture.

Liberty, N. Y.

W. L. ARTHUR.

"It is a good thing to laugh at any rate, and if a straw can tickle a man, it is an instrument to happiness."—Dryden.

# ANTI-VACCINATION DEPARTMENT

A strong anti-vaccination pamphlet is being issued by the "Tract Department" of the Physical Culture Society of Toronto. Here-with follow a few of the excellent remarks embodied therein:

## Oppose Vaccination—Why?

(1) Because Compulsory Vaccination is a system of tyranny and torture, causing many loathsome diseases and often ending in frightful forms of death.

(2) Vaccination is "Blood-poisoning with animal diseases." Vaccine is putrid matter got by inoculating a calf or heifer, usually with vaccine, but sometimes with variola taken from the pocks on smallpox corpses! It is always the product of disease: no animal can furnish it without at least having the disease known as Vaccinia. Pure Vaccine (so-called) is this putrid matter ejected from the body of a beast affected with no disease except Vaccinia, and into which matter no other disease germs enter, but it is so rare on this continent that an analysis of eleven different Vaccines picked up in the open market at Chicago at the close of the late epidemic in that city, and examined by the City Analyst, showed only one sample to be approximately free from other disease germs, while some of the samples were notoriously bad. This examination was undertaken by the Civic Authorities because of the alarming number of troublesome and fatal cases following vaccination.

In the process of producing this corrupt stuff a large portion of the animal's abdomen is shaven and inoculated in sixty to one hundred places. It is then tied in a stall in such fashion that it can neither rub nor rest itself until the disease is fully developed—a term generally of 5 or 6 days.

After passing through this agonizing period of fever and itching the wretched creature is again placed on the operating table; its skin is put firmly on the stretch and the pustules or "Vesicles" are collected by scraping the surface with a "Volkman's Spoon." The pulp thus obtained is received into a bottle, and, as a parting act of kindness, the raw and smarting surface is washed with warm water, and the calf is "transferred to the slaughter-house and there slaughtered." And, it may be added, sold in the shambles as human food! The report of the Public Health Committee of the London County Council, July 26th, 1904, is evidence that 1,000 carcasses of calves were so disposed of in 1903-1904.

(3) Vaccination is the cause, no doubt, of a large amount of Consumption which slays 8,000 people annually in Canada. At the Rockland Veterinarian Conference, September 3d, 1903, Prof. D. E. Salmon, head of the Bureau

of Animal Industries, Washington, said: "Twenty-five per cent. of the cases of Tuberculosis in children, or a greater or smaller proportion, are due to infection from animal sources."

(4) Vaccination is a violation of natural law, as well as a gross superstition. "A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit," so it is the essence of folly to look for good health from a physical constitution deliberately poisoned by Vaccine Virus. Clean blood is an indispensable condition of robust bodies and long and happy lives. A healthy child is Nature's noblest gift. To artificially pollute its pure system with virus, under pretext of charming off a remotely possible disease, is a crime that should not go unpunished: "They that are whole need not a physician."

(5) Vaccination does not prevent the spread of smallpox, but there are strong reasons for believing that it both causes and propagates that disease. In any case it is unnecessary, because Isolation and Sanitation are the only means of stopping an epidemic of smallpox, as has been proved by experiment in Leicester, Eng., and Cleveland, Ohio, and many other places.

Besides, smallpox is no longer the serious disease it was a century ago. A case of genuine smallpox is now comparatively rare; so rare that many of the doctors have never seen one, and consequently don't know it when seen. Chickenpox, Cuban itch, and other skin diseases frequently develop, and are often diagnosed smallpox. By this means the scare is kept up, but the fact remains that not one person in a thousand is likely to contract the disease.

(6) Vaccination is a medical fetish—a lucrative source of revenue derived, directly or indirectly, not only from fees for the billions of vaccinations performed, but also from the numberless cases of sickness and death which follow. The late epidemic in London, Eng., (1901-2) is estimated to have cost seven million dollars, and this is but as a drop in the ocean. Physicians, however, are not all in favor of vaccination. Many of the ablest and most unselfish have opposed it from the first; but as it is a veritable gold mine for the profession, it offers unusual attractions to the parasitic class, the mere grafters who cling to it unquestioningly, and give rise to the query so often heard: "How is it that so many of the doctors believe in vaccination?" There are many, however, not of this class, but who still practise vaccination because, for various reasons, they have not given the question a thorough examination—such as we expect to reach.

# MISCELLANEOUS PARAGRAPHS

FROM EVERYWHERE

## *Every-day Difficulties of the Non-Meat Eater*

In regard to the difficulties encountered by the consistent adherent to a physical culture dietary of the advanced kind, Mr. Neville Lytton, the well-known author, speaks entertainingly and usefully, as follows:

"There are undoubtedly difficulties for those who lead very social lives. I have often been asked, 'What do you do when you are invited out to dinner?' There are two courses open. If you know your host and hostess well, ask them to provide you a dish of macaroni without stock, as you are on a special diet. If you don't know them well, don't accept the invitation, or, if it is necessary to do so for professional or other reasons, then go, and help yourself to the dishes that are offered you, cut the forbidden food carefully up, and skilfully bury it under such débris as is provided in the shape of paper frills, parsley, sauce, etc.; meantime eat as much bread as you can, and make up for deficient quantity at home, either before or after the meal.

"The best plan if you are traveling or on board ship is to take a good supply of Graham or whole wheat biscuits with you, put several of these by your side, and eat them slowly, picking up such crumbs of legitimate food as may appear in the bill of fare. This phase of the diet question is perhaps not very exhilarating, but underfeeding for a very short period such as a week never does much harm. Another thing to be remembered when the vegetable food supply that you desire is short is to eat very slowly and chew well. Much more nourishment is absorbed by this means.

"There is no doubt that one gains experience and that the difficulties of a strange diet grow less as time goes on, instead of greater. However, I hope that in the next generation this natural food diet that dispenses with meat, tea, coffee, stimulants, and some kinds of harmful vegetables will be universally recognized, that it will be countenanced at public schools, in the army, and in the navy; and if this stage is ever reached, I believe that the benefit which will accrue to mankind will be of such a nature as to make full amends for the inconvenience and unpopularity which are now endured by its pioneers."

## *Pills and the "Deadly Parallel"*

The power of the "deadly parallel" in convicting the liar of lying, the politician of being untrue to his pledges, and the plagiarist

of filching the ideas of others, has been repeatedly proven. But a recent instance thereof, which appeared in the *San Bernardino (Cal.) News* was one of a peculiarly striking sort. The parallel in this case was not only a parallel figuratively, but one in a literal sense, inasmuch as the two statements regarding Judge A. J. Felter which followed appeared in adjoining columns, and side by side at that. The grim humor of the coincidence will be apparent.

## *The Deadly Parallel*

Another of San Bernardino's old pioneers passed to the great beyond yesterday, in the death of Judge Andrew Jackson Felter, at his home, 381 E Street, at the ripe old age of eighty years and nearly seven months. His parents were great admirers of "Old Hickory," and thus he was named after that statesman.

Judge Felter leaves a wife, one son, Jacob Felter, and a daughter, Miss Elizabeth Felter.

The funeral will be held from the family home, 381 E Street, to-day, at 2:30 o'clock, Rev. D. H. Gillan, of the First M. E. Church, officiating. The members of the Pioneer Society will attend the service and take an active part.

## *Can't Deny It*

The average man is a doubter. This is not surprising—the public have been humbugged so frequently they are skeptical. Proof like the following will stand investigation. It cannot be disputed.

Judge A. J. Felter, lawyer, of 318 South E Street, office over the Hub Clothing Store, in Third Street, says: "My kidneys had not been performing their functions promptly for at least nineteen years. Physicians said I had taken diabetes. The action of the kidney secretions were far too frequent, not only during the day, but particularly so at night. George Burton, living out near the foothills, advised me to use Doan's Kidney Pills. I went to the Owl drug store for a box. The treatment made a great change in my condition. I sleep well at night, rise refreshed in the morning, and enjoy fairly good health during the day. If anyone wishes for a personal corroboration of the above I will be only too pleased to give minute particulars at my office, or I will gladly answer any correspondence."

The funeral of Judge Felter and Doan's Kidney Pills may have had something in common.

*Railroad Employees Must Be Athletes*

According to the decree of P. S. Eustis, passenger traffic manager, the employees of the passenger traffic department of the Burlington railroad must hereafter devote a portion of their time to physical culture. To this end Mr. Eustis has organized classes in gymnasium work and indoor sports.

Said the manager: "My decision in this matter is the outcome of the fact that I have been taking exercise in a gymnasium for several years. Once I was down with pneumonia and am satisfied that had I not possessed a robust constitution, gained by severe training in indoor athletics and physical culture, I would have died."

*In Rugged Health at Ninety-four*

Loren Looker, of Chelmsford, Mass., a Civil War veteran, at 94 years of age still continues his occupation as farmer and is a striking example of the results of total abstinence from tobacco and alcohol. When the Civil War broke out he had no difficulty in passing the rigid military surgeon's examination, and served with credit and honor all through the four years' conflict when other men of his age were considered unfit for service. The army surgeons took him to be a man of forty so vigorous was he. To-day he takes daily walks of five miles or so and can lift 1080 pounds dead weight. His health is good, mentally and physically, and he bids fair to live a score or more of years.

In spite of his age he daily does an average farm hand's work, rising at 5.30 every morning and eating a simple breakfast of cereals and milk. He is a light eater of meat, and does not use tea or coffee.

*At 30 Degrees below Zero*

Mrs. Loie Mitchell, of Nashua, N. H., who since last September has been sleeping on a cot placed on the second story balcony of her cottage home at 7 Palm Street, is cured of consumption.

Mrs. Mitchell persisted in her heroic treatment all the winter, though the thermometer hung near her bed often registered 30 degrees below zero. A woolen bath robe, a woolen blanket, and an ordinary bed comforter formed her bed coverings. She is twenty-nine years old and has had two children, both of whom are dead. Last year she was pronounced an incurable consumptive by several physicians. She adopted the open air treatment as a last resort, and gradually but surely got better.

*More Humane Methods of Skin Grafting*

A new method of skin grafting has been discovered by the surgeon of the Charity Hospital in New Orleans. The membrane of the egg is the substance that is now used to replace the destroyed skin. The wound is washed with a normal salt solution, then covered with a wet dressing and carefully bandaged. After a few days the wound is as effectually covered and healed as by the more difficult and painful method of grafting skin taken from another person.

*Knights of White Cross*

Rev. E. A. King, who has frequently written articles for the columns of this magazine, has organized a branch of that excellent society called the "Knights of the White Cross." The following promise and agreement are entered into by all members:

By the help of God, I, \_\_\_\_\_, promise to take as the rule of my life the following principles, viz:

1. To treat all women with respect and endeavor to protect them from wrong and degradation.

2. To endeavor to put down all indecent language and coarse jests.

3. To maintain the law of purity equally binding upon men and women.

4. To abstain from reading trashy and impure literature, and to destroy all indecent photographs or pictures in my possession, and to use my influence against such evils.

