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(For reasons the reader can readily understand, we have omitted the writer's name.)

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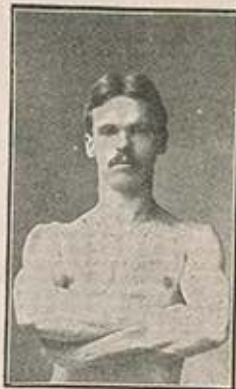
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PHYSICAL CULTURE

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AUGUST, 1901.

No. 5

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FENCING IN THE SCHOOLS.

By Captain A. Wm. Seaholm.



FROM the Middle Ages up to the last century fencing was a most important and necessary adjunct to a gentleman's education. It was taught and practiced solely as a means for attack and defence, not only by the professional soldier, but also by gentlemen in private life, and oftentimes even by the churchmen. When the

art has, however, always had its admirers and exponents, both of the sterner and gentler sexes. Few of the leading men and women of the stage are ignorant of the use of the foil, and many are quite clever fencers.

But, while the excellence and superiority of fencing as a physical exercise for young and old, weak and strong, man or woman, has long been recognized by scientific people in the old country, and for

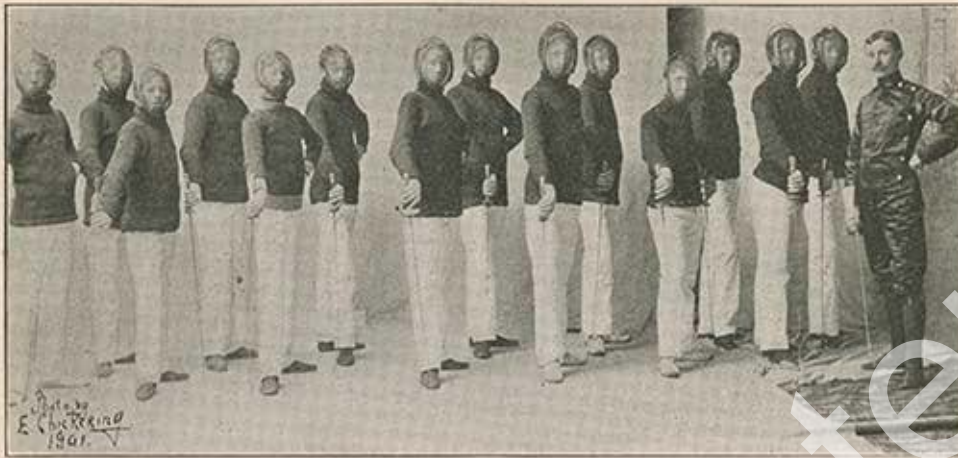


CLASS OF 1903, ROXBURY LATIN SCHOOL.

duel was universally prohibited and affairs of honor or dishonor, as the case may be, could no longer be settled by the use of the sword, swordmanship was regarded as a needless accomplishment, and fencing became quite unpopular. During the nineteenth century foil and sabre practice was almost entirely confined to military schools and academies and regular army service in the United States. Among the members of the upper social classes the

years past been in the curriculum of many of their schools and colleges, foil and sabre practice in this country has been taught only in clubs, and by private instructors to a limited number, as a sport and pastime, principally.

The object of calisthenics, gymnastics, or any physical exercises in the schools is to assist the physical development of the pupils to such a degree as to keep pace with their mental progress, and the



READY!

system best adapted to "do the most good to the greatest number," is the most preferable.

There is no system of gymnastics or physical exercises which in so high a degree will benefit the entire muscular organization, circulation and the respiratory organs, as fencing, when practiced regularly, scientifically and systematically. In fencing, every group of muscles in the human make-up is brought into play in an equal measure, without over-developing one part at the expense of another. The exercise, both as a drill in squads or as a contest for points in individual "bouts," is intensely interesting and fascinating, it being progressive and constantly offering new features to learn and

master. Consequently, it attracts the pupils, who will, from that fact alone, derive more benefit from its use than from any exercise they go through with, as a mere matter of routine. While only a limited number at a time can use the various apparatus of a gymnasium, thirty or forty can be drilled with the foils at once. All pupils of either sex, above the age of twelve, are eligible for enrollment in the fencing squad, tall or short, strong or weak. Skill and activity are more essential in foil practice than strength. Nothing is purely mechanical in fencing—the mind is constantly on the *qui vive*—every move or combination of moves must be prompted and executed by the will of the fencer. His eye must keen-



ON GUARD



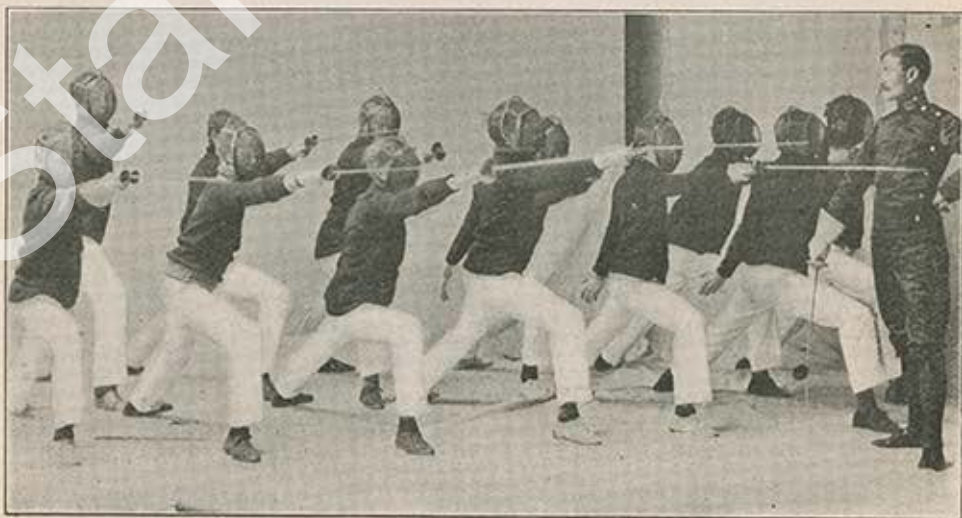
FOURTH POSITION OF THE GUARD.

ly and intently watch the opponent's slightest move, and endeavor to read and perceive his intentions, even before their execution, so as to prevent or meet the attack by the application of the proper opposition or parry, and at the same time be prepared to execute a counter attack. Thus, mind and body, working in continuous harmony, are both deriving the benefits of the exercise.

Great strength being almost a drawback to proficiency in foil fencing instead of a necessity, makes the exercise particularly appropriate to the average school-boy or girl, who is not by nature endowed with the physique of the future champion of this or that branch of athletics.

Keating says: "No system of physical education can be complete unless it aims at the symmetrical development of the whole body."

The results of physical training are not always what they should be; in too many instances they become disasters in place of blessings to the individuals of either childhood, youth or maturity of both sexes. This is caused either by the fact that, owing to the deplorable ignorance of the director or instructor, methods are used and practices indulged in, for the purpose of physical development, which are not only in lack of a philosophical and scientific foundation, but are at variance with the laws of both anatomy and physi-



LUNGE!

ology, or, as is usually the case, the pupil upon entering the gymnasium is permitted to choose his or her own method of exercise according to their own particular fancy, and this, of course, is mostly done with a view of becoming expert, and to excel in one feature or another, and no thought is given to the ultimate results or benefits of the physical organization as a whole. Over-development of certain groups of muscles is the result, and the high-school athlete will concentrate his pride in his colossal but impropportionate biceps or enormous and equally as impropportionate calf. This is wrong, detri-

The foil is a comparatively light instrument, and does not unnecessarily overtax or tire the slender arm and wrist of the youthful fencer. Its proper use will instead gradually impart to the muscles and tendons of both a healthy firmness and ability to respond with almost lightning rapidity to the will of the mind, while the positions and movements of the other limbs and the body, all working simultaneously together, impart to these the same qualities in an equal measure.

A system of foil exercise in squads or classes, based on scientific principles and in full accordance with the laws of an-



REPOSTE AND PARRY OF QUORTE.

mental and injurious, and should be carefully avoided and guarded against.

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The resources of foil practice are unlimited. One may begin fencing at school, continue during one's stay at college, and still have a great deal more to learn when entering upon one's professional or business career, or retiring into private life.

atomy and physiology, graded in conformity with the age and growth of the pupils, adopted as a regular course of physical training in High or Preparatory Schools, would soon prove itself to be far better and ahead of any other system of physical exercise.

One of the oldest and foremost preparatory schools in New England (established 1645), the Roxbury Latin School of Boston, Massachusetts, was the first to realize the fact that something new and different from the old and obsolete methods of physical training was sorely needed, and some three years ago fencing

was introduced as a regular branch of physical exercise in their curriculum. It has proven, in the highest degree, satisfactory to both the faculty, trustees and parents, and in as high a degree beneficial to the pupils physically, besides being exceedingly popular. The headmaster of the school, Mr. Wm. C. Collar, well-known in educational circles, said recently, in speaking of fencing:—"I must confess that I have never in my forty years' connection with the Roxbury School seen such marked improvement in the physical condition of the boys, or such

present time. In this connection Lady Colin Campbell says: "In no other pastime that I am acquainted with, and I may say that I have tried my hand at most, is the interest so close, so intense, or so concentrated as in fencing. At other athletic sports, such as cricket, lawn tennis or golf, you have an adversary, it is true, but he is so far removed from you, that in a sense he becomes impersonal; in fact, as regards the last game, I am heretical enough to say that it seemed to me you might just as well have no adversary at all. In fencing, on the other hand,



REPOSTE AND PARRY OF QUORTE.

splendid results in every way, from any system of physical exercise that we have had in use as I have had from the fencing. In my opinion, it is the most excellent system of physical exercise in existence."

At both Wellesley College for young ladies and Emerson College of Oratory for both young ladies and men, fencing has been adopted as a regular branch.

As a sport, in or outdoor, fencing is fascinating, invigorating and elevating. It is far removed from the brutality and roughness which are attached to a great many athletic sports in vogue at the

you are in actual touch with your opponent, the delicate rod of steel in your grasp is a lightning conductor that instantaneously flashes to your brain the knowledge of what attack your adversary is meditating, for the *sentiment dee fee* should tell you what to do even if your eyes were blindfolded, every faculty of your brain, every muscle of your body, every nerve of eye and hand are on the alert, and you live more intensely, more vividly in an 'assault' of a quarter of an hour than most people do in a week.

