

# PHYSICAL CULTURE

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

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No. II

## Tensing Exercises Made Easy

By BERNARR MACFADDEN

**I**N this age there is a constant effort being made to make everything less difficult. Our labor-saving machinery has made marvelous strides in this direction in the last generation. We have machines of all kinds that perform the work that was formerly done by human hands, and it must be admitted that in many cases the work is done more satisfactorily. Now to a certain extent there is quite a considerable demand for a method of exercise that will enable one to use and strengthen the muscles without especially vigorous efforts. Of course you can hardly exercise a muscle without using it. Strength, to be developed, must be used, muscles to be strengthened must be exercised, but there are varying degrees of effort required in order to exercise the muscular system of the body.

As a means of diversifying the exercises of my readers, I am beginning in this issue a series of lessons in tensing exercises. All of these movements may be taken while sitting in a chair. I have published a complete system of exercises of this description in a former issue,

but they are all taken in a standing position. If you feel lazy, if you are inclined to lethargy, this system of exercises can be used and you will be surprised to see how vigorous

the movements suggested herein can be made without any especially strenuous effort on your part. Tensing exercises consist of simply flexing or hardening the muscles



Photograph No. 1.—While seated in a chair, flex the arms as tightly as you can, as shown in the illustration. Relax and repeat until tired. If you will take the exercise under the influence of a good, hearty yawn before beginning, it would be to your advantage.



of the body by the mere effort of the will. There are no dumb-bells to lift; no particular activity required. You simply flex or tense the particular muscle or muscles you desire to use in the strongest possible way. To a certain extent these tensing exercises might be compared to yawning, and this inclination, by the way, might be called a demand on the part of the body for exercise. In yawning, if you follow your inclination, you often stretch your arms out as far as you can, or flex them tightly.

You do this from an instinctive desire. Now in taking tensing exercises, you simply encourage this desire to yawn and to stretch and flex the muscles as you do when yawning. Of course, tensing exercises, if practiced a great deal, give one very remarkable power over the muscular system of the body.

Such control of the muscles can be attained that they can be flexed or relaxed at the mere demand of the will without any great movement. As an illustration of what I mean by this you will note that some athletes have such control over the muscles of the upper arm that they can harden or tense them by the mere force of the will and without any perceptible movement of the arm itself. Now this same control of the muscular system can be secured over muscles throughout the entire body by simply practicing the tensing exercises illustrated in this and other lessons that are to follow.

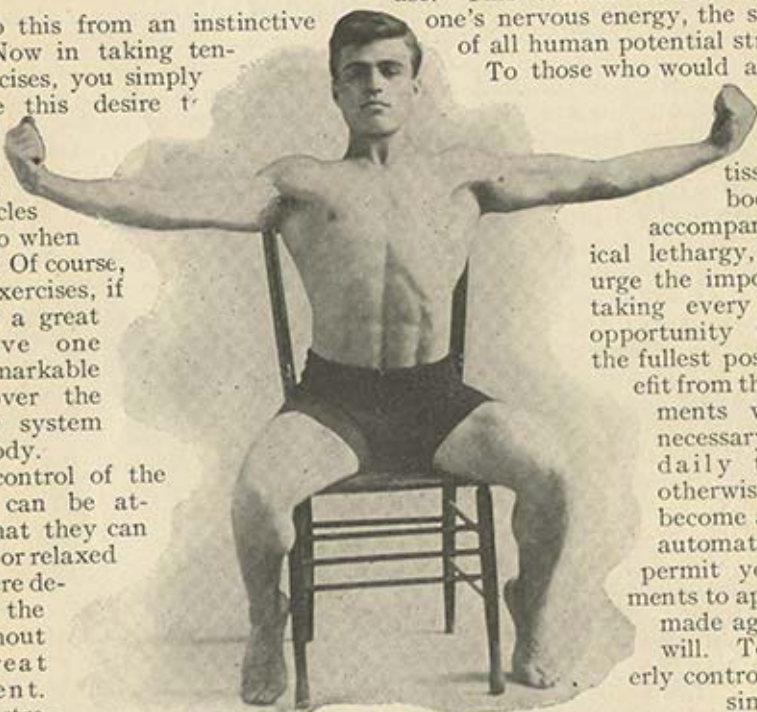
The fact that the movements shown

appear simple, and not of a nature to make great exertion necessary, should by no means lead one to under-rate their value. Of course, one can hardly expect to attain the muscular strength and endurance of the practised athlete by their use. Nevertheless, the general muscular strength of the parts on which the will is strongly concentrated in the manner we describe will be greatly benefited. An advantage of equal value is the improvement in self-control which will come to one as the result of their use. This control adds materially to one's nervous energy, the storehouse of all human potential strength.

To those who would avoid that

softening of the muscular tissues of the body which accompanies physical lethargy, I would urge the importance of taking every available opportunity to secure the fullest possible benefit from those movements which are necessary in their daily tasks or otherwise. Do not become a lax, limp automaton. Don't permit your movements to appear to be made against your will. To a properly controlled body, simple physical exertion, except when of an unusually unpleasant

nature, is by no means disagreeable. Many men traverse the highway of existence as though it were an underground passageway. At no stage of their lives are they capable of enjoying the full powers of robust, virile manhood. The one sure and certain way to avoid becoming a miserable nonentity is to make use of the means placed at our command to perfect ourselves physically, so as to be capable of securing the keenest enjoyment out of everything in life.



Photograph No. 2.—Stretch the arms straight out, elbows rigid, and raise the hands upward, bending wrists as much as you can, as shown in the illustration. Relax and repeat until the movement causes you too much effort.



The reader will doubtless understand that by "nervous energy," I do not mean constant indulgence in impulsive movements of the limbs or body. Properly controlled nervous energy, on the contrary, means the highest degree of ability to conserve the strength and action of the muscular organization to such an extent as to be able to meet every contingency, of a mental or physical nature, with a calm, collected mind and a body prepared to obey every command of the will.

One of the many advantages of tensing exercises will particularly recommend them to sedentary workers and others who are troubled with that most annoying complaint, insomnia. If, on going to bed, you find yourself at your wit's end to go soundly to sleep, indulge in those forms of the movements that are best adapted to completely tire the muscles that secure the least use during the day. Unless one be in a particularly abnormal physical condition—in fact, almost hysterical, muscular exhaustion will result in the body seeking repose, even against the most strenuous protest of the mind. Tensing

exercises are better adapted to secure this form of fatigue than other movements, as more violent exercises will result in such an increase of heart action and acceleration of the circulation as to require some time for the body to recover its equilibrium to such an extent

as to secure complete repose. Do not fear that the exercises will cause you to fail of being physically fresh and active upon awakening. You will be far more likely to arise from sleep without having secured proper rest after rolling and tossing for hours in a vain quest for slumber.

I must admit that when the exercises are taken without any special movement, they require considerable force of will, and are not so pleasurable as when they are taken in connection with that activity which is furnished by out-of-door sports, as when one takes the exercises prompt-

ed to a certain extent by the inclination toward yawning. Please remember also that this inclination to yawn or to stretch and flex the muscles that usually accompanies it can be encouraged the same as any other habit, and

if you will give this method of exercise a trial for a short period, you will be surprised how much real enjoyment you will secure from exercising in this manner. Various suggestions and exercises have been made in this lesson and several other illustrations will follow in succeeding articles, yet the intelligent reader can unquestionably extend these exercises very ma-

terially if he so desires. Let the movements suit the restrictions imposed upon you by your ordinary occupation or surroundings, but in all cases let your movements be of such an energetic nature as to bring about the most possible benefit under the circumstances.



Photograph No. 3.—Interlace the fingers overhead, and then stretch the arms as high as you can overhead, as shown in the illustration. Relax and repeat until fatigued. The benefits of this exercise can also be materially increased, and the pleasure of it enhanced, if you will take it under the influence of a hearty yawn.



There are some individuals to whom physical exertion is so distasteful that they look upon exercise of any and every kind as work. It may be less disgraceful than manual labor, perhaps, but it is *work*, nevertheless. Well, even without taking into consideration the benefits which accompany it, and making allowance for their biased attitude, what would become of the body be without *work* on the part of the various organs? Nature has provided that those processes which are absolutely essential to life are performed involuntarily by the perfect mechanism of the body. In the case of some individuals this would seem to be the only provision which enables them to exist, for were the control of the breathing apparatus and circulation of the blood, for instance, left to their charge, it is to be feared

that it would render their existence too great a trouble to be endured.

Nature provides the ways and means by which life can be sustained, and then leaves us to each man, excluding only exceptional cases, to make of himself physically just what he will. Of course I do not mean that all can become Appollos or Hercules. Nevertheless, all of us can attain a degree of physical and mental vigor and strength which will enable us to live life to the full—which will make of every breath of pure air and every movement of the perfectly

controlled and confident body a wonderful pleasure.

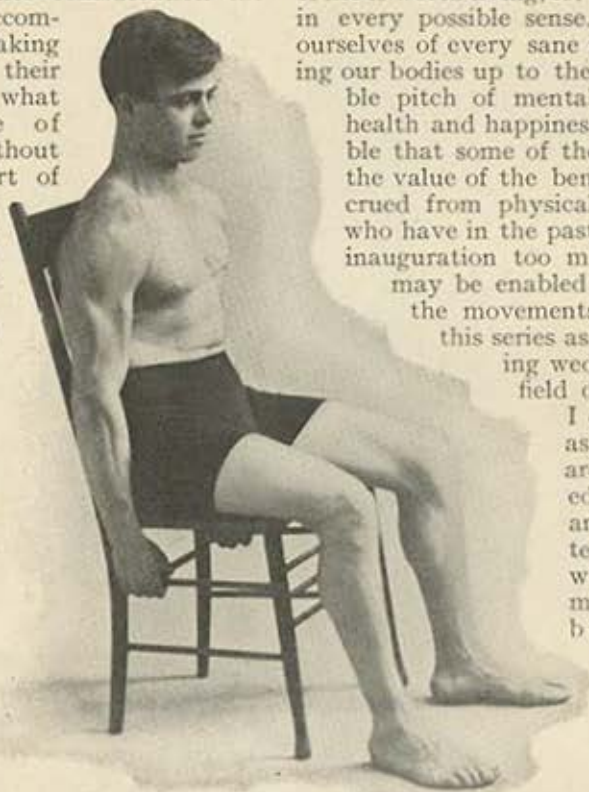
It is said, and with truth, that, "Anything that is worth doing is worth doing well," and above all other things how strongly does this apply to life itself! If life is worth living, let us live it well—in every possible sense. Let us avail ourselves of every sane means of keeping our bodies up to the highest possible pitch of mental and physical health and happiness. It is possible that some of those who admit the value of the benefits to be accrued from physical exercise, but who have in the past considered its inauguration too much of a task,

may be enabled to make use of the movements illustrated in this series as a sort of opening wedge to a wider field of exercise, and

I can confidently assure those who are not accustomed to exercise of any nature, systematic or otherwise, that these movements will bring emphatic results.

There are doubtless a great number of individuals who, for the reason above stated, or because of lack of thought, have neglected or over-

looked the pleasures and benefits to be secured in this manner, and these have a great treat in store for them. There are many pastimes at the command of the human race, but few possess the advantage which may be properly accredited to sane and sensible physical exercise—that of affording pleasure during its execution, and of bringing about benefit as the result of its indulgence. Physical stagnation is the inevitable outcome when all sports and exercises are neglected. Make use of the powers which Nature has given you.



Photograph No. 4.—This exercise is a slight variation from the preceding ones, but can be especially recommended for developing the muscles on the top of shoulders and the arms. Tightly grasp the rounds of a chair, as shown in the illustration, then pull it as vigorously as you can. Relax and repeat until tired.



## Something About New York City's Public Playgrounds

By ALFRED WAINWRIGHT

THAT the municipal administration of New York City falls short in many respects of being an ideal one, no one, not even those most prejudiced in its favor will fail to admit. Nevertheless, and in spite of its manifold shortcomings, it possesses one admirable feature which is absent in the case of a great many of its sister municipalities, and that is, its endeavors to supply the citizens with parks, mid-city breathing spaces and recreation grounds. Much may be forgiven it on this score, although much remains to be done in the same direction.

The explanation of this commendable condition is probably to be found in the fact that the government of New York is to a very great extent in the hands of citizens of Irish-American descent, and these have apparently retained that love of grass and green leaves and fresh air, which is so characteristic of them as a race. So this racial trait prompts the Aldermanic Board of New York and other of the city authorities that have to do with such matters, to readily respond when a measure comes before them which has for its end, the adding to the space already set aside in the city for recreation purposes, for the inhaling of fresh air, and for the gladdening of street-worn eyes with the sight of turf and trees. And the same remark stands good whenever they are called upon to pass upon an appropriation for an additional public playground, recreation pier, or other institutions of a similar nature.

How thoroughly the boys and young men of the metropolis appreciate the advantages afforded them by these public playgrounds is suggested by the pictures that go with this article. The camera has, however, but merely hinted at the possibilities of the playgrounds. The scenes here pictured are duplicated in scores of places in New York. On a

hot summer's afternoon or evening, there is often only standing room within



A Ladder Tableau in Hamilton Fish Park





Line-up of Small Amateur Sprinters. "Get Ready."

the confines of these open air gymnasiums, free-to-all running tracks, or basket-ball grounds.

Sometime since, the writer, together with a well-known clergyman of New York who is a great believer in muscular Christianity, was standing in one of these playgrounds watching the youngsters and the youths enjoying themselves in the healthful, vigorous fashion that is shown in the photographs.

"If we were wiser," said the wearer of the cloth, "We would recognize the fact that right before us is the solution of eight-tenths of the problems that have to do with the youth of a great city, and we are furthermore looking at what outside of the pulpit is the greatest

moral force that lies within the power of man to wield. If these children and young fellows were not here, they would be probably on street corners, or in saloons, or gambling in doorways, or fighting, or swearing, or playing in the gutter. We have yet to learn that much, if not all of that which we call vice, is nothing more or less than mis-directed energy, and that it is our duty as citizens and as Christians to direct that same energy into legitimate channels. I have never yet known this to fail." And here the speaker's voice became deep with earnestness; "That the moment that the church seeks to promote the health of the bodies of those with whom it comes in contact,



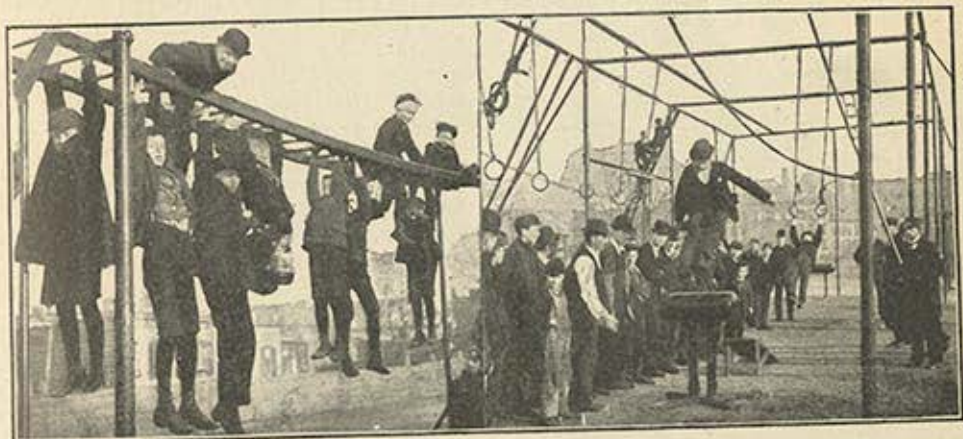
A Typical Public Basket Ball Field in New York



there is a corresponding increase in the health of their souls also. Christianity and physical culture are twin sisters, and we—that is the clergy—are only just beginning to find out that fact. By Christianity, I mean any form or fashion of religion which recognizes a Supreme Being, and the fact that man possesses a soul. By physical culture, I mean anything and everything which tends to make the body that which God intended it to be—and that is my theology in a nutshell."

The symposium this magazine once published on "Municipal Gymnasias," proved that municipal officers, and officers of the law, all believe with the clergyman just quoted, that a lessening

if at the end of our spell, we hadn't a busted helmet or smashed face. Between ten and twenty, everything that wore trousers in the district, hated the 'cops' as much as the 'cops' hated them. It was war all the time, and we got corns on our hands using clubs. There was a half-dozen gangs that kept the magistrates busy, and the only law in the district was the law of the gun and the locust. Then they began opening these playgrounds and say, the change in a whole lot of those fellows was next door to a miracle. Arrests went down 50 per cent., a 'cop' could breathe easy, and cover his beat without one hand on his pistol and the other on his club, and while the district never became a



Lads on a Ladder in a West Side Playground

Clearing the Horse, also showing Gymnastic Apparatus in West 57th St. Playground

of the number of law breakers is coincident with the increase of public playgrounds and gymnasiums. The New York authorities, in especial, give testimony to the same effect. In no one instance has the opening of a public playground failed to exercise a beneficial effect upon the morals and the health of the community surrounding it.

A burly policeman, one of New York's "finest" said this to the writer in relation to the opening of a public playground on the West side. "Up in the '50, five years ago, every other kid behaved as if he was hatched in Hades. The life of a 'cop' was one of trouble from the time he went on post to the time he came off, and we were lucky

soft snap, still, it was so changed you would never know it for the old place. The boys when they wanted to let off steam wrestled with the bars and jumped the horses and so on, instead of lying in wait around a corner with a brick for the next 'cop.' Public playgrounds for mine all the time, and I don't believe that a man on the force wouldn't say likewise."

The study of these pictures will repay you. Notice the keen relish with which both men and boys enter into the sports and exercises. Observe the little chaps who are lined up for a sprint, and the interest which the grown-ups are taking in the race that is about to be. Both the children and the men, if it were not for



these playgrounds, would unquestionably be on the streets and probably



A Feat of the Feet

engaged in some form of alleged amusement with which big cities abound, and which are so demoralizing in their influences. Contrast an afternoon spent thus, and an afternoon spent in a narrow, heated ill-odored street, or in the stifling poisonous atmosphere of a cheap gin mill, and then reflect upon the meaning and the moral of these playgrounds.

If these public recreation grounds did nothing else but breed morality, they would of course be worthy of all encouragement. How much more then are they to be commended, when they bring muscle and morality into being at one and the same time. With their assistance, one of the great problems that confronts the parent in the metropolis and its sister cities, is solved and that is—the keeping of the children off the streets, at least in the summer. Under ordinary conditions, it is impossible to imprison little ones in a stuffy flat or a heated tenement house, and the only thing that remains for them is the comparative freedom that the streets afford them. But such freedom is fraught with many perils, morally and physically, as the city parent knows only too well, and as the Children's Court will attest. It goes without saying, that one of the most powerful instincts of a child or a vigorous youth, or young man, is to use its or his muscles. If this cannot be done amid proper environments, there is something radically wrong with our whole system of civilization, and the designs of those who are responsible for the plans of our cities. That these wrongful conditions do exist, is but too evident in the case of the great majority of communities. That we are slowly, perhaps, but certainly nevertheless, realizing such wrongs and endeavoring to atone for them is equally certain. And New York, in spite of its many municipal faults is a leader in this movement.

#### AN APT REJOINDER

A little girl was twitted by her companions that she was only an "adopted girl, and did not belong to her papa and mamma." She retorted: "My papa

and mamma picked me out because they wanted me. Yours had to take you whether they wanted you or not."

She was not disturbed further.



## Walks 590 Miles to Prove Recovery

The Remarkable Results of Physical Culture Methods in the Case of a Prominent Citizen of Ohio.

**A** NUMBER of newspapers recently published some brief references to a long pedestrian trip accomplished by Hon. Edward

S. Martin, of New Straitsville, Ohio, who was a candidate for Congress in the Eleventh District of that State at the last election. As is usual when the circumstances involved are not of the routine nature of so-called news "matter," the accounts published in the daily press were somewhat incomplete.

The details of Mr. Martin's journey are of a very interesting nature and we take pleasure in giving them to our readers herewith.

If further evidence were necessary to convince anyone of the value of the methods which are constantly advocated in this magazine, this case should be sufficient to enable them to have faith in their power, not only to restore to the fullest and most abundant health, those whose systems are run down and debilitated, but to provide them with that splendid

vitality and nerve force which are necessary for the desire to accomplish, as well as the ability to execute, physical feats which no weakling would even dream

of. The purpose of this unusually long pedestrian tour was not, as is usual in such cases, a desire to acquire more or less wealth or notoriety, but it was undertaken because of a sheer love of exercise and the utmost confidence, on the part of the gentlemen who accomplished it, of their ability to do so without putting a tax upon the splendid vital organisms which they had developed by adherence to physical culture methods.

Mr. Martin came to us at Physical Culture City in a poor state of health. While, as he states, he was not afflicted by a prostrating illness, he was nevertheless, suffering from vital depletion, mentally and physically. After living for one month in accordance with phys-

ical theories that were adapted to his individual case, he so far recovered mental and physical vigor as to render him



The Gentleman Standing on the Right is Mr. E. S. Martin, who Recently Walked 590 Miles



confident of being able to accomplish a walk to his home city—a distance of five hundred and ninety miles. On his journey, Mr. Martin was accompanied by Mr. L. R. Warren, a student of Bernarr Macfadden Institute, who is shown seated in the photograph with Mr. Martin. The last named gentleman intends to continue his walk to San Francisco, California.

The walk to Mr. Martin's home was accomplished in twenty days, fourteen days being spent in sight-seeing. The average speed was four miles an hour for the entire trip. The largest single day's journey consisted of forty-two miles in ten hours—the distance from Wheeling, W. Va., to Washington, Ohio. The last day's walk from Zanesville to New Straitsville, Ohio—thirty-five miles—was accomplished by Mr. Martin in spite of a bad ankle, which he had the misfortune to sprain the day before by a loose board turning with him in crossing a stream. In spite of this handicap, he covered twenty-three miles before dinner. All of this, mind you, was accomplished by a man who sought the benefits of physical culture while in a state of actual physical inefficiency.

We constantly see published all about us the alleged testimonials of individuals who are claimed to have been restored to health by means of various nostrums. There is little enough evidence to support the truth of any of such statements, but even in their wildest dreams, the makers of drug-dope would not dare attempt to produce a parallel instance of one being enabled to actually prove in such an emphatic manner such a restoration to normal physical vigor.

Thus does Nature again assert itself as being able to accomplish results which are beyond the power of even those marvelous liquids—and liquors!—pills and powders, which we are told are the basis for the great age of many of our alleged centenarians, and for the various moral and physical qualities of

many of the but too-prominent individuals who praise the holy names of the nostrum-makers. We append a letter received from Mr. Martin after his arrival home which speaks for itself as to the results accomplished by physical culture methods in his case.

MR. BERNARR MACFADDEN,  
Physical Culture City, N. J.

MY DEAR SIR:—

Your letter of April 23rd came here duly, but had to await my return on foot, for I was then engaged in walking from your place to my home here. I hope this will explain to you what might have seemed like discourtesy or neglect. I spent the month ending April 11th, 1907 . . . . . near Physical Culture City, with great benefit to my health and general feeling. I was not exactly sick when I went there, but was run down in health and feeling, and as I well knew, this was through my own carelessness and neglect, and feeling the need of discipline and a good example, and of treatment that I believed in, I went there and got them all.

You speak of my giving you details of any cause for complaint that I might possibly have. I have no complaint at all to make.