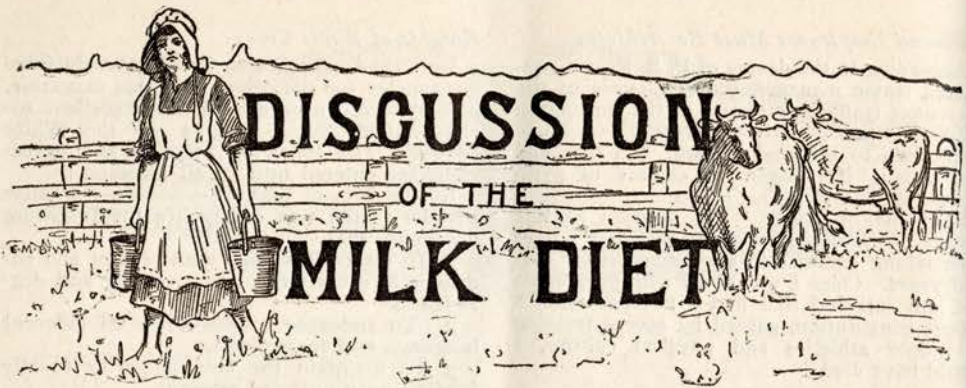
5. To use every possible means to fulfill the command, "Keep thyself pure."

In addition, I promise, in company with my fellow Knights, to do what I can to promulgate these principles among my daily companions and my younger brothers.

Any man fifteen years or over, no matter what his position in life may be, who desires to do something, no matter how little, to better his fellows, and to counteract the evils resulting from ignorance and perversion of sex, is invited to send his name and address to Rev. E. A. King, 610 Wayne Street, Sandusky, Ohio. A name and address on a postal card, with a cross marked in one corner, will answer. Mr. King will understand that said person or persons desire to join the society.

*Food Taken Without Relish Worse Than Wasted*

"A prolific cause of chronic indigestion," says the *Hygienic Magazine*, "is eating from habit and simply because it is meal time and others are eating. To eat when not hungry is to eat without relish, and food taken without relish is worse than wasted. Without relish the salivary glands do not act, the gastric fluids are not freely secreted, and the best of foods will not be digested. Many perfectly harmless dishes are severely condemned for no other reason than that they were given perfunctorily and without relish and due insalivation. Hunger makes the plainest foods enjoyable. It causes vigorous secretion and outpouring of all the digestive fluids—the sources of ptyalin, pepsin, trypsin, etc., without a plentiful supply of which no foods can be perfectly digested. Wait for an appetite, if it takes a week. Fasting is one of the saving graces. It has a spiritual significance only through its great physical and physiologic importance. If breakfast is a bore or lunch a matter of indifference, cut one or both of them out. Wait for distinct and unmistakable hunger, and then eat slowly. If you do this, you need ask few questions as to the propriety and digestibility of what you eat, and it need not be predigested!"



*I believe that a free discussion of the subject, based largely upon personal experiences, will help medical men and others who are interested in solving this important question. Readers who have original views upon the subject of milk as a food, or who are able to write from personal experience, are invited to send in letters to be entered in this discussion.—BERNARR MACFADDEN*

### Dr. F. L. Oswald Enters Milk Diet Discussion

To the Editor:

Milk contains all the essential ingredients of human nutriment and is an accommodation diet, analogous to the half-digested food which such birds as pigeons and pelicans disgorge for the benefit of their young.

As a food for adults of our species it is far more natural than meat;—less so, perhaps, than fruits and cereals; but all objections to its habitual use are overruled by two facts: It can be relished uncooked and undisguised by condiments, and it is endorsed by the instinct of our zoological relatives, whose digestive organs can hardly be distinguished from those of a human being.

For it would be a great mistake to suppose that those children of Nature ape all the dietetic habits of their Darwinian cousins. They decline flesh-food, loathe the odor of strong cheese, abhor alcohol, and can be fuddled only by the Hindoo trick of mixing intoxicants with treacle. Ice-cream they accept with some hesitation, but are ravenously fond of milk, unless artificially heated to the scalding point. Young apes are not weaned till they have to make room for the next youngster; the wives of the Servian peasants can often be seen fondling nurselings of five or six years.

Nor can it be said that older children begin to dislike milk, though the appetite for their first nourishment is gradually superseded by a predilection for the specific food of their race. Caged pigeons can be kept alive on the cropchyle that the parent birds feed to their young. They will accept it long before starvation could be supposed to have overcome their dislike, but, after all, will prefer grain, the proper food of their species.

Milk ranked with the dietetic staples of our long-lived forefathers, and milch-cows are kept by millions of Hindoos, who would rather die of hunger than break their fast with a beefsteak.

But it would be a perversion of language to extend the endorsement of milk to such products of fermentation as clabber, cheese, and koumiss.

A dish of beans, soured by exposure to the rays of the dogday sun, could not be more unwholesome than sour milk, and it would paralyze arithmetic to compute the number of microbes contained in a cubic inch of Limburger. Mare's milk is perhaps quite as nourishing as cow's milk; but Koumiss? It is mare's milk brandy, and we might as well recommend peach-brandy on account of its descent from an excellent orchard product, as enter the lists for "Old Rye," after getting a chemist's verdict on the dietetic value of cereals.

Compared with such abominations, dairy-men's pump-water, or the difference between boiled milk and fresh milk are the merest trifles. It has, indeed, been pointed out that cow's milk needs a little dilution and a slight admixture of sugar to assimilate its composition to that of mother's milk, and everlasting cookery has almost disqualified some human stomachs for the digestion of uncooked food. Their digestive organs rebel against fresh milk as they revolt against raw apples, but that the difficulty is only a subjective one is proved by a suggestive circumstance: the change of predilections effected by a few days' fast. Forty-eight hours of total abstinence will do more than overcome the aversion. They will evolve a positive craving after fresh milk and ripe, uncooked apples, in preference to any kitchen products. Hunger has removed the digestive obstacle, and instinct points out the most desirable breakfast the market affords. More desirable than bread or a "cordial"?

Yes, very decidedly so. Let any sanitarian try the experiment: After a long fast, bread crumbs fret the palate; brandy seems liquid fire. The organism, in need of unqualified refreshments, turns to the restaurant of Nature.

Invincible antipathies to cow's milk exist, but are rare exceptions, much rarer than aversions to pork or beef; or even to special vegetables. Onions revolt many stomachs. A Scandinavian of my acquaintance marvels at the large demand for tomatoes. He thinks them watery and innutritious, and the taste affronts



him; "would as soon eat poke-berries or the small yellowish apples that grow on potato plants."

Still, dislikes of that sort should be heeded, like other warnings of instinct, provided that the aversion has not been developed by experiments with the products of preservative tricksters. Tomatoes and pickles are often doctored to improve their color, and certain brands of condensed milk can be warranted to resist warmth and weather (even after the can has been opened and left exposed to the glare of the summer sun), but the same chemicals that prevent decay also prevent digestion. And after repeated struggles with such compounds the stomach is apt to rebel. I could send my readers the address of a friend whose youngster,—a child of four years—suddenly refused to be worried with "milk" any longer, and expressed his full approval of a programme to put him on a diet of bread and water.

"Anything wrong with that milk?" inquired a visitor.

"Don't know," stammered the distressed paterfamilias, "it's the best condensed milk in town."

A week's trial of the uncondensed kind straightened out the whole trouble.

Do canneries use poisonous chemicals?

"Noxious," the United States food commissioners prefer to call them. Suit yourself about the adjective; but again, I say, take nothing for granted, except the results of a personal experiment. In midsummer, when the bowels are apt to get handicapped with arrears of work, try a dish of home-baked beans. One pint of Limas or kidney beans will generally prove sufficient. A repetition of the dose will hardly ever fail to answer the purpose, and without any trace of distressing after effects.

The next time try a sample of canned beans, and see if they will not seriously *aggravate* the trouble; in other words, if preservatives have not turned the most digestible vegetable into the most indigestible.

Next to water, milk is the most universal drink. "It would be easy," said a New England temperance lecturer, "to name a thousand different beasts and birds that subsist upon a thousand different kinds of solid food, but they all drink water. Can we doubt that water is the true beverage of Nature?"

That argument certainly holds good against intoxicants, but less clearly against milk. How many of our fellow creatures evince a *natural* fondness for alcoholic liquors of any kind? Pigs, perhaps, and a few varieties of flies. Certainly no species of birds, and, except hogs, no known species of mammals.

But milk? It would be difficult to say what four-footed animals positively refuse it. The list of dairy patrons includes all carnivorous animals, all quadrumana (monkeys and apes), all rodents, numerous antelopes, pachyderms and deer. Also countless insects, and evidently a large assortment of microbes. Not all of these little gourmets interfere with digestion; they are said to tackle dairy products

with a promptitude exceeding that of the most enterprising flies, but in a cool, well-screened pantry pure milk can be kept fairly untainted for ten or twelve hours.

FELIX L. OSWALD, M. D.

Denver, Col.

#### Dr. C. S. Porter Commends Milk Diet

To the Editor:

I have been much interested in the discussion of the "Milk Diet" in your paper. Have been familiar with the subject since 1884, as I was associated for several years with the original "milk cure" institution at Flushing, L. I.

I was myself restored to health at that time, and I have since observed nearly 1,000 cases of all kinds of disease treated by this means.

At the Long Island sanitarium physical culture was, unfortunately, not a part of the "cure" and I understand that the place is not now in operation.

However, this was, I believe, the first place in the United States to use six or eight quarts of milk as a daily ration. It was also one of the first, if not the very first, institution to keep consumptives in the open air day and night, summer and winter. The Flushing Board of Health severely condemned this practice at that time, although our patients were getting well. Add physical culture and other natural means to the "milk cure" and I feel absolutely certain that there is no other therapeutic measure to be compared with it for certain and permanent results. Such a system can be adapted to everyone without exception.

C. S. PORTER, M. D.

Long Beach, Cal.

#### Mrs. Wilcox Right on Milk Diet

To the Editor:

In your July number I notice a letter from a correspondent signing himself "J. C. H." Although an ardent believer in milk as a diet, I have no wish to endeavor to make converts to my way of living. It's a pretty true saying that "what is one man's meat is another man's poison." My purpose in writing is to tell J. C. H. that "however incomprehensible" I think Mrs. Wilcox is quite right when she says that a milk diet is "especially suitable for winter." Last winter I made my first trial of the milk diet. My breakfast consisted of two raw eggs, beat up in a pint of warm milk; some cereals, dates, and another pint of milk. Last winter was one of the severest Boston had had for years, yet I never got through one so comfortably. For the first winter in my life (and I am no chicken) I kept on wearing the same weight underwear that I have during summer and I never felt the cold and never took cold.

My diet now is: Breakfast and supper, same as above. Dinner, anything I feel like eating, about 12 o'clock, with two or three glasses of milk. I haven't eaten three pounds of meat this year.

J. P. T

Boston,

## DEPARTMENT OF DIETETICS AND FOOD NUTRITION

The need for a better knowledge of dietetics and of the nutritive value of the various kinds of foods that we eat is apparent everywhere. In this department every known foodstuff will be taken up in season and treated in a scientific yet popular manner with special reference to its value in building up the human body.  
BERNARR MACFADDEN

WE have frequently referred in this magazine, in a general way, to the value of the apple, both as a food and medicine, but, until the establishment of this department, we have not been able to give detailed information regarding the many virtues that this fruit possesses.

The apple is one of the most widely cultivated, and best appreciated of fruits. It is hardy and grows in localities too cold for either the plum or peach. In its wild state it is known as the crab-apple, and is distributed throughout Europe and Western Asia. The cultivated varieties are to be found in almost all parts of the world. There are almost two thousand varieties of the apple in existence, and these are broadly classified as "dessert," "culinary," and "cider." The State of Kansas leads the world in the number of apple trees, variety, size, and flavor of the fruit. Estimates place the number of apple trees within this State at 2,500,000, representing one hundred and ninety varieties.