. . . There is no such nerve tonic, no such bracing occupation as fencing. . . ."

Dr. G. M. Hammond, in his address upon "Athletics" at Union College, says: "I am quite sure that there is a variety of physical exercise which is not practiced in this country as much as it ought to be, and which of all others stands pre-eminent as the kind most efficacious in developing the muscles, and at the same time calling into action those mental faculties, the degree of development of which makes the difference between the man of strong and noble mind and the one of feeble and mean mentality. It is pre-eminently an exercise of the mind and body. . . ."

"In conclusion, I would say that, fencing taken at its lowest valuation still retains so much of worth that the

neglect with which it is now treated should give way to intelligent encouragement on the part of the public and officers of the militia. Its advantages in making the whole body supple and promoting digestion give it a delightful and exhilarating pastime for boys and women. It places on a level through its braininess a weak man with a powerful. It is a game of thought, tact and quickness. It is a school for the eye, and promotes good temper, self-control and fairness to an adversary.

"It teaches men and women to hold themselves erect, measure distance to a hair's breadth, and to walk like human beings proud of their superiority to animals."



HIDE AND SEEK. BY DVOROK.

THE CORSET AND WEAK WOMEN.

By G. H.

GOOD health, with its accompaniment of high spirits, is without question the chief source of happiness to ourselves, and indirectly to those about us, for we are all transparent mediums to the pain or pleasure that enters our own lives to pass on the lives of others. Duty and self-interest equally require that we should keep our bodies in condition to perform our part in life, and to avoid becoming a source of care and anxiety to our families. In the discharge of most duties, women are more conscientious than men, as their sympathies are keener and their emotions more sensitive, but, in the matter of the care of their health, they show a criminal disregard of all the rules of hygiene. This neglect of the most important of all duties can be understood only by considering some peculiarities of the feminine mind.

Women are by nature less democratic than men; they support authority in social and political life, and emphasize class distinctions. When fortune fails a family, the women are usually unwilling to associate with the society of a lower social stratum, and accordingly either lead an isolated existence, or keep the men on the grind to maintain a precarious position among people of far greater wealth. This disposition of women toward social exclusiveness may have some reasons for its existence that are worthy of consideration. A desire for social distinction is perhaps better than no ambition at all, and may give an interest to life where none other exists. Marriages are usually happier between people of the same class than where marked differences of wealth or education present themselves. Its result in physical matters is, however, altogether disastrous, for the desire to make outward distinctions is at the root of the unhygienic dressing of the women of the wealthier classes.

The health of the women of the working classes compares favorably with the health of the men of the same class, but that of well-to-do women makes a deplorable contrast with that of their brothers and husbands.

Notwithstanding better food and all the means to cure disease and prevent sickness offered by wealth, a sad falling-off is shown among women of what are called the "upper classes." This condition is due to the desire of women to make distinctions for the sake of distinctions by adopting a style of living and dressing that those who require freedom of limbs and bodily activity for their daily work cannot adopt. This sinful vanity and desire of the women of the well-to-do and wealthy classes to separate themselves from the women of the working classes shows itself among civilized nations in the corset, which is the cause of more suffering than any instrument of torture ever invented, and the occasion of more domestic unhappiness than dram drinking among men. The Chinese, who are lower in intelligence and more callous in their cruelty than the Caucasian races, make cripples of the girl children of their wealthy families, by binding the feet and using the "Siu-haitse" or small shoe. The higher the rank the smaller the foot, until the court circles are reached where the custom does not hold good, as the Imperial family is decended from the Manchu conquerors of the Chinese and have not adopted the national custom.

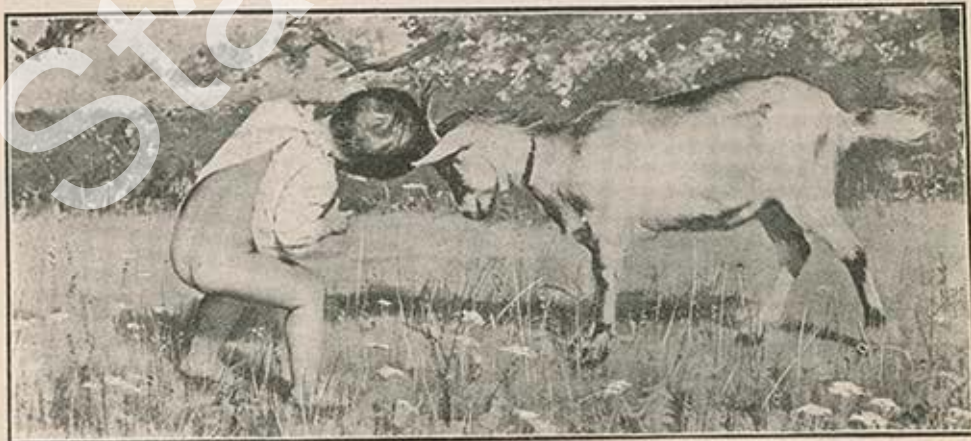
Travelers in China say they hear no sadder sounds than the cries coming from youthful innocents, who, instead of leading happy, wholesome lives, playing and romping, are tortured into cripples to gratify the vanity of their mothers. Much has been said of the cruelty of the Chinese, but, as is too often the case, we see with distinctness the faults of others without noticing our own. As many of our women are leading lives of invalidism, without pleasure or profit,

due to tight lacing, as there are in China with crippled feet.

Early conditions in this country were favorable to healthy living. At the time of the Revolution, cities were small and few. Philadelphia, by far the largest, had a population of forty thousand souls, and was surrounded by the modest country seats of its citizens, who drove each day in their gigs to their places of business and returned each evening. English traditions of country living and out-door sports held everywhere during the Colonial period and long afterward, and in the South until the Civil War. The growth of large cities rendered suburban life difficult, and gave rise to a large wealthy class without country tastes. For a girl to look healthy was considered unladylike, a hearty appetite in a woman was prevented by piecing between meals, and corsets and high-heeled shoes completed the wreck. The heroines of novels written about the middle of the century, were weak in body and mind. In every other chapter the fair Belinda fainted, and in the last the hero and villain fought for her hand while she looked on and wept on seeing her lover in danger. The "Languishing Lydias" of the old romances have given way to a healthier and more wholesome type, and, while we may be amused by reading the

old novels they represent many pathetic tragedies in real life. The corset with lack of exercise meant to many a woman of the period, twenty or thirty years of invalidism on a sofa after bearing one or two children, while her washerwoman would be strong and robust after a family of ten or twelve. "Crucified on a cross," can still be said of many a patient sufferer, whose fortitude in bearing her sufferings is an example to all around her, but who cannot attend to her household duties or prevent her husband from becoming irritable or taking to drink.

When an evil reaches a certain growth the American people are aroused, and throwing off their good-natured tolerance, grapple with it until it is overthrown. When slavery threatened to disrupt the nation it met its deathblow. When invalidism among women was at its worst the tendency to out-door life began. Country clubs sprang up throughout the country. Healthier tastes brought the women of cities into touch with nature, and the comfortable clothing that sports require, taught them the folly of distorting their bodies and ruining their health with corsets. The conflict between sense and folly, between health and disease is not ended, but there can be but one ending, the future is ours and right will prevail.



BOY AND GOAT. BY DVOROK.

HEADACHE—A SIMPLE REMEDY.



ONE of the most common and annoying symptoms of an unhealthy condition of the physical organs is a headache. It presages most of the graver manifestations of bodily impurity, which the doctors have catalogued under the generic term of "diseases," with many bodeful names; and it is the brain's protest against excess, overwork, the taxing beyond capacity of any of the parts that appear in the complex mechanism of a living body.

You have had a headache, reader—one of the torturing demon-like sort that is a suggestion of inferno, or the dull, deep nerve paralyzing sort that is rest preventing and maddening. Did you ever stop to think what a headache was; how it comes, how it might be avoided? In other words, What the natural means are for driving it away?

It is simply the reminder, the nature record of a violation of law, and it may be cured by careful observance of the rules of exercise, hygiene and diet. But quicker relief can be obtained, and not by swallowing pills and salts, that upset all Nature's kind plans as to one's stomach and digestive powers.

Experience has proven in many millions of cases that whatever the violation of natural law, whenever in the recesses of the body a greivous error has been committed, the brain, centre of the nervous system, focus of the infinitely delicate recording apparatus of the body, quickly responds. The record is pain!

What produces that pain?

Clearly a departure from the normal in the locality where the pain is situated. It is not our purpose to go into the details of how this non-normal condition of the brain is brought about; of how cold feet or an overloaded stomach produce reactions so remote. It was Nature's wise provision that the warning should be given as it is, and it is an incontrovertible logical deduction from what we know of pain and its causes that the par-

ticular and immediate pain of headache is due to conditions within the skull, as well as within the stomach, even when the primary cause, in the shape of an undigested "gorge," lies in the latter.

Now for the remedy.

It is clear that so long as the primary cause continues in an acute state, that permanent relief is impossible. Hence this system must be employed with such physical exercise as tends to put the body in a condition of tone. If an overloaded stomach is the primary cause, a long walk at a brisk gait, accompanied by deep breathing, is to be recommended.

Vigorous exercise in one's room for a few minutes will, however, suffice. In cases of headache caused by worry, overwork, eye-strain or nervousness, however, ease and rest may be obtained at once by **MASSAGING THE BRAIN.**

Don't say humph or laugh in derision. It is a fact. You have seen people rub the head under such circumstances. This was a mild, ineffectual brain massage.

A more vigorous method is necessary. The writer, before the benefits of exercise, pure air and proper dietary were understood or practiced, was one of those who suffered from frequent and severe headaches. The following method was found to give quick relief. The muscles of the neck were flexed tensely so that the head was held firmly, then with a tennis racquet or the bare hand, the head was struck severely enough to jar. The strokes were quick and applied all over the scalp. Five or ten minutes was usually sufficient to bring relief. After such a course of treatment he would lie down in an easy position, and sleep would soon follow.

