

# PHYSICAL CULTURE

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

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SEPTEMBER, 1909

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# PHYSICAL CULTURE

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

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No. 3.

## THE EDITOR'S VIEWPOINT

WE hear much of modern enlightenment, of the advantages that come to us through our present civilization. There are no doubt many things for which we should be thankful, but what should be the main fundamental problems of life have been "side-tracked" or have been given little or no attention, and the suffering endured by the human race as a consequence is fearful to contemplate. The money problem assumes momentous importance. Day by day complications are being added to human existence. What were formerly luxuries have now come to be looked upon as necessities, and while studying abstruse things we have lost sight of what might be termed life's fundamentals. The fight between capital and labor, between the rich and the poor, has not abated in the least; if anything, it grows fiercer with time. The financial problem assumes importance nowadays because of the ever-present fear of hunger, the possibility of being compelled to go without the necessities of life.

### PITIFUL IGNORANCE THE CURSE OF THIS AGE

No one has ever taught the struggling masses of human pigmies the plain facts that have to do with fasting. They do not realize for a minute that they could go without food for days and even weeks without any real harm to the bodily functions. In fact, in most cases such abstinence would be of very great value to the body in its purifying and ultimately strengthening effects. These truths are unknown, but imagine, if you can, the quieting influence that knowledge of this character would have upon a man struggling for wealth merely that he may become pecuniarily independent, that he may be assured of three meals a day throughout his entire life. This is only one of the many important, yet simple, truths that humanity in general should possess from the time they are able to prattle.

Then there is the problem of feeding. Everywhere it assumes monumental proportions. The expenses of the "table" of the average family to a large extent depend upon the income. In some homes the meals average as low as five or ten cents for each person. In other homes, it will be from ten to twenty times this sum. But what is known by the general public as to the possibilities of restricting expenses? What is known of the various scientific diets that could easily be used, the cost of which is merely nominal in character? You might reasonably state that the science of nourishing

dietetics is a closed book to the average individual. Nothing is taught in our public schools on this subject, nothing is known by the teachers themselves, and even the average physician is but little better equipped.

The human race, one might say, is groping along in dietetic darkness, depending largely on depraved and perverted tastes to indicate what is or what is not most wholesome and nourishing food. The average man, for instance, will tell you that he could not be nourished without meat. This statement is freely made in spite of the fact that nearly half of the human race have never known the taste of meat. Japan, China, India, use but very little meat. Poor classes of England and Ireland in many instances are not able to secure meat except at infrequent intervals. We are at present cursed with the complicated life. It is time for us to begin to learn the beauties of the simple life. We have been encouraging complications about long enough.

Those who cultivate knowledge of the simple life and the ability to enjoy it will find rewards that cannot be definitely measured. The complicated life means eternal, never-ending discontent. One is always searching for something, he hardly knows what. He lives in a perpetual whirlpool of nervous excitement. He is always seeking the content that he never finds. The simple life, with its calm, satisfying pleasures, develops the human mind and body to their highest attainable perfection. Full complete manhood and superb womanhood are attained and retained, and the natural instincts by which every human being should to a certain extent be guided exist in all their delicate acuteness.

Think of the mental and physical suffering that could be avoided if the dietetic knowledge that is so freely dispensed by this publication was possessed by every home. No matter how poor those now in want might be, their present healthy, hearty appetites could be fully satisfied. A few cents will supply a nourishing meal, and the normal appetite, it should be remembered, does not especially crave for luxuries, or delicacies. Plain, nourishing food is all that is needed, and when hard times come, when the purse strings must be tightened, diet can be simplified to a corresponding degree. If necessary, one could live for an unlimited period on one article of food. Any of the edible grains alone will sustain body and mind for an indefinite period. One can soak these grains and eat them raw, or can cook them until they attain a proper softness. One can season them with oil or butter or with fruits and be fully and completely nourished. One can live on fruit and nuts, and can exist for an indefinite period upon well-ripened bananas. What would knowledge of this kind be worth in the average home, where they struggle with might and main to make ends meet? Thousands of people live from day to day. They do not know on one day where the meals for the next day will come from. Suppose they could be satisfactorily nourished on a fifth or sometimes a tenth of the sum they are at present spending. What would such knowledge be worth?

Poor, ignorant human pigmies, struggling along under the impression that they are really and truly civilized, and yet this dietetic knowledge that would be of such extraordinary value remains an unexplored field. This invaluable information should be freely dispensed in every public school. Every reader of this publication should make of himself a committee of one to try to enlighten the public on this extremely important subject. The average man eats himself to death, that is, he dies from twenty to fifty years before his allotted time because of dietetic errors. Let us hope that the general awakening that is so pitifully needed along these lines is near at hand.

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**T**HERE has been a great deal of controversy aroused by the recent Pure Food Law as to whether or not food preservatives of various kinds are injurious. Many manufacturers maintained that they were in no way harmful to the human organism, that they merely performed the purpose of preserving the food in which they were placed and could be eaten with impunity. Any chemical substance which will preserve a food substance, even if it does not have a harmful effect upon the human system, will certainly work injury to the food product with which it is used. It will to a large extent lessen the nourishing elements contained therein, and is bound to materially affect its flavor.

Many of the manufacturers of food products maintain that they use no preservative of any kind in their food, and they emphatically declare that there is really no excuse for other manufacturers making use of this method of preserving their food. They state that preservatives are often used to hide the flavor of an inferior food and where the food is of the quality it should be, absolutely no preservatives are required. The American Medical Association, at a meeting some time ago at Atlantic City, went on record as being opposed to food preservatives of every character. They passed resolutions urging Congress to amend the National Pure Food and Drug Act in such a manner as to prohibit the use of preservatives of all kinds. If you cannot secure canned foods that are free from the various chemicals that are used for preserving purposes, you should be satisfied with the various food-elements in which preservatives are not required.

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**I**F you desire to find real progress towards a higher and better civilization, you will have to look for it in the West. The manhood and the womanhood seems to be of a more superior type than that which can be found in the effete East. Where money has the most power, there you will find the most weakness, the most degeneracy.

The State of Washington recently passed an Anti-Cigarette Law, and about the same time they passed a clean marriage law. This is indeed a revolution and is a step in advance that could be unquestionably followed to very good advantage by every State in the Union.

In most civilized countries there are no physical restrictions on marriage between adults. A man may be a festering mass of contaminating disease, and there are absolutely no legal restrictions that would in any way prevent his marrying a splendid specimen of womankind. It is right that a man should know the physical condition of the woman who is to be the mother of his children. It is right that a woman should know the physical condition of the man who is to be the father of her children. It is right also that the state should have something to say as to the character of its future citizens. The state should in reality assume the responsibility of guaranteeing to every child environment and conditions which are essential to developing the highest degree of manhood or womanhood. If absolutely no attention is given to marriages, if the tainted mate with the pure, and if criminal characteristics are freely handed down to posterity, what right has the state to expect a gradual improvement in its citizenship?