Chemical analyses of apples vary with the variety. The average composition, according to Frenius, is from 81.87 per cent. to 85.04 per cent. water, 6.83 to 10.36 per cent. sugar, .48 per cent. to 1.04 per cent. free acid, 2.94 per cent. to 7.94 per cent. albuminous substances, and .36 per cent. to .44 per cent. salts.

The apple has been the theme of poets of all ages, and constant references to it are found throughout the mythologies of Greek and Northern peoples. Frequent mention is made of it in the Old Testament. Solomon speaks of it in his proverbs and songs. "As the apple tree among the trees of the wood," he writes, "so is my beloved among the sons." "Stay me with flagons and comfort me with apples."

Who does not remember the beautiful proverb: "A word fitly spoken is like

apples of gold in pictures of silver"? Or the tale of Atalanta, who halted in the race to pick up the golden apple of Aphrodite? In Arabia, the apple is thought to possess the power of charming away spirits of disease, and producing health and opulence. In some countries the singular custom is still in vogue of placing a rosy apple in the hand of the dead.

John Burroughs, holding a rosy apple in his hand, describes the fruit in happy measure thus:

"How pleasing to the touch! I love to stroke its polished roundure with my hand, to carry it in my pocket in my tramp over the winter hills, or through the early spring woods. You are company, you red-cheeked spitz, or you salmon-fleshed greening! I toy with you, press your face to mine, toss you in the air, roll you on the ground, see you shine out where you lie amid the moss, the dry leaves and sticks. You are so alive! You glow like a ruddy flower! You look so animated, I almost expect to see you move! I postpone the eating of you, you are so beautiful! How compact! How exquisitely tinted! Stained by the sun and varnished against the rains! An independent vegetable existence, alive and vascular as my own flesh, capable of being wounded, bleeding, wasting away or almost repairing damages."

John Whittier, in his poem of "In the Country," refers to it, thus:

"And for the winter friends meet,  
Between the andiron's struggling feet,  
The mug of cider simmered slow,  
The apples spittered in a row,  
And close at hand the basket stood,  
With nuts from brown October's wood."

Joel Benton, in one of his essays, renders a tribute to this golden fruit in this fashion: "The apple follows the belt of civilization, the zone of intellect, or else is followed by it. It is, at any rate, correlative, and we may well say:

"Where thou art is clime for me."

"As iron is rated among the metals, so the apple ranks among fruits. It is not the most luscious for the moment, but it is the most durably valuable, the most practical. All languages make room for its name, and being always planted near the house, it equals the dog in its notoriety for human companionship. As the word *book* is appropriated as the chief book of all, so *apple* sometimes stands for fruit in general. Scripture and geology, which have been supposed to differ about some things, agree as to its age, both placing its birth just a little before men's, as if it were said, 'Now the apple is born, it is time for man to be, who is destined to eat.'

"An English writer says: 'It will beggar a doctor to live where orchards thrive.' Mr. Burroughs offers statistics showing that certain operatives in Cornwall, in a time of scarcity, found apples in some manner a substitute for meat. They could work on baked apples without meat, when a potato diet was not sufficient. To its healthfulness he bears witness: 'Especially to those whose soil in life is inclined to be a little bit clayey and heavy is the apple a winter necessity. It is a natural antidote to most of the ills the flesh is heir to. It is a gentle spur and tonic to the whole biliary system.'

"It may be safely said that, except the various kinds of grain, there is no product of the earth in this country which is so good for food as the apple. This noble fruit is no mere palate-pleaser; it is very nutritious. Not only is it more nourishing than the potato, but it contains acids mild and gentle, as well as pleasing to the taste, which act in a beneficent manner upon the whole animal economy. An apple-eater is rarely either dyspeptic or bilious.

"Alcott, whom Carlyle could never pardon for his vegetarianism, was an equal eulogist of the fruit. He says: 'Apples are general favorites. Every eye covets, every hand reaches to them. It is a noble fruit; the friend of immortality, its virtues blush to be tasted. Every muse delights in it as its mythology shows, from the gardens of the Hesperides to the orchard of Plato. A basket of Jearmains, golden russets, or any of the choice kinds, standing in sight, shall

perfume the scholar's composition as it refreshes his genius.'

"For a fillip to the best social feeling and the wittiest conversation we wait till the apples appear. How well they brighten up the dull winter evening when they go round!

"Strangely stimulating is this fruit! The activity it gives to the blood is fairly contagious. I suspect a good many of the shrewd sayings of our wise forefathers, which survive orally in every neighborhood, owe their spur and sparkle to the juicy apple. I have a young lady friend who always beats at a favorite game after the apples appear, though before they arrive I am occasionally the victor."

Benton concludes his essay with these words: "There are some apple-eaters—men more particularly—who can apparently eat just as many apples after a meal as if no meal had been served. I recall a laboring man, who ate six large ones after a hearty dinner, and went his way as if nothing notable had happened. This was twenty-five years ago, and he still lives, and is destined to live, perhaps, as long as will the tree that bore them. They were eaten raw, as the epicure of this fruit tells you they always should be, and the second orthodox rule is, to 'dispense with the knife.' Anyone, however, who is not anxious to have them as good as they can be, will do the next best thing in following this recipe, which I will venture to vouch for: Buy a small tin apple-corer; core with it as many apples as you want, without peeling them; set them on a porcelain dish; place this in a hot oven, having first filled the vacancies left by their surgery, with the best of sugar. Let them bake until they are well done. Take them out, and if you do not know what to do next, call in your nearest and best friend for further advice."

Thus, in a general way, the poets and writers have paid tributes to this delicious fruit. Yet among the mass of the people the apple is not prized half as much as it should be, considering how plentiful and cheap it is, especially at this time of the year, to say nothing of its value as medicine and food. The apple is also a dietetic remedy and corrective. It acts beneficially upon the liver and will

correct a sour stomach almost immediately. It is invaluable in curing hemorrhoid disturbances and prevents the development of stones in the bladder and liver. It agglutinates the surplus acids of the stomach, and helps the kidney secretions.

The apple is both a refrigerant and antiseptic. It disinfects the kidneys, mouth, and stomach, and for this reason is one of the best preventives of sore throat. It is a natural stimulant, and because of the abundant amount of phosphorus that it contains,—possessing more of this element than any other fruit or vegetable,—it is an invaluable brain food, according to some scientists. If taken before going to bed it will exert a quieting and soothing effect on the brain and produce good, sound sleep.

The "apple cure" is now popular in many of the sanitariums of Germany, where alcoholic and narcotic patients are treated.

A diet of apples and apple juice is provided for those who are cursed with a craving for opium, drink, tobacco, and drugs, and many remarkable cures have been reported. The apple, as an antidote for the poisons just mentioned, was ad-

vanced over a year ago by Prof. Stenson who was director of Pomology at the St. Louis Fair.

In "Beauty and Health" for October a large number of recipes are given in which apples constitute the larger, if not the entire foodstuff, used in preparation but also considering the cheapness of the apple and the value of its juices we would recommend that a liberal amount of apples be made to yield their juice. The poorest household can avail itself of this suggestion while apples are plentiful. It is not necessary to go to the expense of buying a press for the purpose. The apples can be cored, rubbed through a colander and the pulp pressed through an ordinary linen cloth or bag.

The juice can be pressed in air-tight bottles as directed in "Beauty and Health" and can be used in a number of ways by the handy housewife. It can be used in soups, sauces, lemonade, and as a drink for fever patients. It is excellent for children as a "bread-dip."

We would advise you to store a barrel or two of apples in your cellar for the winter months. It is an excellent investment, bringing good returns in sound health for all the family.

## The Adaptation of Exercise to Individual Needs

By *Drew F. Gearhart*

EVERY human body has some peculiarities in both its structure and function, and in order to derive the best results from physical training it is necessary to select exercises that are adapted to individual needs. The weaker parts and functions of the body should receive special care and attention, for disease invariably attacks the weak points first. It is important to remember that the body conforms to the use that is made of it. Very heavy and slow exercises tend to develop large and powerful, but somewhat cumbersome muscles, while light and quick exercises promote agility, but give only a fair degree of strength. Exercises that require a prolonged, constant effort are best for endurance; but they are much less effective in giving ability for sudden, concentrated and strenuous efforts. Exercises of skill are especially effective in developing co-ordination of movement.

It appears from the foregoing that the effects of exercise on the body correspond with

the nature of the work, and further observation reveals the fact that the effects on the mind are similar in character. A very highly organized, well co-ordinated and symmetrical physique is invariably the dwelling of a well-balanced mind, and a distinctly one-sided body is usually associated with one-sided reasoning capacity. The exercises that correct physical defects, involve mental processes that tend to correct corresponding mental conditions. Normal individuals will attain the best results by combining exercises of strength, agility, endurance, and skill; but the abnormal should look well to the correction of defects. Our bodies are but seven-stringed lutes, Which, when in tune, respond in dulcet harmony

To gentle touches from the soul within;  
When out of tune, the strings will break,  
Or send forth noises, harsh to hear,  
That spoil the harmonies of life,  
And make small crosses hard to bear.

# ALCOHOL AND THE BLOOD

HOW BLOOD IS AFFECTED BY USE OF ALCOHOL—POISON WORKS RADICAL CHANGE IN CONSTITUENTS OF BLOOD, CAUSING VARIOUS ABNORMALITIES WHICH IN TURN BREED DISEASE

By Robert L. Watkins, M. D.

(President and Founder of the New York Society of Hematology)

THE ancients knew that when a man was wounded, red blood flowed from the wound, and that a cherry hot iron, or some forms of powder, would act as a styptic, checking its flow. Of its component parts or its functions, the why and wherefore of its existence, they were profoundly ignorant. The true knowledge came in 1628 when Doctor William Harvey described the circulation of the blood through channels now called arteries, veins, and capillaries, which latter were discovered by Malpighi forty years later.

Blood consists of serum, fibrin, and cells. Serum is a yellowish fluid. Fibrin is a cobweb cylinder, loosely attached to the inner coating of the arteries, veins, and capillaries. It may be likened to a lace curtain or to a fisherman's net. It also exists in the fluid part of the blood.

In a bleeding wound, this fibrin projects outward, and stops the hemorrhage. It is especially noticeable microscopically, even to a novice, in the blood of one affected with rheumatism.

Loosely floating in the fluid part of the blood, are seen red and white bodies called corpuscles or cells; the white corpuscles or scavengers, sometimes called

"policemen," are small granular bodies, some of which are spheres, and they throw out finger-like projections with which to gather foreign substances. Their continually irregular motion gives them a flat appearance. But to a trained microscopical observer, the globular and slightly granulated form of many is very perceptible. Some of them remind one of the beautiful, glistening moon viewed through a telescope. The red corpuscles are bi-concave discs, containing a red substance called hemoglobin.

There are about 5,000,000 red, and 7,500 white corpuscles to the cubic millimeter of blood in a healthy man, or one white cell to every 600 red. The blood is an organ as well as a fluid, for it has a function. It distributes oxygen, soluble substances which enter the stomach, and also sometimes other organs, traversing the entire circulation in less time than a minute. The best way to microscopically examine blood is by using a fresh drop while yet alive and in motion. It is the most efficient method of diagnosing disease. This process, in which the writer has been a pioneer, has been his specialty for years. It has furnished a large experience in observing the effect

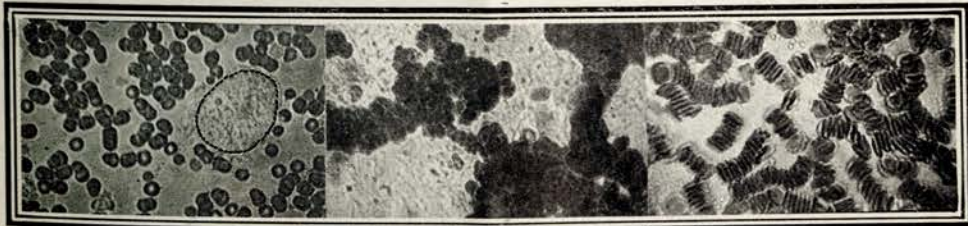


Fig. 1.—Bloated White Blood corpuscle due to alcohol. Illustration shows condition of the blood of a so-called moderate drinker. Note difference between cells here and those shown in figure No. 3.