The phenomena accompanying such treatment are peculiar. After a few minutes a feeling of numbness creeps over the head, the acuteness of the pain flees, and a desire for sleep gradually becomes manifest. A peculiar manifestation is that in cases of indigestion this brain massage has a quick and direct effect on the digestive powers.

GOOD ADVICE.

Take the open air,
The more you take the better;
Follow Nature's laws
To the very letter.
Let the doctors go
To the Bay of Biscay;
Let alone the gin,
The brandy and the whisky.
Freely exercise,
Keep your spirits cheerful;
Let no dread of sickness
Make you ever fearful.
Eat the simplest food,
Drink the pure, cold water,
Then you will be well,
Or at least you'd "oughter."

ANONYMOUS.



QUESTION DEPARTMENT.

Q. Do muscles have a certain length of life, and does training lasting through years lessen their vitality?

A. As long as there is life in the human body there is a constant deterioration and reproduction of the tissues; training, provided it is not carried to excess, lengthens the life of a muscle.

Q. I have night sweats, otherwise all right. What can you suggest?

A. Eat sparingly at your last meal, take a long walk and practise deep breathing sometime during afternoon or evening, and just before retiring exercise vigorously for ten to fifteen minutes and follow with cold sponge bath.

Q. I am broader at the waist than the shoulders. How can I remedy this?

A. Reduce the amount of food eaten; eat only wholesome, plainly-cooked dishes; take some regular system of exercise, devoting ten to fifteen minutes to it every morning and half an hour every evening.

Q. I have continual pain in small of my back; doctor says kidneys are all right. What would you advise?

A. A fast of forty-eight to sixty hours during which water is taken copiously; two meals a day thereafter, with meat not oftener than three times a week; long walks daily in the open air, deep breathing, and cold sitz bath of two minutes' duration morning and evening.

Q. I have vastly improved in health and strength by exercising, but there is a doctor who tells me that it is liable to produce lung trouble. What shall I do?

A. Pay no attention to the doctor; your own experience in gaining health and strength ought to be worth more to you than any doctor's statement; besides, this one's contention is too utterly ridiculous to require argument.

Q. What would you suggest in treating gout?

A. An absolute fast, with application of cold wet cloths to affected parts.

Q. I have been suffering from dyspepsia for several years. Can you suggest a cure?

A. This trouble is due entirely to abuse of your digestive powers. Fast for four or five days; then commence with two light meals a day; eat whole wheat bread instead of white; plain wholesome foods, avoid tea and coffee, tobacco, liquors and all stimulants; and adopt regular daily exercise to be practised night and morning, and followed by cold sponge baths.

Q. I am troubled with bilious attacks. Can you suggest a cure?

A. Cleanse your system by a fast of from four to six days, drinking water freely during this period; take a walk of five or six miles daily, practising deep breathing, and take cold shower bath every evening, following fifteen to twenty minutes' vigorous exercise.

Q. I have burning pain in top and back of my head continually; can't sleep. What would you suggest?

A. A reduction in the amount of food eaten; avoidance of tea, coffee, tobacco and stimulants; plenty of outdoor exercise, and cold sitz bath of four to five minutes' duration morning and evening.

Q. I am very nervous, have trembling of hands. What would you suggest?

A. Change of environment; would suggest a few weeks in the country, active outdoor life, plain food, two meals a day; shower bath night and morning.

Q. You advise two meals a day; if a person has been eating three, how would you advise him to make the change?

A. By simply dropping the superfluous meal—breakfast preferably, making the midday meal the chief one wherever it is possible to do so. If the breakfast habit is too hard for you to overcome at one effort, eat an orange or apple at the hour you have been accustomed to take breakfast.



OBSERVATIONS OF A FAMOUS FASTER.

By Dr. H. S. Tanner.



AM a reader of your magazine, and am highly delighted with its contents. The magazine fills a much needed want. On page 71 of May number, an article appears under the

head of "Another Seven Days' Fast," upon which I desire to briefly comment.

I am the pioneer faster, known in 1880 as the "Great American Sensationalist," from the fact that I fasted forty days, totally abstaining from all food—liquid or solid—the first fourteen days of the fast, totally abstaining from water also. The inclosed newspaper clipping will give you some of the details. The subject of this seven days' fast speaks of walking from two to four miles per day during his seven days' abstinence from food, and the inference is that such an abstinence and powers of endurance manifested in the daily walks are worthy of note, and so they are.

During my Minneapolis fast in 1877, of forty-two days, I was in the habit of walking five mile per day, when the weather would permit, and on the thirty-

eight day I walked ten miles without very much fatigue.

Mr. Ferris speaks of his experience along on the lines of hunger pains. Mine differed materially. I did not allow myself to be hungry. I treated my stomach as I would myself in its entirety. I claim that a well rounded out man should have

an absolute control of every organ of his body. I notified my stomach on the start, that I should withhold all food from the gastric domain for forty days, and that as a consequence, it might regard the long rest in the light of a "summer vacation;" that I should require it to behave during the period as a well-behaved stomach should do, no whining for food, no gastric upheavals, no disturbance of the peace of the family of organs, etc.

Holding firmly to my mandates during the whole period of forty-two days, my stomach was as peaceful as a dove. At no time did I suffer from hunger, and not one day did I fail to sleep as quietly as a babe upon its mother's bosom.

Mr. Ferris speaks of his loss of weight, which was eight pounds in seven days. During my first fast, my loss in weight



DR. TANNER.

was one pound and a half per day, during the period when I abstained from water and food—fourteen days—when partaking of water the remainder of the forty-two days, my loss in weight was a little less than a half a pound per day. From my experience with and without water, I hold aqueous fluids as among the most valuable of foods. It is not a tissue builder, but a great strength giver. When I left Clarendon Hall—where my last fast was held—after fourteen days' abstinence from water, I was very weak, scarcely able to walk down stairs without supporting myself with the hand-rail. On that day I made my first visit to Central Park. There I found a spring of very cool and refreshing water, of which I partook freely. Returning to the hall after an absence of one hour only, I climbed the stairs of Clarendon Hall, two steps at a time, with the nimbleness of a boy. I attribute that wondrous change to the water I drank, and the pure air that I breathed on that occasion.

In my New York fast of forty days, I did not take as much outdoor exercise as during my Minneapolis fast, for the reason that my watchers objected, but still my strength kept up remarkably well. Returning from one of my daily rides to Central Park, and feeling greatly exhilarated by the water and pure air, I—on the seventeenth day—felt like loudly extolling the oxygen of the air and water as a valuable food. A medical student with more zeal than wisdom, took issue with me on the value of oxygen as a food, and flippantly remarked that however good oxygen might be, beef was far better.

"That is an assumption that demands proof," I retorted. "I challenge you to test your theory by taking laps around this hall until one or the other surrenders."

Round and round the hall we went, until the eighteenth lap, when the student fell out, blowing and puffing like a heavy old horse, leaving oxygen victor over beef.

Your correspondent speaks of his mental conditions during his fast as being as vigorous on the last day as on the first. With me—during my Minneapolis fast—my mental powers were daily augmented, to the very great surprise of my medical attendants, who were constantly on the watch for mental collapse, which was freely predicted, if I persisted in the experiment until the tenth day.

About the middle of my first experiment I too had visions—not of "steaming bowls of chicken broth," but with visions of the ever-green shores of the "land over there." Like Paul of old, I seemed to be intronitted to the "third heaven," and there saw things which not even the pen or voice of a Milton or Shakespeare could portray in all their vivid reality. As a result of my experience, I came to comprehend why the old prophets and seers so often resorted to fasting as a means of mental and spiritual illumination.

In closing—by way of comparison with my seven-day faster—allow me to say that when I broke my fast I broke all records. I ate sufficient food in the first twenty-four hours after breaking the fast to gain 9 lbs., and 36 lbs. in eight days, all that I had lost. When that fast was ended, I called my stomach home from its "summer vacation" and told it that I had work for it to do and plenty of it, that I wanted it to go to work vigorously and it obeyed my mandate without a murmur. I was told that when I came to eat, inflammation would immediately set in and I would be ready for the undertaker in less than twenty-four hours. My stomach, declared ruined by the doctors, went to work and labored as described and continues to do the very best of service. I would not exchange my stomach for any one that I know of. If all had such stomachs as I possessed at the end of forty days' total abstinence from food, there would soon be a corner not only on watermelons but on every article included in the dietary of man.



A RACE FOR A HEART.

By Will M. Hundley.

“**W**HAT you want, Gordon, is a season in the mountains of Arizona. Go out there for a year, climb hills, explore Pueblo ruins and roam about generally. Medicine will do you no good, but vigorous

exercise in the dry air of the southwest will.”

Thus admonished our old family physician when I went to him at the anxious solicitation of my mother, because of a cough and distressing pain between my shoulder blades.

And to Arizona I went. In six months



I was heartily tired of the everlasting red mountains, desert sands and cactus bush. So shaped my course toward the land of the Yaqui Indians, who about that time had worsted a Mexican army.

Early June found me in the wilds of Mexico. My guide left me at a lonely monastery where I passed the night, and early next morning I began scaling the mountain, which the good monks told me led to a plateau, the land of the Yaqui. I stood at last on the summit and gazed upon the broad, rolling plateau, which stretched away for miles to the blue tinted peaks of the Sierra Madre on the west. I had left the tropic zone far behind as I mounted upward day after day, and now had before me the rich vegetation, the trees and flowers of the temperate climate. Away to my left I spied a small lake, half hidden by the forest trees, and toward this I turned my steps.

While I stood surveying the calm waters I was suddenly startled by a commotion in the water on the other side of a mass of rock which jutted several feet into the lake. Peering from behind a tree a sight met my eyes which transfixed me with astonishment and admiration.

Standing on a shelf of rock, in the most graceful attitude, an arm stretched above her head in the act of plucking a rose, was a young woman, fresh from a bath in the lake. Her face and body were turned in profile to me, and never have I seen in marble or painted canvas the equal to the picture. She was slightly below the medium height of woman and in form not what would be called voluptuous in contour, tending rather more to slenderness. Her skin was a deep, rich olive in coloring, and I at once judged her to be a Yaqui Indian girl.