It is true that, American-like, I did notice some little things I thought could be bettered, but when I compared them with the glaring failure on the part of some . . . . . to carry out instructions, they were mole-hills compared to mountains. I am sorry to have to acknowledge that in some details of diet I was myself an offender, but they evidently were not very serious, for I felt better and better as the days went by. The instructions that are given there to be in the open air as much as possible and to take long walks were not much needed by me for I have always been considered a good walker and love to walk, and am much attached to other out-door exercises. After a week's fast—which has been for years the only remedy to set me straight when out of order, I went on to the milk and fruit diet, and started to walking in earnest—with horse-back riding sandwiched in—I ran my daily walks up to 16, 18, 20, 22 and 24 miles, and when I left walked to New York City, and after spending a few days there, and near there, with friends, secured a companion, and walked home from there. Under another cover I mail you a newspaper account of my arrival home. The newspapers all over the country got accounts of the tramp. I am feeling very well indeed. With best wishes for your success and kind regards to friends,

I am yours truly, E. S. MARTIN.  
New Straitsville, O., May 27, 1907.

"The first wealth is health. Sickness is poor-spirited, and cannot serve anyone; it must husband its resources to live. But health or fulness answers its own ends, and has to spare, runs over, and inundates the neighborhoods and creeks of other men's necessities."—Emerson.



# The Influence of Flesh-Eating on Endurance

By IRVING FISHER, Professor of Political Economy at Yale University

Ever since physical culture became the revolutionary and creative force which it is, those who have followed its teachings have furnished practical evidence of the fact that a diet into which flesh-food enters but slightly or not at all, makes for both strength and endurance. With these, vegetarianism of a sane and sensible sort is one of the accepted means of inducing and maintaining health of an ideal nature. Their carnivorous friends who venture to question the soundness of the proposition are referred, say to the magnificent young manhood or womanhood of the student body of the Bernarr Macfadden Institute, or indeed to any consistent member of the cult, and the result is invariably silence on the part of the butchers' patrons. Nevertheless, the world is still filled with Doubting Thomases of the steak-and-chop-consuming kind. Unlike the man from Missouri, who was prepared "to be shown," they are "shown"—by physical culturists—but even then, they refuse to believe. To such, the perusal of the following article is recommended. Scientific men are guided to their conclusions by the white light of proven Truth. They are unbiased either by personal prejudice or accepted tradition. They have neither axes to grind or grievances to ventilate. And they are most conservative in expressing any belief whatever except on the basis of exhaustive and convincing experiment. Please remember these things then, in connection with this article, which, as you will see, amply confirms the dietetic theories that have been set forth in this magazine from the first day of its publication up to the present. The "Yale Medical Journal" did well to give it the prominence which it did.—Bernarr Macfadden.

As yet the science of physiology seems to have given very little attention to the study of endurance; its relation to strength and fatigue, and, above all, the factors on which endurance depends, denote fields almost unexplored. Even the concept of endurance seems never to have been formulated. That strength and endurance are not identical is only partially recognized. The strength of a muscle is measured by the utmost force that it can exert once; its endurance, by the number of times it can repeat a given exertion within its strength. The repetition of such exertion, if not stopped by the refusal of the will, is finally stopped by the reduction of the strength of the muscle until it is unable to perform further. Thus endurance may be expressed in terms of *loss of strength*. It is related to *fatigue*, and it is only through the studies on fatigue and fatigue poisons made by Mosso and others, that light has been thrown on the nature of endurance.

The object of the experiments about to be described was to determine the relations of certain dietetic factors to endurance, particularly the factors of proteid and flesh foods. Several lines of study were entered upon with this object in view.

The experiments consisted of endurance tests made on 49 persons, representing two contrasted types of dietetic habits. These fall into three groups—first, athletes accustomed to a high-



Position Assumed in First Test: Holding Arms Horizontally

proteid and full-flesh dietary; second, athletes accustomed to a low-proteid and non-flesh dietary; third, sedentary persons accustomed to a low-proteid



and non-flesh dietary. The subjects consisted of Yale students and instructors, a Connecticut physician, and some of the physicians, nurses and employees of a Battle Creek Sanitarium. The personnel of the last named institution was selected as representing abstainers from flesh foods. All of the subjects except one had abstained from flesh foods for periods from 4 to 20 years, and five of them had never eaten such foods. The exception had abstained for two years only.

Among the other subjects, all of

whom live in New Haven or vicinity, inquiry showed that, with four exceptions, they were accustomed to eat meat two or three times daily, and presumably consumed proteid in ordinary amounts. Of the remaining four, one, W. W., had abstained from flesh foods for two years; another, I. F., had for several years followed the Chittenden regime of low-proteid, and used flesh foods seldom oftener than once a week; a third, G. S. D., used flesh foods in small amounts about four times a week; and the fourth, W. B. B., had for the six

### FIRST ENDURANCE TEST: HOLDING ARMS HORIZONTALLY

FLESH EATERS		FLESH-ABSTAINERS*			
ATHLETES**		ATHLETES**		SEDENTARY	
NAMES	TIME IN MINUTES	NAMES	TIME IN MINUTES	NAMES	TIME IN MINUTES
L. B. Yale.	6 <sup>00</sup>	H. Bat. Cr.	6.	J. T. C. Bat. Cr.	10
F. O. "	7 <sup>00</sup>	N. "	6	E. L. E. "	10
C. H. C. "	7	A. B. "	10†	E. H. R. "	15
R. M. B. "	7	J. "	10	A. J. R. "	17
R. Ba. "	7	J. P. H. "	12	S. E. B. "	27
G. "	8	B. S. S. "	13	*I. F. Yale	37
F. S. N. "	8	S. "	13	P. R. Bat. Cr.	42
W. J. H. "	9†	H. O. "	13†	J. F. M. "	51 <sup>00</sup>
E. J. O. "	10	*W. B. B. Yale	16 <sup>00</sup>	H. G. W. "	80
J. H. D. "	10	C. H. Bat. Cr.	17	C. E. S. "	80
R. Bu. "	10	R. M. M. "	18	J. E. G. "	98†
H. A. R. "	12	O. A. "	21	A. W. N. "	170
C. S. M. "	14†	S. A. O. "	32	E. J. W. "	200
R. "	18	M. "	35		
G. K. "	22†	D. "	37		
		W. W. Yale	63		
		W. Bat. Cr.	75		
		*G. S. D. Yale	160		
		C. C. R. Bat. Cr.	176		
Average	10		39		64

\*As previously stated, there is some reasonable doubt as to whether W. B. B., who consumed a small amount of flesh foods daily, should be classified among the abstainers or the users of flesh foods. In the above tables, he is classified in the former category, but if he were transferred to the other side, the averages would be only slightly affected, changing from 10 vs. 39 to 11 vs. 40. The same doubt in less degree applies to the subject, G. S. D., who consumed flesh foods about four times a week. But even his heavy record (160), if transferred to the opposite side of the balance, would only change the averages to 20 vs. 32. The only other person classified as an abstainer who used flesh foods at all was I. F., whose use was less often than once a week. Should he likewise be transferred to the flesh-eaters, the comparisons would merely be changed to 21 vs. 32.

\*\*The term "athlete" is used in the tables to signify a person who is in daily training, whether preparing for an athletic contest or not. In the case of the flesh-eating "athletes," all with three exceptions were training for athletic contests. In the case of the abstainers, very few of them were training for such a purpose. They consisted, for the most part, of the nurses and employees of the Battle Creek Sanitarium, who, by occupation or choice or both, were physical culturists.

<sup>00</sup>Nearly to limit; arms trembling.

†Limit of endurance.



months prior to the experiment used "about as much as one chop once a day," and the year previous had not used any flesh foods. He used beans freely, and urine analysis showed that he was moderately high in proteid, excreting an average of 14 grams of nitrogen daily.

The term "flesh-abstainer" is employed in this article in preference to "vegetarian," since the latter term properly means an abstainer from all animal foods (even eggs, milk, cream and butter), and since it usually suggests a person who abstains not on hygienic but on religious, ethical, or theological grounds. The term "flesh" is used in preference to "meat" in order to include in its scope all animal tissue such as fowl, fish, and shellfish. The term "abstainer" is used relatively; three of the "abstainers" included were not total abstainers.

The experiment furnished a severe test of the claims of the flesh-abstainers. A preliminary and superficial observation seemed, much to my surprise, to substantiate these claims. Two comparisons were planned, one between flesh-eating athletes and flesh-abstaining athletes and the other between flesh-eating athletes and flesh-abstaining sedentary workers. The first comparison, being between classes similar as to the element of physical exercise, is fair to both sides. The second puts the flesh-abstainers at a disadvantage; for, other things being equal, sedentary men have much less endurance than men in training. This heavy handicap was placed upon the "abstainers" intentionally, in order to give them a more severe and decisive test, in case the first comparison (between picked athletes of both classes) should turn out in their favor. It is recognized in inductive logic, as in racing, that after a preliminary trial the handicap should be placed on the stronger side, if its superiority is to be put beyond peradventure.

The results of the comparisons given later, would indicate that the users of low-proteid and the non-flesh dietaries have far greater endurance than those who are accustomed to the ordinary American diet.

In the absence of any exact mechani-

cal method of measuring endurance, three simple endurance tests were employed: first, holding the arms horizontally as long as possible; second, deep knee bending; third, leg raising with the subject lying on his back. All of these tests were made before witnesses.

The accompanying three tables give the results for these three tests respectively. It will be observed that there were



Deep Knee Bending. In this Test the Competitors Held Hands on Hips

fewer tests for the "leg raising" and "deep knee bending" than for "holding the arms horizontally." The reason was that the tests proved unexpectedly painful, and in the case of deep knee bending had distressing after-effects, such as inability to climb stairs and soreness for a number of days. These conditions, as soon as discovered by prospective subjects, made most of them very reluctant to submit to such tests.



The first comparison (for arm holding) shows a great superiority on the side of the flesh-abstainers. Even the *maximum* record of the flesh-eaters was barely more than half the *average* for the flesh-abstainers. Only 2 of the 15 flesh-eaters succeeded in holding their arms out over a quarter of an hour; whereas 22 of the 32 abstainers surpassed that limit. None of the flesh-eaters reached half an hour, but 15 of the 32 abstainers exceeded that limit. Of these 9 exceeded an hour, 4 exceeded

two hours and 1 exceeded three hours.

In respect to deep knee bending, if we take the number 325 for reference, we find that, of the 9 flesh-eaters, only 3 surpassed this figure, while of the 21 abstainers, 17 surpassed it. Only 1 of the 9 flesh-eaters reached 1000 as against 6 of the 21 abstainers. None of the former surpassed 2000 as against 2 of the latter.

In respect to leg-raising, the records show little difference. None of the contestants reached their absolute limits. The highest record for the abstainers is

### SECOND ENDURANCE TEST : DEEP KNEE BENDING

FLESH-EATERS		FLESH-ABSTAINERS*			
ATHLETES		ATHLETES		SEDENTARY	
NAMES	TIMES	NAMES	TIMES	NAMES	TIMES
R. Yale	102	N. (Bat. Cr.)	151	A. J. R. Bat. Cr.	200
F. O. "	130	W. "	185	P. R. "	400
J. H. D. "	137	S. "	220	J. T. C. "	401
C. H. C. "	200	A. B. "	330	E. J. W. "	447
G. K. "	254†	D. "	463	J. F. B. "	1225
W. J. H. "	318†	M. "	538		
C. S. M. "	502†	J. "	600		
F. S. N. "	575	J. P. H. "	770		
G. A. "	1229	C. H. "	791		
		H. O. "	800		
		B. S. S. "	801		
		O. A. "	1000		
		H. "	1703		
		W. W. (Yale)	1800		
		R. M. M. (B.C.)	2270		
		S. A. O. "	2400		
Averages	383		927		535

\*In this table all the "abstainers" were total abstainers.

†Was limit of endurance; C. S. M. fainted.

### THIRD ENDURANCE TEST : LEG RAISING

FLESH-EATERS		FLESH-ABSTAINERS*			
ATHLETES		ATHLETES		SEDENTARY	
NAMES	TIMES	NAMES	TIMES	NAMES	TIMES
G. Yale	24	J. (Bat. Cr.)	37	B. N. C. Bat. Cr.	74
L. B. "	31	A. B. "	44		
R. M. B. "	98	B. S. S. "	90		
R. Ba. "	104	D. "	250		
R. Bu. "	115	*W. B. B. (Yale)	305		
J. M. T. "	1302	H. O. (Bat. Cr.)	1000		
Averages	279		288		74

\*As previously stated, there is reasonable doubt as to whether or not W. B. B. should be classified as an abstainer. If he were transferred to the other side of the comparison, the averages would merely change from 279 vs. 288 to 283 vs. 284.



1000 times. That this was not near the limit was evidenced by the repetition of the performance on each of several successive days. The flesh-eater who reached 1302 did so after the 1000 mark had already been set for him and with the express intention of exceeding it. It was evident from his fatigue at the end that he could not have repeated the performance on the next day, as did his rival. Both these men had made a specialty of developing their abdominal muscles. Only one of the sedentary group of abstainers took the leg-raising test. His record was far below that of the flesh-eating athletes, being 74 as against 279.

An effort was made to bring individuals representing the two diets in direct competition, although this was possible in only two cases. In one case a Yale long-distance runner and a Yale professor who had adopted the Chittenden

other material respect except diet, he seemed to have the advantage. But in diet he was accustomed to eating meat three times a day, whereas his antagonist had abstained from meat for 20 years and was on a low-proteid basis. In order that the flesh-eater might have the greater stimulus, he was started on his test one minute later than his opponent. He therefore realized that if he dropped his arms first, he was beaten, whereas his opponent, had he dropped



Third Test. This Movement was Performed with Arms Folded on the Chest

diet met in competition in the arm contest. The athlete was a high-proteid flesh-eater. In the course of a few minutes his arms began to tremble, and at the end of 8 minutes and 54 seconds they had gradually fallen, against his will and much to his mortification. The arms of his antagonist had not yet begun to tremble or even to give much pain in the deltoid, and he continued holding them out for 37 minutes. In another case, a physician from New Haven, who accompanied me on one of the trips to Battle Creek, was pitted against a physician of the Sanitarium. The New Haven physician was of a more athletic build than his antagonist and, in college, had been a football player. In physique and former training, in out-of-door-life, in age and every

his arms first, still had a chance of winning. The flesh-eater certainly exercised strong will power, but at the end of 12 minutes he was unable to hold out longer. His opponent continued to 17 minutes, and had he made the same effort, would undoubtedly have continued much longer.

Finally, satisfactory evidence that the difference in endurance between the groups mentioned was not due to a superiority in grit on the part of the abstainers is found in the fact that, even if we compare the flesh-eaters who actually reached their limit in the various tests with the abstainers who did not reach their limit, the latter group still show themselves to be superior. The results are given in the following tables:



## GENERAL COMPARISONS

	ARM HOLDING		DEEP KNEE BENDING		LEG RAISING	
	No. of Persons	Average Record	No. of Persons	Average Record	No. of Persons	Average Record
Flesh-eaters, athletes .....	15	10 Min.	9	383 Tm.	6	279 Tm.
" abstainers " .....	19	39 "	16	927 "	6	288 "
" " sedentary .....	13	64 "	5	535 "	1	74 "

## SELECTED COMPARISONS, GIVING EVERY BENEFIT OF THE DOUBT TO THE FLESH-EATERS

	ARM HOLDING		DEEP KNEE BENDING	
	No. of Persons	Average Record	No. of Persons	Average Record
Flesh-eaters, athletes .....	4	16 Min.	5 a	576 Times
" abstainers " .....	17	31 "	16 b	933 "
" " sedentary .....	12	62 "	5 c	535 "

No attempt has been made to explain why the use of high proteid or flesh foods should diminish endurance. A number of theories have been proposed. Dr. Alexander Haig of London has long maintained that abstainers have greater endurance than flesh-eaters, particularly if they abstain also from all other "uric acid producing foods" such as (he says) eggs, beans, peas, asparagus and mushrooms. His principal theory is that uric acid is the factor in diet which induces fatigue. Many of his theories, both as to uric acid and as to the requirements of proteid, have been overthrown; but his claims for the advantages of a purin-free—or at any rate a fleshless—dietary have received much corroboration. The manner in which, according to Haig, uric acid interferes with endurance is by making the blood "collemic" or viscous, whereby it becomes difficult for the heart to pump it through the capillaries. Hence the blood pressure increases. Observations actually show that persons possessing great endurance often have low blood-pressure. This is true, for instance, among the subjects of the present experiment at Battle Creek.

A circumstance which has somewhat

obscured the merits of a low-proteid and non-flesh diet is that many of those who have attempted experimentally to give up flesh foods have made themselves ill. The reason formerly given for this effect was "deficiency of proteid," but, in view of the researches of Pawlow and other recent writers, we may be fairly certain that such failures are usually due to the fact that meat is a highly peptogenic food. It follows that, when it is suddenly or forcibly cut out of one's diet, the stomach feels the lack of its accustomed stimulus. There seem to be practical advantages in the method of reaching a low-proteid diet adopted by Mr. Fletcher, consisting of thorough mastication. \* \* \* It may well be that those who, in spite of thorough mastication, still have a craving for flesh foods have an actual physiological need which no other foods—at least in the list of foods employed by them—is able to satisfy. The question of the extent to which flesh-foods may be used advantageously is still open, but there can now be little question, in view of the facts which have come to light during the last few years, that the ordinary consumption of those foods is excessive.



# Some Jiu-Jitsu Jolts

By O. Y.

## JOTTINGS FROM THE JOURNAL OF A JAPANESE TRAVELER

### A Blessing in Disguise

An American saint of untold wealth is said to be starving his workmen, but I now begin to surmise that his business methods may conceal a benevolent by-purpose. It is the blessing of the fasting cure he probably desires to enforce upon his dependents. Again and again, experience proves that the laboring classes have to be constrained for their own good.

### Revised Proverb

Nearly eight hundred cities of this model republic compel barbers to close their shops on Sunday. Cleanliness, under such circumstances, must be often about twenty-four hours from godliness.

### Emotional Virtue

Some fellow travelers on a river steamer told me that the defiant conduct of two imperfectly draped bathers inspired a guardian of law and order to shout for a rifle. At sight of our Japanese public baths the emotions of that moralist would probably find vent in a shriek for a regiment of rifled artillery.

### Slightly Mixed

The Mayor of a western city delivered a lecture advising more stringent measures for the suppression of wife beaters. The same city, however, has licensed twenty-two distilleries that are making wife beating more frequent than ever.

### Nipped in the Bud

It looked like rain, when I returned from the City Park the other day, and my companion proposed a trot, to reach the shelter of our lodgings in time. Rolling thunder announced the approach of a storm; getting uneasy, we did mend our pace, and were just swinging around the corner of the next block, when a police-

man yelled at us to stop. What did he want, I wonder? He did not pursue us when we slackened our speed, but it afterwards occurred to me that this town has a society for the Suppression of Worldliness, or some name of that sort, and the representative of the law possibly suspected that we were wringing somebody's soul by an attempt at a footrace.

### Still Safer

There are some dozen germ-diseases traced to pork, and about as many different market-regulations for the prevention of the consequences. I am only a modest foreigner, but cannot help thinking that the safest way would be the Hebrew plan of abstaining from hog-flesh altogether. On my part I have no prejudice; I greatly admire the Caucasians, but for that very reason it hurt my feelings when I heard an Arab sailor call his Portuguese messmate "a superstition-crazed swine-eater."

### A Queer Arrangement

An American reformer told me that thirty yards, the average width of our Japanese city streets, is rather below the sanitary standard. Some American streets are narrower; others, I notice with pleasure, a great deal wider, but it struck me as a singular arrangement that the palaces of the boulevards are sparsely populated, while the dwellings of the narrow alleys are portentously crowded.

### Terrestrial Immortality

The business of Life Insurance Companies, I understand, has fallen off one-third. What can it mean? Who knows but at the present rate of increase, the traffic in miraculous patent medicines will perhaps make physical death impossible.



**Ingratitude**

An American speculator, a week ago, advertised a war-dance of Igorrotes, or primitive Filipinos, my dear neighbors of the Far East; but was served with an injunction, at the instigation of a local reform society. That dance, the reformers explained, would have to be conducted with the improvement of civilized breeches, and all things considered, had even the kindness to furnish the desirable garments at their own expense. But the manager now complains that his enterprise has been ruined. There is really no pleasing some people.

**A Learned Peasant**

A milk vendor at a picnic park was dressed in the homespun of the rural districts, but had the command of a vocabulary that induced me to try a pint of his beverage. The produce of his dairy, he stated, was pasteurized, sterilized, expurgated, and other words that compelled my admiration, and would astonish the natives of my fatherland, if that pint had not made me so sick that I forgot to record the full list of improvements.

**Oversight**

The magistrates of a southern fever-town have resolved to stamp out the seeds of disease, and have ordered a crusade to chase out the gnats. They seem in dead earnest, but by some strange oversight, have forgotten to chase out the pigs.

**High and Low**

Numberless Caucasian enthusiasts chant the praises of the highlands. Mountain air, they assure us is Nature's sure remedy for a long list of diseases; but observation during a year's travel, entitles me to remark that only ten Americans live on those health-giving elevations, for 500,000 who make their home in the lowlands. They explain it this way and that, but without disproving the fact that they deem business inducements, after all, fifty thousand times more important than considerations of health.

**Enforced Athletics**

The education of American girls com-

prises sciences undreamt of in the family-schools of the Far East, but strange to say, rarely extends to even a brief course of training in physical culture. In our Japanese villages they compromise the matter after their free and easy fashion—boys clearing ditches with leaping poles, while their sisters jump from high places into hillocks of hay. A few days ago I read an account of a young American woman leaping down an elevator shaft and reaching the bottom in good running order, but my admiration was modified when I learned that her husband had been chasing her with a hatchet.

**What Next?**

Moral regulators, I see, have begun to raid private summer-camps for the enforcement of by-laws concerning standard bathing-suits. The next step will probably be the invasion of private bedrooms, to capture sleeping children on a charge of concealed nudity.

**Paternal Solitude**

America is taking stringent measures for the suppression of the opium-habit, but tolerates alcoholism, while a committee of Chinese sages recently pronounced opium-eating a private danger and brandy drinking a public peril, basing the distinction on the fact that opiates do not provoke deeds of violence. How opinions differ! It should be mentioned, though, that the American Government derives an enormous revenue from the liquor traffic, while Chinese tax-collectors profit from the opium vice.

**An Imperfect Ideal**

In the United States, Apollo, the glorious god of the sun, would risk being jailed on a charge of being sun-burnt by reason of deficient dress.

**The Faculty of Direction**

Water-wizards, or well-finders, were once as numerous in this country as in my native land. The mysterious faculty is becoming rare, nowadays, but America has no lack of citizens with an equally miraculous gift for finding beer on Sunday.



## Experience and Experiment

### Orange and Banana Diet on a Long Bicycle Tour

TO THE EDITOR:

For several years I have experimented with all kinds of foods. For many days at a time I have used exclusively one or two particular kinds of fruits, nuts, or cereals. At home in the States, I cared very little for the orange and banana, considering the one too acid and the other too strong in food quality for the stomach of lightly exercised professional men.

I concluded to try the Cuban climate, and a second thought prompted me to the idea that Cuba would be a good place to combine the use of the two fruits as an exclusive diet, and watch the effect. For eighteen days I was constantly on the move, either on the bicycle, on horseback, or afoot, investigating the country, the soils, the crops, and the character and health of the people. I ate oranges and bananas for my diet, and I never felt better or held up better under a strain in my life. I would not be afraid to abstain from every other kind of food for a year, and hold only to these two fruits. The juice of an orange makes an entrancing drink, as well as food, while the banana is bread, meat and potato.

At home, my banana was eaten between meals as a delight to the tongue or, if eaten with the meal, it would be sliced, sugared, and thus spoiled, and eaten after I had a full sufficiency, (as we eat pie, cake and pudding). I learned to regard it, when thus eaten, as indigestible. In Cuba it was used directly as plucked from the stem at necessity's beck—no sugar, no milk—and I had no reason to think it difficult of digestion. It satisfied hunger perfectly, and seemed to be all-sufficient as a vitalizing food.