Fig. 2.—Alcoholic Blood, of chronic or advanced drinker, showing decayed blood cells. The cells are broken down and run together. Magnified 400 diameters (1.7 obj.). Between the cells, the fibrin or cobweb substance is plainly seen to be excessive.

Fig. 3.—Healthy Blood, magnified 900 diameters (1.1-1.2 obj.). This shows the cells turned on edge, arranged like piles of coin. Their bi-concavity, when not diseased, allows a vacuum between them, and thus they adhere.

of alcohol in the blood. Alcohol itself cannot be seen microscopically, but its effect is plainly evident. In the blood of one addicted to alcoholic beverages, the serum appears more yellow, caused by the oozing out of the hemoglobin. There is no instrument that will accurately measure this color; experience alone can determine it. Another common observation is the broken appearance of the fibrin, as if little holes were pricked on the cobweb lines; and the red corpuscles are often cracked, and occasionally punctured, becoming brittle and stiff; the arteries also have a like tendency and are similarly stiff in arterio-capillary fibrosis.

Alcohol causes red corpuscles to slightly swell and the white to enormously swell, sometimes to eight or ten times their original size. (See Figure 1.) This is caused by an over-production of fat in the blood cells or blood vessels, observable in the bloated face of the excessive alcoholic drinker. When the tissue of any organ, such as the liver or kidney, becomes converted into fat, that organ becomes enlarged. This process may take years to accomplish. On the reaction, it becomes smaller than normal, caused by the cicatrices or scars contracting its tissue.

This first stage, or fatty condition, may be especially noticeable in the cases of members of certain vocations. A few years ago a prominent politician of Pitts-

burg told me that the politicians of today realize that brains count, and that the head must be kept clear, not a part but all the time. He said: "Our crowd neither treats nor drinks," and I was with him, professionally, long enough to verify the statement.

A prominent politician of Chicago also told me that his contemporaries, and even the younger men, were gradually giving up the use of liquor. One of his friends who had been for years addicted to the use of alcohol tried soda water, as a substitute for alcoholic stimulation, but he became more intoxicated therefrom than through liquor. The physiology of this is, that the carbonic acid gas of either soda or seltzer, not only distends the stomach and paralyzes the vaso-motor nerves—especially the pneumogastric—but it is absorbed into the circulation. The blood becomes more or less stagnant. The lungs do not perform their function freely. The blood vessels are crowded by this stasis, or slow moving blood. In this condition a drop of arterial blood will appear blue instead of red, because of the presence of the carbonic acid gas. The same condition is noticeable, when there is a great deal of gaseous fermentation in the stomach or in the bowels.

It may be interesting to note the fact that pneumonia is generally fatal to the chronic drinker of over fifty years of age, although this rule has its exceptions.



Members of the Physical Culture Society of Cody, Wyoming, at their First Banquet

# THE ATHLETIC WORLD

*Conducted by Edward R. Bushnell*

WITH September's exit the summer sports have given way to the harder forms of Fall and Winter Athletics. Another week will mark the close of the baseball season with the inter-league series for the championship of the world. A more notable season on the diamond this country has never seen, for in the number of teams playing and the millions who paid to see them play, no previous year can compare with it. A notable season in tennis has also been concluded, successful although the American team was beaten for the Davis Cup on English soil. The oarsmen have put their shells away for the year, and the golfers will soon be driven to the South if they wish to continue their game through the winter months.

Once more the intercollegiate football season is under way. From the Atlantic seaboard to the Pacific, and from Canada to Mexico, the youthful gridiron warriors are displacing the representatives of the diamond. Within the next fortnight the baseball warfare will have ceased

altogether and the sporting world will watch with its usual breathless interest the intercollegiate struggles on scores of gridirons.

True to their former custom, the Western universities have taken a start of several weeks over their Eastern rivals for their campaign began the middle of September. It was made possible by the earlier opening of their university year. On the form already shown in their preliminary games, it is evident that Chicago, Michigan, Minnesota, and Wisconsin will have the strongest teams in the Middle West. At any rate it is apparent that Fielding H. Yost, the wonderful coach of the Michigan eleven, is not going to have the succession of bloodless victories which have crowned his coaching within the last few years.

It would be a feature of the Western season if some team there would break precedent and defeat the Wolverines. Yost has been coaching for the last ten years and has survived until now without once having a team coached by him suffer a defeat. Within the last few



GLENN S. WARNER

The famous football and baseball coach of Cornell University

years Yost's victories over his strongest rivals have been by the closest margins, and he has been lucky to escape defeat on more than one occasion.

Next to the interest which always attaches to everything that Yost does the current matter of athletic interest in the Middle West is the development of Wisconsin, with Phil King, the famous Princeton quarter back, once more at the helm. Wisconsin never knew such adversity on the gridiron as she has had since King left. Wisconsin's troubles in football seemed to spread to the other branches of athletics, for her baseball teams and her crews suffered almost as heavily as the football teams.

In the East, Yale, Pennsylvania, Harvard, Princeton, Cornell, and Columbia, commonly known as the "Big Six," have secured an exceptionally even start. In fact, not in recent years have the evens been so evenly matched. How long they

will stay on even terms is another matter, for experience has shown conclusively that the first two weeks of a season are no indication of how it will end.

An exceptionally brilliant outlook is that which faces Harvard, in spite of the Crimson's persistence in sending out "hard luck" stories. The secret of Harvard's strength lies not only in the splendid material she has for her eleven, but in the personality of the coach, William T. Reid. This is Reid's second engagement at Harvard. In the Fall of 1901

he took hold of things at his Alma Mater and, by means of his irresistible energy and ingenuity, overwhelmed both Yale and Pennsylvania, Harvard's two strongest competitors. With Reid's retirement in the following year, Harvard's football troubles began and they culminated last year, when both Yale and Pennsylvania triumphed over the Crimson in decisive style. Reid has been working at Cam-



MICHAEL C. MURPHY  
The former Yale trainer now at Pennsylvania

bridge almost continually since his appointment as head coach last winter and has begun this season enjoying a certain advantage over his rivals. If Harvard does not get ample revenge for her defeat of last year, both Yale and Penn may be congratulated over their escape.

At Cornell a similar revolution has been going on, under the direction of Glenn S. Warner. Warner is a former Cornell gridiron star, who was obliged to leave his Alma Mater several years ago because of fraternity politics and its interference with the direction of the athletic teams. After the Cornell authorities saw that their policy was leading them to disaster, they prevailed upon Warner to return from the Carlisle Indian School where he had such conspicuous success. Warner began his work of reconstruction last Fall, but did not have time to more than lay the foundations. This year the Ithacans expect success to crown his efforts by making Cornell a name to be feared in the intercollegiate world.



The other members of the "Big Six"—Columbia, Princeton, Yale, and Pennsylvania—are apparently satisfied with their 1904 policies, for the same men are in charge this year.

There is the usual amount of criticism being directed at the slight changes which the rules committee made in the football code. They are aimed, however, more at the lack of action of the committee. The agitators think that the rules should be changed radically; but, in view of their success last year, it is not evident why they should be changed now. As has been maintained in this department, the greatest need football has at present is that the coaches should be ingenious enough to invent some new plays or apply the rules which they now have.

The Army-Navy football game, which has been transferred to Princeton, is responsible for the Tigers' decision to construct a magnificent amphitheatre on their campus. If Princeton's plans be carried out successfully, the Orange and Black will have one of the finest stands in the possession of any American university. According to present plans, the new erection is to be a permanent fixture, capable of seating 50,000 persons. Where Princeton can get such an immense assemblage as this is hard to understand, but the Tigers are perhaps laying their foundations for the future. With Princeton's stadium completed, Columbia and Yale will be the only big colleges without them, and it will probably not be long before both succumb to the demand.

#### The Claims of Western Oarsmen

The University of Wisconsin, whose crews seem to be beyond their depth at the Poughkeepsie regatta, would do well to encourage the plans of Minnesota and Michigan to develop rowing. Minnesota is promised a course as soon as the new Government dam, to be constructed at Minneapolis, is completed; and the citizens of Minneapolis and the University authorities have agreed to support the movement financially. At the same time cheering news comes from the University of Michigan that, before another year has passed, the Ann Arbor institution will have added rowing to its sports.

With Michigan and Minnesota on the water there is no reason why the three Middle Western universities should not



A. D. PLAW  
The giant Californian, who won the A. A. U. championship in hammer throw at Portland, Ore.

organize an intercollegiate regatta of their own. Wisconsin competes at Poughkeepsie under serious disadvantages. The trip East every year is made a great expense, and the Wisconsin crew is so handicapped in training facilities and the small number of candidates for her crews that the immediate future, at least, holds out for her nothing but defeats. Besides Michigan and Minnesota, the University of Chicago is located so as to develop rowing. These four colleges could hold a very creditable regatta by themselves, and they would have the satisfaction of knowing that they had given a boom to the cleanest of amateur sports.

In the East, Georgetown and Syracuse, backed by Wisconsin, have made their perennial objection to the arbitrary attitude of Pennsylvania, Cornell, and Columbia in refusing to allow them a voice in the management of the Poughkeepsie regatta. This latter trio of universities organized the Intercollegiate Association and, for years, has resolutely refused to permit the three outsiders a voice or a vote, although they have done as much for its success as Pennsylvania, Cornell,

and Columbia. For the last two years Syracuse and Georgetown have both finished better than Pennsylvania and Columbia, while in 1904 Syracuse led even Cornell across the finish line. This triumvirate, which rules affairs at Poughkeepsie, can give no good reason for refusing admission to Georgetown, Syracuse, and Wisconsin, which attend the annual regatta without a break and are as much interested in its success as are its founders. It would seem that the Association could well afford to take a more liberal view of the situation. At present the officials of this association are very desirous that Princeton University, which is soon to have a crew, shall launch it in the Hudson instead of on the Thames with Harvard and Yale. Yet how can they hope to induce the Tigers to cast their lot with the Poughkeepsie crews if they must be compelled to serve many years of probation before they are allowed a voice in the direction of its affairs? Intercollegiate sport is not a place for exclusiveness like that fostered by Pennsylvania, Cornell, and Columbia.