I do not know how long I stood there admiring this living, breathing specimen of God's best handiwork, as she slowly picked the petals from the rose, when I was startled by a swish of a bush behind me. It was a squirrel making a lengthy leap. Turning from the cause of the disturbance to the beauty on the rock, I saw the prettiest flower-like face with big black eyes peering through the semi-gloom of the woods into mine, then with a frightened exclamation she dived into the lake.

My discovery of a little Venus in the

wilds of the mountain plateau naturally aroused my curiosity to know more of her, and to accomplish that end, I stepped to where her garments lay.

Another surprise awaited me. Looking at me intently for a moment, wonder and anger filling her lovely eyes, she exclaimed in perfect English, "How dare you intrude on my privacy? How dare you?"

Recovering from my surprise, I managed to answer, "How should I know this spot constituted your private domain?"

"Go away. For shame—go!"

I verily believe she would have stamped her foot in her anger had she anything under her to stamp on, but all the while she was swimming slowly back and forth, her long hair floating on the water.

"What is your nationality, little mermaid—English or Indian?" I asked, laughing at her anger.

"It concerns you not," she flashed back in incisive tones. "If you have a spark of gentlemanly instinct you will leave me."

"If I go," insistently, "may I meet you under more becoming auspices?"

She hesitated, and then, not heeding my question, said, "Please go; I am getting cold."

"May I see you later?" I insisted.

"If you will go beyond that grove of trees yonder, and remain for a little time, I will talk with you."

I thought this a ruse, but complied, determined, though, not to be outwitted. When I approached the rock again I saw her walking slowly along the shore as if waiting for me.

She faced me as I approached. There was scorn in her calm gaze, and I felt anything but nonchalant. I bowed before her, feeling as I did so that I was paying homage to a real queen of beauty. I made profuse apologies, weaving into them a delicate compliment, all of which she ignored.

"Are you an American?" she asked.

"Yes."

"I have read much of them," she said, "and have pictured them as delicately chivalrous. You have spoilt the picture."

"And they are," I declared, "but some of them are very audacious, but in the end their gentlemanly instincts pre-



MR. WILL M. HUNDLEY, CEDARVILLE, O.

vail. In my case, for instance," I went on, "a stranger in a wild region suddenly comes upon the most beautiful thing in all this vast country. Can you condemn him if, for a moment, he forgot his inherent instinct of chivalry?"

Her face flushed at my allusion to the surprise, but she smiled faintly at my explanation and compliment.

"Are all Americans blue-eyed?" she next asked.

"No, but that color of the eye predominates," I answered. "Why, did you never before see an American?"

"You are the only white man I ever saw excepting my father."

"I see you are not an Indian girl, as I first supposed; neither are you a Mexican. May I inquire of what nationality you are?"

"My father is an Englishman and my mother was an Indian princess of the Yaqui race."

"And your name?"

"My English name is Wanda Delmar; my Indian name Iciuhca Ixitl, meaning 'fleetfoot,'" she replied.

"Ah, and are you all your Indian name implies?" I asked.

"Yes," she answered frankly, "can you run?"

"I used to think I could while at college," I replied.

"Then I'll race you to those trees at the end of the lake," she said.

And we sprang away in a race. I never had seen a girl I couldn't beat on a foot-race without half trying, but in this girl I soon found one who could run. I put forth my best efforts, but at half the distance I was several yards behind, and at three-fourths the distance I gave up the race. At the goal she stopped, waved her hand and, laughing mockingly, disappeared behind the trees.

At last she had given me the slip. I searched for her among the trees but found no trace. I walked back toward the lake and near the water came upon a path following the course of the shore. My fair companion had raced me beyond the turn in the path to elude me. However, I took the path and it led me in sight of a broad one-story house, with a veranda running around it and half-hidden by trees. I crossed the lawn, or more properly the park, and approached

the house. In a hammock on the veranda I found my swift-footed beauty, calmly swinging. She bade me welcome and I seated myself on the steps.

"You beat me easily," I said.

"Yes. Your college friends were evidently mistaken in your running qualities," she answered, sweetly.

"Mistaken, yes, but it was for want of comparison," I replied. "They never saw a certain little native of Mexico run."

At this juncture her father arrived on the scene. He looked surprised, then concerned, but after hearing my errand in that part of the country, he bade me welcome and invited me to become his guest.

That evening, after his daughter retired, he told me something of his life. Left an orphan at an early age, and possessing means, he quitted England as soon as he attained his majority and came to Mexico. Being of an adventuresome disposition, he joined an expedition that was being fitted out by the Mexican Government to exterminate the bold Yaqui Indians, shared in the army's defeat and was captured. He would have been executed but for the timely intervention of the head chief's daughter.

"I married the princess," he said, "was given a tract of land on which were some old silver mines and here I have remained nineteen years."

I learned further that his wife had died from a snake bite two years previous to my visit; that he had employed an old English governess for his daughter and that during a portion of each year let her live with her Indian relatives, where she was taught and trained in the exercises which have made the Yaqui Indian the finest physical specimen of the human race.

He related some unusual and strenuous customs observed by this race of Indians. The Yaquis pride themselves on their superior physique and manhood, and to maintain that standard, all weak, debilitated or deformed children (which are rare now) are killed. If a young man or woman meet with an accident which cripples them permanently or disables to a certain extent, they are disposed of in a humane manner. Those wounded in battle are tenderly nursed, and because of their superb health and vigor generally recover, but the hopeless cases go the way of the

diseased and the maimed. The race fear an inferior progeny as they do a pestilence.

Days come and went. Wanda and I lived out-of-doors together. Each day I discovered some new charm in her and one of them was a growing mystery in her eyes. In their dark, limpid depths there was something which appealed strongly to me, and in talking to her I found myself wondering what was behind those half sad, enigmatical eyes; and furthermore, I soon found myself loving this little dark maid, despite the memory of one almost as fair in my own state. One would have supposed that living the secluded life this girl did, and brimming over with life and vitality, she would have been very susceptible to the attractions of the opposite sex; but she gave no evidence of it; day after day we were together.

One day, while sitting in the grove near one of her father's mines, I told my love for her. She looked at me fixedly, the mystery deepened in her eyes.

"No, no," she cried in a tone as if I had hurt her.

She sprang to her feet and walked away. She came back, presently, and taking my hands, smiled into my eyes and for an instant I got a glimpse of her soul.

"Let us go home," she said.

That evening I asked Mr. Delmar whether there was any love in his daughter's life and was assured there was not. He mentioned, however, a young chief, a distant relative, who wished to make her his wife. I breathed easier, and while on the subject I asked if he would give Wanda to me in marriage provided I could win her. He consented.

In the fortnight that followed I verily believe I proposed to her twice every day and was as often, gently, sadly or abruptly refused. She would give no reason for refusing me, nor own to loving me. Sometimes she would be unusually gay as if to ward off the proposal, or again would spend the whole time of a ramble discussing some war, particularly the war between the United States and Mexico. She was wonderfully well informed on the war history of many countries, due, no doubt, to the inherent martial spirit of her people.

The last time I asked her to be my wife she looked at me reproachfully and

the enigmatical something in her eyes darkened them almost to tears. She threw her hands to her head in a tragic manner, then turned and sped along the mountain path, like a hare, leaving me to make my way alone. I found her in the hammock in tears.

My prolonged visit was at an end. I was to leave the next morning. On the evening before my departure I demanded, for the sake of justice, if nothing more, to know the reason why she refused to be my wife.

She looked at me sadly, intently, as if to read my soul, then she said, "Mr. Gordon, you make me very unhappy."

"Unhappy! Because I offer you my love?" I questioned in surprise.

"No, because you have made me love you."

"Oh, little princess! That is just what I have wanted to hear you say all these weeks," and I attempted to take her in my arms. But she eluded me.

"I love you," she repeated, "but I will not be your wife."

Another set-back, one that gave me a cold feeling about the heart.

"Perhaps you are plighted to the young chief your father mentioned."

"No, no," she cried almost angrily, "he knows I am not for him."

"What is it, then, Wanda? If you love me, know I love you, why do you refuse to be mine?"

"Because you would be ashamed of me." And oh, how those black eyes searched my soul.

I laughed. The idea of being ashamed of such a peerlessly beautiful creature! Anger flashed in her eyes at the laugh, but I quickly explained.

"How would my dark skin compare with the fair women of your country? Such a contrast, you know," she said half scornfully. "They would sneer at me, and in a little time you would wish me back in Mexico. You would grow cold, and that would kill me." And the little head bowed in tears.

I took her in my arms and brought the first real smile in those unfathomable eyes seen in weeks, by telling her that she was no darker than the creole beauties of New Orleans, or the brunettes of my own country; that she would be taken as a French or Spanish girl, and that

people would never dream she had Indian blood in her veins.

She demurred. "They would find me out," she said, "and they are so prejudiced against Indians. I would not want to deny my parentage."

"You need not," I maintained. "You are an English girl with an English name. No other question will be asked for you to deny." And continuing the argument, I finally broke down all her defenses, and she capitulated, but only on the condition that I gain her grandfather's consent to our union. I didn't at all like the idea, but I was left no other alternative.

The next day, accompanied by her father, Wanda and I departed for the mountain stronghold of the Yaquis. The inhabitants were apprised of our coming by their lynx-eyed scouts, and when we arrived the people were drawn up to receive us. Everywhere, I noted, Wanda was greeted with reverence. In front of a large tepee, surrounded by a group of chiefs, sat a stalwart, venerable old man of dignified mien—Wanda's grandfather. I gazed at the group in a kind of awe, and I no longer wondered how these people had withstood their oppressors for five centuries.

The old man greeted Mr. Delmar in a friendly way, and Wanda with affection. He scrutinized me closely, almost indifferently, and when I was introduced he did not take my offered hand. My stature and build seemed to appeal to the old man, but appearances are very often deceptive when tested for strength and stamina, which should accompany a physique such as I possessed, and it wasn't long until I found that external appearances was no passport to the old chief's regard.