I soon formed a strong liking for both these fruits, which had no decadence while I stayed on the Island. But since coming home I find those on the market of such inferior kind that I prefer other fruits, such as apples, dates, figs, etc. In the land where a fruit is grown, there that fruit is at its best. I intend to make another trip to Cuba soon, and will stay a longer time, and give her fruits a better test.

Most people think a large variety of foods necessary for the modern table, and essential to the physical well-being of the man. The flesh of beasts is regarded an absolute necessity to the man who labors. In my experiments I have found that muscular expenditure (long drawn out) need not rely at all on meats, and that one kind of cereal, or vegetable, or fruit is sufficient in itself for a sustaining food for many days or weeks at a time, and that by the use of two kinds many months

may be passed without a noticeable loss of flesh, strength or staying powers. This mode of living I regard as the equal, or the superior of fasting to keep the body healthy.  
Kent, Ohio. L. S. COPPER.

### Seventy Cents Worth of Food for One Week

TO THE EDITOR:

I will give you a little diet experience I had some time ago. A friend of mine told me of a man he knew who was so stingy he would not spend more than ten cents a day for his food. I told him that was not very remarkable, as I could also live on ten cents a day. To prove it to him I lived seven days on seventy cents, and this is what I ate:

One pound of dates, ten cents; apples, five cents; twelve eggs, fifteen cents; eight bananas, ten cents; Graham bread, ten cents; one half pound of rice, five cents; in all seventy cents.

I weighed 130 pounds on Monday, when commencing the diet, on the next Monday I weighed the same, so you see I lived seven days on seventy cents and did not lose any weight.

I am a tin and sheet-iron worker and my work is very hard and I find the least meat I eat the better I feel.  
Manchester, Va. L. D. WAYMACK.

### Experience in Shoes

TO THE EDITOR:

In reading over your magazine, I noticed an article referring to American footwear, especially to the high-heeled shoe. I have been doing some experimenting in that direction myself.

I had a pair of button shoes that did not fit very well, and I bought a pair of cushions and put them in the heels of these. In order for me to walk in the shoes, I now had to raise my legs high up, and throw my feet out. It was very uncomfortable for me to walk in this way, and I made up my mind that low heels are the only proper kind, so I took my shoes to a cobbler and had the heels lowered, also taking the cushions out of the shoes. When I put the shoes on, I had to learn how to walk over again—they were so easy to walk in that I could hardly control my feet.

I wear the next thing to a spring heel now, and it seems natural to take a step and land square on the forward part of your foot instead of on the high heel. I also notice that a low heel gives the ankle more play, and I think the high heel is the cause of so many weak ankles—they don't get a chance to move, they are continually held in the same position by the high heel.

Syracuse, N. Y. HERMAN ROSS, JR.



### An Experience With Eggs

TO THE EDITOR:

I am pleased to see that you have opened your columns to the results of experiments by your readers. I have been a reader for a few years now, and have gleaned a good deal of useful information from your answers to correspondents. I had tried an experiment a short time ago with a food which enters largely into the menus of vegetarians and it proved an experience which I am not likely to repeat.

I have abstained from flesh foods and all stimulants for about five or six years. About nine months ago, I became run down from overwork, and lack of out-door recreation. I was worried by my friends into, visiting a doctor, who questioned me as to my diet, and advised me to eat eggs. This is a food which I have never cared for, but I took his advice. I began to come round again, but was continually suffering pain across my stomach, which felt as if lead was boiling within it, and the pain sometimes moved into my back. The attacks have often lasted three or four days, nearly driving me mad and at the time I was unable to account for them.

After a number of experiments I gave up the eggs and have never had even the symptoms of an attack since. During the time I was eating eggs (which were used direct from the farm), I was troubled a good deal with scurf, now I am also entirely rid of this. I am a hairdresser, and we are constantly asked for advice for scurf. Inquiries have in almost every instance elicited the fact that the inquirers were egg-eaters. I persuaded one young man whose face and head was very bad to drop them for a fortnight. The change was remarkable, his face and head became almost clear, but his appetite for eggs was too strong, and he is now as bad as ever. I might say that I have eaten them cooked in every way, poached, boiled, in custard and puddings, and it was all the same. I did not take them raw, feeling that I could do without them.

Bradford, Eng.

G. MOULTON.

### Dietetic Experiments

TO THE EDITOR:

I had suffered much from biliousness, though only thirty years old, but I can honestly say that after six years experimenting, both with exercise and diet, I think at last I have got good health in its true form. Now I should like to give your readers the benefit of my experience. One of the best habits or practices is taking a cold bath every morning, followed by a brisk rub down, the whole hardly taking five minutes. I have found also that a short walk of half an hour, before breakfast (walking sharply) is an excellent tonic also, to enjoy one's breakfast, and makes you feel livelier throughout the day. I have tried exercise the first thing in morning, but it does not suit me.

I go to a physical culture school twice a week, this has proved itself better for me than regular exercise every morning. I have

tried a vegetarian diet for five months, but somehow could not keep my strength up. I now take meat every other day and this best agrees with me.

I will almost make bold to say that if anyone will follow the diet I am living on now, that is, if he has a naturally weak stomach as I have, he will maintain good health. For breakfast, a small plate of porridge, with cold toast, buttered, and sometimes an egg, followed by a little fruit, and a very small cup of cocoa. This latter is always taken after I have finished my breakfast. On a very hot day the porridge may be omitted with advantage. For dinner a piece of toast, small chop, cooked in Dutch oven (mutton is the only meat I eat). The day I do not use meat I have thin slices of bread and butter with banana slices spread upon them to form a sandwich, followed by a small cup of cocoa.

A few general remarks may help: I drink freely of water between meals. If at any time I sneeze I at once drink freely of hot water. Sneezing is Nature's way of telling you that your skin has been chilled and the drinking of hot water will stop you from catching a cold. To prove this I may state that I have only had three colds during the last four years. I go for walks at night after my work as a jeweler.

J. T. PARTRIDGE.

Brookfields, Birmingham, Eng.

### As to Drinks

TO THE EDITOR:

I should like to call your attention to an alteration in my diet which has brought about a wonderful change in my system.

Soon after I reached my eighteenth birthday, my face became covered with pimples. This was not so very alarming, since sore faces at this age are a very common complaint. My face, however, became so disfigured that I was obliged to seek medical advice. I was told that my blood was out of order (a fact that I was already aware of) and was ordered to take a "blood-purifying mixture" which did not cure me and indeed rather aggravated than cured my disease.

Now my occupation is one which brings me much into the open air, so my impure blood is not due to foul air, neither is it due to want of exercise, for I have always been an ardent athlete.

I at last began to experiment with my diet; I left off white and took to brown bread, and abandoned all foods rich in sugar, but the pimples would not disappear.

I at last discontinued the use of tea, which gradually had the desired effect, although at first no change was perceptible.

I will not deny that tea has its good qualities, for certainly it is an excellent stimulant (if a stimulant may be termed excellent), and is a beverage which I always enjoyed. But I should advise anyone suffering from impure blood to cease drinking tea, and to take what I believe an excellent substitute—barley water.

Southampton, England.

J. P. S.



## More Vacation Suggestions

Although the award of prizes has been made in our "Vacation Suggestions" Contest, we take pleasure in publishing the following letters from a number of contributors, who, while not so fortunate as to be placed among the prize-winners, have supplied reminiscence and advice which, we feel sure will be received by our readers with the interest which they so richly deserve. Our only regret is that lack of space prevented the publication of many valuable letters.—Bernarr Macfadden.

### Cooking in a Mountain Camp

Being a strict adherent to physical culture methods, I took my outing last year where the environment would be symbolical of the idea. The chosen spot was east of Fresno, in the Sierra Mountains, near Pine Ridge, a branch of that grander range east of it. The name of the place was typical of its endowment by Nature, as a thick growth of white and yellow pine mantled its sides.

My first day's work was the construction of a "hut." I made it of double-width sheeting, wound around four stakes driven in the ground, and under the shade of a pine tree. For a roof I cut a few pine boughs and threw them over the top. This makes a much neater "den" than a tent, having the advantage of not getting so warm during the day.

My bed was made on Mother Earth, and consisted of pine sprouts, mingled with dry pine needles. This made an ideal sleeping apartment, being very aromatic and conducive to physical and mental rest.

My cooking utensils were a "stew kettle" and a frying pan, which afforded room for cooking all meals.

For the sake of those who have had no experience with this mode of cooking I will give an explanation. The "kettle" is cylindrical, with a tight-fitting lid. In order to cook the following method has to be followed: A hole of small dimensions is dug, in which a fire is built. After being reduced to coals, the kettle, with the food to be cooked, is placed, and around, below, and above, the red-hot coals are placed. To keep the heat in, a few shovelfuls of dry dirt is sprinkled on it.

Any food can be cooked in this way, very easily, without destroying the flavor. A meal can be prepared and left to cook while a trip to some neighboring point of interest can be enjoyed.

Nothing revives life so much as a pure mountain air, fresh with the aroma of many shrubs and trees, so each day I took walks to some part of scenic interest.

In many locations there were meadows, surrounded by pine, tamarisk and cedar, and traversed by streams of pure, clear water. Summits of ranges gave from their heights romantic views of loftier altitudes and great depths.

Often with a rod and line I would fish for

trout, or perchance with a camera snap some unsuspecting denizen of the woods. Boating and swimming were not rejected, for varied and many were the sports afforded in this mountain paradise.

On one occasion I filled my knapsack with food for three days and went a distance of thirty miles. On this trip I used pine needles for covering during the night. I find the mountains more conducive to rest than the sea. This coming summer I expect to take a trip to a place of greater altitude—to the 10,000 feet level, if possible.

Laton, Cal.

F. P. HOGAN.

### Summer in a House-Boat

The man of the house could not leave his business during the summer months, and the question arose how could we have a summer vacation and include him? After various ways had been suggested we hit on the plan of a house-boat. We bought a scow at a bargain price during the winter, and then proceeded to build our summer home in our spare hours. By June everything was ready. We rented our city homes, taking just what we really needed on the house-boat, and one beautiful June morning we embarked, and with our flat-bottomed skiff tied to our back door we were towed out on the sound. We anchored on a strip of fine sandy beach, eight miles from town. And oh, the joy of taking off our shoes and stockings and wading in the water as the tide receded, and we made our house fast and prepared for our two months sojourn. After dark we sat on our wide veranda (or decks, as we called them), and paddled our feet in the water, brilliant with phosphorescence, showing the schools of fish as they darted to and fro, then took a plunge and retired to our bunks to be lulled to sleep by the lapping of the waves as the tide ebbed and flowed. We were enabled to make arrangements with the owner of a launch to take the head of the household back and forth to his work, and our days passed all too quickly in boating, swimming, fishing and exploring the island for supplies of vegetables and fruit. We began the day with a plunge from our decks into the cold waters of Puget Sound, then after a vigorous rubbing and our physical culture exercises, we were ready to fully appreciate a breakfast of fruit, whole-



wheat bread and cereal. We have lived over all the pleasures of our summer during the winter months, and now we are planning for another two months trip, only this time we have our own motor boat to tow us, so will not have to stay on the same part of the island all summer.

Our expenses were much less than living in the city, and it is needless to say that we all returned to our duties in perfect health, and the best of all, the whole family shared the joy and blessing of the vacation together.

Mrs. H. W. CARR.

Tacoma, Wash.

### Week-End Holidays

Vacation talk at this time is in perfect harmony with my ideas of a vacation, if I may call it such.

I am one of at least a half dozen young men who have not been able to get any time away from work within the last two years, and naturally being fond of out-door life, we have just drifted into the customs which I shall mention.

Our out-door life varies, and not at any time do we have the same recreation, for instance, one Saturday evening last summer, we hired a light wagon and a team of mules, loaded up with a tent and provisions, and drove eight miles from town, then two miles up a creek, and there pitched our tent.

We then built a fire and had supper; a great pleasure of this trip was the moonlight swim at ten o'clock. On Sunday we rested all day and arrived home in time for church services.

On a holiday we go out in a hay-wagon with a number of lady friends, this means a ball game in which all must take part; no wall-flowers are permitted to go.

Other times we go by train several miles away from town, to a small creek, and fish, take a small lunch along and eke out a substantial meal by buying eggs and corn and having an informal cooking bee.

During the past winter we have had what we call an hour of the nomadic life; that is, we have been going to the woods in the evening without supper, taking some potatoes and apples along, by scraping the snow away we, with some difficulty, light a fire, then we sit down on fallen timber and talk till about 8.30, after which we roast our potatoes and apples, have lunch and return home again. We have been doing this once or twice a week all winter and find it great sport.

The coming summer we expect to spend three or four nights a week in the woods sleeping in hammocks, fastened up about eight or ten feet from the ground.

This idea may not be prevalent among most people for vacation pastime, but I can say that if it is once tried, successfully, it becomes as fascinating as any two weeks' camping anyone may take, but of course, you must depend entirely on originality to get the most enjoyment out of experiences like these.

J. B. McLAUGHLIN.

New Kensington, Pa.

### A Weekly Camp Out

In answer to your question: "How did you spend your vacation last year," I wish to briefly state how we did, and how we intend to this year.

It was quite late in the season when I thought of this idea and as we were anxious to get things started we were obliged not to be so choice in our selection of location, outfits, etc. As I and my friends (numbering six) were not able to get a vacation I popped the question of having a camp for Saturday afternoon and Sunday of each week, with which they were unanimously in favor. We were not certain whether this would be permanent, so we bought the best and cheapest things we could lay our hands on. Each boy brought his own bed-clothes also a few old dishes. Every little bit helped to cut down expenses.

Our outfit, which was very simple, consisted of one tent, ten feet by twelve feet, one sixteen feet skiff, three cots and a few kitchen utensils, the total cost being \$30.00. Our object in camping was to get out in the open air and to exercise there, and sleep there. The tent was rather too small and on hot nights most of us would sleep in the barn.

Our camp was situated about fifteen miles from town, on a beautiful river with a thirty-four cents railroad fare, one objection being a three-quarter hour walk on the dusty road.

We boys made it our business to get to camp just as soon as possible on Saturday afternoon, so that we could all have our supper together. The length of our stay was from Saturday, about 4 P. M., to Sunday, 5 to 7 P. M. After having our supper on Saturday evening, a few would try their luck with the hook and line. The balance would sit up camp and sing. Forgot to state that our attire while in camp consisted of a bathing-suit. This we would wear until our departure.

The following is about how we spent our time while there: We would arise about day-break. After taking about one-half mile run we would go to the river and take our morning plunge in order that we might get good and hungry. Our breakfast consisted of fish (if we had caught a mess) or eggs, bread and butter and cocoa or milk, and some kind of breakfast food (some called it sawdust). After things had been put in shape again we would play quoits or throw ball until about 10 A. M., when we would go out after berries or watermelons, if any could be gotten. After dinner we would again play ball until 3.30 P. M., or later, then go to the river and take a good bath, after which we would make for the camp and prepare of evening meal. Forgot to state our dinner consisted of one of more vegetables, soft boiled eggs, potatoes, milk or cocoa, and rye bread and butter. This menu, of course, was sometimes changed, especially when we had a little flour left. Our cook was very fond of pancakes. Our evening meal was the lightest, consisting of bread and butter, cocoa or milk and a little fruit. After spend-



ing the day we would prepare for our journey to the smoky city. No intoxicants were used in camp nor out by any member.

The plans for this year will, of course, be on a more elaborate scale as all are willing to go again and bring their friends. We expect to select a nearer place, also purchase a much larger tent or rent a cottage, each member will buy a folding cot. We will also have a croquet game, cards, and if we can arrange it, have a place to play tennis. We also wish to buy one or more canoes. The total cost per day, for time we spent there, would amount to about 80 to 90 cents.

CHARLES NASSE.

277 Conroy St., Cincinnati, Ohio.

#### A Profitable Vacation

Two young men of my acquaintance who were working their way through college, hit on a novel plan for a summer vacation, and made enough money to carry them through the winter. They owned a good sized launch, and they fitted it up as a general merchandise store, selling fruit, vegetables groceries, meat, etc., on commission, and three mornings a week they visited the camps on Puget Sound. Sometimes they tied up at the boat landing, and by using their megaphone, attracted the attention of the campers, who flocked from all directions to purchase supplies, again they anchored out from shore, and were soon surrounded by row boats filled with eager house wives. They were so polite and accommodating that anything that one chose to order would be brought out on the next trip if it were possible to secure it. They carried their tent with them and pitched it at the most convenient point when through their day's work. This gave them some hours for rest and recreation before making the next trip. They not only proved a great help to the housewives, but earned the gratitude of the men as there were now no long lists for them to fill out and carry as they made a grand rush for the boat after their day's work.

H. W. C.

#### Some Hints for the Vacation Camper

To my mind there is only one place to spend a vacation, and that is under canvas.

The first thing in camping is to see that your canvas is pitched in a somewhat elevated position, and that the water supply is close at hand. Water of sufficient quantity to permit bathing, swimming and boating is also of great use and value. Given the above requisites the next question which naturally arises is spare time occupation.

There are many who believe in rest during vacation, but to the average office worker, I say no. What he needs is healthy out-door activity to set the heart and lungs in action and spur the stomach and liver to what would otherwise seem herculean tasks. Long walks over hilly sections of the country with an occasional run down-hill places the functional system in such order that the stomach is a thing not heeded.

The study of botany, geology or ornithology will keep the mind active and at the same

time keep the camper outdoors. Cutting wood and carrying water are other good time-consumers. One exercise I have often practiced is swinging a filled bucket round and round from the spring to the camp, it makes all the upper body strong.

Then there is swimming. For the camper with the weak heart I would say this much, swimming need not be placed on the black-list. Personally, I have found that rubbing the chest and abdominal regions with olive oil prevents any injury to the circulatory organs and that so prepared the weakest may dive into water of 51° or 52°.

Olive oil is also an invaluable protection to the sun-bather. If you intend taking up this valuable practice a slight coat of olive oil will keep the skin from blistering or burning.

To the outing enthusiast who is bothered by insect pests, as mosquitoes, etc., I would say that either oil of pennyroyal or kerosene oil rubbed on the exposed parts is effective. If you get stung, clay, earth or a mouthful of chewed hardwood leaves tied on the wound is a specific.

If you are thirsty on a tramp, be careful of still water, no matter how clear it seems. Remember that hard knocks are part of the campers' training. Hoping this letter has some useful hint for physical culturists.

PERCY E. COVEY.

1 N. Park St., Halifax.

#### A Two Weeks' Bicycle Trip

A friend and I spent our vacation of two weeks last year, on a bicycle tour. We laid out our route in a loop, so that by riding thirty-five miles each day we would reach our homes again at the end of the two weeks.

On the handle bars each carried a combination camp bed and sleeping bag that weighed about twelve pounds, and behind the saddle was an oil cloth bag that held four pounds of raw food; these with the tools, etc., brought the total weight of the machines with baggage up to fifty-five pounds each at the time of starting.

We rode in all over six hundred miles, slept out doors every night but one, and enjoyed perfect health all the time. Had a pocket kodak along and brought back a number of good pictures of scenes along the road, camping sites, etc.

Our expenses were \$10.00 each for pictures and all. The beds cost \$6.00 each, but we had them from a trip the season before. I have spent other vacations traveling and living in a covered wagon, with and without a tent. I will answer any and all questions regarding the trips, outfits, etc. that physical culturists may wish to ask if they will enclose self-addressed stamped envelope.

I am going to spend my vacation in the following manner. Four friends and myself, are going on a camping trip across this State and through the Black Hills. One of the party has a two seated automobile and this will be used to carry two persons and the camp outfit, tent, luggage, etc.



The other three members of the party will travel on bicycles. Our schedule only calls for thirty miles a day, and that gives plenty of allowance for side trips, bad days, when we would rather lay in camp than travel; so we will not be obliged to hurry any in order to cover the route mapped out.

We will carry one or two folding boats, several kodaks, rifles and revolvers for target practice, fishing tackle etc., so as to have plenty of variation, without much real work.

HARRY O. WIBIRT.

Huron, S. D.

### The Most Inspiring Vacation is Up Among the Clouds

The paramount object of a vacation is to allow one to get away from the scene of his activities and from all that reminds him of the every day grind. To this purpose he must go to some other locality, whose selection depends upon his means as well as his inclination.

To a follower of physical culture what could appeal more strongly than a trip to Pike's Peak in Colorado? It is not expensive, and think of the pleasure and benefit to be derived from a vacation spent in a land of sunshine and fresh air, lofty mountains and deep canyons, green valleys and blue skies, great forests and sparkling streams.

Pike's Peak is 14,147 feet high, and the road leading to its summit is eight and three-fourths miles long. Upon level ground one can comfortably cover this distance by foot in about two hours, but you had better calculate to take a half day if you are going to walk up Pike's Peak.

Of course you will want to carry a light lunch with you, for you have no idea what an appetite you will have. Spring water can be had all along the road. You will want a sweater or coat, for as you go up the atmosphere becomes quite cool, and in fact, cold. At the top there is perpetual snow and ice. You will also want a staff, for it will aid you greatly in the climb, as the incline averages 846 feet to the mile.

Your path will lead you through giant canyons, past dashing falls, along tiny parks, amidst stately pines until you get 10,000 feet above sea level, when you reach timber line. The timber growth dwindles down to scrubs. Rocks only line the way. Now is when the "shoe begins to pinch." The air grows chill, you are getting short of breath, and beginning to feel fatigued. Grand and sweeping vistas open out on every hand, and you rest and view the sights. Another short jaunt and you have reached the summit! I cannot picture to you the sublimity and immensity of it all. Spread out before you is a mighty panorama of 60,000 square miles. Sometimes one is entirely enveloped in a passing cloud. Many tourists walk up the night before to be there in time to see the sun rise, the grandeur of which no language can describe.

ED. J. AFFOLTER.

633 John St., St. Paul, Minn.

### A Vacation of Freedom

I am looking forward to my only real summer vacation with pleasure and impatience.

Although I spent one month in the country last summer, the two-week rest which I have been counting on all winter will put last summer's vacation in the shade.

There is a little place down in Jersey called Physical Culture City, where the boiled shirt and stiff, white linen are things of the past; where one can wear knee pants and sleeveless jerseys without having a bunch of prudish old fogies to deal with, which is generally the case in the country when one tries to live close to Nature, and that is the place for me.

Having gotten two of my boy friends interested in physical culture, we have decided to come to your city for our vacation, where we can have a good time and come home feeling refreshed and ready to get down to work for another year instead of coming home feeling tired and worn out, which is the case with those who go to the seashore for their vacation.

I would suggest that all those who are interested in physical culture spend their vacation in your city, as it would benefit the city as well as the pleasure seekers, for there they could get physical culture foods and accommodations which are almost impossible to secure at most pleasure resorts while at the city.

One more advantage in going to Physical Culture City is the pocket-book standpoint, both in the way of lodging and wearing apparel, as one gymnasium suit, one bathing suit besides the traveling suit and linen for the journey are all one needs.

CHAS. H. HANNUM.

1320 N. 51st St., West Phila., Pa.

### Vacation Sports for the Young Folks

I am very much interested in the subject of vacation sports, and am glad of an opportunity to enter your competition.

I will be delighted to give help to anyone who may wish light on this interesting topic.

To my knowledge one of the most enjoyable and vigorous sports is that of tree climbing. It is one of the all-round exercises which I take daily. It is wonderful how it develops all muscles.

An ideal sport is horse-back riding—get two or three others and have a good race; over all the roughest roads you can find—ride no other way than astride.

A good part of one's vacation time should be spent in running, for it is the supreme test of endurance.

I have found rope-skipping an excellent thing for a leg developer, and also to give good strong lungs, as well as a good way to pass time happily.