#### The Amateur Course

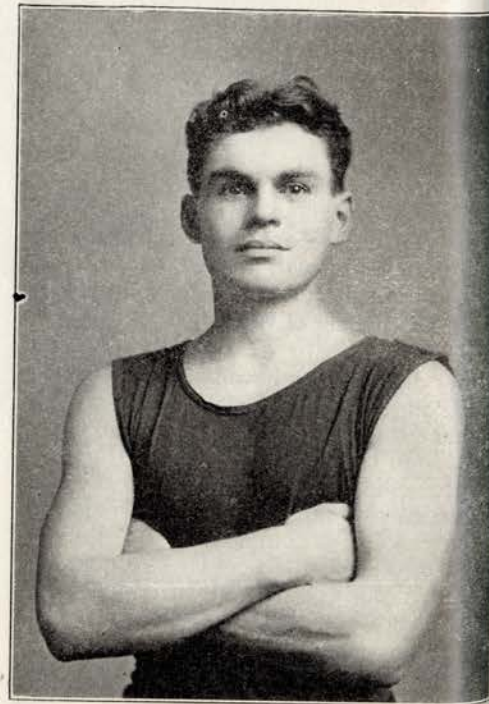
The National Association of Amateur Oarsmen is now confronted with the problem of determining whether or not it will be wise to adopt a permanent course for its national regatta. Half a dozen clubs are appealing to the Association for the honor of entertaining the oarsmen every year. But the wisdom of such a movement is seriously questioned. Heretofore, much of the regatta's success has been due to its rotation from course to course. If it were to be held in one place year after year it would soon fail to draw its tremendous crowds, such as that which turns out at Baltimore. Moreover, the clubs, which were thus denied the honor of holding the regatta, would fail to maintain their interest in rowing, and the sport would suffer in consequence. Rowing is now in so healthy a state that the Association should not run the risk of impairing it with such a proposition. The argument that a permanent course is required in order to make the annual records of value is not conclusive, for the conditions on all courses vary constantly, so that even here a comparison of records would be without great value.

The Baltimore regatta will go down to

rowing history as one of the most successful the N. A. A. O. has ever held. Besides furnishing splendid contests in every event, it added a new feature to the programme in the shape of an octopede race, in which each of the eight men who made up the New York and Philadelphia crews was armed with a pair of oars instead of the single sweeps. The novelty of the contest captured the spectators at once, and there is every likelihood that the octopede will be a permanent feature of the annual programme. The officials of the N. A. A. O. have an additional reason for perpetuating the event, for it gives the oarsmen a more symmetrical development than is possible where every man wields a single oar.

#### Training for Distance Runs

In view of the tremendous interest developed within the last year over college track and field athletics it would be well for the future good of the sport if more institutions would emulate the example of Cornell in cross-country running. For



MR. JACK CALL

Member of Toronto Physical Culture Society, champion swimmer of Toronto, 1905. His record for 100 yards, 61 seconds. He is a Physical Culturist to the backbone. Does not eat meat, smoke, chew or drink.

the last half dozen years the Ithacans have been virtually supreme at distance running, and their coach has attributed the success of his men to their cross-country work, which they keep up the year around. With the opening of the University year the various colleges have called out the candidates for the teams that will race for the cross-country championship at New York next month. Out of six championship runs Cornell has been victorious five times, Yale being the only other winner.

There is no sport which develops the endurance of the athletes to the extent that cross-country running does and if properly trained, a young man suffers no serious injury from the strenuous work. Cross-country running is the only thing that will enable America to hold her own with England in distance running. At present the Britons are supreme at this form of sport, but the United States is catching up slowly. The development of this sport has already been too long neglected. The intercollegiate cross-country championship run ought to rival the annual track meet in the Spring, and it would, if it were properly fostered.

#### Baseball Honesty

It is well-nigh inconceivable how any baseball player of ability and sound judgment can violate or "jump" his contract with a major league club for the purpose of playing in an outlaw organization. The history of these minor leagues in the past should be sufficient warning to players who are tempted to break faith, knowing that they can escape punishment at the hands of the law. It is pretty well understood now that a baseball contract will not, as a rule, be recognized as valid in a court of law. It is not due to an effort of the league magnates to take an unfair advantage of the players. On the contrary, it is very much to be feared that the players are still treated with too much consideration.

The National Commission has very wisely taken summary action in regard to the men who have no respect for their own contracts or for organized baseball. If it were not for the supervision of the two big leagues, and for the protection they give players, the men would be in a pitiable state. The black list drawn up for the punishment of those players who

violate their contracts and then decline to take advantage of the leniency extended them by their real employers, was perfectly just. The black-listed players are better out of the National, American, and other leagues which operate under the rules of the National Commission.

Viewed in the light of recent events the National and American Leagues will have to make several important changes in their double umpire system, or abandon it altogether. Provision was made for two umpires in the hope that it would reduce the dissatisfaction which prevailed when only one umpire officiated. Instead of accomplishing the object aimed at, it has rather added to the confusion. There has been more wrangling this year over decisions with two umpires than there was with one. And the wrangling has not been solely between the players and the umpires. There have even been several serious misunderstandings between the umpires themselves as to how certain plays should be decided. Such a state of affairs should not be allowed to continue. Either the leagues should return to the plan of one umpire or they should have an understanding regarding the duties of the two officials when the dual system is used. If there are to be two officials they should have such a distribution of their duties as to end completely the continual confusion and wrangling.

#### Still the National Game

With the professional season now about to close one cannot restrain an expression of astonishment at its phenomenal success this year. Both the major and minor leagues have drawn larger crowds than ever known before. The same is true of the countless minor leagues, from one end of the country to the other. Of the two big leagues the Americans have outdrawn their National rivals. There were good reasons why it should be so. The Nationals have not yet recovered from the blow they received when they essayed to make war on the younger Americans. Without intending to disparage the efforts of the National League magnates, it must be confessed that they have failed to present the public with ball of the standard furnished by the Americans. The American League race has been a race from start to finish. For almost the entire season the

eight clubs were all within striking distance of each other. In the National League, on the contrary, the New York Giants secured a tremendous lead early in the conflict and, for the greater part of the season, Manager McGraw's men had the field all to themselves, while the Brooklyn tailenders were hopelessly beaten early in the race.

A very regrettable feature of the year has been the continuous exhibition of rowdy playing on the diamond. The season started exceptionally well, but the failure of the magnates and umpires, especially in the National League, to enforce discipline, was responsible for several disgraceful scenes which the public will not soon forget. Several of the National magnates appear to think that the welfare of the players should be considered in preference to that of the public; when, however, they realize the disrepute into which some of their teams have fallen, and it is brought home to them by a falling off of the gate receipts, they may be hind-sighted enough to correct the evils.

#### Youth Wins in Golf

The day of the middle-aged golfer is evidently past. At least he is out of consideration as far as the winning of championships is concerned. It was proved conclusively at the Chicago championship meeting, when such veterans as Walter J. Travis, Dr. Fredericks, McDonald and a host of others had to succumb to the superior skill and strength of youngsters, H. Chandler Egan and H. Sawyer, both of whom, by the way, are less than 21 years of age. The time was, not many years ago, when a youth like Egan had no chance in a national tournament; now conditions are completely reversed. The defeat of champion Travis was a surprise and a disappointment to his Eastern friends. After his long possession of the American championship and his sensational victory in the British championships last Summer, his friends thought him capable of accomplishing almost anything on the golf links. But there was no fluke in his defeat at Chicago. He merely met a better man. This makes Egan's second successive victory, and his play this year was of such a high standard as to make it evident, beyond a doubt, that he is the premier golfer of America.

Eastern men should not fail to take note of the fact that it was a Western man who won the championship, making the third Westerner to hold the honor in four years. This certainly is not a very comforting thought to the Eastern men who maintained last Winter that the game in that section of the country was not far enough advanced to permit the Westerners a voice in the management of the affairs of the United States Golf Association. Perhaps the eclipse of the Eastern golfers by their Western rivals may open the eyes of some of the obstructionists in the metropolitan districts. It is the candid opinion of impartial critics who have studied the game in both sections of the country that the West, taken as a whole, has a stronger body of golfers than the East. And it must be confessed that the results of the last few tournaments bear out the deduction.

#### The Year in Tennis

Although the year in tennis, measured by the victories of our representative abroad, was not the success expected of it, the season has still been an exceptional one. Its greatest excellence has been in the large number of competitors who took part in the various tournaments throughout the country. It is doubtful, indeed, if any other year ever saw so many participants in this noble game. The action of the authorities in many of our large cities in throwing open the public parks for tennis courts has certainly had much to do with the wholesome result.

The decisive defeat of the American team, in its effort to bring the Davis Cup back from England, was a severe disappointment, but it will only result in a more determined effort next year. In this connection it should be borne in mind that the Americans, being the challengers, were severely handicapped. They first had to dispose of the French team and then the Australians before they could play the Britons, who were able to defend their trophy while entirely fresh. The Americans had little difficulty in triumphing over the French, but the fight with the Australians wore down their strength very perceptibly. To make up in a measure for the American defeat, May Sutton, the 18-year old California girl, worked her way through a long series of preliminary matches, and then defeated

the English title holder, Miss Douglass, in straight sets.

As long as the Intercollegiate Tennis Association continues to hold its tournaments in the early Fall, tennis cannot hope for much success as an intercollegiate sport. It is due primarily to the fact that the players do not have an opportunity to train enough before the tournament begins. The closing of the University year in June has probably had much to do with the decision to hold the tournament in the Fall. But if it were held the latter part of May, or about the first of June, there would be double the number of competitors on hand. Most of the colleges find time to hold dual tournaments in the Spring; they ought to be able to hold intercollegiate tournaments as well.

#### Lacrosse Forging Forward

The supporters of lacrosse have good reason to be encouraged over the phenomenal spread of their game throughout the United States. Within the last year or two, lacrosse has gained a firm foothold not only in all parts of the East but in Chicago, St. Louis, Detroit, and other Western cities. The old Indian game has had a hard time demonstrating its popularity this side of Canada; but its progress has been steady and sure. It must be confessed, with reluctance, that the way the game has been played by several of our large university teams has had much to do with the popular opinion that it is not worth introducing here. Only a few of the college teams last year played with science. Anyone who is skeptical about the skill and interest which the game can bring out should see one of the championship contests as they are played in Canada. He will be convinced that the sport has real merit. What lacrosse needs most in the United States is skillful coaching. When its standard has been raised sufficiently, its rapid spread is only a matter of a short time. At present, Yale and Princeton are the only large universities which do not foster the game. Their enlistment would prove a decided help to it.

#### The Murderous Motor

The list of death and serious accidents, attributable to reckless automobile racing, continues to grow. Indeed the waste and

useless sacrifice of human lives, to gratify the desires for speed of motor manufacturers and careless chauffeurs, is becoming a serious matter. Aside from the risk of losing one's life in excessive speed tests, the danger is heightened by the faulty construction of tracks, and poor policing of them. Several serious accidents this year were due to these causes. It is inexplicable that the authorities of Long Island should permit the race for the W. K. Vanderbilt cup to take place over its peaceful roads. This is a race which can serve no good purpose either to the automobilist or the villagers over whose property the reckless automobilists dash. There should be some method of by which the people could prevent such dangerous experiments as the Vanderbilt race.

#### The Lost Pugilist

The pugilistic world has had a hearty laugh to itself over the profession of championship ability by Hart, McCormick, and Ruhlin. The decadence of the once honorable sport of boxing was never made so evident as within the last few years. Crooked dealing is now become a part of the fighting game. The sport has fallen into such disrepute that honest men have no place in it. Indeed it is doubtful if the pugilistic arena contains a man who would not "fake" a fight if the proper inducements were offered. And then the boxers talk about the prejudice of legislators, who are trying to make their nefarious trade impossible!

## RECORDS

#### GOLF

July 29. At Chicago, H. Chandler Egan, Exmoor, beat W. E. Egan for western championship.

August 12. At Chicago, H. C. Egan, of Exmoor, defeats D. Sawyer, of Wheaton, for national championship.

#### PUGILISM

August 11. At San Francisco, Gus Ruhlin knocks out J. McCormick in 18th round of heavy-weight battle.

#### ATHLETICS

The following were the winners at the National A. A. U. Championships held at Portland, Ore., on August 5.