Soon after our arrival a sort of athletic tournament began, and for two hours I sat and witnessed such feats of strength, skill and endurance as perhaps have not been equaled since the ancient Olympic games.

During the afternoon the old chief asked Wanda if I could shoot, run or wrestle, and that little witch told him I could, consequently I was invited to try the old man's rifle at a long-range target. I was beaten unmercifully. Next I was asked to run a foot-race of perhaps 200

yards with a lithe, sinewy young buck. I felt I was being tested, and if found wanting my chance of getting Wanda for a wife, by her grandfather's consent, would be slim. I did my best, and almost ran my opponent a dead heat, but in the end was beaten. I came back to the group panting, humiliated and mad. Wanda looked sad. The old fellow had but little pity for me, for almost immediately he asked me to wrestle a young chief. Wanda whispered that the chief was her would-be lover. I signified my readiness, being thoroughly "riled" at the idea of being made a show of.

The young chief was a much taller and heavier man than I, but I had confidence in my skill acquired from a celebrated wrestler. We wrestled in a kind of harness similar to that worn by collar-and-elbow wrestlers. He started in to rough it and I let him do the work. And he did. It required all my science and strength to evade his powerful heaves and trips. I determined to try to disable him in a fall, for I felt he would do me injury if he could. I started out to let him tire himself in his efforts to throw me, but there seemed to be no limit to his endurance. He was continually on the aggressive for over half-an-hour. Finally, in a careless feint of his, I tripped him up clean; catching him on my hip and back I threw him with crushing force. His arm doubled under him in the fall, dislocating it at the shoulder. I had won. Then walking over to Wanda, I took her hand in mine and leading her before her grandfather asked if he would give her to me in marriage. Wanda translated the question. He didn't answer for some time; then a bright idea seemed to strike him and he said:—

"If you can beat my little Iciuhea Iextl you can have her as a prize."

His shrewd black eyes gleamed with pleasure, for he felt sure she could easily beat me and I felt the same, knowing her honesty as well as fleetness of foot.

The course was nearly a quarter of a mile, selected, no doubt, to test my stamina. Wanda delayed the race as long as possible in order to let me recuperate from my wrestling bout. We took our places. The old chief signalled the start. We ran well together for a time, I putting in my best strides while Wanda

flew over the ground with seemingly little effort. At half the distance she shot ahead and matters looked blue for me, but when within fifty yards of the goal, she stumbled, tripped and fell flat. I passed

her, crossed the line, then turning, walked back holding out my arms to her. She ran into them and nestled her head against my shoulder.

The little fraud had fallen on purpose!

"COLDS"—A MISNOMER. CAUSES AND TREATMENT OF PNEUMONIA.

By Charles E. Page, M.D., Boston.

(Concluded from July issue.)

WITH regard, then, to the popular belief, as prevalent among physicians as with the laity, that certain well-known symptoms, more or less varied and more or less severe, constitute a disease produced by cold, I should say that nothing further from the actual truth could be imagined, though one cudgel his brain for the most absurd notion possible to conceive. The worst "colds" are not infrequently observed in midsummer, when the victim has not perhaps been able to make himself *even comfortably cool for days and nights prior to his attack*, and has suffered no sort of exposure, in the ordinary sense of the term.

On the other hand, in three years, campaigning during the rebellion, often stiff with cold, on picket in midwinter in Maryland and Virginia, forced to remain inactive on his post for hours together in bitter weather, sleeping (or trying to) in wet clothes, and again in a Texan prison-pen, unheated and almost naked during a "norther," the mercury dropping within two hours from 60 to 20 F., the writer never once "caught cold," nor did he observe others of his half-starved and equally exposed comrades suffering from the disease; but on detached service, well housed, warmly clad and subjected to extraordinary draughts—of rich food in unusual variety and amount, we soon began to suffer from stuffed-up heads, clogged livers and lungs, biliousness, grip with all manner of ailments, beginning with so-called *cold!*

Says Dr. Levi Reuben: "There is a

set of causes which, independently of temperature or exposure, produce genuine colds, marked by the symptoms, course and results common to these ailments. The most important, *because most frequent*, of these are repletion and exhaustion from fatigue. Repletion, or plethora—a surcharge of the blood with solid or liquid matters through the digestive organs—is a far more frequent cause of colds than the majority of the sufferers at all suspect. An overfull meal taken at any hour of the day (or he might have added, eating at all when exhausted from fatigue, a most common cause of indigestion and consequent blood-poisoning), by at once overtaxing and clogging all the operations of life, destroys the balance of the circulation, checks the action of the skin, gives rise to feverishness, and may produce or reawaken a bronchitis, a catarrh, or any similar difficulty.

Why, then, the name "cold"? Is it not, indeed, a complete misnomer? Is it not utterly misleading to call the disease by that name and therefore, by throwing us off our guard, productive of mischief? A man on guard against burglars, in his nervous fear giving all his attention to the movements of a mouse in the dark while the muffled-footed enemy steals up from behind, is in much the same position of the man-afraid-of-a-cold coddling himself into the "grip," pneumonia or other form of fever.

But if this misconception is at the bottom of most of our illnesses, their most prolific cause, what shall we say concerning the physician's diagnosis and treatment, based upon the same misconception? He is called, we will say, to a patient

suffering from "cold on the lungs." He prescribes first of all (unless the patient has already applied it) a hot poultice or mustard paste, with heavy wraps over all, and bids her take care not to "add to her cold." The disease is one of general fever, with local congestion—that is, *heat*, not cold, let us bear in mind. The hot applications tend directly to increase both the general and local disease. In short, owing to wrong views as to the actual causes of the disorder, these very causes are continued and accentuated in the treatment. This is true not only in the matter of the heating appliances to the chest, but also in the dietetic management. The patient probably has no appetite, may have incipient or actual nausea, able to retain no kind of food on the stomach. Some "remedy" is given to silence that "alarm-bell," so that some sort of slop food can be run down to add the putrescence of still more indigestion to the first cause, as given by Professor Reuben. This is continued every two or three hours during the day, and, indeed, too often during the night when the patient is wakeful. Thus it happens that the temperature of the patient, at first 100 F. or a little above, goes higher and higher, till the stage of hyperpyrexia is reached, 104–105, and then the chemical antipyretics are usually prescribed to reduce the temperature, which they are well calculated to accomplish, but solely by reducing the life forces of the patient, so that, as Dr. Baruch has remarked, the doctor may have the grim satisfaction of *seeing his patient die with a fairly normal temperature!*

My aim has been to show how the prevailing ignorance of the causes of disease tends strongly to increase the sum of human misery, first as to the encroachments of the disease, and, second, as to the treatment that follows so logically. The patient feels chilly, and the hot poultice gives a momentary feeling of comfort, but at what cost! The oppression at the lungs, even, is for the moment lightened, but how? Certainly not by diminishing the local disease, but rather by increasing it. The tissues of the lungs, the walls of the blood-vessels have been still further relaxed, and the patient's chances for recovery lessened thereby. Is it to be wondered at that the "regular" death-rate

from pneumonia ranges from 25 per cent. to 35 per cent.?

And yet no disease is more readily aborted if recognized early and given right treatment. It is no stretch of imagination to consider every "cold on the lungs" incipient pneumonia, or at any rate that every such case is likely to result in the disease. Many of these attacks, occurring in pretty robust or "careless" persons who pay no attention to the symptoms—that is, have no sort of treatment—as we all know, after a run of a few days are thrown off by the organism unaided. Some of these cases would have developed into pneumonia without a doubt had they been given the regular treatment as outlined above. On the other hand, a complete reversal of that treatment would help all the mild cases, the so-called "slight cold or heavy cold on the lungs," and if given early enough would abort a large proportion of the cases of pneumonia, saving many lives that would be sacrificed by the anti-natural treatment.

The natural treatment may be outlined as follows: The heavy cold compress over the chest, freshened often enough to secure the desired effect—that is, in-and-in cooling. In some cases the compress requires changing every two to five minutes for an hour or two, and this treatment is to be returned to as often as the pressure is felt at the lungs or the general temperature of the patient high.

Food and feeding should be banished utterly from the mind till all anxiety is past, the patient convalescent and unmistakably hungry.

Fresh water is of course to be allowed when desired by the patient, and for "medicine," the value of which can never be overestimated, the patient should take two to three ounces of hot water every half hour. The water should be soft (*hard water will not do*), well above blood temperature (105 to 110 F.), and given as promptly on time as if it were a drug whenever the patient is awake. Massage is often of great service in the course of the disease. The entire body should be sponged over every day with dilute acetic acid about the strength of weak vinegar, and any comforting degree of sponging of the skin for feverish heat will be in order at any time. The sick-room should be

kept cool and well ventilated day and night.

The only fear of set-back or relapse would arise from taking food too soon, or taking indigestible food, or too much after the patient is "out of danger" or thought to be. There need be no hurry about the feeding. The safe side is that of postponing the time of feeding. Whoever has rightly interpreted the meaning of the various extended fasts of the freaks and pseudo-scientists, and has noted the cases of sick and ailing persons tired of life who have sought to die of starvation, only to find that it requires a month or two of absolute fasting to secure their "reward," will not be in a hurry to feed any fever patient or any sick person whose stomach evidently requires a rest for recuperation.

It is by no means extravagant to assert that any "cold on the lungs" (always indicating congestion—*heat*) or threatened pneumonia that would be aborted by means of local cooling, proper bathing, hot and cold water drinking (to maintain the normal fluidity of the blood, which is constantly being depleted in this regard) and 36 to 72 hours' absolute fasting (during which the body is scavenging on the very waste and effete matters that constitute the disease and which are thereby eliminated), might by a reversal of this method—that is, by the prevailing plan—develop into dangerous or even fatal pneumonia. That such results are produced, and attacks that might readily be aborted by correct treatment are constantly being thus developed, particularly under the symptomatic (drug) treatment, the writer has long been aware, and such cases are

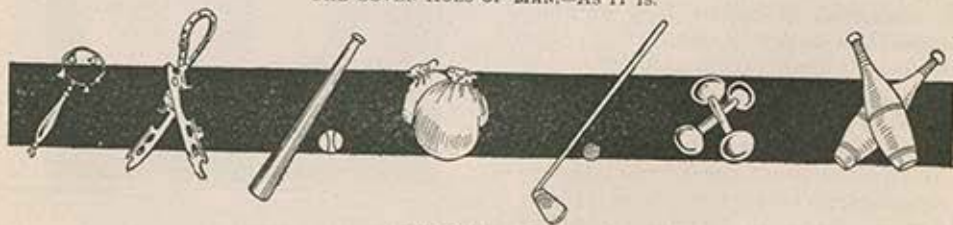
constantly coming under his observation.