Only those who are physically, mentally and morally fit can be married in the State of Washington. Both parties to the marriage contract must submit to an ex-

amination by a licensed physician and obtain a certificate of physical fitness to wed before they can secure a license. The law goes further. It prohibits the marriage of any person, man or woman, who is a common drunkard, an habitual criminal, or has a weakened mind. Mental and moral fitness must be established by affidavits of responsible persons. False swearing to affidavits is made perjury and is punishable as such. Under the restrictions of the law no girl under eighteen years of age and no man under twenty years of age can marry. Even with her parents, consent no girl under fifteen can wed. It is said that strong public sentiment caused this law to be enacted by the legislature and that the law will be rigidly enforced. Miss Emma Mabel Taylor, a young woman only twenty-five years of age, a prominent social leader, has had much to do with the passage of this new law. She has labored tirelessly and effectively for the purpose of securing the support for this measure. Leslie P. Edge is the framer of the law, and he says that: "the good which will come from its enforcement will be seen more clearly in future generations than in this." Marriage between those unfit is the curse of modern civilization. A clean marriage law such as that now operating in Washington enacted and enforced in every state in the Union, would cut down our criminal population by one-half. It is an outrage for those physically, mentally or morally unfit to wed and to bring children into the world. If such persons cannot or will not see this, then let us have the law."

This is certainly a step in the right direction. It is cutting off one of the most important deteriorating influences at the very fountain head. It is said that the proper time to begin this training of children is before birth, and the proper way to secure a superior citizenship is to insure at least normal vigor to every child at birth. It is to be hoped that along with this will ultimately come an examination as to the mental as well as to the physical fitness of each applicant for marriage. Both parties to this contract should possess that knowledge which is essential to the founding and perpetuating of a family. Women have been treated as slaves by the marriage contract about long enough. It is time for them to recognize their true position. It is time for them to realize that they have rights which must be respected if strong, healthy children are to be brought into the world. The information that it is essential for each applicant for marriage to possess might have but slight influence in some instances, but its influence would gradually grow and every parent would make many sacrifices if they felt that such a policy would give their children finer and stronger bodies, and clearer and better brains.

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**T**HE ability to find humor in the most serious affairs of life is advantageous, provided one is personally affected. To laugh at and make a jesting matter of the misfortunes of others is, however, not a pleasing characteristic. The misfortune and unhappiness that often come with the marital ties are often dwelt upon in a humorous manner. The funny man on the stage finds them a humorous source of merriment. One can secure a keen insight into the character of a people by searching for the source and nature of their humor. Marriage, to the general public, represents a lottery. Some draw prizes, many draw blanks, and others find what seemed to be a prize is nothing but an incubus that weighs pitilessly on body, soul and character. Marriage is no jesting matter, and yet it is made a source of jest by those who are

#### JESTING AT HUMAN TRAGEDIES

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not personally affected. They can laugh hilariously at the marital misfortunes of others, although their own troubles of this nature may at times weigh heavily upon them.

Marital infidelity is frequently a source of much jesting humor. Absolute, unswerving fidelity in these modern days is said to be unusual, and under the circumstances you can hardly blame the public for treating the subject lightly and jestingly.

One of the most amazing exemplifications of the morals of mankind, and woman-kind also, has been indicated in the popularity of a sort of ribald song which very clearly portrays an unfaithful husband. The most popular phrase in this song is "I love my wife, but oh you kid." Wherever this song is sung it is hilariously applauded. The singer is always careful to so modulate his voice as to make his meaning very clear, and no imagination is required to picture this husband who for the time being is fascinated with a woman who is not his wife. The popularity of such a song, reeking with marital infidelity, picturing a weak, characterless husband in the company of a woman who can be but little more than a trollop, clearly portrays characteristics of which we should be heartily ashamed.

National life depends upon moral life. Loose morals, debased principles, mean degeneracy, mean a gradual deterioration of mankind. They mean the destruction of manly powers and womanly beauty. Can we wonder at the unhappiness we find everywhere in marriage when the most sacred relations of man and woman are made the butt of coarse, vile jests? "I love my wife, but oh, you kid." Is there anything amusing in the thought conveyed? Suppose the subject of this song was a father, that he had a happy home and a faithful wife, that he was regarded as a man of superior character. Would his debasement then be a jesting matter? Would you not be able to see in this infidelity on his part untold misery for the wife and mother, discontent and sorrow in the home? Could you not see the tragedy that is bound to follow in the tracks of the unfaithful husband? Let us suppose that he is able to hide his deviation from the path of rectitude. Do you think he could hide it from his wife? Do you not know that although there might be no outward evidence of his want of fidelity, the instincts of the woman he had loved would warn her of his guilt?

There should be no compromise with the moral law. Deviation from the rigid principles of fidelity should and does carry with it fearful penalties. In some of the savage tribes infidelity is punished by death, and in my opinion it is a fitting penalty. Infidelity is a sin of fearful consequences. It destroys home-life, it oppresses and interferes with the development of child life, it literally saps the very foundation of the nation itself. No nation can be permanently great without those principles that have to do with the maintenance of the moral law. We laugh at the intrigues in the homes of others; when they touch our own fireside they sear the soul with scars that are fearful and lasting in character.

Let us fight for high ideals, let us struggle for those principles that maintain the moral law in all its strength and sacredness. We should learn to reverence motherhood. With the ancient Greeks, the coming mother was treated with great honor. When she passed through the streets, every head was bared and men vied with each other to show her proper respect. But the miserable prudery of this age compels the modern mother to hide herself away from the morbid eyes of the vilely curious.

Let us fight for the moral principles that will not make a jesting matter of gross evidence of infidelity. Surely we should not be outdone by the savages who recognize

in immorality such a serious crime as to consider it worthy of the death penalty. The first instincts of mankind are of a nature to preserve in all its pristine excellence, the tenets of this important law. If we are to grow a race of men who are to improve in power and in talents from generation to generation, "looseness" of morals cannot be tolerated.

If I had it within my power to make the laws of this country, I would begin with a definite purpose by eliminating the morally unfit through transportation, or if necessary, the death penalty. They taint the very atmosphere of every community in which they live. They set up false standards for growing boys and girls. They carry suffering and ruin and disease and crime into clean lives and clean homes. Why should these perverts be allowed to taint and destroy mankind and womankind? Rakes and roués are crooks and criminals by instinct and by nature. They carry the fires of hell into nearly every home that they enter. They should be barred out more carefully than is a poisonous snake. They are more harmful than a snake, their poison works more insidiously and more certainly, and while acting the part of a friend, they are seeking but one thing, their own pleasure.

There is no excuse for the existence of the roué. There is no place in a clean nation for the unfaithful husband or the immoral wife. They both represent evils of a most malignant character. They represent destructive forces that will carry any race of people down to decay and ultimate oblivion. Immorality in the marriage relation should be punished with the death penalty. Men or women of this type are largely the cause of the present marital unhappiness that is everywhere to be found. They are the perverts who are destroying homelife, who are blighting the world with weakness, degeneracy and criminality. The sacredness of marriage should be maintained at any cost, and a race that is going with lightning express speed towards decay and oblivion can only be saved by drastic methods. The morals of our cities are fearful to contemplate, and until something is done with a view of awakening the masses to these frightful conditions, which are made a jesting matter in many thickly settled communities, we will continue on the downward-road to degeneracy with the same express-train speed. May the manhood and the womanhood of this country awaken to the tragical needs of to-day, and help to bring about the reform for which we are so valiantly struggling in this publication, is the wish of the writer.