One can spend much time enjoyably with what may seem minor exercises, such as kicking, jumping, throwing, climbing rope and tumbling.

LAURA M. PETRY.

Uhrichsville, Ohio.



## Comment, Counsel and Criticism by Our Readers

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

### An Eleven Days' Fast

TO THE EDITOR:

I ended my fast on the night of June 11th, having fasted just eleven full days, and feel much improved over it. Think it is a good thing, if not carried to excess. I never got hungry during the fast but got quite weak at times, although the last day of the fast I felt as good as at first, outside of the weakness. I suppose my age had something to do with that. I am feeling clearer and better than for a long time. Lost about twelve pounds on the fast. My fast created a stir among the people here, and the newspaper reporters sent it broadcast over the country. All the larger papers in Oklahoma published it.  
Enid, Okla. J. E. WALTERS.

### A Faster's Experience

TO THE EDITOR:

I broke my fast the 15th, at six o'clock, by eating an orange. I have lost thirty pounds since the first of May, as I had several fasts during that month. I should have fasted the whole month only, it has been so cold I was nearly frozen, as my heart has been weakened by tobacco (but have not used any in nearly five years), and I have to handle heavy sewing machines all the time, and they got very heavy when I had to take them upstairs. I am feeling very fine now, but I had a great deal of pain under the bladder and in my left side after the first five days. Nearly everyone who saw me thought I was a fool, and it is harder to take a fast when everyone is against you. Even my wife was "on the kick."  
Canandaigua, N. Y. M. H. BAKER.

### Men the Victims of Institutions and External Conditions

TO THE EDITOR:

For several years I have been a silent but interested reader of your valuable publications. Let it suffice to say that I have acquired a large measure of physical, mental and moral strength from following your teachings.

In the main I believe you and your followers to be honest and intelligent, but there is one foible to which the major portion of your correspondents are victims. I refer to the writing of cynical criticism against anti-physical culturists. To me it seems that the proper way to convert people to our way of living and thinking is to convince them that our theories are as we claim them to be. I believe you are broad-minded enough to see that the only way to convert people to your beliefs is by honest, intelligent, impassionate argument.

This habit of you and your followers of heaping calumny and ridicule upon your enemies effects only one result; that is, to satiate, in a measure, your hatefulness toward them.

Men of the Comstock type are victims to abnormal pre-natal and post-natal conditions. When you find a person who is so abnormal mentally that it is impossible to convert him or her by honest intelligent argument, don't heap calumny upon him or her, but attack the institutions which cause them to be abnormal. Such people as Comstock, White, and Evelyn Nesbit Thaw do not merit abuse, they should be accorded friendly, intelligent and honest advice. The institutions which cause such people to exist are the elements which deserve the adverse criticism. To recapitulate, don't abuse the victims of wrong conditions but attack the spurious elements which are responsible, or make it possible, for such people to exist.

WILLIAM HERELD.

Chesaning, Mich.

### A Different Opinion of Roosevelt

TO THE EDITOR:

In a late number of **PHYSICAL CULTURE** you have quite a puff for Mr. Roosevelt, outlining a few things which he should do, and in that I agree with you, but farther on you ask the question will he dare to do it and then you say you think he will if he is long enough in office. I do not think he will, although everybody knows he dares to do



anything which, in his judgment, it is policy to do. And viewed from a financial standpoint it would not be policy for him to take the course which will have to be taken in order to bring about the results which you are striving for. In the animal kingdom of the domestic species, when an increase is desired the sire is kept from work, given the best of food, of full rations, with pure water, well groomed, well stabled, in sanitary surroundings and everything done to make him a perfect specimen of his kind. Likewise the dam is prepared for the reception of the new life, shielded from fright, tenderly cared for and given an opportunity to bring forth a perfect specimen of her kind. But when a human being is to be brought into existence, the sire is put to work, on long hours, in a dark factory, on short rations, of poor and adulterated food, with impure water, insufficiently clothed, sheltered in a hovel, in unsanitary surroundings, and the dam is given no physical preparation whatever for the new life, is compelled to endure the same conditions during the period, and then the world wonders why we have degenerates and neurasthenics. Here at last is the bitterest drop in our cup of gall which we are compelled to drink, it is this: Roosevelt stands for a perpetuation of these conditions: Why? because it is business policy. Do not think I mean that our chief executive never rebukes wrong, he does, and occasionally with exceeding vigor, for he sometimes takes the official club and deals a blow the vibrations of which are felt to the uttermost parts of the union, but only when some official has become so corrupt that it has become a menace to business policy. If the vast amount of time and energy which you are expending in trying to remedy the effect was issued to stop the cause of so many physical wrecks, I think greater good would result.

ALVERDO ALBERT.

1018½ Second Ave., Spokane, Wash.

### What Will President Roosevelt Do?

TO THE EDITOR:

A recent number of *PHYSICAL CULTURE* contains some of Mr. Macfadden's very able editorials. He voices my opinion of the outcome in case of war with Japan. He says just what I would say in regard to food adulteration and graft among the army officers. I consider him right in his denunciation of the crime of prurery. Mr. Macfadden dwells upon the necessity of fasting, of exercise, of cleanliness, and upon everything that aims to health, happiness, beauty and comfort, and I agree with him on all that, but here I cease to applaud and admire. He lauds Mr. Roosevelt as the best president the United States has ever had, but he is not explicit in saying why the gentleman should be raised to so high a standard. I would have been pleased to have him specify just what the president has done to deserve his gratitude to such an extent.

It is true, Roosevelt has denounced the railway graft, speaking to the people from

the platform of a palace car, while en route through the country. The people applauded. The railroad magnates inside of the car must have enjoyed this bit of burlesque, and as yet there is no sign of the railroad corporations having been frightened into obedience by the President's speeches to the rabble. To Upton Sinclair belongs the credit for awakening the American people to the horrible conditions existing in Packingtown, although he admits himself that he only awakened the American stomach, not pity for the packing house laborer. What have Roosevelt's strenuous efforts against the packers accomplished? You say you know little of politics, and that must be true, or you could not believe that a few speeches, a few threats of persecution and a few laughable small fines will stop the money-shark from making all he can by fair means or foul—and they are mostly of the latter kind. It is the same in regard to the Pure Food Law. You cannot believe that this law, although passed, will be enforced, except against a few small fry or against some weaker competitor. Why should it? Is not capital—the most gigantic capital of the world—arrayed in a solid phalanx against labor, against the small tradesman, against the farmer and against all those who cry for better conditions? Do not graft and greed, bribery and competition enter into every business undertaking, into every office from the lowest to the highest in this land? What object then would there be in enforcing a law that would curtail the incomes of our rich men? And what power has Roosevelt to stop all this? If he had the power and used it he would be assassinated inside of twenty-four hours. He was placed in the presidential chair by money power, not by the people, and money power has use for a man who can impress the rabble with apparent energy, backbone, and bristling enmity for evils. I do not say that under different conditions President Roosevelt would not be what he tries to be now. You speak of the curse of child labor—of the thousands of little children who die annually in America, of the degenerate condition of the people in general. Do you realize that adulterated food of all kinds, manufactured for profit by conscienceless brutes, is the chief cause? How do you expect to eliminate such conditions as long as the incentive to lie, cheat and steal remains? You give no remedy; you look to the President to perform the miracle. You must certainly know that the majority of the so-called people is composed of common labor-slaves, and I cannot except even the farmer. How shall they find time and money, even if they have the inclination, to pursue higher aims, to have better thoughts, to live purer lives and to conform with the laws of health as set forth in your excellent magazine? With them life is one round of drudgery, self-denial, worry and hurry, and they exist only for the one purpose, to keep the rich in idleness and luxury and in return for hard labor and self-abnegation for themselves and children. They receive just enough to live and to buy



poisoned food, shoddy clothing and the cheapest of amusements, which altogether are surely not calculated to elevate and ennoble their minds. Yes, we certainly are treading the downward path. The United States has in a few years grown great and rank, like a stalk of corn on a dung hill; it will soon wither and die, and its fruit will be a bunch of smut. I am taking too much time and space, although I could write pages more. I note a letter from Jacob Ruse, Bozeman, Montana. I say with him, attack the cause, the private ownership of our industries. Neither President Roosevelt's strenuousness, nor the words of a few reformers, will change present conditions for the better. The people themselves must act at the ballot box and to this end they must be roused to the fact that their united strength can accomplish what billions of money can not. And where are there better mediums for enlightenment than magazines and newspapers? There is but one hope for the American people, but one way to throw off the yoke of capital-power—co-operative-brotherhood. In thirty years, if present conditions continue to flourish, there will be no America for the Americans; it will be but a great rich country for the rich. There will be English-speaking, white slaves, and the owners and lords will be foreign and domestic capitalists, surrounded, as in olden times, by armed lick-spittles to do their bidding. But I cannot believe that there is so little American manhood left as to allow such conditions to come upon us. I do not wish to censure you, Mr. Macfadden, but I do wish you to speak as our comrade, to become one of the mighty brotherhood, which is daily gaining in strength, under whose great wings some day crime and poverty will cease to be.

Langley, Wash.

MYRTLE B. SANFORD.

### A Defense of the Clergy

TO THE EDITOR:

In one of your recent numbers, under the head of "The Duty of the Clergy," I find an article that is very incorrect. The gentleman objects to ministers advising the people in money matters, and later on he wishes ministers to turn their attention to physical needs. Do rents and divers household expenses not come under the heading of physical needs?

When he claims that most ministers mistake their ignorance for bliss he shows that he knows little of ministers. How can he make a statement that covers thousands of men?

The fact is that to-day ministers all over the world are instructing and telling both boys and girls the very same thing your magazine is preaching. I have been doing so for years, and thousands of other good men are doing the same. And anybody claiming that ministers think the way the author of that article stated is slandering the whole profession.

But the trouble with the author of that article is, he seems to think that the clergy has the power to make the people do as he says. Has any minister the power to enforce

his preachings? Has any paper or magazine the power?

The passage "No wonder that we find any number of couples having children less than a year apart" shows, what class of people the gentleman from Cleveland has reference to. That is a class of people not reached by the clergy. That is also a class of people not reached by your magazine. As to the "obey" clause, I never in all my reading found any authority nor minister apply it in the way the gentleman states.

That the "so-called" ministers say the Jewish laws are null and void is another statement without foundation. Those laws stand to-day as they did then.

In conclusion will say: This article which appeared in your magazine is not founded on facts, but on prejudice. I believe in your magazine. It is doing a good work, and I hope you keep it up.

A MINISTER.

### Ignorance is Not Innocence

TO THE EDITOR:

"In my youth I was the sad victim of that life which you so clearly depicted in your serial story "Growing to Manhood in Civilized (?) Society." In your fight against Comstockery you have my best wishes for a successful result, and I will do what little I can to fight against this damnable curse. How any sane person going back to his own experience in his past life can expect to raise the people to a higher ideal of life by withholding from them the knowledge of sex relationship is beyond my power to understand. Ignorance is not innocence, but knowledge tempered with restraint is. If I had the means I would contribute a small amount to your Free Speech League, but I am not in a position to do so now. You may hear from me again sometime in the future.

Hallock, Minn.

HANS HANSON.

### The Influence of Commercialism

TO THE EDITOR:

In regard to the editorial which appeared not long ago in your magazine, entitled, "The Japanese Will Whip Us," I take it your suggestions and criticisms apply to our regular standing army. If so, you give the right cause for the lack of fighting endurance in our men, but if you have in mind the men that will volunteer when the time comes, I think you have not presented the right cause.

The cause for the poor specimens of manhood, and womanhood, too, is the state of society under which we "live, move and have our being." Our society is too much commercialized. Commercialism is ruining our land. The socialists call it Capitalism.

Captains of industry are so greedy to get rich that they will not use their energies and talents to place upon the market healthful food, clothing and houses. If they did, there would not be so much profit in it, perhaps, and that is what they seem to live for—profit. Rents, profit and usury are the things that are making our nation a degenerate one. All our great corporations are not in existence



because we need their wares. They exist because there is profit to be secured by the owners.

The rank and file of the young men in this misused land of ours who will be the material for soldiers are the poor working men. How can you expect the majority of these men to grow and develop into healthy, robust specimens of masculine humanity when they have to spend most of their waking hours in sweatshops, factories, mills, mines, offices and department stores in the most unsanitary conditions? This kind of existence drives most of them to the saloons and other places of vice to further draw upon their store of mental, moral and physical strength in the remainder of their waking hours.

Furthermore, they don't get sufficient wages to live healthy and hygienically. How many thousand are they who have bath rooms in their houses? How many thousand are they who know the joy and health of sleeping out in the country? How many thousand are they who have education on the lines of healthful living? How many thousand are they who have the ambition and strength of brain and muscle after their hard day's work is over to get this education? How many thousand are they who have the money to pay for the high prices of pure foods? How many thousand are they who have sufficient knowledge of economy to make what money they have purchase what healthful foods that are on the market, so far as their means permit.

There is one answer to all these questions. That answer is this: the thousands that do, are so few that they are lost sight of when compared with the ones that do not.

I don't believe in war. I don't desire to see a state of society so considerate of its members, that the result will be that they will be so perfect in many ways, but brutal enough to use their perfect physical strength to go and kill some other set of people. I want a state of society that will give its members perfect manhood and womanhood, because that is the way God intended we should be.

The rank and file of the citizens of this country are living up to the limit of their knowledge. They are not physically perfect because they have not had the opportunity to get, and if they can get, they are not able to assimilate, the knowledge necessary for such a development.

So you can see, Mr. Macfadden, there is a cause for our war material not being good soldiers, physically. Before they become good soldiers, physically, they must first become good citizens, physically.

It is not for this or the next generation to say what we are put upon this earth for. They are not capable. It is their mission now to so perfect themselves in every and all ways that the following generations will then be more capable to solve that problem. It is our duty to perfect ourselves and pass on that perfectness to be still perfected upon.

The Japanese may whip us and they may not. If they do, it may be because of the

reason you point out, but behind that there is a cause for that reason, therefore we will be whipped because we put commercialism ahead of right living.

Yours for perfect physical manhood and womanhood as far as it can be had under the present conditions.

Los Angeles, Cal.

FRED DUTRA.

### One Great Cause of Consumption

TO THE EDITOR:

Having read the contents of one of your recent issues, I want to say that I am a victim of the one great evil referred to in one of your articles, which is the cause of many young men going to their graves, or becoming so weak physically and mentally, that they are handicapped to such an extent, as to render them almost unfit for life's work. I hope your good work will continue, I am a young man twenty-one years of age—no, not a man; I should have been a man, but I am a victim of consumption brought on by my vice, which has ruled me from the age of thirteen up to a year ago. Oh, if I had only had a father who would have been man enough to explain and warn me as I should have been warned. But no, I was allowed to continue on in ignorance until it is too late and this is the result.

I actually despise and hate my father when I think of the great neglect of which he is guilty. When I am dead and gone I suppose the cause of my death will be given as consumption; suicide would be much nearer to the truth. I inherited weak lungs but nevertheless I would have been a strong man had I grown up pure and taken physical exercise to strengthen my lungs. I believe that consumption could be put out of existence if purity and physical culture were lived up to. It is plain to see that consumption takes hold of its victims, when they are in a weak and run-down condition which is often caused by abuse of the body and sexual excesses. I cannot compose my thoughts as I would like to, I seem to lack the power of expression, but if you think this might act as a warning to some reader publish it by all means.

I would gladly disclose my identity if it were not for the fact that, I do not wish to embarrass my sisters.

New York City.

ONE WHO KNOWS.

### A Fat Boy's Diet

TO THE EDITOR:

Did you observe a recent report in the newspapers about "the fattest boy in the world—Charley Wright, of Hawksbury, Cape Breton, Maritime Islands. Age 17, weight 436 pounds. His diet is most interesting and simple, nothing but pea soup and potatoes since childhood.

What do you think of it? According to all accounts, he could relish nothing else. Have any of the readers of PHYSICAL CULTURE desiring to gain weight tried that kind of a diet?

Paterson, N. J.

W. D. BROOKS.



# General Question Department

By BERNARR MACFADDEN

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

## Reducing Flesh

Q. What is the best exercise for reducing flesh?

A. Long-distance running is perhaps the best exercise for reducing flesh for those who are muscularly vigorous enough to indulge in it. Of course those who are entirely too heavy for this exercise, and deficient in vitality, should do the best they can with long-distance walking. But it is important that you walk as though you meant it. If you expect to loaf along in a disinterested, leisurely manner, you will not be able to accomplish anything in the way of decreased weight. The walk must be brisk and energetic, sufficiently so to compel the practice of deep breathing and also to induce copious perspiration. Of course there are a number of other exercises and sports of special value for this purpose, including all those pastimes which require long continued effort. A certain exercise may be ever so strenuous, but it will not accomplish much in this direction if continued only for a few minutes. It is far better to take exercise that involves activity of a light, quick nature, continued for a considerable length of time, and requiring endurance. Basket ball, hand ball, a fast game of tennis, boxing, and in short, all active sports that develop endurance, induce copious perspiration, and force one to breathe hard and fast, would be of value in this connection, being much more conducive to a loss of flesh than resisting exercises, the practice of weight-lifting, or other means chiefly designed for the purpose of building great strength. Of course exercise alone is only one factor in reducing weight. The diet and many other things should be taken into consideration.

## Hours for Sleep

Q. I get up each morning at 4.45 for exercise, which consists of walking and running. Kindly advise at what time I should retire to get the required amount of sleep, having had supper at 6 P. M.?

A. Ordinarily I would say that if you rise at the hour mentioned, you should retire at dark, or soon after. You of course understand that different constitutions require different amounts of sleep. Perhaps it would be necessary for you to go to bed at nine

o'clock or a little earlier, though you might secure sufficient sleep by going to bed at ten o'clock. This would depend upon your own peculiar organization. Some persons can get along as well with six or seven hours' sleep as others can with ten, this no doubt depending in a measure upon the inherent degree of vitality possessed by the individual, and upon his temperament. You can just be guided in these matters by your own feelings when awaking in the morning. If you awake at the hour mentioned without the use of an alarm clock, and without having been called by someone else, and feel thoroughly rested, refreshed and anxious to be up and active, then you can be satisfied that you have had sufficient sleep. If on the other hand you need to be aroused by some artificial means, and feel "more tired than when you went to bed," being inclined to loll in bed or take "another nap" then you would do well to retire earlier so as to secure more sleep. The sleeping habits of civilized man are exceedingly perverted, and the nearer you can approach to those of the birds, the better it will be for you.

## Use of Drugs

Q. Do you think that consumption and advanced stages of catarrh can be cured in the Michigan climate without the use of drugs?

A. The wording of your question indicates that you are of the opinion that the use of drugs is ordinarily beneficial in the diseases named, and inclined to remedy them. If this is your opinion, your mind had better be disabused of the notion as soon as possible, for these diseases can be remedied far more quickly without the use of drugs than with them. All drugs are of a more or less poisonous character and depend upon this fact for their stimulating and other supposedly effective properties. As long as the medical profession depended upon drugs for the treatment of consumption, it was declared to be absolutely incurable. Drugs can only hinder the progress of the patient toward recovery and can never help. The diseases mentioned can be cured in a Michigan climate, as well as in practically all other climates, provided the proper treatment is used. By the term "proper treatment" I do not mean the mere living in the open air, for there are other



natural measures to be taken into consideration of nearly equal importance. It is a fact that many institutions which have learned to prescribe the "open air cure" for consumption, but which neglect other rational measures, are distinctly unsuccessful, inasmuch as they ignore the necessity for deep breathing exercises to get the pure air into the lungs, as well as all ordinary exercises (which are necessary in order to build strength), together with a variety of other therapeutic measures included in the general scheme of physical culture or so-called natural treatment.

### Damp Atmosphere and Rheumatism

Q. Is it true that rheumatism is caused by dampness of the atmosphere?

A. Rheumatism is frequently the result of a number of different causes, but among these is never included that dampness of the atmosphere of which many are so very much afraid. The fact that thousands and millions of people who live in damp atmospheres do not suffer from rheumatism is conclusive evidence of the fact that dampness will not cause this disease. Rheumatism is the result of impure blood, due to a number of primary causes such as the use of improper food, over-eating, lack of exercise (inducing poor circulation), the breathing of stagnant, confined air, together with a number of other habits and circumstances tending to bring about a condition of low vitality, and an accumulation of uric acid into the system. Lowered vitality is a prominent factor in the cause of many diseases, inasmuch as under such circumstances the natural depurating organs of the body have difficulty in eliminating uric acid and other waste matter from the system. Severe exposure may sometimes so interfere with the circulation as to bring about the same results, though this is somewhat unusual. Ordinary dampness, however, will not induce this complaint, and the popular fear of damp atmosphere, as well as the "night air" superstition, is entirely unfounded.

### Lack of Perspiration

Q. Do you consider it possible for one who has never perspired to enjoy good health?

A. If it were positively true that an individual never perspired, it would be impossible for him to enjoy good health; indeed it would be impossible for him to live. Even though you may not be aware of it, every person perspires to a greater or less extent at all times, though for the most part this perspiration evaporates immediately and continually, so that the individual is not conscious of it. It is only when the perspiration is exceedingly copious that the body is covered with moisture, for under such circumstances the exudation is so rapid that it cannot all evaporate instantly. If our habits of clothing and dress were of a natural and satisfactory nature we would seldom be conscious of any perspiration, except in times of exceptional activity

or heat. So that one might really enjoy moderately good health without perspiring perceptibly. However, the best of health cannot be secured without more or less vigorous physical activity, and this would naturally bring forth more or less copious perspiration. This in turn would help to relieve the system of waste matters and for that reason, make for improved health.

### Mechanical Vibration

Q. Do you believe in the effectiveness of mechanical vibration in conjunction with diet and exercise as a means of building up superb health?

A. Mechanical vibration undoubtedly has its value in a great many cases, owing to its influence in accelerating the circulation of the blood. I would say, however, that in those cases where the individual is able to exercise, this improved circulation can be brought about by this means. Not only does a certain movement increase the flow of the blood in the immediate part of the body in which the muscles involved are located, but it quickens the circulation of the entire body, rousing the functional system and all of the vital organs of the body to increased activity. The vibration treatment, the same as massage, may be considered exceptionally valuable in those cases where the patient is incapable of exercise either through weakness or other causes.

### Active Exercise in Middle Age

Q. I enjoy the exercises you recommend for boys, such as turning hand-springs, walking on my hands and a little horizontal bar work. I have experienced no bad results as yet. Do you think such active exercises beneficial to a man of my age, which is forty-one years?

A. There is no reason why you should experience any bad results from such exercises and every reason why you should be benefited, provided the exercises are within the limits of your strength and particularly if you can enjoy them. There is no reason in the world why a man of middle age should not be able to practice with pleasure and benefit the active sports of early youth. Indeed, this should enable one to retain his youthful vigor and elasticity. The reason why we commonly suppose that middle-aged men are incapable of such activity is because they habitually neglect such exercises and naturally in time become incapable of them. I would highly commend your modes of exercise to others of your age. In fact, one should never discontinue such active sports as he can enjoy. Of course, one who has lived a stagnant, sedentary life for twenty years should use some caution in approaching these vigorous stunts, but by gradually working up to them, most men of middle age should be able to participate in them after a little time.



# The Organs and Their Purposes

## No. 7.—THE NERVOUS SYSTEM.—Continued

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

THE gray or surface matter, or nerve cells of the cerebrum, are definitely localized in their working abilities or powers. In other words there are points in various portions of the brain which are invariably the surface of the centers of the production, either of impulses, the reception of sensation, or the conceptions of special sense. To know the location of these centers in a general way should be of great interest. The region of the surface of each half of the cerebrum situated immediately above and a little behind the ear contains the centers of action for voluntary motion of muscles of the face, limbs, and trunk of the body.