Let us for one moment consider the symptomatic method of treating disease. The heart is beating rapidly because it has much work to do, just as a man or horse will step quick to reach the top of the hill. Veratrum will slow the pulse, not by lightening the load, but by adding thereto, and to that extent lessens the patient's chances of recovery. The temperature is abnormal because the waste and effete matters are by that means brought into condition to be eliminated. Antipyrin or other similar drug will reduce the temperature by reducing the vital forces, and thereby interferes directly with the efforts of the organism, which are in themselves life-preserving. There is pain, and the patient may readily be made oblivious to it by morphia, a poison which deadens his senses and still further depletes the vital reservoir. He is wakeful because the situation is one of deep disorder, requiring the utmost vigilance for the time being, but chloral will put the sentinel to sleep, that the enemy may rifle the camp. And so it is throughout the list of drugs that "drown the symptoms" of disease, but do absolutely nothing to aid the organism in its work, but, on the contrary, add greatly to the labor necessary to be done while lessening the very forces that have the work to do!

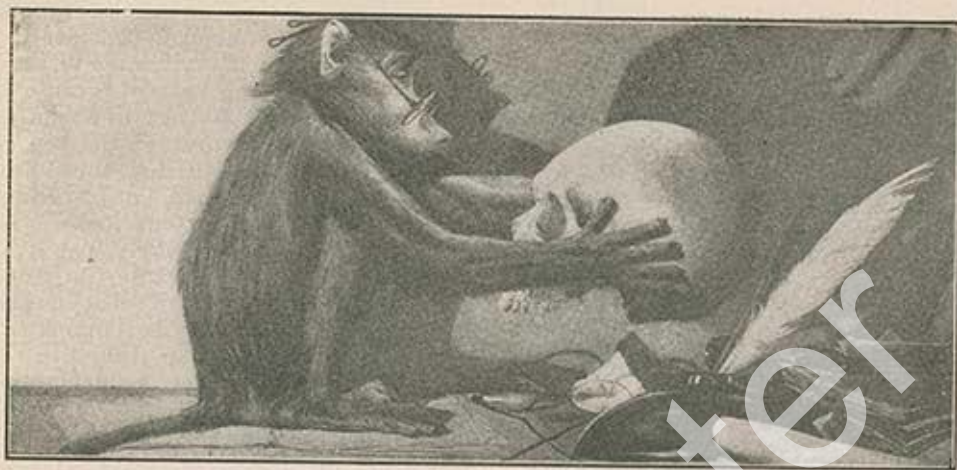
To silence or even muffle the alarm-bells is to invite a conflagration which may sweep an entire city from the face of the earth, and the tendency of the symptomatic drug treatment is to produce a fatal termination of any disorder in which it is employed.



THE SEVEN AGES OF MAN.—AS IT IS.



AS IT SHOULD BE.



BUG-A-BOOS OF THE MEDICAL PROFESSION.

By J. R. Stevenson.

SEVERAL things that ought to have been buried in oblivion ages ago have lived into the new century. Several beliefs and superstitions, hanging on to the fringes of human progress, like dead leaves on winter-stripped branches, show out bald and astonishing among the newer, truer and better thoughts and attainments of mankind.

It is not my purpose to catalogue the silly superstitions of humanity at large here; reference is made to them merely to show that we have a great many dead ideas clinging to our intellectual arms to retard progress.

These ideas, wherever they have a vogue, require all the ingenuity of their devotees to bolster them into a semblance of life and verity, but still they find believers. Minds live on ideas, and healthy minds live on healthy, true ideas; the weak, abnormal, decadent feed on false ideas and dark superstitions.

Fallacies of observation and deduction often become enthroned as scientific facts, and it takes a dreadful lot of hammering to unseat them. The flat earth, moving sun, fixed stars, were ideas belonging to this category, and were accounted "scientific" phenomena in their day. Men

who advanced opposite views were considered mentally unbalanced. But time brought wider knowledge and these superstitions were exploded. The light came in a little way to the brains of thoughtless men.

But knowledge has not lighted up all the recesses of clouded intellects. Away back in the days of mental degradation, of benighted thought, mystery workers



ORVILLE THORNE, CHICAGO, ILL.

commenced to juggle with life, as charlatan healers of disease. In those days they worked miracles. Those miracles always had to have a certain amount of paraphernalia for their performance. A certain sort of clay mixed with spittle, waters from a certain spring, the roots, bark or leaves of this, that or the other plant, and the charlatan would, symbolically speaking, wave his wand, "Presto, change!" and lo! there was a miracle! As men advanced in thought, in common sense, charlatanism had to advance too, if it was to continue drawing an income from the credulous; and, with many changes, much "scientific," puzzling paraphernalia, we have today the modern "scientific" doctor or surgeon, who performs as many miracles as his prototype, the charlatan of a breech clout and tangled hair, who peddled nostrums from cot to cot.

A good many doctors still cling to the simple compounds of barks, fibres and leaves that their forerunners used, but there are others who are more "scientific." The schools have developed them in more modern charlatany. They juggle with electricity—the little understood but marvelously lauded agent of force—with chemical compounds of eccen-



power. They still have marvelous tales to tell, but they have a so-called scientific jargon to tell it in, which makes it sound wonderfully impressive to the mind unacquainted with their novel terms. They are, however, still trying to work the "Presto-change" trick of their prototypes.

Disease, according to the physicians of centuries ago, was the result of witchcraft, the handiwork of the devil, or a curse of divinity, and it had to be fought with charms, prayers, potions, etc.

We still have the same treatments to-day, but our doctors ascribe sickness to different causes. Devils and witches and spells used to be the stock-in-trade of physicians, the bug-a-boos with which they frightened their victims; doctors' bug-a-boos now are bacilli, germs, invisible bits of living organism, which Nature, who made and rules everything and who sets the limits to life, according to the educated prigs, who pose as "scientists," provided for tearing down what she has built up.

A more foolish assumption concerning Nature's methods could hardly be made.

The physicians now have a special bug, infinitesimal in proportions, that is responsible for every disease known to humanity. They have even found the bugs, numbered and described

them. Their microscopes have shown them the bugs at work, and this was incontrovertible evidence to them that the bugs caused disease.

Strange method of reasoning! They lost sight of the fact that Nature is a complex system of safeguards against accident, and that it would be far more component with her policy to produce bacilli to preserve life, than to prey on and destroy it.

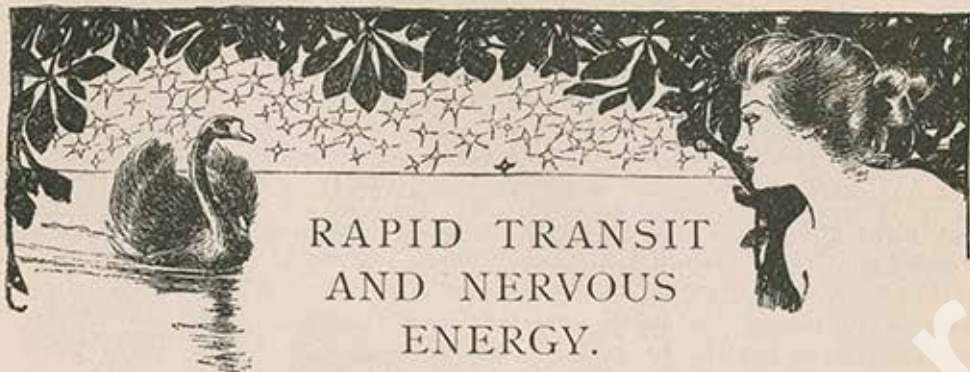
Once they found the bugs, and the cause of all disease was immediately plain to them. It was of bug origin.

Men never made a more erroneous deduction than this. And, sad experiences with the various specifics put forward by experimental practitioners are gradually proving to humanity that the "bug-a-boos" are silly. It is now pretty plain to the careful, observing man, and to those who are capable of drawing true deductions from certain phenomena, that the germs—these tiny bits of animate matter, that are encountered wherever an



abnormal or inflamed condition of living tissue appears—are not necessarily enemies to the cell life of that tissue, and that the tissue's inflammation is not due to the presence there of the germ, but that inflammation was necessary for the germ's appearance, that its presence there is really a safeguard, and that if the breaking down cells, becoming rankly poisonous, were not fed upon and made antitoxin by these little scavengers of the body dire results would speedily follow from every case of lung or other inflammation.

The germ theory was reasoned out backward. Germ specifics are worse than useless. If you have any trouble, get down to the truth as soon as possible and know that the trouble lies in you, not in germs that have forced a way into your system. They are everywhere. They could not be excluded from any system. They lay hold and feed, however, only where conditions demand it, just as buzzards gluttonize over carrion.



RAPID TRANSIT AND NERVOUS ENERGY.

By W. J. Wood.

IN the editorial columns of the *Chicago Daily News* recently appeared the following item: "Switzerland has an engineer who proposes to stop railroad trains going at twenty-five miles an hour inside of eight yards, probably leaving the passengers to go on without it."