*Bernarr Macfadden*

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# Developing a Powerful Physique

## The Science of Physcultism

WEIGHT-LIFTING WITHOUT WEIGHTS—THE DEVELOPMENT OF  
THE BODILY POWERS THROUGH PHYSCULTISM, THE SCIENCE  
OF ACQUIRING STRENGTH THROUGH SPINAL DEVELOPMENT

By **Bernarr Macfadden**

LESSON No. VIII.

**I**N those lessons of this series presented up to the present time, a large variety of movements for stimulating the spinal column have been illustrated and described in detail. I cannot repeat too often that the object in view in this series of lessons is greater spinal strength, more perfect spinal adjustment. A straight, strong spine is absolutely essential to superior manhood or womanhood, and every means in our power for straightening the spine must be used.

The exercises illustrated and described in this series provide an effective method of making this part of the body supple, and at the same time slowly but surely bringing every vertebra into its proper position. The various movements necessary to accomplish this object, of course, will greatly strengthen the ligaments and muscles, and these tissues tend in all cases to straighten the bony structure of the body. Under normal conditions they pull evenly on both sides, and if the body is at all crooked, when these muscles are strengthened they gradually pull it into a proper position.

A peculiar fact, which may be readily noted by anyone who has a device which will enable them to ascertain the exact form of the spine, is that when you are weak and you are suffering from any chronic trouble, the spine is not maintained in a proper position. There may be a displacement of some sort, or if such a defect does not exist, then the entire spine itself may lack proper proportions.

The reader will find that the results secured from the exercises illustrated in this lesson, depend largely on the degree of vigor with which the muscles are tensed, and upon the amount of energy which is brought into play. Of course,

this is more or less true of all exercises. Pulling or lifting or vigorous bodily movements of any sort, however, because of the similarity of the muscular efforts demanded by one's daily physical exertions do not require the mental application essential to vigorous tensing and retensing of the muscles.

It is claimed by some that a greater degree of benefit can be secured by devoting a certain length of time to tensing exercises than will result from free muscular movements. This is a point, however, on which all authorities on muscular training do not agree, and perhaps the results secured from either variety of exercises depend largely on the individual who performs them.

In the various movements that are given in this lesson you will find a very simple means of stimulating the spinal column, and of strengthening the muscles and ligaments as well. This is perhaps the least difficult method that has been given to the reader up to this time for this particular object. The exercises illustrated have a very remarkable influence that is immediately noticeable upon the energies of the body. For instance, even if one is completely tired out and one's energy largely depleted, these exercises will in a few moments revive the ebbing physical powers and imbue you with a feeling of vim and vigor that is indeed amazing under the circumstances. Please note, however, that, although these movements are comparatively simple, the description of each one must be studied very carefully and the movements must be performed just as accurately as the instructions, in order to secure satisfactory results. Those who merely glance at the instructions for

performing exercises with a view of securing certain results, as a result make many mistakes when applying the methods. Under the circumstances, the results are often far from satisfactory in character. Now I want to especially impress upon the reader the necessity of carefully following in every detail the instructions that are furnished for the proper execution of the movements that are presented in this lesson.

Exercise Number 38 is illustrated by the two photographs, Numbers 38 and 39. You will note that the head is turned far to the right in Number 38, and the chin slightly raised. In Number 39 the chin is held down as far as possible without materially bringing the head forward. Now, turning the head slightly to the right and raising the chin with the head and neck held as far back as possible, bring the chin down quickly with a sort of a jerk. You will feel a decidedly emphatic pull upon the spinal column in the region of the neck as the result of this jerk. It is this sudden movement of the head which gives the spine the needed stimulation. Not only does this movement materially stimulate the spine, but it has a tendency to force the neck farther backward. There are many persons regarded as round shouldered, whose defect does not exist in their shoulders at all, but is almost entirely caused by malformation of the neck. The spinal column is moved too far forward and the inclination of the neck gives one the appearance of being round-shouldered, when in reality there is no defect of importance in the shoulders. Bring the chin downward quickly in the manner mentioned and repeat the exercise until there is a decided feeling of fatigue from the effects of the movement.

Exercise Number 40 is illustrated by photographs Number 40 and Number 41. This exercise does not differ very greatly from that shown by illustrations Number 38 and 39. The first part of the movement is really illustrated by Number 41. The head, you will note, should be moved far over towards the right shoulder, the chin slightly raised. Now from this position bring the head down sharply and quickly, bringing about a distinct pull of the spinal region and to a certain extent

forcing it backward, as described in a previous exercise. Continue the movement until there is a decided feeling of fatigue and then bring the head far over to the right shoulder and repeat the same exercise.

Exercise Number 42, as will be noted from the description, is largely intended for the muscles of the back in between the shoulders. Bring the arms and shoulders as far back as possible, holding that position for a few moments, then relax and repeat until there is a distinct feeling of fatigue. This is a splendid exercise for strengthening the muscles essential in pulling back that particular part of the spine.

Exercise Number 43 is illustrated by the two photographs, Number 43 and 46. You will note that the exercise is not unlike exercise number 38, except that the former position involves looking forward. Simply raise the chin slightly and then bring it down quickly to position shown in illustration Number 46. Remember that this should vigorously pull the spine at the "nape of the neck," and the force that is exerted with a view of bringing the spine backward to a straighter position should be clearly noted. The exercise should be continued until there is a distinct feeling of fatigue.

Exercise Number 44 is illustrated by the photograph bearing that number. The head is brought back as far as possible and then rolled alternately far to the right and far to the left. Continue the exercise back and forth until there is a distinct feeling of fatigue.

Exercise Number 45 is more especially intended to bring about a similar effect in the lumbar region of the spine, usually termed the "small of the back." The back of the hand should be placed in the curve of the back as shown in the illustration and then with a sudden quick movement the body should be moved backward from the waist-line as far as possible. The movement is not over three or four inches, but the force that is brought to bear in bending the spine because of its suddenness is considerable, and is quite valuable in making the spine more supple at this particular part of the body. Continue the exercise until a decided feeling of fatigue results.

## Vagaries and Vices of Fashion

By Elsie Myra Cooke

RIDICULOUS STYLES OF DRESS IN VOGUE IN VARIOUS COUNTRIES—HOW SHEEP-LIKE HUMAN BEINGS FOLLOW THE DECREES OF DAME FASHION THE WORLD OVER

The following article illustrates very emphatically the folly of fashions. Everywhere even in the savage countries, conventional laws, as interpreted through Fashion's decrees must be carefully observed. One must obey the dictates of the fetish of fashion, or suffer the consequences, and in most cases the penalties are severe. The reproductions of the various photographs used by the author in illustrating his views furnish striking evidence of human folly from the lowly savage to the most highly civilized specimen of human kind.—Bernarr Macfadden.

"FASHION," says a writer of the seventeenth century, "meaneth a change in ye habite or forme of some partes or all partes of ye

apparell, wh ych change is sette by ye vaine and followed by ye fool-yabe."

The definition is pretty accurate, only nowadays, and among civilized nations, most of the fashions are "sette" by those who profit by their fluctuations. In nine cases out of ten, such alteration is quite irrespective of health or common sense; par-

ticularly where women's wear is concerned. For this reason fashion for the most part is the embodiment of unwholesome folly, and hence will be per-

petually opposed by physical culture, which is the exponent of hygienic sanity.