Just here a very interesting fact should be noticed, that is, that the centers of the left side in this region govern the voluntary motion of the left side of the face and that of the limbs and trunk of the right side of the body. Those on the right side of the brain in the same

region control the right side of the face and the left side of the body. The gray matter covering those ends of the two halves of the fore-brain situated behind the forehead is considered to be the seat of the intellectual faculties, while the gray matter covering the rear ends of these two halves contains the following nerve centers: first, that controlling vision or eyesight; second, the original center for speech; third, the primary nerve origin of the sense of smell, and the function of reasoning known as memory. The special nerve center for the sense of hearing is behind each ear.

When one remembers the description given earlier in this article concerning the multitude of nerve fibres connecting the various portions of this brain with each other, it is easy to conceive the means by which harmony and equilibrium of the workings of both sides of the body and the mutual activity of the double organs of special sense is accomplished.

## THE CEREBELLUM OR HIND-BRAIN

This portion of the brain is situated in the rear, lower portion of the skull; below the posterior half of the cerebrum or fore-brain. It is separated from the latter by a strong partition of fibrous material, extending from the back of the skull to the middle of its base. Lying, as the partition does, horizontally, it forms the

rear part of the floor which supports the cerebrum, constituting at the same time the roof of the cerebellum.

The hind-brain, like the fore-brain, is divided into two hemispheres or lateral halves, and these are connected by transverse bundles of nerve fibers with each other. Besides this connection,



each half of the cerebellum is connected in a similar manner with the hemisphere of the cerebrum on the same side above, and with the medulla below. Resembling the cerebrum, the hind-brain is formed with the gray matter or nerve cells on the outside thrown into folds or convolutions which, however, are not so numerous nor so deep as those of the fore-brain. The nerve fibers (or white material) are situated in the interior cerebellum and give the appearance, on section, of a tree trunk with leafless branches. This has been called in Latin, "The Tree of Life." This mass of nerve fibers is made up of radiating fibers from those connections between the cerebellum and other parts pre-

viously mentioned. In the cerebellum there are no ventricles or water cushions as have been described as occurring in the cerebrum.

In this hind-brain are located the centers of voluntary motion of a peculiar order. Here we find the source of that energy which causes the control of movements which are especially concerned in progression and the maintenance of equilibrium. This control is somewhat sub-voluntary in its action, as only the start in walking is consciously voluntary. The same is true of equilibrium or muscular harmony. Besides these functions, the cerebellum acts as a sort of a relay or way station for impulses going in both directions.

### THE MEDULLA

This is the connecting link between the brain and spinal cord, and is really a modified portion of the latter. It differs from the cord mainly in its shape and in the fact that it contains a set of higher class nerve centers. It is situated below and in front of the cerebellum. It is about two inches in length and commences at the juncture of the brain and the spinal cord at an orifice in the base of the skull. In it are contained the following great nerve centers: First, that which controls the muscular activity of the head. Second, the energizing center for respiration and third; the center for articulate speech.

All parts of the brain, as previously described, are supported, protected, suspended in their place and divided from each other by a dense, white fibrous membrane, known as the *dura mater*. The brain tissue is so soft, that without such support it would simply fall apart. Enclosed as it is in the bony cavity of the skull, it needs to be supported in such a manner as to be protected from sudden jars and shocks. The bony skull itself is built in such a manner and of such material, that only under exceptional violence does it fail to prevent injurious jarring or direct injury to the brain tissue. Underlying the fibrous covering or *dura mater*, we find a sac-like membrane resembling in its formation the

pleura (which covers the lungs) and carrying a vast net-work of blood-vessels which penetrate to all portions of the brain and nourish its tissue. This membranous sac is called the *pia mater* and invests the brain in all its parts with a double layer. The opposing surfaces of these layers are smooth, shiny and covered with a lubricating secretion, for the purpose of allowing free, frictionless movement of the brain in all directions. On the under surface of the brain may be seen the various nerves of special sense making their exit from its substance. Under the fore-part of the cerebrum beginning in front, one sees first the two olfactory bulbs from which arise about twenty nerves of smell on each side. These latter penetrate the floor of the skull going straight downward to be distributed to the membrane which lines the upper cavity. Next in order comes the optic nerve, that of the sense of sight, arising directly behind the orbits and proceeding through holes in the skull, one to each orbit, to be distributed to the eye. The nerve last mentioned has a peculiarity not noticed in the other nerves of special sense, in that before entering the orbits, the fibers mix together so that in each optic nerve we have fibers from both sides of the brain running to each eye, thus producing harmonious action between the two eyes.



## Health and Recreation

Our Readers May be Cured of Disease or Spend a Delightful Vacation at Battle Creek, Mich., in Exchange for Subscriptions

OUR previous announcements, giving details of our monumental plan for accommodating readers of this magazine at that famous health resort, Battle Creek, Michigan, have attracted a great deal of attention everywhere. It looks as though there would be hundreds of enthusiastic readers of this magazine, who will take

can be of benefit to our patrons, will be encouraged in every way. Bernarr Macfadden, the editor of this magazine, expects to spend about half of his time at this institution during the summer months, and will give frequent lectures on subjects that will no doubt be of very great interest to physical culturists. The ordinary vacation is



A View of the Palatial Establishment at Battle Creek, Where Our Subscription Workers and Readers will be Entertained

advantage of this opportunity. Many have announced their intention of securing subscriptions to pay expenses, and in answer to many inquiries that have been sent us, as to whether or not every visitor would be compelled to pay their expenses with subscriptions, would say that this will not be compulsory. The arrangement of the Physical Culture Publishing Company, however, only includes patrons whose expenses are paid with subscriptions. Where readers desire to pay cash, and have no time to secure subscriptions, the accommodation will have to be secured direct with the owner of the Health Home.

Every conceivable recreation that

supposed to be restful, and be productive of increased physical vigor, but as a rule, it is otherwise. Many who seek vacations, come home more fagged out than when they departed. If spent in the proper manner, one's general vital strength should be increased. One should go home feeling rugged and strong, and should be far more capable of performing his or her duties.

A vacation spent at the average summer resort, means the following of the usual diet at such resorts; involving dietetic transgressions of every conceivable nature, and as a natural result, the stomach, at such times, is taxed far beyond its capacity. No wonder that



one goes home tired, with depleted nerves, and with a feeling that but little has been gained by the vacation period.

Those of our readers, however, who have in mind a period of rest and recreation at our Home at Battle Creek, Michigan, may be assured of the results they desire. The opportunity of living in a sane, rational and healthful manner, will enable one to renew or retain the highest degree of that exhilarating health which comes about only as a

Of course, our readers understand that this offer is not restricted to those seeking a vacation in the ordinary sense. We have secured control of this palatial building for a stated term, and until further notice, those who desire to put to the test a full course of physical culture methods of treatment, or those weak or ailing, may do so at this place. Remember that apartments in this institution may be secured of as simple or luxurious style as you may



View of Grand Rotunda, Showing Fire-Place and Scene on Entering Main Floor

result of the following of Nature's mandates.

Every possible facility for diet, bathing, and exercise will be at one's command at this institution. The surrounding country is of such a nature as to encourage travel on foot, or if one be unable or unwilling to secure outdoor recreation in such fashion, facilities are obtainable for conveyances of any description.

desire. Then, too, every opportunity will be granted for the visitor to secure that particular form of diet best suited to individual needs, whether in a state of illness or health. We can assure anyone who spends a term with us at this greatest of Sanitariums devoted to natural treatment, whether the object sought is rest or recreation, or a restoration to normal health and energy, that the time indeed will be well spent.



## Stunts for Boys and Girls

By HARRY WELLINGTON

**N**EARLY all boys and girls are more or less interested in feats of strength or agility which are somewhat out of the usual line of those performed by their companions. Nearly all localities and neighborhoods have their own particular forms of games or play, and by often taking part in

have gained their skill by means of constantly persevering in the practice of the sport until they are experts.

The first photograph that appears on this page shows a real stunt that will furnish a good test of the strength of your lungs as well as of your control of your muscular system. First stand in the position shown in the first illustration, with the legs crossed, then by bending the knees, slowly lower the body to a squatting position, as shown in the last photograph. You will find it very easy to get down to the position shown in the second picture, but it is much more difficult to get up. Your next effort should be to rise again to the standing position first illustrated. This is where the real difficulty of the exercise is found, but if you are fairly strong you should have no great trouble in performing it. I would suggest that you extend the arms far forward in the manner shown above and also raise the body, leaning far forward. This will help you a great deal. This is a splendid exercise to take from ten to twenty times every morning, as it will help to strengthen and develop the muscles of the thigh.



these favorite pastimes, boys and girls become able to do the stunts to which they are accustomed well and quickly.

Of course, there are nearly always some boys and girls who are more expert in certain feats than are any of their companions. Now—while this may appear to our young readers to be the result of some particular ability which these boys and girls have—in the majority of cases those expert at any particular sport or pastime will be found to



As I have said, nearly all boys and girls learn from their playmates or companions, various feats which, if properly indulged in, will assist in upbuilding their physical strength and agility to such an extent as to enable them to grow up to strong, healthy manhood and womanhood. Those games in which the various contestants attempt to excel each other in running, jumping, or other forms of activity, while objectionable if productive of too much rivalry, are none the less, when properly conducted, productive of valuable results from a physical culture standpoint. I would ask my young readers, however, to remember that it is just as honorable to lose fairly in a contest, whatever its nature may be, as to win. If it does not chance to be your fate to be the victor in competition, console yourself with the reflection that you have done your best. As far as the

results are concerned, you have probably gained benefits as great as those secured by those who proved themselves more proficient at the games or races than yourself.

On the other hand, if it should be your good fortune to excel your comrades in their athletic sports, whether this superiority be apparently natural or whether you have attained your skill by constant practice, do not permit yourself to be carried away by the thought that you are the superior of your playmates in athletics. Remember always that there are others—perhaps hundreds of thousands of others—who are as much your superior as you are over your playmates.

So make use of your athletic pastimes as a means of helping yourself and others to the attainment of superb vigor and health as well as a means of enjoyment and pastime.

**\$5.00**

**COUPON**

**\$5.00**

We want every reader of this magazine to gain an opportunity to see the most magnificent Sanitarium in the world—the BERNARR MACFADDEN HEALTH HOME No. 3, located at Battle Creek, Michigan. This Health Home has been opened for the purpose of spreading the principles advocated in this magazine.

It will, perhaps, do more to popularize physical culture theories than any institution that has ever been brought into existence. Heretofore institutions of this kind have catered only to those who were satisfied with what might be termed "roughing it."

The interior of this Battle Creek Health Home is beautifully decorated and most luxuriously furnished, and the furnishings and the decorations would compare favorably with some of the great modern New York hotels. It is a veritable palace. It is the Waldorf Astoria of Sanitariums and to give every reader an opportunity to inspect this institution and spend a few days here at a very moderate cost, this coupon will be accepted for its full value, \$5.00, in payment of any charges made for the accommodations of one person who remains at the Home for one week or more, during the last ten days of July, or during the entire months of August or September.

This coupon need not be torn from the magazine. Simply preserve the magazine. Show the coupon to the clerk when registering and it will be numbered and credited to you as cash. In other words, it will be considered of the same value as ten subscriptions as far as paying for your accommodations are concerned and then you can pay the balance in cash or in subscriptions as you may desire.



## The Building of a Nation

By GEORGE STANDISH

Character and Quality in the Family, as well as Quantity, are Essential for the Preservation and Progress of the Race

WE publish herewith two photographs of the family of Mr. Ludwig S. Schwartz, of Minneapolis, Minnesota, the first showing both parents and their ten

physical culturist, and is raising his family after the same plan. When sending us the photographs, Mr. Schwartz wrote as follows:

"My brother and myself have made



The Family of Mr. Ludwig S. Schwartz, of Minneapolis, Minn., a Family that has known no Deaths, and Practically no Sickness

children, and the second the children without the parents.

We have seldom seen a more healthy, bright and vigorous family than this one, due without doubt to the fact that their manner of living has been exceptional. In spite of the size of the family, the parents have not lost one child, and sickness has been practically unknown among them. Mr. Schwartz has a brother who is likewise a thorough

an agreement between us whereby some members of our families will read your magazines, for one year, and also to give a fair trial to one or more of the methods advocated by you during this period.

"We are all living and in the best of health and spirits. If every young man would follow the good example of my brother and myself, *we would soon have a physical culture nation.*"



The future of any nation depends upon the children born unto it, both in respect to the number and the quality of them, but particularly the latter. Let it not be assumed from this, however, that the promiscuous practice of bringing large families into the world is to be recommended. It must be remembered that there are men and women who are physically and mentally unfit to have children, for they could not bequeath to them a normal inheritance of physical energy, vitality and sound mental faculties. Large families

perverts perhaps, and commonplace, undeveloped individuals generally?

All of this, however, only emphasizes the necessity for large families among those possessing intelligence and the vitality necessary to endow their children with sound physiques. The Schwartz family are to be congratulated. The uniformly healthy, bright and active condition of every individual member thereof is evidence of the sound, good sense possessed by the father and mother. Let the influence of their good example spread. The one



The Ten Bright and Healthy Children of Mr. and Mrs. Schwartz

among such, or families of any size, should be emphatically discouraged. There are others who live in such ignorance, poverty and wretched circumstances generally, that they are incapable of giving children a proper education, wholesome surroundings or even proper food. In such cases anything more than a very small family would be a misfortune, and even that would be unfortunate. For what does it profit a man or a nation to add to an already half degenerate population a few more weaklings, physical and mental nonentities,

great lesson to be learned is that, no matter what the size of the family, the persistent practice of physical culture methods of living, or as one might term it, living according to the laws of Nature, is all important. First let the parents be normally healthy and vigorous, then let their children be brought up in a rational way rather than in the utterly idiotic manner usual among conventional people, especially the more ignorant. We need more families of a character similar to those of Mr. Schwartz and his brother.



## A Champion at Middle Age

By E. H. ADAMS

A Remarkable Gray-Haired Athlete who still holds  
Supremacy for Back Stroke Swimming at the Age  
of Forty-six

**T**HE champion back stroke swimmer of the world was amazed! Beaten by a gray-haired man! The hero of a hundred races taken into camp in the easiest possible manner by a man over forty-five years old! The idea was inconceivable!

And yet it was true.

Although back stroke swimming is a style that in the past has not met with much favor in this country, it nevertheless numbers many followers in the Continental countries. While one of the recent Olympic events was for the back stroke, still this contest had been added only at the earnest solicitation of the German Government, which sent a large team to compete in the swimming championships at the World's Fair at St. Louis. As was to be expected, the German champion won the event.

On his way home, with his laurels, the then Olympic champion back stroke swimmer, by name Walter Brock, of Berlin, stopped in New York for a few days. Incidentally he paid a visit to the New York Athletic

Club. In the natatorium he met Prof. Sundstrom, the swimming instructor. Of course the conversation soon veered

around to back stroke swimming. Prof. Sundstrom said among other things that he thought he could himself swim a little on his back, and invited Champion Brock to a friendly race at fifty yards. Brock consented. The Professor, using a most beautiful back stroke, won the race by over fifteen feet, not only to the amazement of Brock, but also that of the spectators.

Brock appreciated the Professor's superiority of method, however, and began to ask questions, which led to an adjournment to the pool, and the club members were edified by the spectacle of seeing their swimming instructor busily engaged in teaching the champion of the world how to swim on the back!

The style of the back stroke used by the Professor was one discovered by himself, and he is the only person who thus far has been able to master it. The movement of the arms might be called



Prof. Gustave Sundstrom, Swimming Instructor of the New York Athletic Club

himself, and he is the only person who thus far has been able to master it. The movement of the arms might be called



a double underarm stroke, for the arms reach backward alongside of the head, alternately dig into the water, take a steady sweep, rise from the surface at the finish, describe a circle, and once more enter the water just as do the arms in the double overhand stroke when the swimmer is lying on his breast. As the arm sweeps through the water the palm is extended, but when the finish of the stroke is reached and the hand comes out of the water, the wrist turns so that the hand can re-enter the water again with the least possible resistance.

The leg movement is also decidedly original. It is nothing more nor less than the "crawl" kick reversed. That is, the toes point upward instead of down, and the legs work up and down alternately, with a play of four or five inches. No attempt is made to make the arms and legs work together, each movement being entirely independent of the other.

Prof. Sundstrom generates great power and speed with the stroke, but it is very exhausting, and he is compelled to put in a lot of practice to get in proper shape to use it to advantage.

Brock uses the old-fashioned back stroke that is common all over the world, but especially in Continental countries. This consists of propelling the body with one grand simultaneous sweep of arms and legs. Both arms are thrown over the head at the same time and then sharply brought back to the side with a long sweep, at the same time the legs closing with a snap as they do in the kick of the breast stroke.

Notwithstanding that he is past his forty-fifth year, Prof. Sundstrom has of late been breaking records for all forms of swimming with the greatest of ease, and his work has been viewed with astonishment by those who have hereto-

fore erroneously thought that a man over forty must necessarily be beyond the period of athletic achievement.

Nowadays it is generally supposed that an athlete must do his best work between the years of eighteen and twenty-five, but Prof. Sundstrom has most convincingly shown that an athlete has practically no age limit in which he can perform feats requiring great physical endurance and skill, and that if an athlete reaches the limit of his best endeavors at twenty-five the fault will in nearly every case be found to lie with him and his mode of living rather than with the number of his years.

History tells us that in the olden times, but little was expected of the boy, or stripling, but everything of the bearded man. In those days, when every man was judged by his personal prowess and skill and strength, when battles were simply nothing more than innumerable simultaneous duels with sword, battle axe, and mace, it was almost invariably the older men who were conspicuous for their great strength and endurance. It was the grizzled warriors who were noted both for their sagacity and their ability to maintain their fame in personal combat, and, if tradition tells us true, the old and experienced knights and men-at-arms of the early days far outclassed the younger men in the fierce, long-continued conflicts that thoroughly tried both courage and strength.

And so it should be nowadays. Yet the reason why it is not so, is because of early dissipations and irregular habits. The young athlete of to-day, has no thought of fitting his body for a lifetime of physical excellence. His view is simply to prepare himself for an early contest. For this, he temporarily brings his body up to the highest state of physi-



Prof. Sundstrom illustrating double underarm position of the back stroke



cal perfection. He abjures the use of tobacco, that great enemy of wind and endurance; he altogether stops the use of stimulating beverages; he pays the strictest attention to his diet, and makes sure that he gets the proper amount of sleep.

The day of his contest arrives. He wins or loses, as the case may be—and then he "breaks training." He immediately buys a box of cigarettes, he converts himself into a chimney, and very often will treat himself liberally to the long-denied stimulant until he is somewhat the worse for wear. All these excesses have on his finely trained system just about the same effect as throwing a log in front of a swiftly moving train, for there is an instant derangement of every part of his well balanced body.

After a relapse of this kind, he will start to get ready for another contest. This time he finds the work of preparing himself is harder and more onerous than before. And so he goes on, until finally he foregoes all athletics in disgust, declaring that "it is too much like work."

Prof. Sundstrom has all his life taken moderate exercise, lived carefully, and confined himself to a reasonable amount of daily practice at the sport of which he is such a past master and to which he has so long been devoted. He was born in Brooklyn, and at the age of twelve was the champion boy swimmer of that city. At fourteen he went to sea, where he spent many years. During his voyages he met and defeated swimmers in all parts of the world. One of his most noteworthy victories was the defeat of a celebrated Indian swimmer, thought to be invincible, over a course laid in the Columbia River. The Indian, by the way, used the double overhand stroke, which of late years has been so generally adopted in this country, but which at that time was unknown. Later the Professor defeated the champion swimmer of Italy, Giuseppe Baldassare, and won from a field of fifteen swimmers in the River Mersey, in England. The Professor once swam from the Battery to Oak Point, seventeen miles, in 3 hours and 47 minutes. He won many United States championships up to the

time he accepted his present position, when he withdrew from competition.

Since he has been the instructor of the New York Athletic Club, he has trained nearly every one of that organization's many crack swimmers, including the present American champion, C. M. Daniels. As a trainer he has been unexcelled, to which fact the work of the N. Y. A. C. team bears witness, as, year after year, it has won nearly every single event in which its representatives have been entered, embracing every branch of aquatic sport—water polo, relays, speed swimming, diving and plunging.

Every form of swimming, such as the back stroke, breast stroke, English single overhand, and the well-known double overhand, or "trudgeon," strokes, Prof. Sundstrom uses in the most finished manner, and even the speediest of the amateurs look on admiringly whenever the Professor is demonstrating the good points of a particular style of stroke.

Prof. Sundstrom used the "crawl" stroke even before the Australians had begun to experiment with it, although the novel stroke is said to owe its origin to the latter country.

Notwithstanding the fact that swimming has long been regarded as the most strenuous of all tests of endurance, requiring as it does a perfect heart action, flawless lungs, tireless muscles, and, in fact, all-round physical excellence, still the Professor has recently been breaking the records for the different forms of swimming without difficulty. Of late years he has not attempted to exert himself, being content to rest upon his well-earned laurels, but last year, stimulated by the rapid progress made by his pupils at this cleanest of sports, the "old man" pulled himself together just to show the "young fellows" that he still had a good swim or two left.

Prof. Sundstrom is 5 feet 10 inches in height, and weighs 195 pounds. The regularity of his living and his faithful devotion to exercise are well proved by the fact that during the past twenty-five years his weight has not varied more than ten pounds, for today his weight is but slightly in excess of what it was when he first engaged in swimming competitions.



## The Effect of Marriage on Athletes

By ARTHUR DUFFEY

RECENT successes which have attended many of our champions in various branches of athletic sport who are married men give emphasis to the fact that one can exchange the fitful joys of bachelorhood for the steady happiness of matrimony and not abbreviate his athletic longevity.

Heretofore, it has been an axiom among those who are in close touch with sport in general, that the active average life of a champion athlete lasts over a period of about four years, at the expiration of which, marriage might be in order, but not before. But in view of the many exceptions to this rule, it seems almost safe to state that it will not be long before many of our aspiring athletes will abandon the idea of remaining bachelors until they have passed the heyday of their athletic ability, and on the contrary, make up their minds to take unto themselves a life partner while continuing their athletic progress.

There seems to be no doubt whatever, but that the wives of many prominent athletes exercise a real effect for good upon their husband's work, either on the track or in other directions. This for the reason that the athlete of repute seems to be in continual need of "jolly-ing," or in other words, of being constantly assured that he is the "real thing" and that his success in the event in which he is engaged, is absolutely certain. The successful trainer is he who has, among other things, mastered the art of infusing confidence into his proteges. There are scores of trainers who are technically well informed, but who are wanting in this particular. The distinction between the successful trainer and the unsuccessful is, to a very great extent, due to the fact just cited, and as intimated, the wives of champions to a very great extent either take the place of or add to the work of the trainer in this regard.

To come down to particular instances: Professional ball players, as a whole, have more married men in their ranks than any other class of athletes. It is safe to state that seventy-five per cent. of the star performers of the diamond who are playing in the major and minor leagues to-day are married. More than that, their athletic lives seem to be longer than that of any of their fellows who appear upon the track or on the field. The average ball player, according to statistics, is before the public from ten to fifteen years, or even more. Thus there is old Cy Young, who has been playing twenty years and seems likely to continue almost indefinitely to show winning ball. One of our champion pitchers, with whom I was recently chatting, tells me that he has played faster ball since he became married, two or three years ago, than at any time previous in his career. "The wife is a great comfort to me," said he, "and whenever she declares that she feels that I am going to put in a good day's work, it is pretty sure that her prophecy comes true." And I believe that eight out of ten of the other married men of the diamond will confirm the speaker's statement relative to the influence that the little woman at home exercises upon the quality of their play.