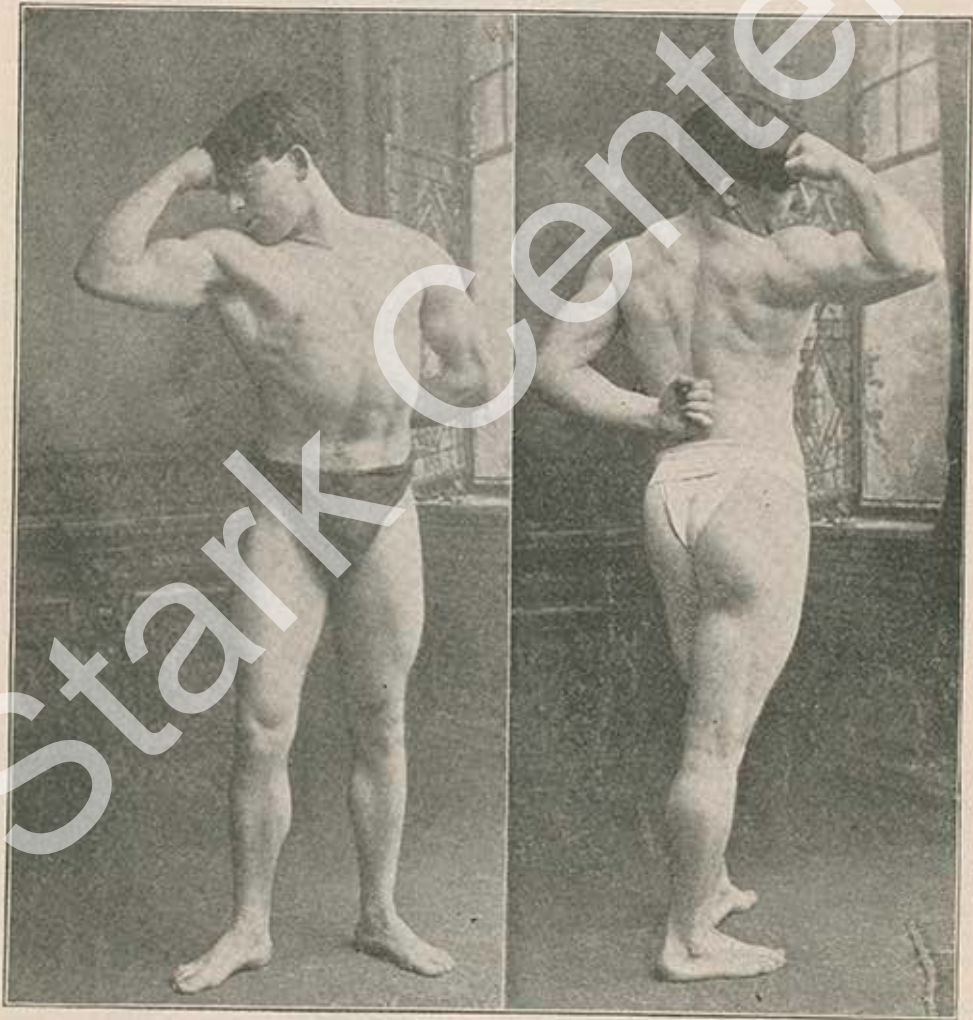
The foregoing reminds me of a theory I have had for some time and which I am prompted to put on record and hope to learn if anyone can substantiate or negative my views on rapid transit and nervous energy. On arriving in this country more than a decade ago, I was much impressed with the nervous energy and hurry-up characteristics of the people met with everywhere, but more especially in the larger cities. I asked myself the pertinent questions: "What is the cause of it?" and "Shall I ever fall into the same habit?" Although not a sumptuous diner, it distressed me to think of ever bolting a lunch in six or ten minutes, and the strenuous life had no attractions for me then. On studying the conditions as I found them, I arrived at the conclusion that our haste to get there is due to a great extent to the rapid transit habit, which acting on the nervous system through the use of one's eyes to a great extent by the rapidity with which objects come and go, as we hurry past; be it on surface cable cars, electric cars, suburban trains or elevated railroads, not to mention bicycles and, more recently, automobiles. All these means of transit hurry the system at an unnatural gait through various changes of air and scenery. Who

has not, when a boy, jumped from great heights, say from an embankment on to a sand pile twenty-five to thirty feet deep, or dived into the sea from a height, and felt the exhilarating effect of each descent on account of the roused nerves, and then hours after comes a subsequent tiredness and nervous collapse?

I expected to fight against the habit, but succumbed in a short time, and found my decline to the "go-quick" conditions greatly accelerated when I started to patronize the various means of rapid transit instead of my former practice of walking, while railroad traveling and spending five or six days on the cars at a stretch seemed to be still more propitious to the hustling habit. Take, for example, locomotive engineers. Although they are usually men of the vital temperament (making vitality faster than they use it), they are used up quickly, and if they stick to their calling do not live to old age on account of the wear and tear on the nervous system because of flying through space. Consider the change that takes place in the human system when on the cars you are brought to a stop in a train length from a speed of twenty-five miles, as happens on some roads on the application of the air brakes. What would the result be if stopped in eight (8) yards? You answer that by the laws of gravity the momentum would throw you some distance through space, but if held securely to the seat you should undoubtedly sustain a shock to the nervous system. Now I contend that the American people's high strung "get-there" characteristics is not due to climatic conditions, as witness the natives of Canada,

which is on the Continent, nor is it due to any hereditary racial endowments, as we are a people of many nationalities absorbed. For example, take Chicago as a city of "hustle and bustle." It has a cosmopolitan population made up of people of many climes, the stock being derived principally from Germany, Ireland, Sweden, Norway, Italy, England, Scotland and Wales. It will be interest-

ing to watch the evolution of the staid, easy-going Londoner after he has been educated up to patronize freely Yerkes & Co.'s rapid transit and is able to live five or seven miles from his business instead of walking distance as at present. He will probably in time discard the silk hat in favor of a more suitable head-dress for getting around in a "hurry-up" crowd.



MR. WM. DUNCAN,
GENERAL PHYSICAL DIRECTOR AT PHYSICAL CULTURE HEALTH HOME.

PARALYSIS VERSUS NATURAL CURE.



reproduce on this page an article printed several weeks ago in the Daily News of Cumberland, Md., about Mr. Hervy Laney of that city, who came to the Physical Cultural Health Home suffering from paralysis. Since the above article was printed Dr. Laney has written that his improvement has been steady and of marked degree.

THE DAILY NEWS, CUMBERLAND, MARYLAND.

THE ELECTRIC WORLD

st. A REMARKABLE RECOVERY

Dr. Hervy Laney's Return to Health and Home a Matter of Congratulation.

The Supposed Incurable Paralysis Has Vanished and After Some Physical Training is Confident He Will be Himself Again—His Long Fast.

With the serious trouble with which he was afflicted—paralysis—removed and now on the rapid road to old time physical vigor, Dr. Laney, the well known naturalist and pharmacist of this city, was, indeed, a subject for congratulation at his home on South Mechanic street last night. He came yesterday afternoon after three months stay at a sanitarium and as soon as his arrival became known, scores of friends and admirers called to welcome his return to health and home.

Dr. Laney left here on February 24 last to enter the sanitarium of Benarr MacLadden, editor of Physical Culture, who advertised to cure free one of each victim of a disease pronounced incurable by the medical fraternity. Dr. Laney was among the first patients at his sanitarium, near Poughkeepsie, N. Y., which was later removed to Lake Ronkonkoma, Long Island, 40 miles from New York city.

Dr. Laney's ailment was slow paralysis, his right arm and leg being almost entirely useless. The treatment consisted of a series of fasts and rears, with careful dieting, no medicine or mechanical means being used. His knowledge of his own case was a valuable aid to Mr. MacLadden in arriving at the proper method of treatment. They soon concluded as to a line, which, while it necessarily reduced Dr. Laney to almost a skeleton, has resulted in restoring every portion of his body to a natural

state, all semblance of paralysis having been eliminated. In the three months at the sanitarium, Dr. Laney fasted 34 days. His weight was reduced from 132 to 95 pounds. He now weighs 103 pounds and is taking on flesh rapidly. The fact that he is weak from the fast and that his muscles are devoid of the lubricating fats, makes locomotion more or less difficult, especially when his temperature is reduced, but as his body warms up, old time animation returns and he can get around better than he did three years ago.

Dr. Laney's experiences at the sanitarium, as he details them, are most interesting. He says Mr. MacFadden, who is only 35 years of age, is doing a wonderful work. The sanitarium now has forty patients all of whom had been pronounced incurable. Dr. Laney had in his charge a helpless victim of locomotor ataxia for eight years, who, now with ease walks a half a mile at a stretch.

The patients all wear outing costumes and in such garb, a sweater, knickerbockers, golf stockings and tennis shoes. Dr. Laney greeted his friends last night. Notwithstanding the heroic treatment he underwent, Dr. Laney's passion for pictures at all times asserted itself and he made about fifty fine negatives which will always be cherished as souvenirs of the period marking his remarkable restoration to health. One picture is that of the physical director, in a bathing suit standing out in the deep midwinter snow.

Dr. Laney left the sanitarium, Friday, and on Saturday, with his physical director, Mr. Leo Bergman, of Newark, N. J., who accompanied him here, he drove about New York city taking pictures. Mr. Bergman is a handsome young man of splendid physique, who will put Dr. Laney through the necessary course to bring back old time strength and vigor. One of Dr. Laney's pictures shows him writing a letter for the first time with his left hand. He now uses his right hand. At his home is a box which he made, using both hands. Dr. Laney is indeed, a happy man, jubilant over the early prospect of being himself again, the fullest sense, and the hearts of the people of Cumberland, for whom he has always labored, "instant in season and out of season," are with him.



How oft' on the by-ways of life have I met
 The youth who is puffing his first cigarette.
 He reck's not the evils which come in it's wake,
 'Till bound to the habit like one to the stake
 All bright hopes then vanish, he ends his short race
 In the cigarette's tightening and fatal embrace.

ED. GARDENIER.

Editorial Department

I HAVE a great admiration for the Young Men's Christian Association. They are doing a grand work. They recognize the necessity for a physical foundation—for the development of a normal, wholesome body supplied with strong, well-shaped muscle and steady nerves. They are assisting in the noble work of building superb men and healthy, beautiful women.

Their gymnasiums are found in nearly all cities of any size throughout the English-speaking world.

PRUDES IN They are teaching and preaching the gospel of health as a part of their religion. They recognize the healthful, cleansing influence on mind and body of rich, pure blood; and, regardless of the differences that may exist in their theological beliefs, as to punishment or rewards in a future life, they are unanimous as to the universal necessity for that true manliness and womanliness which can be built through physical culture.