100-yard dash, Parsons, Los Angeles. Time, 9 4-5 seconds.

880-yard run, Lightbody, Chicago. Time, 2:03 3-5.

120-yard hurdles, Friend, Chicago. Time, 16 1-5 seconds.

One-mile run, Lightbody, Chicago. Time, 4:48 4-5.

440 yard dash, Waller, Milwaukee. Time, 49 4-5 seconds.  
 220-yard dash, Hahn, Milwaukee. Time, 22 1-5 seconds.  
 Two-mile run, Lyon, Chicago. Time, 11:28 4-5.  
 220-yard hurdles, Waller, Milwaukee. Time, 25 4-5 seconds.  
 High Jump, Keerigan, Portland, 6 ft. 1 1-2 in.  
 Broad Jump, Friend, Chicago, 22 ft. 10 1-4 in.  
 Pole Vault, Hestor, Portland, 11 feet.  
 Hammer throw, Piaw, San Francisco, 163 ft. 4 in.  
 Shot put, Coe, Somerville, Mass., 49 ft. 6 in.  
 56-pound weight, Mitchell, New York, 33 ft. 11 1-2 in.  
 Discus, Rose, Chicago, 117 ft. 5 in.

## TENNIS

The following is the summary of the tennis matches for the Davis trophy at London which ended July 22.

*United States vs. Australia.*

Wright, U. S., beat Brookes, Australia, 12-10, 5-7, 12-10, 5-4.  
 Larned, U. S., beat Wilding, Australia, 6-3, 6-2, 6-4.  
 Ward and Wright, U. S., beat Brookes and Dunlop, Australia, 6-4, 7-5, 5-7, 6-2.  
 Larned, U. S., beat Brookes, Australia, 14-12, 6-0, 6-3.  
 Wright, U. S., beat Wilding, Australia, 6-3, 6-3.

*United States vs. Great Britain.*

Doherty, Great Britain, beat Ward, U. S., 7-9, 4-6, 6-1, 6-2, 6-0.  
 Smith, Great Britain, beat Larned, U. S., 6-4, 6-4, 5-7, 6-4.  
 Doherty Brothers, Great Britain, beat Ward and Wright, U. S., 8-10, 6-2, 6-2, 4-6, 8-6.

Doherty, Great Britain, beat Larned, U. S., 6-8, 6-4, 6-2.  
 Smith, Great Britain, beat Clothier, U. S., 3-6, 6-4, 6-3.

## ROWING

The following were the winners at the annual regatta of the N. A. A. O., held at Baltimore August 12.

Senior pair-oared shells, Seawanhaka B. C., Brooklyn. Time, 10.19.  
 Association senior singles, Fred Shephard, Seawanhaka B. C. Time, 10.32.  
 Senior double sculls, Nonpareil B. C., New York. Time, 10.25.  
 Senior four-oared shells, Seawanhaka B. C. Time, 9.38.  
 Intermediate eight-oared shells, Argonaut B. C., Toronto. Time, 8.46.  
 Intermediate four-oared shells, Ariel B. C., Boston. Time, 8.57.  
 Senior single sculls, Frank Greer, Boston. Time, 9.47 1-5.  
 Intermediate pair-oared shells, Metropolitan B. C., New York. Time, 10.41.  
 International four-oared shells, Seawanhaka B. C., Brooklyn. Time, 8.21 3-5.  
 Inter-Senior eight-oared shells, Argonaut B. C., Toronto. Time, 7.22 1-5.  
 Senior octopede race, Harlem Association, New York. Time, 7.16.  
 Intermediate single sculls, Walter Stokes, University B. C., Philadelphia. Time, 10.07 2-5.

## World's Champion Wrestler A Natural Food Advocate

To the Editor:—

The writer has been a wrestler for five or six years, and has successfully competed in all the tournaments held under the auspices of the Metropolitan Ass'n of the Amateur Athletic Union of the United States since 1901, and last year won the World's Championship, Featherweight class, at the Olympic Games at the St. Louis Fair. Referring to the food question, I would say that I was brought up on a meat diet, but when starting on my athletic career I became ambitious and began experimenting with a vegetarian diet. This diet satisfied and pleased me greatly, but with my increased success I became more and more interested and finally went so far as to follow a nut and fruit diet, coupled with vegetables. I became the subject of much comment, not alone in my own family circles, but among my friends in the club. But this



did not deter me. Rather it urged me on, until now I have reached the pinnacle of my ambition and have changed the opinions of many doubtful and pessimistic friends.

Yours for Health,

GEO. MEHNERT of Nat'l Turn-Verein  
 Newark, N. J.

# QUESTION DEPARTMENT

By *Bernarr Macfadden*

Those interested in the articles which have appeared in the magazine during the past year, giving instructions for the treatment of various diseases, will be pleased to hear that we have adopted a new method of helping those in need of advice of this character.

We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily régime. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

## Natural Cure for Yellow Fever

**Q.** There is now considerable yellow fever in New Orleans. Would you kindly advise the physical culture treatment for this disease? Is it really contagious?

**A.** Considering the difficulties with which the most distinguished men of science have had to contend in the attempt to ascertain the cause of this disease, it is not to be expected that I can give you much authoritative information on the subject. Medical authorities agree in that this disease is caused by a specific germ, that it is contagious, and that infection is mainly due to the bite of a certain species of mosquito. Yet why it should take the form of epidemics, instead of being constantly in evidence, in view of this theory, however, is hard to say. We are not sure, however, that we understand the true nature of contagion. Besides that, mental phenomena are contagious, yawning is contagious, laughter is contagious, weeping is contagious, and sea-sickness is somewhat contagious, but in all these it is necessary that one be in a susceptible condition, before the contagion, whatever its nature, will affect one. And in these instances the contagion evidently results from the action of one mind on the other. So the deduction is, that a person's body must, in the same way, be in a receptive condition for the growth of a disease germ if he falls sick through the latter. I believe that no one in perfect health would contract Yellow Fever. And even when contracted by anyone, yet under proper treatment the disease should never go beyond the first stage. However, it is unfortunately true that the mass of the people are far from being in a condition of normal health, and, as intimated, when local conditions are right for the disease to propagate, it is to be expected that not one, but many, should suffer in a community. When all the members of a town or county or state are following the same unhygienic, perverted, and unnatural habits of life, their general physical condition will be almost identical, and then follows an epidemic, so called.

In regard to "germs," many of the most prominent medical men now conclude that they may act in part as scavengers by consuming disintegrating tissues. At the same time, where conditions are ripe for them, and they come in contact with fertile soil, that is to say,

impurities in the system, they will also tend to bring on an added condition that is a part of the disease itself. In other words, where a foul condition of the body exists, the individual is liable to contract some disease in order to eliminate these impurities, and because of the action of a specific germ he contracts a particular disease.

Still I would consider the impurities in the blood and body of the patient to be the primary cause of all disease. To ignore this fact, as many of our regular practicing physicians do, and to place the entire blame upon the "germ," and upon the mosquito which is supposed to carry the germ about, seems to me to be putting a premium upon filth and personal uncleanness.

The physical culture treatment is very simple. Drugs are worse than useless, and the object of all treatment is to assist the processes of Nature in every way. The first thing to do is to flush the colon. This treatment alone, if used regularly, would almost effect a cure. The flushing should be done at least three times a day until recovery. To overcome the first chills, place the patient's feet in hot water, wrapping him up warmly, and having him drink freely of hot water, with possibly, a few drops of lemon juice in it. When the fever comes on, the patient should drink copiously of cool (not ice-cold) water. Perspiration is beneficial and should be encouraged, the patient being given frequent sponge baths. In high fever, the cold, wet sheet pack is very effective. Windows of the patient's room should be wide open. An absolute fast is necessary until all traces of the disease have disappeared. The attendant nausea and vomiting is evidence that the stomach is unfitted to receive food. If headache is present, apply cold applications to the head. Pain in the back is best relieved by fomentations or other hot applications.

## Ulcer in the Mouth

**Q.** Kindly advise treatment for ulcers in the mouth. Should I eat acid fruits?

**A.** Your trouble is due to imperfect digestion and impurities in the blood. The remedy therefore, is obvious, and is to purify the system by general physical culture methods, and improve the digestion. Fast until the ulcers disappear and drink freely of water. Exercise and out-of-door life will help. Use the colon flushing treatment. Keeping the

teeth brushed and the mouth clean, together with constant care in diet, are important considerations. The requirements of different people in the way of fruit differ, and I cannot of course advise definitely in your case. If acid fruits agree with you, I would strongly advise that you use them, for as a general thing, they are very valuable.

### Remedy for Bed-Wetting

**Q.** I have a son of eight years who is otherwise well and strong, out of doors much of the time, and never sick, but yet is troubled with bed-wetting nearly every night. What can I do for this?

**A.** The proper course would be to keep the boy at play out of doors every day, giving him every opportunity to gain in general bodily strength and health, and in the course of time he will doubtless outgrow his weakness. His diet should exclude tea, coffee, meat, and all stimulating foods and drinks. He should be encouraged to drink freely of water during the morning and afternoon, but should avoid drinking during the evening. It is more than likely that he has been using considerable milk at his evening meal. You should arrange to have him take milk at his earlier meals, and to avoid it at supper time. Then, if you retire later than the child, it would be a good practice to awaken him when you go to bed, allowing him to attend to his duty at that time. Finally he will form the habit of waking up in the night, if necessary. Bending exercises and others that bring into play the muscles about the abdomen have also a tendency to indirectly strengthen the bladder and other internal organs. Cold sitz baths would also be beneficial.

### Substitute for Stimulants

**Q.** What is the "physical culture" stimulant, to be used in place of coffee or alcoholic drinks, to arouse a person very much exhausted?

**A.** I question the advisability of administering any "stimulant" when a person is very much exhausted. Stimulants derive their properties from the fact that they are poisonous to a greater or less degree. They immediately arouse the system to increased activity in an effort to overcome the poison and eliminate it. Thus, when one is already exhausted, to give a stimulant is only to draw still further upon his depleted strength, and ultimately add to his distress. Complete rest would probably be best under the circumstances you mention, though hot applications to the feet are valuable in certain cases. If stimulants really seem necessary, I would consider cold water, which is the ideal "physical culture" stimulant, internally and externally, and the alternate application of hot and cold wet cloths will be found to be even more powerful in their rallying powers.

### Eating Between Meals

**Q.** How can I prevent myself from getting hungry between meals? Should I not gratify such a craving for food?

**A.** I would strongly advise you not to eat between meals, for such a course would certainly mean overeating. Your craving for food at such times indicates that your stomach is in an abnormal condition, which is probably the result of a previous meat diet, together with overeating and the habitual use of condiments and other stimulating articles of food and drink. Take a few short fasts to put your stomach in a more normal condition. Also drink freely of water. Follow a strict vegetarian diet with plenty of fruit, use condiments very sparingly, and avoid eating too many sweets.

### Measurements of Perfect Man

**Q.** Can you give a scale of measurements showing what are the dimensions of a perfect body?

**A.** There is no exact standard of measurements that is accepted by all authorities, nor can there be, because while different men are often built upon quite different lines, they may still be practically perfect, according to the respective scales on which nature has planned them. The symmetry and artistic appearance of a man is the most important consideration, whether his type be that of the average runner, of the wrestler, or of the weight lifter. Some time ago we published an art portfolio, giving the ideals of famous artists and sculptors, together with another folio, showing photos and measurements of the prize-winning contestants in the great PHYSICAL CULTURE competition held last year in Madison Square Garden, New York, to decide the world's most perfect man. Would suggest that you consult these to get an idea of what constitutes a perfect manly form. However, the book, SCIENCE OF MUSCULAR DEVELOPMENT, by Al Treloar, contains a chart of measurements, accepted by some as ideal for men and for women.