But to come back to the inner reasons for the fashions of Spring, Summer, Fall and Winter—with a few thrown in between these seasons for good measure. What would the Paris dress-maker or milliner do if "robes" and gowns and con-



Photograph Colored and Enlarged, N. Y.

Fashion in Paris. A group of French dames of high degree at Longchamps, Paris. The gown and hat worn by the lady in the center are said to be worth \$4,000.00.



Photograph, Underwood & Underwood, N. Y.

Extraordinary head dress made and worn by a bride in Kazanlak, Bulgaria.

fections | changed not? If coats and trousers were of an invariable cut, where would the New York tailors be? If the width of the brim, or the height of the crown of one's hat, were unaltered from generation unto generation, how would the "smart" hatters of Regent street and Pall Mall exist? And think of the woeful fate of the glovers of Vienna, the boot-makers, the corsetiers, the hairdressers and the jewelers of those lands that are—with unconscious cynicism—known as Christendom, if the people of these should adopt the methods of the east in the matter of raiment. For the reader need hardly be reminded that in the Orient, the dress has for the most part, changed but little with the passing of the centuries and that it is not only simple and dignified, but also hygienic and climatically appropriate. And hence, it is physical culture garb of an ideal sort.

It is true that with the putting on of

Western civilization, Japan also adopted Western clothing and oh the pity of it! Gone is the loose and graceful wear of Samurai days and instead—well, we won't exactly say what we think. But if there is anything more pitifully funny than a "little brown man" having on his head a stove-pipe hat, his legs swathed in the woolen cylinders and his body in the tailed coat decreed by the West, we have yet to know it. The Japanese ladies too, look insignificant in European garments, while resembling bits of dainty porcelain when wearing their native kimonas, butterfly sashes and head-dress fans.

Now, while it is admitted that mere man does not altogether attempt to disregard the dictates of fashion, yet at the risk of being considered ungallant, it must be stated that it is woman the world over who is at once the slave and the arbiter of the vogue. If an explanation of this were needed, it might be found in the fact that one of the primal instincts of the fair sex is the desire to attract the attention and incite the regard of those of masculine gender. In so doing, women often seem to forget, that after all, it is only the normal that enlists the esteem of the normal and that abnormalities, such as wasp-waists, huge hats, high-heeled shoes and the like, are simply repulsive to the healthy minded male—especially if he happens to be a physical culturist with an intelligent knowledge of the tenets of his belief.

Another regrettable faculty of average women is, their knack of making stupid or harmful, a fashion which, in the first instance, was agreeable and healthful. Cases in point crowd the memory of the writer, but she will only cite one or two of such. When the sailor-hat first became popular it was just a plain straw creation with a piece of ribbon around it; delightfully simple, yet stylish; of light weight; ideal for summer wear and having the power of making a homely face appear becoming, and a pretty face fairly ravishing.

Then along comes meddlesome fashion and the next season and the season after, sees the "sailor" twisted and turned and crumpled into all kinds of idiotic shapes. Followed the addition of flowers. Also

ribbons. The more flowers. The sensible no more, but of top-heavy on earth but store, a kitchen lating heada

Something shirt waists worn during initial stages too, was characterized which becoming ch tent therewi lace and em insertion a thingumbol poor thing its original story goes with their i fashions; v civilized ra tiveness of exaggerate sessed by t for fashion insanity o Some of th article pro these char

One of shows a dames of Longchan geously a they, and The hat the lady i in the n wear of th "smart" not permi than twi same gov dress thr day. Fu beginning fashioned be worn. hion, an Turn East—a Fashion

ribbons. Then a buckle or so, a few more flowers and at length, feathers. The sensible and becoming sailor hat is no more, but in its place we have a piece of top-heavy-gear that looks like nothing on earth but a cross between a bargain store, a kitchen garden and a perambulating headache.

Something of a like fate overtook shirt waists, especially those that are worn during the cooler months. In the initial stages of its career, the shirt waist, too, was characterized by a simplicity of detail which accounted for most of its becoming charm. But was fashion content therewith? Hardly. She showered lace and embroidery and medallions and insertion and applique and a lot of thingumbobs on the garment, until the poor thing lost its identity and much of its original attractiveness. And so the story goes—women of our civilization with their insatiable pursuit of changing fashions; women of the Orient or of uncivilized races who, lacking the inventiveness of their Western sisters, seek to exaggerate the unchanging fashions possessed by them. In all cases, the mania for fashion breeds waste of time, mental insanity or positive physical harm. Some of the pictures which go with this article prove the truth of these charges. Let us see.

One of the illustrations shows a group of French dames of high degree at Longchamps, Paris. Gorgeously apparelled are they, and expensively too. The hat and costume of the lady in the centre is said to be worth in the neighborhood of \$4,000. The wear of the others is in proportion. But "smart" women such as they are, are not permitted by Fashion to appear more than twice or at the most thrice, in the same gowns. Also do they change their dress throughout, three or four times per day. Furthermore, the garments of the beginning of a season are accounted old fashioned at its close and cannot possibly be worn. Who declares all this? Fashion, and her votaries obey her behests. Turn now to the East—the "smart" East—and see there also how the tyrant Fashion sways and tortures her followers.

These are three Chinese women of rank, the wives and a sister of a mandarin. Observe their feet. No, those are not the heels of their shoes—those pitiful, little, peg-like stumps are *feet*, moulded and pressed and shaped into deformities because Oriental fashion so decrees!

Back to Eastern Europe this time, for another example of the senseless arbitrations of Fashion. This is a bride, comely let us hope for the sake of the bridegroom. But Fashion has declared that it is "the thing" for Bulgarian brides of peasant class to hide their faces beneath a mass



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This African brunette, who is seated so gracefully in this photo and wears an embryo peach basket hat, is a leader of Society in German East Africa. In all probability, the hat cost her husband or father an ox, three goats, fourteen yards of red flannel, and five pounds of beads—expensive headgear, surely. The shape, the trimming, even the gratified smile of the wearer, create the same effect as is seen on the principal avenues of our American cities. The hat may be trimmed with delicate reeds, or long grass or perhaps orchids, dried and pressed. Whatever it is the African milliner, who made the hat and trimmed the creation, knows her business. Unquestionably the sign in front of her hut, swinging in the tropical breeze, is blazoned: "Mlle. Hortense Un-Ga-Balo, recently of the Rue de la Paix, Paris."



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Zanzibar girls dressing each other's hair. Fashion requires that the wool be parted and plaited into long parallel curves. The effect is interesting, but too close inspection is said to be undesirable.

of counterfeit sequins and frame their heads in a circular mass of artificial flowers that suggest the war-bonnet of an Indian chief. Could anything be more unbecoming and stupid? S'sh—speak softly, for Fashion has issued her mandate, and it must be obeyed no matter at what cost of sense or sequins.

Turn we now to some of our so-called uncivilized sisters of Africa and note the bond of folly that Fashion knits between them and the belles of Europe and the United States. First we have a "society leader" of German East Africa, who is sporting an unmistakable "peach-basket" hat. The saving grace of this hat is its originality; its defect is its unnecessary amount of trimming, which in tropical Africa must be a burden hard to bear. The "confection" probably cost her father—for the young lady is as yet unmarried—one ox, three goats, twenty-three yards of red flannel and five pounds of beads. Fashion comes high, even in Africa, you know.