In aquatics, almost all the men of note are married. Constance S. Titus, for instance, who is the present amateur champion sculler, was a married man long before he won his laurels. If you can get him to talk on the subject, he will tell you that he attributes no small amount of his success on the river to the influences of the home life.

Then again there is Ed Durand, of Toronto, the professional sculling champion, who is also a married man and who has, by the way, a spouse who takes a most active interest in his work. Also there is Sheppard of the Seawanaka



Boat Club who is a much-married man and doesn't hesitate to avow that he has been rowing in better form since he became a Benedict than before. Out in Australia, where they go in more for professional sculling than they do in this country, Towns, the world's professional champion sculler, is a man close to the forty years mark, who has been married for twelve years or more. He too, declares that his most marked successes have been attained since he entered into matrimony. Many more cases of a similar nature might be

remarkable in his record in the ring, and his physical personality. On the other hand, Bob Fitzsimmons, before attaining the championship, had a wife. Incidentally he has been married three times. Even now the "old man," as Bob is affectionately known, will probably stand off a good many pugilists whose reputation rests more upon the ability of their managers than upon their skill in the squared circle.

Joe Gans, the wonderful colored lightweight champion, is another successful married pugilist, so is, or rather was,



Constance S. Titus, American Champion Amateur Sculler

cited to prove the point that matrimony and oaranship are on excellent terms.

Among the pugilists many of our foremost champions were married long before they won their brightest honors. It is true that Jim Jeffries, the heavy-weight champion, attained the position which he now holds prior to taking unto himself a wife, but the fact remains that since that period, he has not only held his honors, but has failed to induce anyone to try take them from him, so

the unlucky Terry McGovern. Among the less known men, matrimony is the rule and the single life the exception, or nearly so. The fighters on the average seem to marry at a younger age than do the players of any other sport. By the way, James J. Corbett was twice married before he won the championship, and even those who choose to look upon him as a boxer rather than a fighter, must admit his wonderful generalship in the ring and his pluck and endurance.



With the great bicyclists, marriage has always been in favor. One of the most notable of the six-day men, Bobby Walthour, had a most devoted helpmate, who used to attend him at the track, looking after his food, ministering to his minor wants and keeping him continually on the fine edge. Other bicyclists who were his rivals also had wives who were similarly interested in their husbands' welfare. One of the most famous Australian riders would not take any food during a contest,

seemed to be more or less borne out by the fact that when a married amateur competed with a single man, in the majority of cases, the latter triumphed. Hence the young athlete with much ambition would not marry. But we now seem to be getting away from this idea and many of our amateurs are marrying and competing, and in a large proportion of instances, winning. In other words, the belief that the athlete married was the athlete undone, appears to be exploded and the reverse view



Bob Fitzsimmons Engaged in a Favorite Pastime. Bob was formerly a Blacksmith

except that prepared by his wife, and it is stated that on many occasions when he was on the eve of dropping out, she so heartened him up that he usually won.

As I have noted, in the past more particularly, the married men were professionals. This perhaps for the reason that among amateur athletes it has been the unwritten law that marriage was not only an impediment to athletic progress, but in a great many instances, an absolute check to such progress. This belief

of the case is now quite frequently being taken.

Ray Ewry, of the N. Y. A. C., is perhaps one of the best known examples, outside of those already mentioned, of the champion who is married and still continues to hold his own. It is safe to say that Ewry has seen more amateurs of note rise, attain fame and then pass into oblivion—he himself still competing—than any other champion of this country. He has been the Olympic champion at Paris in 1900, at St. Louis



in 1903 and at Athens last year, on which occasion he defeated the best men that the Europeans could bring against him in the standing jumps. His wife accompanied him to Athens, and Ray, without doubt, will admit that it was her comfort and counsel that greatly aided him in retaining his athletic honors.

Then again we have the case of John Flanagan, of the Irish-American Athletic Club. Flanagan has been married a little over four years, and at the time

Among others who have glowed in the athletic firmament and who are also married men, are Ellery Clark, the millionaire athlete and ex-all-round champion. Clark only recently, was a competitor in the games of the Pastime Athletic Club in New York City, and won prizes in the shot-put, the hurdles and the potato race. Then we have W. G. Frank, who was a member of the American team at the recent Olympic Games, and who follows the game as keenly as he did before he became



Ray Ewry, of the New York Athletic Club, in Action

of his taking unto himself a wife, he stated most emphatically that he would no longer continue in athletics. But the fever in him was too strong, and scarcely four months after he had faced the altar, John's face was as familiar as ever on the green. What was more extraordinary, he established a new record in the hammer-throw, much to his own surprise, as he has confessed. More than that, he has in a general way, increased in athletic ability since he became a husband.

married a few years ago. Mr. Frank declares that the married life is without doubt an aid to athletics rather than the reverse, and he advances some very excellent reasons for his belief. E. V. Valentine, a prominent middle distance runner, has joined the tribe of married men and he also shows no signs of retrogression since so doing.

Reference has already been made to Sheppard, who is one of the latest to assume the responsibilities of matrimony. The indications are that he



will continue to enjoy the enviable reputation which he made when a single man. Sheppard, by the way is, I think, the youngest married champion. Those who are familiar with athletic affairs will remember that it was only a year



Alfred Shrubbs, World's Champion Long Distance Runner

or so ago, that this wonderful runner was hailed as a schoolboy phenomenon.

Probably one of the most peculiar marriages that ever took place in athletic circles, was that of Alfred Shrubbs, the world's long-distance champion.

Shrubbs, a couple of years since, became a Benedict on his return from Australia and New Zealand, where he had successfully defeated all comers. In this connection, I might say that the British champion was anticipating getting married long before he started to the Antipodes, but owing to suggestions from friends, postponed the ceremony until his return to England. Then, after he had entered the professional ranks he accepted a contract to run any man any distance over one mile-and-a-half and upwards. As the management of the Crystal Palace, London, found it practically impossible to get athletes to run against him alone, it was necessary to secure three men to undertake the task—each man running one-third of the distance. On the night that Shrubbs undertook to defeat the three runners pitted against him, the management surprised the audience by announcing that before the beginning of the race, he would get married. That the audience was startled is putting it mildly, but after the excitement had quieted somewhat, Shrubbs and his prospective bride, came out into full view and were joined in wedlock. The general belief was that the strain upon his nerves would prevent him defeating the three men. Nevertheless, immediately after the ceremony, the athlete donned his running clothes, and to the surprise of the crowd defeated his trio of opponents in a contest of two miles, covering it in nine minutes and twenty-three seconds. I need hardly state that, when his victory was announced, Shrubbs received the ovation which was due to him, and left the building with his bride, followed by the admiring cheers of thousands.

It will be noticed that the married athletes are, as a rule, to be found pursuing the weight-throwing events, or the middle distance and long distance runs; or, as in the case of Ewry, among champions of all-round athletics.

It is certain that sprinting and those other forms of athletic sports which call for a brief and tremendous strain upon the nervous makeup of an individual, seem to be more exhausting and debilitating than those other sports which call for a severe but more extended demand of one's vitality.



# How Best to Rescue a Drowning Person

By GEORGE E. TYSON, Jr.

IT is generally believed that a person when drowning, sinks and rises three times, and after the third time sinks to rise no more. This is not a fact. It depends somewhat upon the manner in which a person gets overboard. A person might fall into the water from a height of several feet, and strike upon the back; being unable to swim they might manoeuvre in such a manner as to force themselves deeper and deeper, and drown without appearing even once on the surface. Yet others in drowning sometimes linger on the surface of the water a considerable time, and battle frantically for life, bobbing up and down probably a score of times before they finally meet death through suffocation. Then, too, cases are quite frequent where they die through fright.

Excellent swimmers have, from a distance, been seen to drown, and with no cry for assistance, and report has it that they drown through cramps. It is reasonable to suppose that if a person had cramps and needed help, that they would make some outcry. But the fact is that in such cases, instead of cramps being the cause of the accident, it was caused probably through a small amount of water getting into the windpipe, and rendering the swimmer unable to breathe, consequently it was impossible to make the slightest outcry, and it is well to remember if such an emergency should occur the swimmer can generally get relief by striking the chest forcibly several times with the fist.

Many cases of drowing occur, where, had someone been near to assist the helpless person only a few yards, all would have ended well. But, expert swimmers are rare, and even among experts there are very few who understand how to assist a drowning person, and do so with apparent safety to themselves. Often a swimmer of ordinary ability performs the feat, but should the

distance be several hundred feet, it requires both skill and bravery.

It frequently transpires that someone is drowned within sight of a multitude of people, and no one ventures to their



Mr. George E. Tyson, Jr.

assistance, they have heard such stories of the "danger of the drowning man's grip" that they do not care to take the risk.

It must be a distressing sight to witness a person drown, to see them strug-



gle vainly for life, and know that we are powerless to assist them; but a more tragic sight is sometimes witnessed, when some well-meaning person attempts the rescue and both are drowned, especially when we consider what might have been had the one who attempted the rescue understood how to proceed. In that event probably both would have lived, and the rescuer with added experience and confidence, would have been better equipped to perform the kindly service for another in need.

To become really expert in transporting another through the water, one must first become a proficient swimmer, then it is in order that they practice seizing, turning and carrying another person in the manner described in this article. It will seem awkward at first, but by perseverance one will soon be able to cover quite a distance, always of course, if in deep water, be sure that the person on whom you practice is a good swimmer.

The rescuer should always swim on the back in carrying another. If it is intended to use the left arm for swimming, and the right to hold the other person, then, when within reaching distance, make a quick move with the left and grasp the other by the left upper arm, putting the right arm around the other's waist, well down, in order to secure a better balance. With a quick and strong movement place the rescued one in a horizontal position on the back. The body should lie slightly aslant across the body of the rescuer, with head to the left, and the feet to right of rescuer's, in order that the latter may have breathing space.

In case it is more natural for one to swim with the right arm, then the right arm should be used as above described for the left, seizing and carrying the burden accordingly.

It is safer to approach a drowning person from the rear, but if one is skilled they need have no fear in approaching from any direction, but remember and move quickly when reaching for a person if approached facing.

In swimming to the rescue of another, if the distance is considerable, conserve energy until the place is reached, for if fatigued upon arrival, one's service may not avail.

Should the person sink upon approach, tuck under water within forty or fifty feet of the spot, and peer through the water, if the water is somewhat murky shade the eyes with the hand. When the person is located grasp them around the waist, well up, and make sure to get them in vertical position before making for the surface. Bear this well in mind.

When on the surface get the other in horizontal position, because if attempting to make headway with the body hanging, the rescuer may become discouraged and be inclined to let go.

Swim slowly and keep the head well back, and if the drowning one is inclined to rise up, with the free hand pull their head back and caution them to keep it there.

Allow the other's body to float through its natural buoyancy as much as possible. Remember not to lift too much, as it is quite exhausting to do this, and swim also.

If the person is yet conscious talk to them, tell them all is well. Allay their fear as much as possible.

As to the best method of getting released from the clutches of a drowning person, it is conceded by good authorities, men of experience, that if the rescuer goes beneath the surface with their charge, the drowning one will instinctively let go. The writer cannot substantiate this, never having had to have recourse to it, nevertheless, as men of considerable experience approve it, it is entitled to consideration. Though it is a better plan to become so expert, that it may never be necessary to put it into practice.

Of course no such rough method should be employed if the drowning one is a woman, for with few exceptions a man of average strength would experience little difficulty in effecting his release from one of the gentler sex.

Owing to their lighter structure women are more natant than men, and averaging smaller in stature they are generally a less cumbersome burden. Moreover, their fears are easier calmed, probably through the fact that they have more confidence in man's ability to help them than have the men in this regard.



Women are far more venturesome than men as regards going into deep water without the requisite amount of experience. It is this lack of caution on their part that causes many drowning accidents at bathing resorts. A woman requests her escort to swim out from shore with her, perhaps several hundred feet. He, probably not caring to admit to her his inability to carry her back if she should need help, readily assents, trusting to chance that all will turn out well. Although he may be a good swimmer, he has probably never given a thought as to how he would proceed in such an emergency. But when the woman calls to him to assist her, it is then that he finds that he is powerless to be of any service. He struggles valiantly for a while, but it is soon over, and two names are added to the long list of drowning fatalities.

Accidents similar to these could well be avoided, if people would be more careful

into whose hands they entrust their lives. No one should venture into deep water, depending on another, unless the one depended upon has demonstrated their ability in this regard, beyond all reasonable doubt.

The writer has had considerable experience in taking helpless people from the water, and also has often conveyed others out a distance from shore, and frequently has had to carry them back. This latter experience has been of inestimable value and has stood him in good stead on other occasions. All swimmers, especially experts, should practice this act of carrying another, for they never regret the time so spent if their efforts should be needed to save another—perhaps their own kin. If through knowledge acquired through reading these instructions, one being is saved from a watery grave, then it has well fulfilled the purpose for which it is written.

## SIX YEARS OF DIETETIC EXPERIMENT

### TO THE EDITOR:

I hope the following account of my experience in dietetics will be of benefit to readers of your magazine. I adopted the simpler foods six years ago, being then 21 years old, weight 133 pounds, height 5 feet 6½ inches. I was a non-smoker and teetotaler. I am of a gouty nature, rather irritable and nervous, and follow a sedentary occupation.

For the first eighteen months I lived on the following fare: Breakfast, rolled oats porridge, made with a pint of new milk, eaten with six ounces bread-toast. Dinner, two ounces stewed lentils (similar vegetable in turn), two ounces cheese, two shredded wheat biscuits, tea, pint new milk. For lunch I had fruit, but nothing else all day. I improved immediately, physically, mentally and morally. I was also very happy.

At the end of the eighteen months I was a bit sluggish after partaking of some vegetable foods, including oatmeal. Rich cheese also did not seem to agree with me. It may have been that I was not so careful in masticating as formerly, as to make vegetarianism a success it is very necessary to practice thorough chewing of all foods. My altered menu now was: Breakfast and tea, cup hot milk (half pint) and whole-meal bread and butter, with stewed fruit for breakfast (prunes or figs), and salad for tea. Dinner, any pudding, bread and butter, cheese. After three years I noticed that my joints were at last supple, and that I had vastly improved my agility and stamina. It was made plain to me, however, that to obtain perfect health it was

essential to eat all foods in as dry a state as possible, to excite salivary action; the first act of starch digestion taking place in the mouth. The next thing of importance was the eating and drinking of foods and drinks that *best* agree with one. The last law is that of supplying the body's needs and no more. Being rather irritable, I have found the lightest foods to be of most benefit. First on the list comes plasmon powder, which is very nitrogenous, pure, and pleasant to the palate; secondly comes wheaten preparations, bread, biscuits, etc. The salad that agrees with me best is celery, but I like all. My favorite drink is baked milk, with just a suspicion of tea. Much fruit does not agree with me.

As I practiced physical exercises throughout the whole period (never missing a day), it is but justice to ascribe to it no small share in the improvement to my health. Dumb-bell exercises made me nervous, so now I perform the movements with empty hands. I prefer full contraction exercises, with full breathing (lower, middle, and upper), and relaxed breathing, the two last being extremely beneficial to me.

Those who decide to change their diet must be prepared for a rather painful time, what with depression (caused by the excess of uric acid passing from the system), worry, doubts, of friends and relatives, and inconvenience. It requires great patience, perseverance, and a thorough knowledge of dietetics, as well as of one's constitution and temperament and occupation. If all these questions are present success is bound to come. "W."



# The Social Evil—Its Prevention

By J. J. WALKER, M. D.

A Progressive Physician's Views of the Subject as Rendered in a Paper read before the North Dakota Medical Association, and Published in the "New Albany Medical Herald."

**I**N this age of progressive medicine, this age of startling discoveries in science, we, the devotees of medicine and surgery, in the eager pursuit of the seductive appendix vermiformis, or the equally distracting x-ray, or the new element radium, are very prone to lose sight of social problems and allow them to become relegated to the background of our consideration.

From time immemorial, the social evil has been the curse of mankind. Nations and individuals have recognized it as such. Many and varied efforts have been put forth from time to time to curtail it, or mitigate its effects. All such effort has been more or less abortive and results anything but satisfactory. Our penal institutions continue to receive their quota of offenders against all law and common decency. Our divorce courts continue to have abundant material upon which to exercise their legal functions. The home—the foundation of our national progress and existence—continues to turn out its syphilitics, congenital and acquired; often innocently acquired, as we well know. So long as man is more bestial than the beasts and as diabolic as the devil, this evil will exist, legislation to the contrary notwithstanding. This must necessarily be so, since legislation against an evil, which is so essentially secret in its practice, tends only to drive it into greater secrecy and thus increases the difficulty of its detection. I do not wish it to be inferred for a moment that I believe in the abolition of all law dealing with this question. I do maintain, though, that in depending on law alone, we are making a grave mistake. Judicious legislation is perfectly right and proper, but it should be supplemented by another measure, which, to

my mind, is of vastly greater importance. I mean this; let us not forget the root of the matter, which is, in my opinion, mostly ignorance. This implies education of the masses—mainly the male section of society, for, am I not right in saying they are by far the greatest offenders? The ardor of youth, supplemented by ignorance, is, I believe, the main cause of the social evil. There are some individuals in whom the purely animal instinct seems to predominate, obliterating all moral perception; who are not altogether responsible, in that their condition of mind and body is the result of heredity, environment, or the forcible enslavement of their progenitors. This, I believe, applies to the negro of our Southern States. They are the product of years of suppression and animalizing influences, which did not pass with the emancipation of the negro, but remain—in an altered form, it is true—to this day. This will apply to those who differ only from the negro, in that their skins carry less pigment and not being the sons of slavery, yet having had the full benefit of heredity and environment. How many young men, or young women, know anything of venereal diseases, except what they learn from the indecent newspaper advertisements of unscrupulous quacks and irregular practitioners; or from the abominable literature which these gentry circulate so freely throughout the land? I am glad to know that the Postal Department at Washington has closed the United States mails to these human parasites.

As evidence of appalling ignorance in young men, witness the fact that many a young man will boast to his associates that he has had a vile disease, and that he would as soon have it



as a bad cold. In his opinion it is something to be proud of; it shows the pace he has been making, and the poor fool thinks he has proved himself a man. Does he give a thought to the good and pure girl who may some day call him husband, or the prattling innocent who may call him father? No, he never thinks of them. Why? Because he don't know about the life-long legacy he may confer upon them. Why don't he know? Because he has never been told; his father did not know; his teacher did not know. If they did know, would they tell him? Not likely. Ten chances to one, they would consider it an improper subject of conversation. Thus the boy is denied the knowledge which would be of infinite value to him and his posterity; and the nation, through his posterity, suffers accordingly. Alcohol, through its debasing effects on society, is appalling. Syphilis, through its mental and physical degenerative effects on the individual and on posterity, is damning. Blindness, deafness, hideous deformity and idiocy, not to say anything of the multitudinous syphilomatous lesions of all periods of life, constitute to me a stupendous list of evidence against the bestiality and ignorance of degenerative mankind. Social degeneracy is not confined to the lower walks of life. Witness the young blood, son of affluence and wealth, who has had all the advantages of education and environment, with no other occupation than that of seeking new female citadels to conquer, which he does with all the ardor of uncontrolled passion, scattering in his wake the quivering remains of lost virginity and scorning the fruit of his hell-begotten energy. Unbridled lust and ignorance, supplemented in many cases by alcohol, does all this. Can a more pathetic as well as more awful picture be imagined than that of an unsuspecting wife and innocent children having conferred upon them a lifelong legacy of some abhorrent infection, through no fault of their own, but because they happen to call some man husband and father? This picture is not overdrawn, as you well know. Those of us who are country practitioners see the direct or remote effects of these venereal diseases every little

while. Our professional brethren of the large centers see it every day; yes, almost every hour. Many a woman is made an invalid for life by it; yes, dies from it.

Many a child is born into this world a wretched imitation of what an All-wise Creator intended it to be. Twenty per cent. of all blindness is said to be due to gonorrhoeal infection of the new-born. Fifty per cent. of all involuntary childless marriages are due to gonorrhoea of the female generative organs, of which forty-five per cent. are due to marital infection by men. It is estimated that there are 200,000 cases every year in New York City alone. Truly, the sins of the fathers are visited on the children, even unto the third and fourth generations. I might say a great deal more and not exhaust this subject, but this will suffice.

I have already indicated what I conceive to be the most effective line of action in combating this social evil. Let me recapitulate. First, legislation; second, by far the most important, education. Speaking to the first proposition, let me say, I would see most stringent legislation enacted governing marriage. Let all parties who would enter into the marriage contract submit to a searching examination by Government appointed medical examiners, and let them present, with their marriage license, a certified bill of health. Further, let the party—oftenest the man—who proves unfaithful to the marriage vow be punished severely; and, furthermore, if by chance, any such individual should convey to any member of his family gonorrhoeal or syphilitic infection, make it a crime and isolate that individual for the time necessary for the removal of the source of the infection. Such individuals are a menace to society and should be looked after as well, indeed more so, than a smallpox epidemic. I can conceive of no worse crime than that of infecting innocent people with venereal disease; it is so far-reaching in its effects. It is conceded, I think, that no one has any moral or legal right to do this, in order that they may gratify an uncontrolled or perverted desire. Neither have they the right to furnish inmates for the



State institutions and public charities; whether it be the State prison or the various homes for incurables. Herein lies the right of society to protect itself by stepping in and saying, this imposition shall not be put upon us. This is no private matter, but a question of momentous interest to the nation, for it involves an expenditure of millions of public moneys every year for the support of these victims of their own folly and the poor unfortunates who owe their infirmities to their sinful progenitors. These contentions are conceded, I think, by all right-minded people. I am well aware of the fact that it is much easier to theorize and write about these things than to apply them; indeed, what I have said to many may sound far-fetched and impossible of application. I foresee, too, that uniformity of State law would be a pre-requisite in the effective application of the proposed legislation. There are, no doubt, many obstacles in the way of such enactment; many a jurist would discover, which are not apparent to me, not being thoroughly learned in the law.

We now come to our second proposition, education. Who shall do the educating? Naturally we would say, let the mother educate the daughter and the father the son. That would do very well and be quite the proper thing, if the parents knew anything about the subject. As a matter of fact, how many parents do? Practically none, outside of our own profession. Obviously, it would be a difficult matter to include such instruction in the school curriculum, for the teacher is as ignor-

ant as the parent; there are ethical reasons possibly against such procedure. Who, then, are to do the educating? It seems to me it must be the medical profession. We know, as others do not know, the gravity of the situation. We alone possess the requisite knowledge; therefore the duty devolves upon us. We, as medical men, have a wide field of usefulness open to our endeavor along this line, and such an opportunity of directly benefiting the race as few have had heretofore. Are we not as much interested in prophylaxis as in relieving the ills and miseries of the human race?

Let the medical man do his part, no matter how small, in the community in which he resides; let all colleges for young men, and young women, too, have a course of lectures on social purity, and the consequences of social impurity, delivered by a medical man or other competent person. Cast all false modesty to the winds and let us face this social problem from the educational standpoint. Let us banish ignorance to some extent at least, and I venture to say we have made a long step toward eradicating this festering sore which is sapping the very vitals of our nation. Look back into the dim and misty past and see Giant Rome, mistress of the known world, crumbling, not from the ravages of time, but eaten to the very center by sensuality and lust, until her very foundations were undermined and she fell into everlasting nothingness. What happened to degenerate Rome will, in time, happen to a degenerate United States, as surely as effect follows cause.

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

By BERNARR MACFADDEN

**T**HIS article will conclude a series that I have been giving under the above head. The reader will of course understand that it is impracticable for me to attempt to outline in minute detail a menu which can be adhered to from day to day and from week to week. I merely make suggestions which can be modified and adapted to the varying requirements of individual tastes. I have mentioned a number of foods and specified certain dishes in past installments of this series of articles, but I do not wish to convey the idea that one should confine his diet to the specific articles of diet mentioned. I have offered these merely as examples, for the purpose of illustrating that simplicity and economy which is to be recommended, not only for the sake of the financial welfare of those concerned, but even more for the sake of the improved health which invariably results from a simplified and wholesome diet.