### Mixing Milk and Acid Fruits

**Q.** Is it injurious to drink milk and eat foods or fruits of an acid nature at the same meal, providing that they are not mixed together before eating?

**A.** Of course there may be some who, because of constitutional peculiarities or weak digestive powers, cannot mix the articles mentioned at the same meal. Individual experience will determine this. As a general thing, however, I would say that if the milk is thoroughly masticated, such a combination should cause you no trouble. Personally I have often mixed milk and lemonade, and have never experienced any distress, simply because both were taken slowly and well mixed with saliva.



# Editorial Department

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

This magazine is not published for financial gain. The editor believes that there are objects in life that give far more satisfying rewards than money. He is leading a reform that is of more value to humanity, that gives him more calm content, than any financial return could yield him, no matter how great it might be. To prove that he is in earnest, that this magazine is not published for financial profit, he makes the standing offer, that he will place the property necessary to the continued existence of this publication where he can never gain financial profit by it and will still continue his work as editor, provided one of several persons will guarantee him a permanent income that will suffice for the living expenses of him and those who depend on him, during life.



**O** all the scheming combinations, the most odious is the medical trust, for it experiments with human lives. There is no trust at the present time which does one-hundredth part of the harm that is brought about by this trust. The medical trust does not compel you merely to buy certain articles. It demands and forces you by the strong arm of the law to take a certain kind of treatment, when ill, regardless of what may, or what may not, be your opinions as to its efficiency.

## Traffic in Human Life

Though we have severely criticised medical men, we have no feeling of enmity towards honest physicians. If they conscientiously believe in the efficiency of medicine, they have the right to prescribe it. And even if they have found medicine to be worthless, and have learned that their patients nevertheless demanded medicine, then too, they are not to be censured if they prescribe bread pills and colored water.

The medical trust is being dealt stinging blows from every quarter at the present time. It is doomed with just as much certainty as every trust which has for its object the enrichment of the few to the detriment of the many.

Recently, at White Plains, New York, Judge William H. Platt handed down a petition sustaining the demurrer against the indictment found against John Quimby, his wife, Georgiana Quimby, and Dr. John C. Lathrop, a Christian Scientist.

They were indicted for allowing the daughter of the Quimbys to die without calling in a physician. The case was carried from the lowest courts to the highest, and has been in the courts for nearly three years.

We believe there are many errors in Christian Science. But, if there was any way of accurately ascertaining the mortality record of those cases treated under the Christian Science regime with those of the allopathic methods, we firmly believe that Christian Science would prove the superior.

This defeat of the medical trust is a distinct victory for personal liberty. It is a blow aimed at the political doctor. The profession of doctoring has become a mere business with many. They have inoculated the science of medicine with the dishonorable business methods that are so much in evidence to-day.

When a doctor learns that he has sufficient ability to make a living by honorably following his calling, he turns to politics. The influence of politics is not elevating. Politicians are often able to advance a doctor's financial interest by political wire-pulling, though if success had depended upon professional ability, his career might have been a distinct failure.

Political doctors are the influence back of all the medical laws. They have made them for their own selfish benefit. They have but one object, and that is to put more money in the pockets of medical men. To be sure, these laws are so worded that they are apparently enacted for the protection of the public. But that is done to hoodwink the public. Political doctors becoming humanitarians! Is not the idea indeed laughable?



HE human brain is a peculiar conglomeration. You can find within it emphatic conclusions on almost all subjects diametrically opposed to each other.

In the medical world, as in the business world, you will usually find, that the most able men are on that side of their profession which yields the most financial returns. This does not necessarily indicate that men are swayed entirely by money regardless of their convictions, for it is the need of an income that

forces men to select an occupation, and those professions that offer the most financial returns are usually the most attractive.

*The Modern Victims of  
So-Called Science*

The big fees paid in surgical cases must indeed be alluring to the young medical man. Many surgeons make several hundreds and in

some cases several thousand dollars in a few moments on the strength of a reputation for the skilful use of the knife.

It must not be denied that surgery is, in some few instances, of value. But the medical world of to-day has gone mad on the subject of investigating the secrets of the human body with the aid of lancet, scalpel, and saw. And when a patient depends upon the knife in two or more operations that are classed as serious, you can assert with almost absolute accuracy that his usefulness on this earth is about terminated.

Surgeons have not yet realized that disease is usually in the blood. That an inflammation, manifested in one part of the body, simply indicates a condition of the whole body. You can't cut out the human circulatory system, and many a disease that surgeons try to remedy by removing an affected part, simply reappears in another part.

Dr. William Rainey Harper, president of the University of Chicago, it is said has undergone a second operation. This eminent man, gifted with remarkable abilities and intelligence should have found a regime which would have enabled him to avoid surgery. It is to be hoped that he has a chance of recovery. But, regardless of whether the operation is a success or a failure, his career is probably nearing its close. When the body is in such a condition that surgery of the character that Dr. Harper has undergone is necessary, and when one persistently refuses to adopt a regime that will change this condition, there is but little hope for the prolongation of his life.



THROUGHOUT all England at the present time, there is spreading a great reform. The need of physical education is everywhere being emphasized. Leading men in all parts of the country are joining in the movement. Manhood and womanhood are being lifted to their proper sphere, clothed in all their superior characteristics.

Nearly nine years ago, I published my first PHYSICAL CULTURE magazine

in England. It met with almost immediate appreciation. And when I returned to America, I published the first issue of **PHYSICAL CULTURE**. The English editions of my magazine have never reached a circulation as large as they have enjoyed here, but we have always had a large following in the British Isles.

### Physical Improvement in England

being published in that country.

I take to myself a large part of the credit of this current awakening to the needs and rights of the body. My magazine was the first one in that country to call the attention of the public to the deplorable physical condition existing everywhere, in Great Britain, and to the fact that physical perfection could be easily attained under a proper regime. The necessity for this reform is probably almost as acute in this country as it is in England.

Everywhere the American race is deteriorating physically because of the most deplorable ignorance in reference to the care of the body. When will this country awaken to the gravity of the situation and begin to counteract the evils of physical decay by public agitation and legislative action?

If every reader will lend a helping hand, the day will not be far distant when the influence of **PHYSICAL CULTURE** will reach every home, and will maintain the highest degree of health and strength in every individual.



**O**UR recent articles on the Liquozone Fraud have emphatically indicated a condition which should alarm every right-thinking citizen. Here is a patent medicine which is being sold everywhere, and is declared to be capable of curing every conceivable ailment, yet, which is unquestionably working untold harm. Cases have come to light where many seem to think that it has actually been the cause of death. Still the sale of this poisonous product continues. Is it not shameful that there are no laws to protect the public against this monstrous fraud?

### The Liquozone Fraud

A recent report of the North Dakota Agricultural College shows that this state has forbidden the sale of this noxious remedy. If this medicine is so harmful, why cannot its sale be immediately forbidden everywhere? If there is no law which warrants an action of this kind, it is certainly time that such be enacted.

I quote herewith the report of the Agricultural College to which I refer.

#### "LIQUOZONE ILLEGAL

"I have on previous occasions called attention to the character of the product being sold under the name of Liquozone. In bulletin No. 63 was shown the character of this product and the false statements and claims made by its manufacturers.

"The claim that the virtue of the product is due to oxygen is false. Liquozone contains from less than 1 per cent. to more than 2 per cent., as shown by various analyses, of sulphurous and sulphuric acid. I consider the indiscriminate use of this product as dangerous to the health of the community. I, therefore, give notice that

on and after August 1, 1905, any party in North Dakota who sells, offers for sale, or exposes for sale Liquozone will be prosecuted by this department under the laws of this state.

"I further warn the public against the use of this dangerous product and as evidence quote the following from the Medical Times and Hospital Gazette of London for July 1, 1905:

'Dr. Wynn Westcott, the Coroner for the Stoke Newington District, concluded on Monday last his inquiry into the circumstances attending the death of Constance Adelaide Sheppard, aged three years and ten months, and Dorothy May Sheppard, aged two, daughters of a tobacconist's assistant of Stoke Newington. The evidence given at the previous hearings, referred to in our issue of the 17th ult., showed that the father obtained a free bottle of Liquozone, and doses of half a teaspoonful were given to the children for several days. Both were taken ill and died. The jury returned the following verdict: "The children died from exhaustion after vomiting and diarrhea, set up by taking Liquozone. We wish to add our deep sympathy with the parents, and also think that some representation should be made to the proper authorities to have some better supervision over these patent medicines." In view of the facts, the jury could not have arrived at any other conclusion than that death was due to the nostrum, and it will be the duty of the Government to carry out the suggestion of the jury if the public are to be protected against the recurrence of such fatalities.'

"E. F. LADD,  
"Food Commissioner,  
"North Dakota Agricultural College."



**H**URRAH for North Dakota! Evidently the grafters have taken a back seat in this state. The citizens insist on having honest men in the state Legislature. It is an evident fact that the people's representatives are not for sale. Not only have they barred out Liquozone, but Peruna has also been made a contraband article. A recently passed law of this state compels all patent medicine manufacturers to print the contents of their remedies on their labels. The managers of the Peruna Company refuse to comply with this law

*North Dakota is all Right*

for reasons best known to themselves, and from now on, Peruna is barred out of North Dakota. The sturdy honesty of the West will teach the degenerate East many lessons in the near future. Kansas in the persons of its legislators, has attacked Rockefeller. They feel that they are strong enough to even compete with him. They are tired of being dictated to by the Standard Oil Trust. The honest and hearty sons of the West are not so easily led by grafting politicians, and so it has come about that a western state has been the first to bar out the so-called remedies of the patent medicine companies. Other of her sister states will doubtless follow her example.

North Dakota is to be commended for the honesty of her state officials. There is a chance and certainly a hope of other states also electing honest men to office, and then the promoters of the patent medicine companies will have to find a legitimate instead of an illegitimate business.

Out of the West from farms and mines there is bred much sturdy, honest stock. If there ever comes emancipation from the various evils thrust upon the people through financial influence, it will have its source in the West.

North Dakota is all right! The West is all right! I am a Westerner myself, and I'm proud of it!



## From Doubt to Facts

Doubt came to the little girl. Then she bravely investigated and discovered the exact facts.

Do likewise. If you suspect coffee is filling your highly organized body with certain things that congest the Liver, Stomach, and Kidneys and keep them from working properly and thereby set up incipient disease, **Learn the Truth.**

It can be done without shears.

The test is easy and the results sure.

Try leaving off coffee 10 days, use in its place well-made Postum and daily note the change in feelings.

**If you feel better** you have found the key to real happiness.

“There’s a reason” for

# POSTUM

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# DOUBLE YOUR MONEY

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AND WITHOUT RISK. THIS AD. TELLS HOW

READ EVERY WORD IN IT—NOW!

Have you a little idle money saved up or can you lay aside \$10 or more per month from your income?

And would you be willing to invest your savings in a large, legitimate enterprise, where, with entire safety to your capital, your money could quickly be doubled?

Would you put it where you would be practically assured a continuous income of \$8.50 per month for every \$200 invested? Where 50 per cent. would be only a conservative estimate of your profits?

If you would, this ad. is for you and you should not fail to read every word in it.

These profits are being made right along by banana growers.

A small body of well-known conservative business men, knowing the wonderful profits in tropical fruit cultivation, have organized themselves into a society called "The Co-operative Tropical Fruit Association," and purchased 1000 acres of the best banana-growing land in Honduras. On this land are being planted bananas and cacao, two of the most profitable tropical products.