Next we see a group of Zanzibar beauties "doing" each other's hair. To be in the fashion on the Island your hair must be parted and plaited in long paralleled curves. It is true that this arrangement doesn't improve your looks, and that it exposes you to the danger of sun-stroke

because you lay bare a good deal of the scalp instead of keeping it covered by the thick crop of hair which Nature has given you for that purpose. But what does that matter? With your hair so plaited are you not "in the swim?" You have followed the dictates of Zanzibar fashion? Then be happy even if you disfigure yourself and the sun to use the words of Rudyard Kipling: "He strikes you down dead."

Note too, the beauty spots on the foreheads and cheeks of the dusky maidens. These are produced painfully, by a combination of tattooing,

raising the flesh and staining it. Not infrequently and in the early stages of the operation, festering sores appear and the belle is permanently disfigured. But what of that? Fashion must be obeyed at all hazards.

We have shown the beginning of the "peach basket" hat, and now, is not the central figure in the group of Kikuya women, wearing something very like unto a "sheath skirt." It seems so to the writer anyway. But outside of that, observe how the long arm of Fashion is stretched even into this out-of-the-corner of Central Africa. See the weighty brass wire rings; the fillets of the same material; the necklets; the armlets; the bracelets; the knee pieces and the anklets, all of metal, that Fashion demands shall be worn despite the burning sun. Then there are the pounds of cheap jewelry that must be sported if you would be in Kikuyuan society. Why? For hygienic or protective purposes? No, simply because senseless Fashion orders your so doing, precisely as some thousands of miles further north it insists that you shall squeeze your abdominal organs into one half of the proper space and breathe from your chest instead of from below the waist line.

The physical ill-effects resulting from

Blind adherence to accepted fashions are unfortunately not the only evil results of humanity's inclination to follow the beaten path. Convention, the parent of fashion, is even more feared and truckled to by its blind adherents than is fashion itself. These two bugbears of mundane existence are responsible for the stifling of individuality and originality to a greater degree than any other conditions existing in this world.

It is a strange paradox that the human race—the lords of creation—should pervert the reasoning powers and intelligence that place them far above the plane of the beasts of the field to the service of enabling them to crowd close to the heels of their appointed leaders, rather than to live their lives along those lines most conducive to their happiness and welfare.

This stifling of originality, this throttling of individualism, has exacted a fearful tribute from mankind from time immemorial. The comfort of man and the health—nay the very life—of woman have been held as a minor consideration when weighed in the balance with the exactions of convention and fashion. And this fear to stand forth and boldly follow the dictates of common sense has resulted in the repression of word and of the thought and which would have added much to the happiness and welfare of the world, and in the torture and destruction of countless beautiful and delicately constructed human bodies.

To be a real man or woman one must think for one's self, and must disregard those customs and conventions which common sense points out as useless or even worse. Such independence does

not involve standing entirely aloof from one's fellow man, or in obtruding personal opinions or manners upon the world at large. It is merely necessary to learn to live one's own life in one's own way, to accept the best that the world has to offer, and reject those things which the sane and sensible mind knows are harmful or worthless.

An independent attitude in the matter of dress may be less far-reaching in its effect than independence of thought and speech, but it unquestionably demands a greater degree of moral courage than to boldly declaim one's opinion, regardless of what others say or think. To think for one's self requires independence, but to entirely disregard the fashions followed by one's neighbors and fellow-citizens in their outer garb involves real courage.



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A typical group of Kikuyu women highly ornamented with beads and brass wire, and wearing dressed skin garments. One of the women is grinding down maize into flour by the stone-age system, while the others gossip about their neighbors. Mid-African women are hard workers, cultivating the soil, fetching fire wood from afar, carrying the surplus produce to the markets, besides doing all the hut work. Kikuyu women never eat chickens, eggs or the flesh of wild animals or fear of becoming childless.

It is worthy of note that, since the world began, the men and women who have created and achieved and conquered have not as a rule been those who were most remarkable for their adherence to the tenets of fashion. In fact, those characters who have been most noted for

their dress have gained their reputation through radical departures from conventional costumes, rather than by slavish adherence to contemporary styles.

Those who assume an independent attitude in the matter of clothing, and who dress to suit their own convenience and comfort rather than to conform to the decrees of convention, will find that their reward will not be confined to merely physical benefits. The natural result of such independence will be to foster a braver spirit of thought and word and deed, and will go far toward enabling one to look on the affairs of life with an open and unbiased mind. And after all is said and done it is no small thing to be able to assert one's individuality fully and completely—a



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Fashion in the "Smart" East. Three Chinese Women of Rank.

a slave to the tyrant fashion, but that you will clothe your body and develop your mind in accordance with the dictates of common sense. Then, and not till then, will you be able to be a true man or woman, free from affectation of any sort—an example of the sterling value of the advice given by Shakespeare centuries ago:

"This above all: to thine own self be true,  
And it must follow, as the night the day,  
Thou canst not then be false to any man."

Fortunately, physical culture is teaching the multitude the absurdity and harm of the great majority of fashions and instilling a regard for the beauty of the body when it is unspoiled by vanity or vogue.

### Wise and Otherwise.

By Harry G. Hedden.

A great deal of the stuff the world calls love is in reality sentimental slush and sensual slime.

About the most contemptible fool is the fool that imagines everybody else ought to be just such a fool as he is.

privilege that few members of the human race care (perhaps we should say dare) to avail themselves of.

If the photographs and descriptions of the ridiculous and absurd fashions referred to in this contribution appeal to you in their true light, resolve that you will not be



In South the native foreground.

"YES, we pa three cont countries operate to the usual s worked ha the whole hour's sick the good h due to m culture w Miss Ca is about when a c Indeed, i would rea and how develop now, is w embodies When exhibited which—





In South Africa. Notice the native "Piano," in the foreground.

Photograph taken in Japan, showing Miss Caswell in the garb of a Geisha.

Miss Caswell in the costume of an West Indian Market Woman.

## A Trip Around the World

By Marie J. Blakely

### A PHYSICAL CULTURE GIRL'S EXPERIENCE DURING HER VISIT TO FOREIGN LANDS

"YES," said Miss Maude Caswell, the well-known athlete, "During the past six years I have visited three continents, and a dozen or more countries which varied from the temperate to the tropical; have undergone the usual stress and strain of travel, have worked hard in the interval and during the whole time, haven't had a single hour's sickness. And I am certain that the good health which I have enjoyed, is due to my being a consistent physical culture woman."

Miss Caswell is a Californian by birth, is about twenty-six years of age, and when a child was delicate and sickly. Indeed, it was not thought that she would reach maturity, but how she did, and how she became the magnificently developed young woman which she is now, is worth the telling, especially as it embodies a physical culture moral.

When but a little child, Miss Caswell exhibited a talent for fancy dancing which—her parents being wise people—

was not checked. On the contrary it was encouraged, it being believed that the incidental exercise was good for the child. So it came to pass that she gradually acquired a local reputation as a clever juvenile dancer, and this it was which led to her being asked to perform a dance at a reception of the Sacramento Amateur Athletic Club. The members and guests of the organization were so delighted with her efforts that she was made an honorary member, being the only one of her sex. This membership gave her the privileges of the club gymnasium, a fact which she did not fail to take advantage of. Also, the male members took a delight in initiating the girl into the mysteries of the horizontal bars and parallel bars; the trapeze and the ring-swings and so forth.