Similarly, such articles of food as are mentioned in this article will be considered merely as suggestions. The reader will doubtless think of very many more foods and dishes of a similar character, which would prove just as satisfactory, in fact once let one understand the advantage of simplicity of diet and realize that the very highest degree of muscular vigor, vitality and health can be secured by subsisting entirely upon some of the more inexpensive foods, and he then will be able to devise countless numbers of menus and dishes as good, and perhaps better, than many of those which I have just suggested herein. It is not so necessary that I should give a lot of detailed information in discussing this subject, as that I should enable my readers to gain the point of view from which I write, whereupon they can work out all their own difficulties themselves.

I have already referred to the value of various vegetables and the opportunities of supplying a complete and satisfying meal with one or two such dishes in addition to the use of the substantial and genuine whole-wheat bread. In regard to the manner of cooking, I would say that it is best to cook, if one must cook at all, as little as possible and preferably over a moderate heat. It is far better to let an article simmer over a slow fire than to cook it quickly by exposing it to intense heat, for the latter process is inclined to detract from the food value of the article in question. In the preparation of vegetables by means of boiling, one should, as much as possible, try to avoid throwing away the water in which they have been cooked, for by this means in many cases many of the most valuable and nutritive properties of the food are wasted. If one favors the idea of cooked food, then I would suggest that all articles be baked in preference to boiling whenever possible. The reader will find that a baked potato is palatable just as it comes from the oven, without the use of gravy, butter or even salt, but this can hardly be said of the potato that has been boiled or treated in other usual ways. Furthermore some care should be used to avoid wasting the coat or peeling of vegetables and fruits, for it is the rule that organic salts and phosphate—in short, some of the most essential elements—are usually found in and near the surface. It is for this reason that the peeling of a baked potato is so palatable. The reader is already aware of the fact that the surface portions of the wheat and rice grains are considered the most valuable parts, and this is true of many vegetables and fruits, as well as of grains.

I have referred to some exceedingly appetizing and wholesome soups which



can be made very simply. I would suggest that the use of tomatoes will in many cases improve soups immensely and give them a flavor of a characteristically appetizing nature. The tomato, like the onion, is an exceptionally valuable article to use in combination with other foods, and is not especially expensive if one is able to buy them fresh, and preserve them at home. The chief expense would be the glass jars, but these can be used year after year. I would suggest the following simple but effective method of preserving tomatoes: Place a quantity of water in a large kettle and add a little salt—approximately the amount that would be used in seasoning the ordinary soup, or a trifle more, so that the salt may be just perceptible, but not strong, put on stove and bring to a boil, and then add the tomatoes. This introduction of the tomatoes will at first cool the boiling water. Continue to heat until the water containing the tomatoes is again brought to a boil, and immediately put in glass jars and seal. The reader will note that the tomatoes are scarcely cooked by this method, and that they can be preserved whole instead of being broken up into small pieces, as is usual in canning this fruit, and they will keep indefinitely. As a rule, the expense of tomatoes put up in this way will not exceed the price of one or two postage stamps for each quart, that is, in addition to the price of the glass jars, which of course, can be used year after year as suggested above.

One of the most delectable of cooked dishes will be found in a vegetable stew. The conventional American or Englishman usually thinks of a "stew" as consisting of a quantity of vegetables added to a liberal allowance of stewed beef, but a far more palatable concoction is secured by the use of a variety of vegetables without the meat, especially with the judicious use of tomatoes and onions.

Almost all vegetables can be used in this way, but I will not attempt details, merely passing on the suggestion so that each reader can work it out for himself or herself, using for the purpose any such variety of vegetables as may be conveniently available at any time.

I have already referred to the use of cereals as a substantial basis for a diet, pointing out that if necessary one could live almost entirely upon a meagre diet of this nature and enjoy the most robust health as a result, providing of course, that other conditions and habits of life were favorable.

It may be stated as an objection that many would not find a simple diet of this character sufficiently palatable and enjoyable, but I would suggest under such circumstances, that if the individual is not hungry enough to enjoy a meal of such wholesome food, he is not hungry enough to eat at all, and had better wait until the next meal. The fact that one is able to relish various fancy dishes which have been seasoned or spiced, or otherwise prepared so as to surprise or tickle the palate, does not indicate at all that the body is in need of food, and it would be far better to wait until sufficiently hungry and capable of enjoying the simplest of dishes. In fact, perversion of the kind alluded to is one of the chief causes of the widespread dyspepsia and general ill-health which prevail in civilized communities.

I might say a few words in reference to the subject of desserts. As a general thing I object to desserts, for the reason that they are often not only unwholesome and more or less indigestible, but that they also incline one to over-eat. For instance, after one has already eaten a satisfactory and sufficient meal he adds to this amount some dessert which is sufficient to over-load his stomach and more or less severely tax his digestive powers. Nevertheless, for those who insist on dessert of some kind, I would suggest that considerable care be used to limit the size of the dinner, apart from the dessert, so that this added dish will not prove too much. There are a number of desserts that are perfectly wholesome, in fact some can be made of such a nature that substantially an entire meal can be made of them. It is needless to say that in such a case too much sugar or over-sweetening should not be used. A simple rice pudding is perhaps as satisfactory as anything in this line, though tapioca or sago are likewise very commendable articles. I would suggest in connection with these



desserts that sweet fruits be used very largely for sweetening purposes in preference to sugar. Raisins, dates, sliced apples and other similar fruits are particularly valuable. A simple lemon sauce, such as every housewife knows how to make, is probably as satisfactory as anything that I could suggest for use in connection with rice or tapioca puddings. I would also suggest the use of bread puddings as being not only economical, but probably as pleasing and wholesome as any article of diet that one might desire. I would say, however, that the form of pudding referred to should be made of a substantial whole-wheat bread rather than of the devitalized white flour product commonly so used. The use of raisins, together with some simple sauce, can be recommended for this purpose, but it is needless for me to go into further detail, owing to the fact that anyone possessed of cooking experience could probably devise as good a bread pudding as I could myself.

Probably the most satisfactory form of dessert is usually to be found in some kind of fruit, and of course different seasons of the year provide a variety along this line. Fresh fruits may be available in summer and autumn, and are to be recommended above anything else when they can be secured. In the winter and spring, however, sauces of various kinds may be served, though remember that canned goods are not nearly as satisfactory as dried fruits. Not only are canned fruits of questionable value on account of the ingredients and preservatives used, but they are comparatively expensive, and this fact debars them from consideration here. Evaporated fruits are comparatively pure, except in the case of prunes that have been "processed," that is, washed in a preservative syrup. This treatment is comparatively unobjectionable. Artificial means are sometimes used in evaporating other fruits, but on the whole they are quite safe and practically pure.

I have already referred to the use of apricots, prunes, peaches and other fruits with the suggestion that they be simply soaked in water for twenty-four hours rather than being cooked. On the whole, however, if one is able to break away from habits of the past, the

most thoroughly satisfactory diet a person could adopt is one consisting of chiefly of uncooked fruits, providing they are found to be palatable. Such a diet will afford more vitality, and as a rule, will insure more perfect digestion. Of course, it must be admitted that if one wishes to adopt a strict diet of nuts and fruits it may be found to be rather expensive and perhaps not available from the point of view that we are considering. It must be said, nevertheless, that one who lives on a nut and fruit diet will be able to subsist on a smaller ration, measured in pounds and ounces, than one who uses foods of a more bulky nature, and it must be remembered, too, that some foods of an exceedingly nourishing character are cheaper at a fairly high price, than other very low priced foods that do not have the nutritive properties essential for building robust health and general bodily strength.

For the poor man I would again refer to some suggestions made in the first installment of this article in which I called attention to the value of raw rolled oats. I refer to rolled oats because I have as a rule found them more palatable than other cereals. Probably many of my readers would prefer rolled wheat-flakes, as they are sometimes called, prepared the same way, and rye and barley are likewise very satisfactory. In many cases a mixture or combination of two or more of these cereals would be found especially appetizing, though as a rule I would suggest that each of my readers follow the selection of his own individual taste in regard to his choice of grains. As a rule these grains are somewhat improved in flavor by soaking them in milk and by the addition of some sweet or dried fruit. It requires very little of the fruit in proportion to the cereal and four or five dates will usually be sufficient to add to wheat for an entire meal for one individual. Chopped figs, raisins, prunes, bananas or a variety of other fruits may be added. The cereal may be served by first placing in a bowl, pouring a little milk over it, and then placing the fruit on top. One can also purchase what is known as uncooked bread. This consists usually of flakes of some kind of cereal pressed into slices,



but as a rule this is more or less expensive, at least in comparison with the exceptionally low prices of ordinary flake grains.

If this seems to be a rather sudden or radical change in diet, I make the suggestion that the reader eat one meal each day of this character, and at the other meal eat the usual cooked dishes that he has been accustomed to. In this way I think he will gradually come to prefer the uncooked foods and use them more extensively.

Very often a dish of the cereals such as mentioned above is greatly improved by the addition of a little olive oil or perhaps a little melted butter, though preferably the former. Following herewith I present a characteristic menu, which the reader will note is somewhat of a compromise between the cooked and uncooked foods, though as a rule, after some acquaintance and experiment with the natural or raw foods, one will generally come to prefer them.

#### Breakfast

One-half or one cupful of wheat flakes  
{ and oat flakes mixed with dates.  
Fresh Berries,  
(or other fruit in season.)

#### Lunch

Two or three ounces of Nuts,  
Two Bananas.

#### Dinner

Vegetable Stew,  
Whole-Wheat Bread,  
Prunes.

The cereal suggested for breakfast should be prepared as suggested above by pouring a little warm or cold milk, as preferred, over the cereal in a bowl. The dates should be cut up into small pieces.

The vegetable stew can be made as suggested above, by using such vegetables as are at hand. Those which require the longest time to cook should be put on the stove first and when nearly tender, add the other ingredients.

At this season of the year potatoes, green peas, carrots, onions and tomatoes would make a most delightful meal.

The prunes should be merely soaked in water for twenty-four hours. They are sometimes improved slightly by the addition of a little lemon juice.

Of course I have only been able to hint at the method of preparing foods and their selection in the above comments and suggestions. If, however, I have been able to convey to the minds of my readers, and through them to their friends, the impression that simplicity in diet, as in other phases of life, is one of the great secrets of living for health and therefore for happiness, I shall then feel that I have accomplished all that could be hoped for from such a discussion.

## My Special Recipe

By BERNARR MACFADDEN

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

### ANOTHER RECIPE FOR DELICIOUS SPAGHETTI.

Place the spaghetti on the stove, adding merely sufficient water to replace that which will be absorbed in the cooking process. When the spaghetti is about one-half done, add two or three onions chopped very fine. Following this, add two or three tomatoes. A

few minutes before the spaghetti is cooked to a proper degree of softness, add from one-quarter to one-half a pound of cheese, chopped or broken in small pieces. After the cheese has been added, add one-quarter of a teacupful of olive oil. Thoroughly mix and then serve.



## Vaccination—A Lie Founded on A Fiction

(From an article by ELBERT HUBBARD, published in "The Philistine")

In this article, Mr. Hubbard tells the truth about vaccination in a characteristically brilliant fashion. It is questionable whether his trenchant pen was ever put to better use than when engaged in exposing one of the biggest and most dangerous impositions practiced upon a credulous public—that of injecting pus from the wound of a diseased animal into human veins on the pretence that it will insure immunity from disease. The thanks of the community are due to Mr. Hubbard for this able contribution to the anti-vaccination movement advocated by PHYSICAL CULTURE for years.—Bernarr Macfadden.

THE idea of inoculating the human body with a poison in anticipation that otherwise the person may contract a disease, was first introduced into England from India in the latter part of the Eighteenth Century.

In the year 1796, Dr. Jenner heard a milkmaid say, "I can never have smallpox, because I have already caught it from a cow."

Upon investigation Dr. Jenner found that cows occasionally had a disease of the udder marked by an eruption that very closely resembled in appearance the smallpox pustule. If the hands of the milkers were chapped they occasionally caught the disease from the cow, and their hands and arms would break out in sores.

It was a legend held as a fact by the peasantry that such persons were immune from smallpox, having already had the disease, it being believed that you could have smallpox only once.

And so Dr. Jenner's "discovery" came from the chance remark of an unthinking, unscientific country wench.

Dr. Jenner made investigation and found that no person who had had cowpox ever had smallpox. Or, more properly, he could not discover that any person who had had cowpox ever had smallpox. It was also the belief that cross-eyed persons and hunchbacks were immune from smallpox, but Dr. Jenner says nothing about this.

Dr. Jenner announced his discovery to the Royal Society and he also informed them that he had inoculated several people who had had cowpox with smallpox virus and there were no ill effects.

No doubt Dr. Jenner believed there was a direct relationship between cowpox and smallpox, the only difference to him being that cows had cowpox and man smallpox; and if a man had smallpox once he could not have it again. These two things were to him actual, vital, true. We believe things first, and prove them afterward, or not at all.

And so to prove his case Dr. Jenner declared that he had inoculated his cowpox friends with genuine smallpox and there were no ill effects.

It is much more likely that in his excess of zeal Dr. Jenner lied, than that he deliberately ran the risk of laying himself open to the charge of committing murder.

However, to me, it is much more to the credit of Jenner that he lied than that he did the thing he said he did. Those good men who confess murder, simply in order to secure transportation, are not so bad as men who actually have killed their kind.

That Dr. Jenner could very easily make a pretence of inoculating a person with smallpox virus is certain, but that he should have actually done so is doubtful.

Professor Waterhouse, of Harvard University, who introduced vaccine into the United States in the year 1800, vaccinated his children, and then to prove his faith took them to a house where there was smallpox. Afterward, it was admitted that he only took them into the yard, or past the house where the patient lay. As the children did not contract the disease, Dr. Waterhouse jubilantly announced the scientific fact of their immunity.

So persistently did Dr. Jenner plead



his cause, that he got permission to vaccinate several thousand soldiers in the British army. The number of smallpox cases the next year was much reduced.

Thereupon the Government voted Dr. Jenner one hundred thousand pounds and a life pension, and pinned to the breast of his coat several medals. That confirmed it—a folk-lore superstition became a scientific fact. And the falsehood went spinning down the centuries to continue indefinitely, or until some heroic person should risk his life and reputation by challenging it.

And fortunately it was challenged. At first we smiled and called the challengers infidels. Then we hissed them as fools. Next we got busy and passed laws making vaccination compulsory, forbidding school advantages to all who did not participate in the medical fetich.

But within three years, a change has come about and laws making vaccination compulsory are inoperative, simply because they are not backed up by public opinion.

Vaccination has got to go along with black cat salve for itch, sheep-nanny tea for mumps and that gentle assumption that we must all take sulphur and molasses in the spring.

Forty years ago doctors were a deal more sure of their position than now. They would give a sick man Glauber salts, calomel, iron and quinine, and the man got well—or didn't. If he recovered they would say he got well on account of the medicine, when perhaps he recovered in spite of it. Since then the entire scheme of medicine, as it then existed, has been abandoned and we have a new materia medica. Doctors now know, and admit, that most people who are willing would recover without medicine, quite as quickly as with.

Inoculation by cowpox virus as an immunity for smallpox, causes a disease called vaccinia. That vaccinia is a reduced or mild form of smallpox is a barren assumption—the germ of smallpox, unlike the typhoid germ, never having been discovered.

The "immunity" is an assumption, absolutely unproved. Those who have been vaccinated occasionally have smallpox, and then we say the vaccination "never took" or "it had run out," two

terms without meaning and without sense, save in the dusky feline gibberish.

The Jenner fallacy owes its vogue to being endorsed by the English Government, thus being given a legal standing.

Next, it was fostered by the men who were paid for doing the vaccinating, and the thing that carries honors and money will be stoutly and honestly, too, upheld, for we stand by the thing that is to our inetrust.

Next, vaccination having been duly accepted and recognized by the army surgeons, it got into the text books and was explained and taught in the medical schools.

Now, to uproot the fallacy, it was required and necessary that the books which taught it, the schools that endorsed it, and the doctors who practiced it, should all admit they had blundered. That was too much to expect and hence the fight, for it is the nature of man that he would rather protect a lie than be embarrassed by the acknowledgement of the fact that he did not know the truth.

Vaccination has not as much in its favor as the belief in witches, nor is it as reasonable, for witchcraft has the endorsement of Scripture.

The degree of M. D. is given on the pupil's proficiency in memorizing things told him by lecturers and printed in books. These lecturers get their knowledge from books and the men who wrote the books got their information from lecturers and books. Very rarely is any new or common sense idea advocated in colleges, because to do so, is to lose caste. *New ideas are forced in by barbarians, who have no reputations to lose, and then are adopted by the school-men when they have to.* Any pupil who introduces his own ideas in opposition to the text books is refused his diploma. And any man who does not have his diploma is not allowed by the State to practice medicine.

*To the average mind sequence is proof.* For instance: Plug hats are worn in all civilized countries. In barbaric countries there are no plug hats. Therefore, it is impossible to have civilization without plug hats.

Tuberculosis kills one person out of seven; and between the ages of fifteen



and forty-five, one-third of all deaths in America are caused by consumption.

Out of twelve hundred deaths but one is caused by smallpox. Yet there are years when smallpox is much more frequent than in others. For instance: In 1871 there were over five thousand cases of smallpox in the German Army, and in 1873, less than three hundred. Why this is, no man can say, but since vaccination was adopted in the German Army many years before, vaccination had nothing to do either with the epidemic or its disappearance, yet it was exactly upon such an unguessed phenomenon that Jenner secured his reputation.

The danger of having smallpox is infinitesimal where people pay proper attention to sanitation; but the risks from vaccination are considerable. To poison the body of a healthy child with pus taken from the sores on a sick cow in order that this child shall not catch smallpox, admitting for the sake of argument that vaccination causes immunity, is a very foolish operation. There is no general practitioner but who can recall cases where vaccination has caused dangerous illness and occasionally death. Loss of an arm through blood poisoning is not so infrequent but that all doctors know of such. Syphilis, consumption and loss of eyesight and hearing are common results of vaccination.

There is no debasing practice, nor loathsome putrid thing, but that has been used and recommended by doctors as a cure for disease. So anxious have the specialists been that they could not wait for people to get sick, but like Dr. Jenner have operated on the well.

A most excellent doctor told me last week that a few years ago he vaccinated a beautiful little girl, three years old. She was the very picture of happiness and health, and as he rolled up the sleeve of her little dress, preparatory to scarifying her arm, she looked at him trustingly out of her bright blue eyes and laughed.

The doctor turned away and a something seemed to clutch at his heart. "Hurry up, doctor, I can't keep her quiet much longer," said the mother nervously.

"I am not going to vaccinate that

child, unless—unless you demand that I shall," said the doctor.

"Well, vaccinate her—that is why I brought her here."

The doctor performed the operation. The child cried a little, as children do, but soon forgot her hurt, and laughed as her mother led her away.

In six days the doctor was sent for. He found the little girl with a violent fever, her arm swollen to an enormous size, and in great pain.

A week later the fever subsided, but the whole arm was covered with sores, and her eyes were so affected that she had to be kept in a dark room.

Two years have passed; the child's body is covered with an eruption that comes and goes. She has scarcely grown an inch in height and her weight is not as much as on that fateful morning when she looked innocently into the face of the doctor and laughed in glee.

"I often drive around the block to keep from running the risk of seeing her. She is the last person I vaccinated, and the last person I will ever vaccinate," said the doctor. "What will become of the little girl?" I asked. "Will she outgrow the poison in her system?"

"I know what the end will be," said the doctor, "She will die of tuberculosis when she is sixteen—provided, of course, that she lives that long."

There is no prophylactic so powerful as the happy, healthy resiliency of Nature. Life is a fight against disease, and Nature has provided that life shall win if given about half a chance.

Health is natural; disease is abnormal. To introduce disease into a healthy body under the plea that you are fortifying the individual against disease, is the very acme of scientific stupidity.

There is nothing resists disease equal to health—keep it, prize it, work for it, pray for it!

And when a doctor, or anybody else talks to you about inoculating the beautiful body of your child with dead matter from a diseased cow, in the interest of health, tell him to go to—India, where dried grasshoppers and snake tongues are considered a cure for cholera.

The cure for consumption is—and there is only one cure for consumption—living out-of-doors. There may be an



absolute breaking down of living tissue, yet if the patient can bring will to bear, and live out-of-doors day and night and laugh and play and work, he will probably live to attend the wake of most of his relatives. Conditions that breed consumption and typhoid fever are favorable to smallpox. The so-called "plague" has been banished by proper sewerage systems and good water, not by goat lymph, and the dangers of smallpox have been reduced in the same way.

The cleanly, sanitary, moderate and useful life as a guard against disease costs effort; but a dirty, disgusting operation like vaccination is soon over, and hence its popularity among the rabble. The books taught it and the doctors being but men, accepted what was taught as true.

But the world is moving, and moving towards the light. Fully one-half of all physicians now know, in spite of text books and colleges, that vaccination is a fallacy, and moreover a dangerous fallacy.

So to-day the best doctors decline to vaccinate; they may not say much about it, but they refuse to mix up in it any more than they take to blood letting and bee-stings for bronchitis. A few there be, say like Dr. Z. T. Miller, an eminent physician of Pittsburg, who come out strong against it, and stand ready to give their reasons and challenge to demonstration and debate. A few years ago Dr. Miller stood almost alone, but now there are hundreds who are with him.

Dr. Miller writes me as follows:

"Vaccination is a crime, not that it kills everybody vaccinated, but because it kills some of them and maims others. I could show you a woman, the right half of whose face was destroyed as a direct result of blood poisoning from vaccination. The sight of this unquestionable disfigurement should shame every vaccinist in the land. A boy named Gross in Olean, N. Y., lost his arm from the same cause. Those of you who saw Ben Hur when it was here will remember the handsome young man who played Ben Hur. When the play was taken to London that man was vaccinated and lost his arm as a result. In 1898, two soldiers of the Twelfth

New York Regiment were compelled to have their arms amputated as a result of vaccination. Within the past month a child living near me died, the cause of death given by the two physicians and the coroner, was blood poison from vaccination. These facts could be multiplied thousands of times.

"It has been shown that vaccination does not prevent smallpox; it has been shown that it maims and kills; it is also claimed, with sufficient evidence for official decision, that it disseminates other diseases, all of which is sufficient to bring it under the condemnation of all fair-minded people. Winterburn, in his book on vaccination, relates an outrageous instance, whereby a young women's school in the State of New York was closed because the inmates were inoculated with syphilis through vaccination.

"The principle involved in this question is that of self-protection. We are called upon to combat the aggressiveness of the irresponsible. We must defeat the effort of the man who would make sick an entire community of well people in the fear that a small portion of it may get sick. We must denounce the idea that a healthy person is a menace to anybody. We must see that our children's education is not predicated on the point of the poisoned quill. We must see to it that subcutaneous injection of an absolute poison does not take the place of sanitation and hygiene. We must declare against superstition as practiced by the State. We must not surrender the right of personal privilege in the selection of our food, our religion, our politics, or our medicine. What does it profit you, if by your efforts you have gained perfect health when your government comes to you, vaccinates you, and you are rendered a cripple? Why should you study the laws of health, attain it and then have yourselves made invalids by your officious officials? Why should you tune yourselves to the principles of right living only to make a field for the propagation of the varilous filth that has been run through a heifer, to protect you, against a disease that kills fewer people than almost any other disease in the calendar?"