Y. M. C. A. My friends of the Y. M. C. A., I congratulate you on the noble efforts you are making in this divine work of saving bodies while you are attempting to reclaim souls. Because I admire your work, because I see in your association such vast possibilities for the regeneration of mankind from weakness, disease, misery and sin, I want to enter a most emphatic protest against your allowing the "black sheep" of your flock to dictate or mould the policies of your organization.

There are "black sheep" in every flock, and your association is no exception to this rule. Men, and women too, join churches and other religious societies or organizations for the social, business or professional advantages that may accrue. There is no love of humanity in their hearts; no desire to really better themselves or others spiritually; no true religion in their souls. They are parasites that cling to and, in time, infect the whole "body" with the slime that exudes from their hypocritical, poisoned minds.

Not long ago your association held a grand convention in the city of Boston. Delegates from all over the world were there. During this convention a reception was arranged by the Ladies' Y. M. C. A. to be held in the Museum of Fine Arts. And, my friends, did not your ears tingle with shame when you read that certain members of your association objected to holding the reception in the Art Museum "because of the presence there in many parts of the building of large numbers of fully developed and entirely nude male statues?"

Miss Helen Gould, one of the honored guests, was rightly amazed when she heard of this protest. Every decent-minded member of your association must have felt the disgrace of the vile imputation thus cast upon you.

Do you read your Bible? Are you familiar with these words: "And God said, let us make man in our own image, after our likeness." Do you consider the image of your God indecent? Do you know that "evil to him who evil thinks" and "all is pure to the pure in mind" emphasize truths which have never been doubted? Do you know that, with a few rare exceptions, every person who

publicly exploits the vulgarity and indecency that he sees in the nude simply displays publicly his own mental condition? Take the trouble to inquire into the private lives of those who are known to be especially active in their attempt to suppress the nude, and their reason for considering the image of God a vulgar display is made plain. Their own minds are so vile that they consider the purity of other minds impossible.

I want to say to the Y. M. C. A. of this and other countries, purge your association of these contaminating, defiling, degenerating and even criminal influences. Cleanse yourselves of these "black sheep" who persist in seeing nothing in the nude but sexual indecencies, and who desire to force every clean minded man and woman to take a similar view of the human body.

I may know but little of the religion of theology. It is too deep for me—too much beyond me—but I know much of the religion of life, and health, and truth, and I know that if there is a hell in the future world, a special place must be kept at a white heat for the inhuman specimens of mankind who are murdering our boys by wholesale in their attempts to stamp indecency on every display of the human body.

They are the wretches who are to blame for the poor, white-faced wrecks that stare us in the face in some of our most refined homes. They are the ignoramuses who insist that in ignorance there is the purity of innocence. They are the perverts who absolutely ignore the indisputable fact that hardly a youth grows to manhood who is not compelled to sacrifice vital and manly strength in order to gain the knowledge withheld by their damnable policy of criminal prudishness.

I want these dirty-minded, foul specimens of human depravity to be branded as they deserve. They are nothing but corked-up barrels of sewer filth which bear an appearance of external cleanliness. The foulness of their minds is being distributed everywhere. It infects every boy, every girl.

How long, oh, heaven! is this to continue? How long are bodies and minds to be wrecked by this criminal policy of prudishness!

Look back, you men who dare to think, and you will remember that cigarette pictures were once eagerly sought by boys. They are no attraction now—they have become common. Not long ago perverts were in the habit of standing on street corners frequented by women in wet weather. This is rarely noticed now. The bicycle has made the appearance of woman's calves common.

Wherever you find the most prudishness as to the display of the human body there you will find the most immorality, the most degeneracy. The Chinese women are so modest they will not even display their wrists, and some travelers state they are the most immoral people on earth. The Turkish women are so supremely modest that they will not display their features in public, and there is no need to comment on their morals. And in this country, wherever you find the most prudishness, the most pretence of modesty, there you will usually find the most immorality, or, what is worse than immorality, the indulgence of secret crimes against self.

The most perfect specimens of human physical life are said to have been the Spartans of ancient Greece. They wore but little clothing. The boys and girls played together with the greatest freedom. The unmarried maidens were compelled to march nude in a procession held at an annual festival, and history records that

divorce and adultery were almost unknown with those people. Inquire of any insane asylum superintendent and he will tell you that over half of the inmates are there because of excesses made possible by the ignorance resulting from prudishness.

I do not believe there is a true Christian who, upon calm consideration, will admit that the image of his God is indecent or vulgar, and I know that this sinful and filthy idea of the human body has filled this land with weakness, misery, disease and crime; and it is the duty of every member of the Y. M. C. A. to use his most strenuous endeavor to counteract the evil influences of crusades made by those who insist that all minds shall be as foul as their own.

IN last issue of "Physical Culture" an account was published of a cure we had effected in a very bad case of consumption. We called attention to the glaring errors now made by the medical fraternity in treating this disease. Startling as the assertion may seem, it is a fact that can be easily proven to anyone who cares to visit our Health Home that the theories advanced and practiced by the medical profession in treating this disease not only do not cure, but in nearly every case actually hasten death.

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How long will this criminal work be allowed to continue? Why can it not cease instantly? Why must it continue on and on indefinitely when there is a remedy so cheaply and so easily procured?

We have withheld no facts in reference to the cure of this disease. Every means we have used have been plainly set forth, and anyone with intelligence enough to reason can practice the methods and produce effects at their own home as easily as they can be brought about at our institution.

You hear so much about the germ theory of disease. Consumption is now everywhere considered to be contagious. Laws are made to prevent those afflicted from spitting in cars for fear of the contagious influence of the dried sputum. There was never any more idiotic theory advanced in reference to this disease, and in a few words I will plainly state the exact cause of this disease, and I will dare any man, student or otherwise, to refute the plain facts here set forth. If such an investigator begins with an unprejudiced mind and with a desire to prove these theories false, he will end by commending them in every case.

Consumption is not a germ disease. Germs exist in all cases of consumption for the purpose of making the sputum harmless to the living body. This sputum which is eliminated through the lungs is nothing more than an effort on the part of the functional system to rid the blood of an extraordinary amount of impurities. The depurating organs being unable to eliminate all this, some other means is adopted, for if allowed to remain in the body these impurities would cause death. Because of

the large quantity of blood attracted to the lungs they are more frequently used for the purpose of eliminating these surplus impurities than are other organs.

The beginning of consumption is always a cold. A cold is used to eliminate excessive impurities. The causes which tend to produce these impurities continue and the cold becomes chronic. You then have consumption.

The causes of consumption are therefore: First, overeating—eating beyond the power to properly digest. Second, breathing bad air. Third, lack of exercise. No human being on this earth need die of consumption if these plain facts so plainly stated are recognized and persistently followed.

I extend an open invitation to the world—to physicians especially—to visit my Health Home and verify every statement made herein. We are in the business of educating the public, and every honest investigator—every man who is interested in the true advancement of civilized humanity—will be most heartily welcomed.

TRUTH IS SPREADING.

PHYSICAL CULTURE PUBLISHING Co:— Enclosed find the sum of two dollars, for which please send me Volumes II. and III. of PHYSICAL CULTURE, one year's subscription to WOMAN'S PHYSICAL DEVELOPMENT, and increase my subscription to PHYSICAL CULTURE one year. Before reading your magazine I was one of the greatest drug fiends in the neighborhood. Cod liver oil, pills of all kinds, condensed beef, tonics—everything, in fact, that I heard tell of as being good in the drug line was purchased, and found ready access to my interest. My complexion was bad—mother advised beef tea. She said it would make me fat. Of course I followed the dictates of a kindly parent, expecting in due time a change of some kind in my anatomy. The change came all right, but it was for the worse. Muddy and more muddy grew my complexion. Another remedy was recommended. Deeper and deeper I waded into the trap set for me by so-called "physicians." Physically a wreck, I had given up all hope of ever being cured, when one day I came upon one of your little volumes at a book store. Curiosity prompted me to turn the cover—nothing else—I had been fooled so often that the word "fake," like a dreaded phantom, was ever before my eyes. I turned leaf after leaf. Ah! there was a picture of the perfect human body. I glanced at my own dilapidated, torn-down, drug-trodden anatomy. As the angularity of my form met my eyes I sighed deeply. Why might I not be beautiful? That pic-

ture in all its nudity haunted me night and day. Perfect—perfect. I returned to the store some days afterwards and purchased the little volume. I almost fed on that picture of perfectness for the next few days. At last I began to think. Why might not I be perfect to such a degree? The thought was father to the act. I subscribed for the little book, followed a course of training given by the author, and in a very short time perceived a marked change. The sallowness of complexion disappeared, the angles vanished. I gained in weight, the old self was gone. So far so good. I joined a gymnasium, took boxing lessons, swung indian clubs, bathed regularly, and became a sworn enemy of beef and all kinds of meats. I could talk of nothing else but physical culture—development—development permeated all my conversations. At table my friends considered me a crank. I looked upon them as corpse eaters. I endeavored to convince them of the truth of all my conversations concerning physical culture. They were obstinate. They would say, "People have eaten meat since the days of Cromwell, and why such a change now?" Men who will reason, I am always ready to argue with, but the prejudiced mind always let alone.

I cannot say too much in praise of the good work your little magazine is doing, and I pray that you may live long to carry on the noble task so nobly begun.

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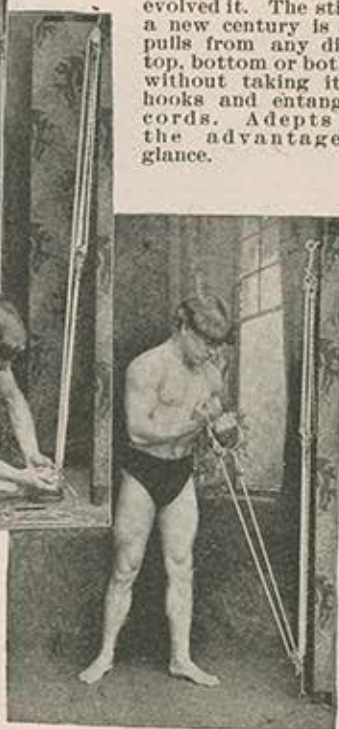
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