"I took to the apparatus as if by instinct" said the young woman when telling of this phase of her career, "everything seemed to come easy to me. I hardly remember a feat that phased me

after a reasonable time for practice. My men friends took a delight in showing me all kinds of gymnastic 'stunts' and I was equally delighted to learn them. On several occasions I took part in the athletic festivals of the club and those of other similar organizations. The charm of the work grew on me and with it my ambitions. All this time, I was growing stronger and stronger. My parents and acquaintances marvelled at the change in my appearance and physique. The 'delicate child' had disappeared and, in her place was a strong, stalwart girl who could give points to the majority of the local athletes. It was at the beginning of this period that I became acquainted with the teachings of Mr. Macfadden, which teachings I have faithfully followed in the interval.

"One of the outcomes of all this was what I may call the 'revision' of my habits, especially those relating to my diet. I found that a régime that included a good deal of fruit and cereals and that was limited to two meals per day, enabled me to do much better work than did anything else. For years I have made the first meal of the day practically of fruit, including some fruit juice, and a moderate amount of cereal. I have said that I believe in the two meal plan, and this is true. But I make it a rule to drink a cup of hot milk just before going to bed. I can strongly recommend this habit; it seems to make me sleep soundly, keeps my digestive organs in order and 'stays' me while I am sleeping.

"The cold bath is an important part of my creed.

So a exercises of all kinds. I swim, walk, fence, ride and all the rest of it. As for fresh air by day and night, I hold that it is as essential to health as is food or exercise. I also go in for a good deal of sleep, believing that it too, is as necessary as are the other things which make for health. On the whole, I enjoy existence as much as it is possible for any one to do, a fact which I attribute to the methods of right living which I so religiously follow."

Miss Caswell, together with her partner, Mr. Arnold (he is her husband, by the way, but this is a professional secret), does a remarkable act on the vaudeville stage. This consists chiefly of "barrel" work, as it is known in the profession. It includes a dive into a barrel and a rapid change of costume while therein and out of sight of the audience, followed by a series of feats of strength and agility, also with the assistance of the original barrel and others. Thus, there are leaps from the interior of barrel into the barrel adjoining, the feet being kept close together in the meantime.

Then there are balancing on barrels and stunts of an apparently impossible- and neck-breaking nature. The notable feature of all of these feats is, that they call for a simultaneous demonstration of nerve and strength.

The pictures which go with this article show Miss Caswell in some of the costumes of the lands which she has visited during her trip abroad. From far Japan to the West Indies, from South Africa to the East Indies has she travelled, and in many cases the camera has recorded the fact.



Miss Caswell as she appears in her "turn" on the stage.

# Relics of the Dark Ages

By W. Livingston Larned

(Written for "Physical Culture.")

The little one we love the best fades with the passing  
years,  
Men wonder at the whitened cheeks and at the mortal  
tears,  
The dim eyes see so little in this hungry, eager world,  
A thousand vicious human faults at Nature's way are  
hurled  
And yet, as signs are too well-known they "call the  
doctor in,"  
And, once again, the same old faults and blunderings  
begin:

("Doctor, what shall we do about Ellen? Poor  
child, she has not been herself for months and  
months. We think she must have some terrible  
disease. Won't you give her something for it —  
anything; we want to feel that we have tried to do  
what we should.")

The foolish, foolish waste of time and energy and wealth  
To bring to little faded cheeks the happy bloom of health,  
God's sunshine and His normal paths mayhap would  
remedy

The frail form that has hungered for this taste of ecstasy.  
The fevered cot, the darkened room; the hush and sigh  
and chill,

Small wonder that so few survive and "Patent Pities"  
kill.

("We are so glad you came, Doctor. Won't you  
look over the child and see what is ailing her?  
We've tried all our home remedies and they do not  
seem to make her any better. After all, a doctor's  
medicine chest is the only safe course.")

Lungs shriek to heaven for the breath that sweeps across  
the fields,

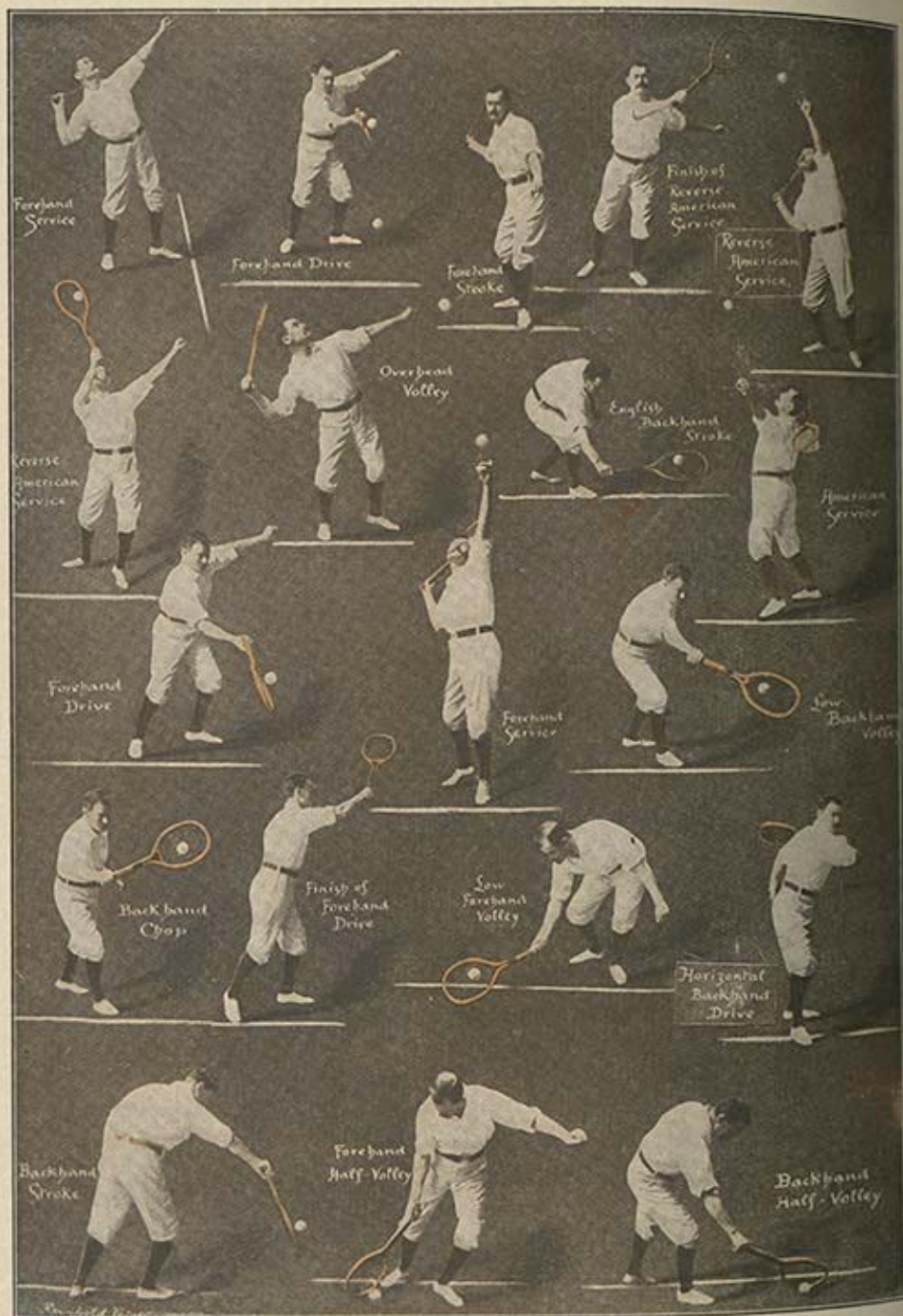
The dying muscles crave the strength that exercising  
yields.