There is absolutely no risk, no crop failures. The plants bear perfect fruit twelve months in the year and the market is sure. Bananas and cacao bring spot cash right on the plantation. Government reports say the average income from a banana acre is \$250.

The association already has members (shareholders) all over the United States. Nearly all of the 1000 acres have been taken up. A few remain.

We want you to join us.

You may become our fellow-member with your voice in the management, own one or more of these profitable shares and with the rest of us earn big profits.

The association will plant your acre, cultivate it, care for it, market the product, and send your profit to you, in monthly installments, for a small commission.

You stay at your home and let your dollars work for you. It is money-making simplified.

Don't say "it is too good to be true." Don't argue; don't refuse to listen to truth. Be reasonable. Investigate. Let us convince you. We can furnish overwhelming proof of the truth of our every statement.

**SEND FOR OUR FREE BOOK.** We publish a free book and call it "Money in Bananas." It tells all about banana-growing in general and our plantation in particular; tells more clearly and at a greater length than we have space for here, what a membership with us will mean to you in dollars and cents. If you want more money, want to become independent, want something for old age, do us—do *yourself* the justice of writing for this book. We will send it by return mail and you will not be obligated in any way. Send for it now—while you are thinking of it.

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# SHREDDED WHEAT WHOLE

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### Shredded Whole Wheat Biscuit

should go along with you by all means. It is quickly and easily prepared, and is splendid in combination with milk, cream, fruits, vegetables and lots of other things. You can prepare it in a different way for every meal—a welcome relief from monotony. It will do you lots of good, too. ☞ It is made solely of the whole wheat berry, and contains more strength and vigor and vitality than any other food, as whole wheat is composed of all the elements which enter into the construction of the human body—muscles, teeth, bones, tissues as well as heat and energy. ☞ Write for "The Vital Question Cook Book," free. ☞ **Triscuit** is a whole wheat cracker. Better for toast than bread and fine with butter and cheese. Compact and easily carried.



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SAFETY RAZOR



Actual Size

Triple Silver  
Plated

Packed in  
Velvet Lined  
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is the distinction given to the **MORTON**—the very highest development in safety razor making. There had to be a number of "others" before there could be a **MORTON**; but—daily no more with experimental razors, endure the barber shop evils no longer. Throw away your hones and strops—you don't use them with a **MORTON**! Just two parts, the blade and holder; blade slips into place instantly, easily; no clamps, screws, hinges, or movable parts—nothing to adjust.

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## Makes Shaving a Luxury

The **MORTON** Blade is thick enough to permit of a degree of temper, and an extraordinary keenness of edge which positively is not secured in any other safety razor blade, and it will not vibrate when cutting into a stiff, heavy beard; that's why the **MORTON** will give you the smoothest, cleanest, and most luxurious shave you ever had, even if you own the toughest, wiriest, beard and the touchiest skin.

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Use the **MORTON** 30 days and if for any conceivable reason you are willing to part with it, send it back and we will refund your money without question. No strings to this offer and we pay express charges both ways; we will authorize all dealers to make it. Be sure he doesn't induce you to buy one of the back numbers. If yours doesn't handle the **MORTON**, write us for our booklet.

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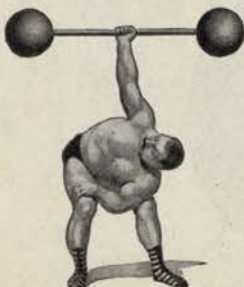
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W. J. Johnson, Jr., New York State University, before taking Prof. Barker's course.

The Master Method of  
Physical Culture  
for  
**MEN AND WOMEN**  
by  
**W. J. JOHNSON, JR.**  
New York State University

Edited by Prof. ANTHONY BARKER



W. J. Johnson, Jr., after taking Prof. Barker's course; increased weight, thirty-six pounds.



W. Sloan, contractor and builder, New York City, before taking Prof. Barker's course.



PROF. ANTHONY BARKER  
The Trainer of Albert Treloar.

PUBLISHER'S NOTE.—The material and poses of this book were presented to me by Mr. Johnson and Mr. Sloan, as a recognition of my principles and method as proven in the instance of themselves.



W. Sloan, after course of instruction by Prof. Barker, decreased weight, sixty pounds.

**T**HE Master Method of Physical Culture embodies the personal experiences of the author and Mr. W. Sloan, during their course of physical culture training under the instruction of Prof. Anthony Barker. This book tells step by step the results secured—results of experiments in diet, dress, bathing and exercise. Forty beautiful half-tones illustrate over 125 exercises for the symmetrical development of the entire body—poses by Mr. Johnson and Mr. Sloan.

It treats upon the general care of the body, deep breathing, hair, teeth, nails, and skin, increasing and decreasing of weight, the strengthening of weaknesses, what to avoid in exercise and diet, improvement of the neck, face, and features, brightening the eye and making the flesh firm, and how results quick and permanent may be secured.

The closing chapters are from the pen of Prof. Barker, written in his usual forcible manner, and contain much useful, valuable and novel information. The same methods are outlined in this book by which Prof. Barker trained Albert Treloar, thus enabling him to win the thousand dollar prize at the Physical Culture Exhibition, 1903, as physically a perfect man.

The first edition of this book is to be limited. Should you desire a copy, I wish to impress upon you to send in your order at once.

The price is reasonable, and you will secure by purchasing this book what would cost you one hundred dollars if you were to come to my studio and take the course as outlined in the Master Method of Physical Culture. The money you send for this book will be cheerfully refunded if upon its arrival you do not think it is in every way satisfactory.

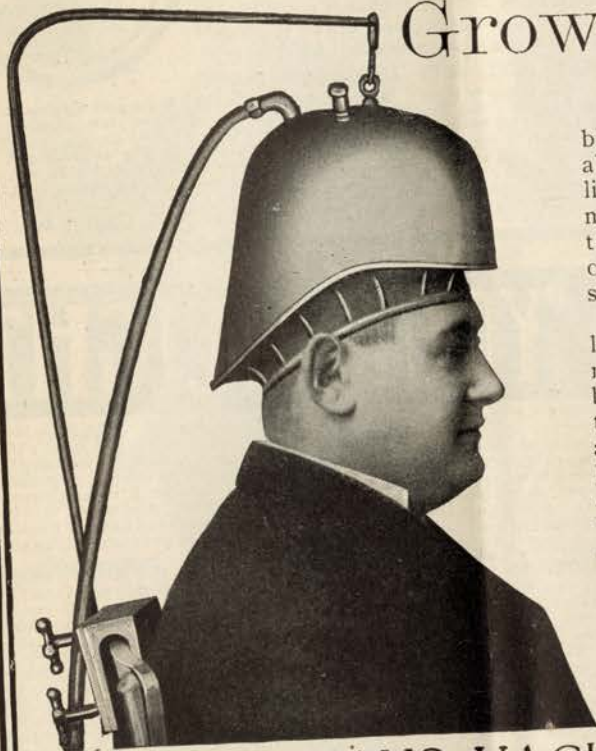
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It is a known fact that the blood conveys nourishment to all parts of the body. It is likewise known that exercise makes the blood circulate, and that where the blood does *not* circulate no nourishment is supplied.

The lack of proper circulation of blood in the scalp, due mainly to congestion produced by artificial causes, results in the starvation of the hair roots, and produces falling hair and baldness. Therefore the logical and only relief from baldness is in the restoration of the scalp to its normal condition, thus enabling the blood to resume its work of nourishing the hair roots. It was work along these logical lines that produced and perfected

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The Evans Vacuum Cap provides the exercise which makes the blood circulate *in the scalp*. It gently draws the rich blood to the scalp and feeds the shrunken hair roots. This causes the hair to grow. It is the simple, common sense principles of physical culture scientifically applied to the scalp.

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The Evans Vacuum Cap is portable and can readily be attached to any ordinary straight-back chair. Three or four minutes' use each morning and evening is all that is required. It leaves a pleasant tingling sensation for a few moments after use, indicating the presence of new life in the scalp.

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You can tell by a few minutes' use of the Evans Vacuum Cap whether it is possible for you to cultivate a growth of hair on your head, and we will send you the apparatus to make the experiment, *without expense on your part*. If the Evans Vacuum Cap gives the scalp a healthy glow, the normal condition of the scalp can be restored, and a three or four minutes' use of the Cap each day thereafter will, within a reasonable time, develop a natural and permanent growth of hair. If, however, the scalp remains white and lifeless after the Cap is removed, there would be no use to give the appliance a further trial. The hair cannot be made to grow in such cases.

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We will send you, by prepaid express, an Evans Vacuum Cap, and will allow you ample time to prove its virtue. All we ask of you is to deposit the price of the Cap in the Jefferson Bank of St. Louis, where it will remain during the trial period, subject to your own order. If you do not cultivate a sufficient growth of hair to convince you that the method is effective, simply notify the bank and they will return your deposit in full. We have no agents, and no one is authorized to sell, offer for sale or receive money for an Evans Vacuum Cap. All Caps are sold under the bank's guarantee, and all money is sent direct to Jefferson bank.

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that the world produces and sell them direct to the consumer. We have first pick of the Texas and Louisiana Pecan crops, import the choicest Grenoble Walnuts from England, the choicest Almonds from Italy, Genuine Golden Hallowi Dates from Persia and Fancy Layer Figs from Smyrna. We keep our nuts in cold storage until shipped and send them to you in air, germ, moisture and dust-proof packages. They reach you as fresh and sweet as they came from the trees and cost no more than the inferior, uncleanly, often rancid kind sold in stores.

For ten cents, stamps or silver, we will mail you, postage paid, a liberal sample of our luscious and healthful Pecan-stuffed Dates, our price-list and our dainty book of Nut and Fruit Recipes. Write today.  
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There is no longer any excuse for any man or woman to look short or stunted. By the Cartilage system you can add from 2 to 5 inches to your height, in a natural way, safely, quickly, permanently and privately in your own home. It involves no drugs or medical treatment, no electricity or operation, no hard work or unpleasant features, no loss of time and almost no expense. And while it is increasing your height, it will also give you better health, greater energy, more nerve force, as well as broaden your shoulders and improve the proportions of your whole figure.

**Here is Proof.** Ask your doctor to turn the X-Rays on the 23 vertebræ sections of the backbone and notice the 23 cushions of cartilage between. You will find about 10 inches of this cartilage between the head and the feet, and the doctor will tell you that it is elastic and fibrous like muscle.

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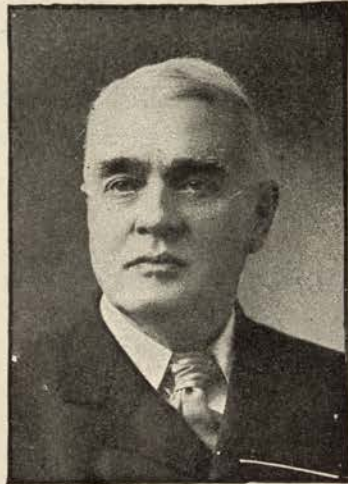
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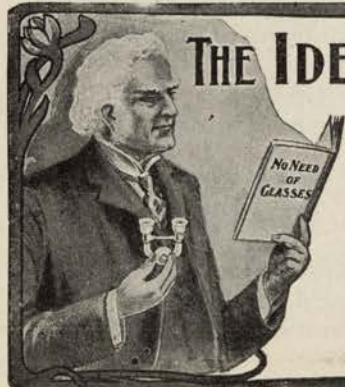
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