## Editorial Comment and Items from Everywhere

### A Magnificent Home for Physical Culturists

Mr. Daniel S. McElroy, owner of the Hotel Gallatin, is about to erect a building to be called "The Stadium," in West 45th Street, New York City, which he will connect with his hotel, and which he declares will be the most complete establishment of its kind in the world. There will be a complete double set of Turkish baths, restaurants, billiard rooms, tennis courts, squash courts, running tracks, gymnasium and other accessories to a physical culture home, thus giving each sex the desired privacy.

Two floors will be below the street surface and eight floors will be above the street. The basement floors will contain two complete Turkish baths, each entirely separate, but a duplicate of each other.

Everything will be of marble and tile, and the building, interior and exterior, will be of Greek architecture and finish. The feature of the baths will be the swimming pools, which will be 50 x 70 feet in dimensions, and will be so arranged that the water in them can be changed every ten minutes. The gymnasium, tracks and physical culture features of the building will be under the general supervision of "Jack" Cooper, a well-known trainer of athletes.

### "Straight Talk" by an English Physician

Following the lead of Bismarck's physician, who recently published a denunciation of doctors, an English doctor, John Shaw, M. D., has written a book in which he violently attacks the medical profession.

Dr. Shaw calls his book "Medical Priestcraft a National Danger." The medical profession in England, he says, is rotten to the core; the most prominent doctors have gained their position by fraud and hypocrisy, having systematically victimized the public, and the hospitals are run mainly for experimental operations.

Dr. Shaw has apparently the same motive for writing his book as the German physician had for his—to revenge himself on his fellow doctors for trying to ruin him. He declares that he has had bitter experiences through exposing the abuses of the profession.

The specialist suffers Dr. Shaw's most scathing attacks. Unlike the general practitioner, the specialist, he says, has not kept up with the progress of science in recent years, and although a product of modern days, the specialist is hopelessly behind the times.

But the general practitioner is not encouraged by the profession. "Contempt for the general practitioner," says the author, "is an essential part of medical education." To this Dr. Shaw ascribes the greatest evils of the profession, "endangering the lives of patients and even the simple decencies of professional life."

### Prayer Opens a Corset Manufacturer's Plant

In London, Ontario, the Robinson Corset Company have erected a large building to be used for their business. When the building was completed it was formally opened by prayer taken from a passage of the Scriptures.

How the devil must have laughed with glee as he gazed upon these ceremonies! Prayer and a corset plant have very widely diverging influences, and to a physical culturist it indeed seems humorous to combine them so closely. The corset is one of the devil's most helpful instruments.

As has been previously stated in the columns of this magazine on many occasions, it works more harm to the human race by far than the alcohol curse. It lessens the strength and general efficiency of woman from girlhood almost to the grave. It is to be hoped that the business of this company will prosper only so long as there are foolish people to patronize them, and we are hoping that a day



will soon come when these foolish people will have been replaced by a new generation who thoroughly realize the baneful influences of corsets.

### Opium in Dead Babies' Stomachs

The *Seattle Daily Times* recently stated that an analysis of the contents of the stomachs of Evelyn and Eleanor Quesnell, infants, each three months old, who were supposed to have been suffocated in bed, showed that enough opium was found in the stomachs to have caused the death of both children. They had both been taking liberal doses of soothing syrup given to them by their parents.

It is about time that something was accomplished to prevent patent medicine schemers from causing needless deaths with their so-called harmless remedies. Thousands of babies are unquestionably brought to an untimely end through the influence of these various so-called remedies. Where one death is traced directly to a cause of this kind, there may be thousands that are brought to an untimely end because of the use of these drugs and their death is credited to other causes.

### Poodle Dogs and the Maternal Instinct

The Rev. William Temple, of St. Paul's Church, Wilmington, Delaware, recently scored the women most severely for their fondness for poodle dogs, and declared that they lacked the maternal spirit.

The minister urged young men and women to marry, and he declared that the American race threatened to become extinct if there were not an increase in matrimony, and that the country would be populated by foreigners.

The young man who makes from \$15 to \$20 a week and offers the excuse that he cannot afford to marry was severely arraigned by the clergyman.

### President Roosevelt as a Wood-Chopper

Some time ago while at Sagamore Hill the President spent part of his time splitting fire-wood.

The *New York World* states that seasoned hickory logs, some of his own cutting, had been stored in the big woodshed since last summer, when they were chopped down and trimmed by the

President. Some of these he chopped into lengths suitable for the huge fireplace in his library, which he designed himself.

The weather was ideal for one of Mr. Roosevelt's cross-country walks, for when it was not pouring it was drizzling and in a ten-mile tramp he could have got soaked to the skin, from crown to toe. But the President had no available companion for such a journey.

Secretary Loeb, when he went up to Sagamore Hill, wasn't dressed for such a "hike," and the President's old clothes wouldn't fit him, so he wasn't asked to go out and get wet. There was nothing for it then but the woodpile, which suffered great havoc.

### Souls and Cereals

In a recent dispatch published by the Press Publishing Company, it is stated that Maurice Maeterlinck has carried consternation into the vegetarian camp and has greatly disturbed their digestions by his book on the intelligence of plant life.

Maeterlinck thinks he proves that plants are as purposeful, as reasonable, as conscientious, as most humans. The dispatch states that many of the vegetarians are mystics, and so they worship Maeterlinck. What are they to eat if, as he insists, cereals have souls, green peas have a purpose in life and potatoes have white, sweet souls?

Prince Troubetskoi, the sculptor, a giant who is a vegetarian, had a long talk with Maeterlinck on this puzzling subject at the salon. Troubetskoi has sincere scruples against tasting meat, against slaying sentient beings to devour their flesh. His distress was almost tragic as he questioned Maeterlinck, who could console him only with:

"Never fear, Prince. He who lives must eat."

But he did not say what. So the princely sculptor is at his wit's end to choose a food which will sustain life but which gives up no life in becoming food.

### Woman Wrestlers

The *Chicago News* describes a very interesting wrestling match between women in Japan, as follows: "The wrestlers arranged themselves in two



sides, each led by a captain. They sat cross-legged around the platform in the dirt, all but the two chosen to begin, who advanced into the center with the umpire. They squatted upon their feet and bowed to each other slowly and solemnly. Politeness thus being fulfilled, they stood up again and bent over opposite one another like two game cocks watching intently for a chance to seize an advantage. During the preliminaries the audience was tense with expectation. Then suddenly the women sprang, hissing at each other furiously and gnashing their teeth, at first by simulating ferocity to spur themselves up to greater excitement, but, after a few clutches, in deadly feminine earnest, the umpire meanwhile buzzing close to them as they swayed round the narrow ring.

"Any and all holds seemed fair means to the end of pushing a combatant over the edge. Sometimes with a clean throw one woman landed her opponent sprawling in the midst of her friends. This was the signal for the umpire to begin: Hitotsu, fatatsu, mitsu, yots (one, two, three, four, five), in a series of irregular and disconnected squeaks; and before he ceased counting another wrestler from the losing side jumped up to meet the champion, who stood panting, hissing and spitting, like a boiling kettle, in the center of the arena.

"This time there were no preliminaries. A wild rush, and like two furies or two beasts the women were struggling again. Some affected quick clutches, some locked their adversaries in their arms and stood stock still for a full five minutes. Some picked up their opponents almost at once and threw them bodily over the ring, while others rolled over with them."

#### Fasted Forty-five Days

The *New York Times* commented recently upon the fast of Mrs. Harriet M. Closz, of Webster City, Iowa, in which she abstained from food altogether for forty-five days. Mrs. Closz began fasting as a cure for rheumatism, and declared she would eat absolutely nothing until every vestige of rheumatic pains had left her. On the last week of her fast she was free from all pain. During the first week she suffered merely from hunger and rheumatic

pains, but after the first two weeks she stated she felt no hunger at all. Though she grew somewhat weaker, she still had considerable strength, as she did all of her housework during the entire fast.

#### Swift Auto Rides Good for Consumptives

A well-known physician states that a swift ride in an auto, or a ride on the cow-catcher of a locomotive, is a very valuable aid in curing consumption. While in the office of the *New York World* recently he made the following comments:

"I had occasion," he said, "to take long trips on the Siberian Railroad and made a practice of riding on the front of the engine. I found, by tests on myself and others, that the extraordinary aeration of the lungs thus induced stimulated my processes and greatly improved my general health.

"I advised a patient with tuberculosis to try it, and after thirty-three days spent in traveling on a locomotive, plus forty-five days on a steamer, keeping all the time in the bow, the patient is apparently entirely cured. He had previously taken the fresh air treatment for months without benefit."

Riding on the front seat of an automobile is also highly recommended, although somewhat jarring to sensitive patients in case of collision. Falling from a balloon would be extraordinarily exhilarating, too, it is said, were it not for the strain on the mind produced by the fear of stopping too quickly.

#### Walks 4500 Miles to Win a Sweetheart

Six years ago Mr. Heilin Sanborn, of Brandon, Vt., became interested in Miss Mollie Hahar, who lives with a family near the town of Pittsford, and asked if he might call. He was accorded that privilege and the following Sunday hired a livery rig and drove to the house. The next week he repeated the visit and passed a thoroughly enjoyable evening. On the third occasion he proposed. Miss Hahar was in love with the young man and admitted it, but said that she didn't think she would wed for six years, or until she was twenty-five. Furthermore, she figured out that if Sanborn came to visit her once a week and hired



a rig at a dollar a visit he would spend over \$300 in that time.

"That's more than enough for a long wedding trip," said the thrifty young woman. "Why we could set up house-keeping on \$300."

"If your age and the dollar a week are all that stand in the way the matter can be arranged," said Sanborn. "I will walk back and forth and put the money in the bank."

So it was agreed, partly in jest and partly in earnest, and since that day the young man hasn't missed a weekly visit. Neither rain nor snow has interfered with his love-making, and he is so certain that he will be able to keep up his Sunday trips that he has begun arrangements for the wedding.

#### Professor Fisher on Mastication

The *New York Journal*, in commenting on the theories of Professor Irving Fisher, says that "Chew and choose" is the key to the important subject of how to attain the maximum working capacity from food, and the more chewing the less food is required.

Experiments made by Professor Fisher with flesh-eaters and flesh-abstainers have shown that those who either abstained from meat or ate it sparingly had far greater endurance than those who ate meat in the ordinary quantities. As an economist, rather than a physiologist, Professor Fisher wanted to experiment in reducing the quantity and cost of the food, and at the same time get the maximum strength and endurance from the food consumed.

Strict obedience was given to the experiments to the taste-instinct, when this instinct was given a longer chance to act by prolonged mastication and attentive tasting. Nothing was set before the participants until it was ordered, and the dictates of the appetite were followed absolutely.

The experiment was divided into two periods. During the first part of the first period the men showed little tendency to change their regular food, either in amount or in kind. On the other hand, during the latter part of the first period, during which thorough mastication and instinctive eating were practiced, there was a distinct though grad-

ual tendency toward reduction in the amount of food, in the quantity of proteid, in the quantity of flesh-foods, and in the quantity of liquids of all kinds—water, tea, coffee, cocoa, and even soups.

#### Dies from Alleged Over-Exertion

Was this death caused by over-exertion? Gordon Taylor Hughes, a former Harvard football player of athletic reputation, recently died from heart disease, brought on, so it is said, by physical over-exertion. He had been well some time previous to his death and in spite of the warnings of the physicians, continued to take violent exercise. While attending college some twelve years ago he made a name for himself as right guard for one of the Harvard football teams and was an expert with the oar. During his last year at the university his devotion to athletics, so it is said, began to tell on him and he was advised to discontinue all forms of arduous physical exercises. He only laughed at this advice and said he could not keep in trim without exercise. Up to the time he took to his bed he exercised regularly and was also a hard worker at his business as a member of the law firm of Lawrence and Hughes.

It is easy to make the statement that the death of this athlete was caused by over-exertion. Whenever an athlete dies, regardless of what the cause may be, athletics almost immediately take the blame for his death. There may be a hundred other causes, but they are all ignored. It can be accurately stated that there are very few instances when athletics can be legitimately blamed for any physical deficiencies—regardless of what they might be. Heart trouble, for instance, is not caused, except in extraordinary and rare cases, by over-exertion. In nearly every instance when exercises have been blamed for heart trouble, it is not the strain of the muscles that have caused it, but the strain on the heart caused by the efforts of the functional organism to rid itself of surplus food. In other words, heart trouble is caused by over-eating and over-drinking, and in not a few cases alcoholic liquors of various kinds play an important part in bringing about this complaint.



## The Editor's Viewpoint

**One of the Tragic Results of Prudery**

**Is there Danger in Fasting ?**

**The Great American Fraud**

**The Editor's Case**

**Japan and Arbitration**

**Help Us Secure a Million Circulation**

**P**RUDERY has much to answer for. The poor, miserable, decrepit weaklings that you meet at every turn; the hollow eyes, thin cheeks and expression of mental and bodily weariness that are so frequently met with, can in most cases, be traced to evils that result directly from prurient prudery. But one of the most awful sins that this monumental evil has to answer for is the prevailing idea of numerous so-called cultivated women, that the natural fruits of marriage should be looked upon as a sort of vulgar evidence of one's mental deficiencies. In other words, it is often stated by members of the so-called "upper classes" that only common people have a "lot" of children. As a result of this monstrous theory, many women actually marry with the firm intention of making that marriage fruitless and childless. They care not by what means this result is attained, they have been so firmly convinced through

### ONE OF THE TRAGIC RESULTS OF PRUDERY

watching the experience of others that children are only an annoyance and hindrance, that they are determined to avoid them at any cost. These poor, miserable fools, for they can be called by no other name, bring upon themselves, a miserable existence that sometimes drags on to a premature death. Children are natural fruits of love and marriage. Where their coming is interfered with, the penalties are terrible to contemplate. Love will meet a swift and certain death when the laws of life as they refer to marriage are tampered with. Every child in a home, is an additional blessing, every child adds that much more happiness to a household. There can be no permanent happiness in the home-life without children. There can be no ideal marital love without children. But the tenets of prudery teach that it is indelicate, even vulgar, to refer to children as the "fruits of love." Therefore the subject of marriage and all the various natural laws which should govern the highest human relations, are veiled in vulgar mystery, at the behest of the foul-minded pruders. I am publishing herewith, a letter I have received from a young man whose fiancée had absorbed the usual prudish ideas in reference to marriage and children. Read it carefully. It indicates quite emphatically the



monstrous results of our present prudery-besmudged educational methods. When a man has seen thousands and thousands of similar and far worse instances of the criminal tendencies of prudery is he to blame if he sometimes feels as though the cranium of the average prude should be disinfected with a solution of carbolic acid? And if the acid were so strong that the corrupt gray matter would never have a chance to again contaminate the present generation with its filthy products so much the better for the world at large.

To the Editor:

I am 25 years of age and am greatly in love with a lady of 18. After going with her for some time we became engaged and are to be married next September. After we were engaged about a month she made a remark about never wanting to have any children. In asking her more closely about it, she said that her mother had eight children and she never wanted to suffer as much as her mother had. Furthermore, she stated that she didn't think that she liked children well enough to give them the proper care and attention. Being a German I am naturally opposed to anything of that sort, and I pleaded with her time and again to give up such unwomanly ideas, but I am sorry to say that my talk has not been able to change her mind. Last Tuesday I drove out to the country place where she lives and decided to have a last talk with her on that subject, and if she should still cling to her belief, would give her up. But again I met with defeat and consequently asked for my ring, which she gave back, but at the same time told me that she would end her life. Knowing her disposition I had no doubts at all in my mind as to the sincerity of her threat. And of course, you can understand that I weakened and gave in. But how I am going to help her in her crime I haven't the slightest idea. Perhaps you think, sir, that the lady in question is not really in love with me. But I wish to call your attention to one instance that no doubt will convince you that she loves me: As her mother is bitterly opposed to our match on account of me being a common wage-earner, and not a rich rancher, as she thinks I ought to be, and has refused to fit the girl out in her wedding dress, etc., the girl has left home and works out for some of her friends, which is something that she has never done before in her life. She is simply doing it to help me out in saving enough money for the furniture and the necessary wedding expenses. She has also had some very splendid opportunities to marry very rich men. But I am sorry to say that she has picked me out as her ideal. It is needless to say that I love her, and in this case love is blind, it seems.

Now dear sir, you really would do me, and I hope others that are in the same position as I am, a very great favor if you would give this matter enough thought to write some good article on this trouble of mine. The reason why I ask you to write on the subject in your magazine is, because she is one of your readers and no doubt will see it. And I hope that the words will touch her conscience and will compel her to relinquish her wrong ideas.

E. J. S.

FROM among the numerous letters sent to me, nearly every one of which announced a wonderful improvement in the bodily condition of the writer because of the fast taken in June, there appeared a communication from which we quote the following:

"In reading up the subject of fasting, I find that several authors warn one of the dangers in fasting—namely, attempting LENGTHY FASTS where an experience in SHORT ones should precede a lengthy one—attempting ABSOLUTE fasts when a PARTIAL one might be better, and fasting when one is not thoroughly convinced of its efficacy, so that a fear is ever present, which in itself, is quite enough to outweigh any virtue of the fast.



"May I suggest, Mr. Macfadden, that through the pages of your magazines you give a more thorough instruction as to the process of fasting? If one thinks himself in good health, with a strong heart action, and resolves upon a lengthy fast, how is he to know when he has fasted to his limitations, so that he can prevent death as in the case of Mr. Swerdfiger?"

In the first part of this letter, reference was made to the death of Mr. J. H. Swerdfiger, a prominent Socialist in Washington, who fell dead in the Government Printing Office, where he was employed as a compositor, on the ninth day of his fast. Of the thousands of persons whom I have advised to fast, either directly or indirectly, this is the only death, to my knowledge, that has ever occurred and I do not by any means believe that the fast can be blamed for the fatality. In fact, it is easily possible that the death of Mr. Swerdfiger may have been delayed, because of frequent fasts he may have taken, preceding this last one.

Dr. Dewey, whose writings are familiar to all students of fasting, maintains that if one's vitality is so depleted, or if one of the important organs of the body is so nearly worn out that death is near at hand, the result is absolutely certain, regardless of whether food is taken or not. I think that whether fasting or eating, there is naturally a possibility of an occasional death where a multitude is concerned. I believe if there is any way of recording the experience of a thousand different persons for a total period of say, fifty thousand days, while fasting and while eating, a larger number of deaths will take place among those who follow the usual three meal a day regime, than in the case of those who abstain from food. In other words, there is less danger of your dying while fasting than there is while eating.

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**C**OLLIER'S WEEKLY has done more than any other publication, even including Physical Culture, to bring about the exposure and ruin of the patent medicine and other quacks. It was, outside of ourselves, about the first to enter the field in which flourished the poisonous growths of charlatanism and mow these down with the scythe of truth. It deserves a vast deal

**THE GREAT  
AMERICAN FRAUD**

of credit for assisting in this important work. Now, in addition to various articles that they have used in their publication, the proprietors of Collier's Weekly have published a booklet entitled, "The Great American Fraud." They are selling this book for general distribution and it would be of invaluable aid to those who wish to learn and spread broadcast the truth about quacks and quackery. It has been published at the cost of reproduction. I advise my readers to secure one or more copies merely to have the pleasure of educating their various friends who might be skeptical as to the real extent of the vast and various medical frauds. One copy can be sent for ten cents; ten for eighty cents; one hundred for four dollars; one thousand for thirty-five dollars. Send your orders direct to "Collier's Weekly," New York City.

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**I**T has been suggested that perhaps it would be better to say nothing further in this magazine about the case pending against me in the courts, until I know the decision of the court before which it will be tried in the first instance. Of course,



all my readers fully realize that should such court declare me not guilty, there would be no necessity of collecting a fund for an appeal to a higher court. Also the Free Speech League, in order to test the law involved, would have to secure some other case. If, however, an appeal became necessary, all amounts remitted over and above the actual expenses incurred, would be used by the League for other cases in which their members might desire to interest themselves.

There seems to be an inclination on the part of the prosecuting attorney, to delay the case for an indefinite period. It is difficult to determine what may be his object in so doing. The fact remains, however, that the case has been set for trial on several occasions, and has been adjourned again and again. I hope that it will be tried and decided at the next term of court, so that the matter can be settled definitely, one way or the other.

I AM unfamiliar with the mysterious workings of politics. I probably know next to nothing about statesmanship, but as a plain, every-day, common American, I have wondered on many occasions during the controversy about the possibility of war with the Japanese, why there is no arbitration agreement between this country and Japan. Surely it is possible to make such an agreement, if really serious steps were taken with a view of bringing it about. War, in addition to being a very realistic sample of the lower regions brought up to a white heat, is perhaps the most startling example of man's narrow-minded folly. It is just about as sensible as the average contest between two young school-boys. The modern civilized nation, as a rule, goes about at all times with a "chip on its shoulder." They assume an "I-dare-you-to-knock-it-off" attitude, and if you knock it off, you will have to fight. Now, suppose war between this country and Japan had occurred—and possibly it may even yet occur—if bloody conflict of this nature had been brought about simply because the citizens of California would not allow Japanese children to attend the public schools, would not the cause of the conflict seem ridiculous?

Why can we not have an arbitration agreement with every nation with which there is even the most remote possibility of war? Why should we wait for the Peace Conference? We can make agreements right now, with every country. Must we wait until another war has occurred, and wait until we have lost hundreds of millions in money and perhaps hundreds and thousands of men, before a proposition of this kind is considered? The time to act is now. A war with some foreign nation will certainly be our fate in the not-far-distant future if we do not have protection in the form of arbitration agreements.

The Philippine Islands stand constantly as a menace. They are a continual temptation. They are of absolutely no value to us, but to other powers nearer their shores, they might be desirable. England is the only one among the foreign nations that has a special liking for Americans. Nearly all other countries are jealous of us, and have very slight respect for our ability as a fighting power, or for our boasted enlightenment. The truth of this was illustrated very emphatically during our war with Spain. Nearly every European nation was of the opinion that Spain would "clean us up" in no time. We gave them a most decided surprise in this instance,



but this was largely due to the efforts of our navy. There was nothing of startling brilliance accomplished by our land forces, and the loss of life was almost entirely due to rotten meat and other unwholesome foods. But this is a deviation—I want to know why we cannot have an arbitration agreement with Japan. Will some one versed in the mysterious intricacies of statesmanship, enlighten me by replying to this query?

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SOME time ago the announcement was made that the Physical Culture Publishing Company had become an incorporated organization. The friends of the reform work that this publication stands for were invited to become partners in this great organization. Hundreds of our friends have been heard from, and many of them are

now partners with the writer in this humanitarian business of enlightening the public.

HELP US SECURE A  
MILLION CIRCULATION

This is no longer a one-man enterprise. We have on our books now, nearly one hundred stockholders, and they are growing in number day by day.

The Physical Culture Restaurant Company has over six hundred satisfied stockholders. I say satisfied because they have been drawing regular dividends for the last two years and for the past six months of this year the dividend has averaged one per cent. monthly or twelve per cent. annually. Similar dividends have been paid by the Physical Culture Land Company. As a money-making enterprise, I believe the publishing company will considerably excel either of the other two companies. I want to see a partner in this publishing business in every community in the United States.

Every stockholder becomes interested in the business. He talks with his friends and naturally does everything he can to advance the interest of the company in which he has money invested.

I want to spread the influence of the Physical Culture Magazine and the theories so emphatically advocated within its columns. If you are interested in the reform work we are doing write us for particulars of our plan for increasing the circulation of Physical Culture to a million copies. Every enthusiastic physical culturist could speed our efforts. We want to be represented everywhere by a stockholder, and we want a million circulation. Further details of our plan will be furnished to all those who will take the trouble to write for information.

*Pernarr Macfadden*





A Group of Splendidly Developed Natives of the Fiji Islands. Note the Contrast with White Men in Center of Photo.  
(See "The Fijians and Physical Culture," page 151)