No ton of colored liquid stuffs, no monument of pills  
Could ever make the heart fight off its tightened human  
ills.

Brain, brawn and Hope unite as one to cry against the  
stealth

That ignorant and sleepy folk cling to as "Bottled  
Health."

("So here you are at last, Doctor. Do you think an operation  
is necessary? The child has not left the room in two weeks  
and we are beginning to be frightened. What's that, a tea-  
spoonful of this five times a day and keep the patient on her  
back. Very well, sir.")



An Illustrated Lesson in Tennis-Playing.

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Any game system can be played out-door game if those who play it necessary to very strenuous

LESS  
modern game original system known, but form of the during the was the Italy, and longue pa Tennis popular game has passed various development merely it with a co hand be serve as Later, cr with wo and ha with gu were use the game tennis w by Major Wingfield British Marylebone Club, o mulated real rule 1875. At N Boston

# Lawn Tennis and its Value in Health-Building

A BRIEF HISTORY OF THIS INTERESTING GAME—ITS USE IN DEVELOPING AGILITY, STRENGTH AND ENDURANCE

By Sidney Cummings

Any game which can be played out doors and which demands active use of the muscular system can be commended as a healthful sport. Lawn tennis might be regarded as an ideal out-door game. It tends to develop the strength and poise essential to a superior physique, and if those who regard it as a ladies' game were to practice sufficiently to acquire the skill that is necessary to play the game properly, they would acknowledge that it furnishes exercise of a very strenuous sort.—Bernarr Macfadden.

LESS than thirty years ago, the modern method of playing the game of tennis was adopted. The original source of tennis is not exactly known, but records show that a crude form of the game was in vogue in Europe during the Middle Ages. "Pallone" was the name given to the game in Italy, and the French called it "*la longue paume*."

Tennis has always been a deservedly popular game, and it has passed through various stages of development. Formerly it was played with a cork ball, the hand being made to serve as a racket. Later, crude rackets with wooden frames and handles, and with gut strings, were used. In 1874, the game of lawn tennis was patented by Major Walter C. Wingfield, of the British Army. The Marylebone Cricket Club, of Lords, formulated the first real rules, in March, 1875.

At Nahant, near Boston, the game

was introduced in 1874, having been brought over by an American traveler from England. Later the game was played at Newport, New York and Philadelphia. The United States National Lawn Tennis Association was formed in New York, in 1881. In that year a series of championships was inaugurated which have been yearly competed for ever since.

James Dwight and Richard C. Sears were America's best players at this period. Slocum held the first place for two years as a tennis expert. O. S. Campbell, who followed Slocum as a champion, was celebrated for his skill in long volleying.

In 1893, R. D. Wrenn came to the front. Wrenn was strong on ground-strokes as well as in volleying.

Not only have men gained fame as experts in this game, but many women have become equally celebrated. Other champions need not be mentioned here,



Showing the broad and powerful shoulders and the splendid physique developed largely by tennis playing, by Miss Sutton, of California, who holds the Women's Tennis Championship for England and the United States.

but their photographs accompany this article.

Tennis is played on a court 78 feet in length and 27 feet in width (for singles), and 36 feet in width (for doubles). It is really wonderful how much interest and enthusiasm a well-played game of tennis will arouse. The largest number, that have ever watched a contest in this country was, I believe, thirteen thousand. A ball two and one-half inches in diameter and a racket made of a sort of oval wooden frame, about eight inches wide and twelve inches long, with the open space strung with a net work of catgut, and with a handle of about fifteen inches in length, constitute the implements of war, so to speak.

All games involving the use of balls are interesting, but few demand the accuracy and skill that are exemplified by the expert tennis player.

To baffle one's opponent calls for much shrewdness and skill, and a good player most thoroughly enjoys the game, when pitted against an opponent of equal or greater skill. A game easily won is not so intensely interesting, and one may weary of the lifeless play, but when it is necessary to constantly watch the ball and to always be on the alert, then game after game can be played with the interest continually increasing. When competing against a skilled player



A photograph of champion Sutton in action, which indicates that tennis of the scientific sort is indeed a strenuous game.

one develops speed most rapidly.

Just a word to beginners. Never hold the handle loosely, and always grasp it at the extreme end. No other bad habit interferes with successful playing more than holding the handle in a loose, unsteady manner. Grasp it firmly, otherwise your efforts will be useless. Practice in this form of athletics, as in all others, is an essential element if one wishes to gain real enjoyment from playing. Playing against a blank wall furnishes excellent practice when an actual contest is impracticable.

One of the marked advantages of tennis as a health-building exercise, is that it may be indulged in with pleasure and profit by both sexes. While sufficiently strenuous to afford ample physical and men-

tal work to the most alert and powerful of men, it is nevertheless free from the violence and from the possibility of momentarily excessive exertion, which sometimes occur in other outdoor games to such an extent as to cause a dearth of feminine participants.

The physical effects of tennis-playing make the game peculiarly attractive and beneficial to women. Supplying exercise to the muscles of every portion of the body, the game naturally offers an excellent means of securing a symmetrical physique. If superfluous flesh exists at

any point, it under the vibration which commands. The mess and action game, bringing particular control building of we add to benefits to the result from the body, and glowing eye effects of which is plain that offered re which are than com ate with tion that ing of the demands.

However not be infe tennis is a worthy of tal and equipment the strong In fact, of men physical demanded game de tirely u player, a the degre one puts defeat h ent. It remembe not only sport de sical str activity the me ties mu ly alert must b to gras portun hand i to take of ea All-rou of th

any point, it will rapidly be reduced under the vigorous and sustained exertion which continual tennis-playing demands. Then, too, the physical alertness and activity called into play by the game, bring to the player poise and muscular control, which go far toward the building of the body beautiful. When we add to these advantages the natural benefits to the internal organism, which result from the sane and sensible use of the body, and the clear, ruddy skin, and glowing eye, which attest the beneficial effects of wholesome outdoor exercise, it is plain that the fair devotee of tennis is offered rewards which are more than commensurate with the exertion that the playing of the game demands.

However, it must not be inferred that tennis is a game unworthy of the mental and physical equipment of even the strongest man. In fact, the degree of mental and physical exertion demanded by the game depends entirely upon the player, and upon the degree of effort one puts forth to defeat his opponent. It must be remembered that not only does the sport demand physical strength and activity, but that the mental faculties must be equally alert. The eye must be as quick to grasp every opportunity as the hand is prompted to take advantage of each opening. All-round exertion of this character

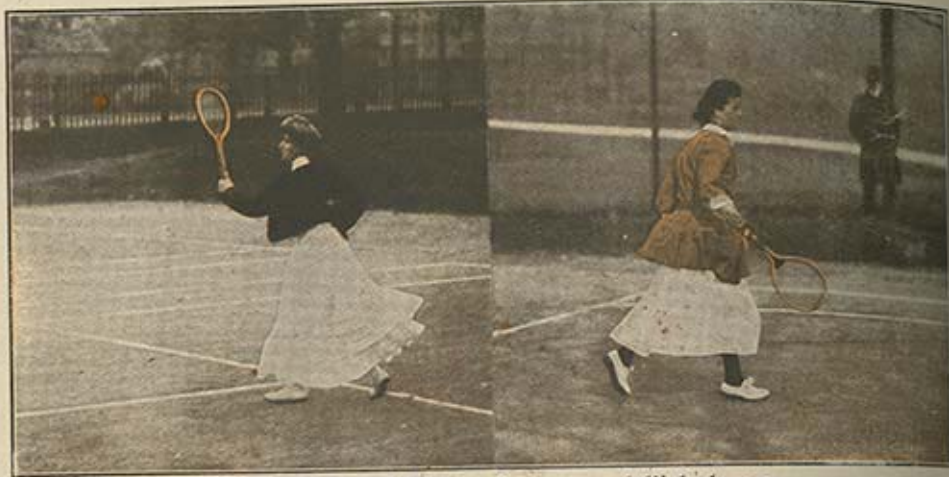
most assuredly effects an increased degree of physical strength and agility, and calls for mental exertion of such a nature as to make tennis of great assistance in creating and maintaining an evenly-balanced mind and body. The quickness, agility, and grace which are unconsciously acquired by the tennis player are by no means the least valuable of the benefits afforded by the game, and should not be overlooked in summing up the results of indulgence in this form of athletics.

For persons nervously inclined, tennis is hardly the best game which can be chosen. All the larger muscles of the body are in frequent use during a game of tennis, and a great amount of nervous energy is used up at the same time. The response of the player must not only be rapid, but accurate, and only intense interest in the playing of the game can attain this result. The eyes receive much training, and no members of the body are worked harder while in a contest of this kind. Many times the eyes have been improved as a result of this form of exercise, as also has been the case in fencing, boxing, etc.

The ranks of tennis players are not recruited solely from those who are in the heyday of their youth, as is true of many other outdoor pastimes. It is unfortunately only too common



W. H. Larned, well-known for his ability as a tennis player.



Evelyn Sears and Eleanor Sears, two skillful players.

for college athletes and others to forsake athletics when they graduate or take up business or professional duties. We thus find that many young men who are surcharged with energy and strength at twenty, and who are ideal types of physical manhood at that age, have at thirty so far suspended their whilom regular exercises as to have become either fat and listless or nervous and anæmic. This is not so frequently true of tennis players, however, for not only do many continue to indulge in the game until they have reached middle age, but there are numbers who take up tennis with benefit after they have attained mature years.

Much endurance is gained through the playing of tennis. So much running about is necessary, so rapid and constant are the movements, and so sustained the mental efforts involved that tennis becomes an exhausting game. The heart action incurred by the exercise is necessarily vigorous, and the increased muscular activity calls for more rapid respiration.

The fact that tennis is primarily an out-door game is a great advantage in itself. This not only enables the players themselves to secure an abundance of oxygen, but the spectators are also benefited by the fresh air and ideal surroundings. There are all kinds of indoor sports and forms of exercise, with or without a leader, and these are filling a great need

in the civilized world, but the greatest benefits of all are secured through the athletic work carried on outdoors. The air of gymnasia, no matter how well they may be ventilated, is never equal to the athletic field. Without any exercise, fresh air in itself works wonders, but when being inhaled at the increased rate made necessary by exercise, the physical benefits are greatly increased. It is better not to exercise at all if the air one is compelled to breathe is impure.

A free and easy costume should be worn on the tennis court. Ordinary foot-gear should be replaced by tennis shoes, and no hat, no high collar, no cuffs and none of the similar accessories to the conventional attire should be worn. Some foolish and misguided women play tennis wearing hats and veils, as well as gloves. Half of their time is given to the adjustment of these personal adornments, and very little tennis is played. The true lover of the great out-doors expects and wants to show the result of an active, energetic life. A good healthy color is much preferred by the modern woman to the delicate, white, chalky appearance of her more "gentle" sister. The free and easy costume of the tennis court is a grateful relief from conventionality to the sensible woman.

Tennis, more than almost any other strenuous out-door game, has attained the distinction of numbering among its adherents many citizens of the world

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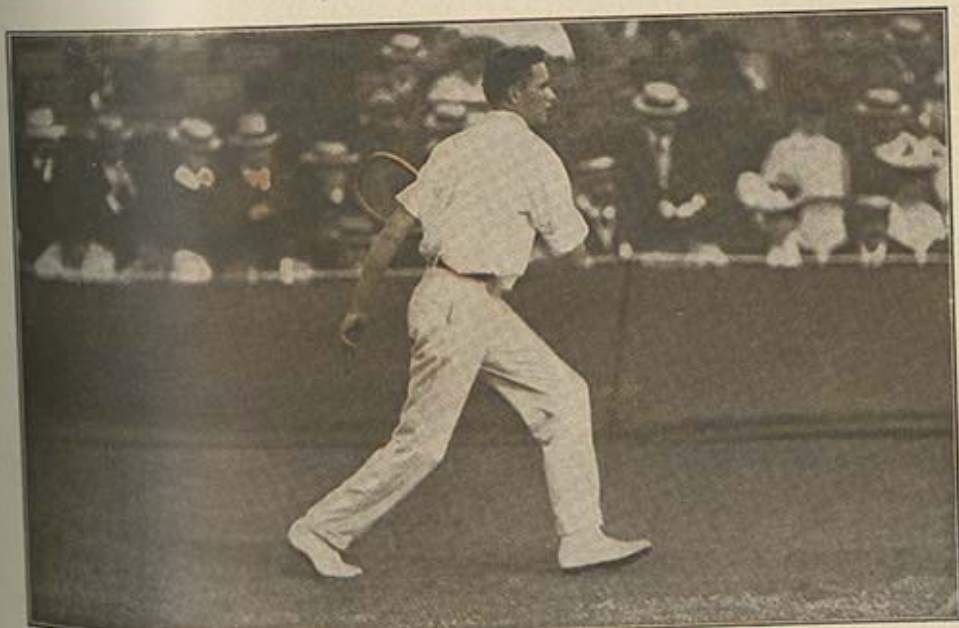


who are much in the public eye. A notable instance of this occurred in the famous "Tennis Cabinet" of Ex-President Roosevelt. A sport sufficiently stirring to mind and muscle as to be commended by the ever-active former President as an antidote for the "hard heads and soft bodies," for which he arraigned some of his countrymen, is surely worthy of the consideration of all lovers of outdoor exercises. The game has also enjoyed much favor among the reigning families of European lands. Eustace Miles, the famous British authority on rational diet and exercise, is an enthusiastic advocate of tennis, and that he is a worthy exponent of the game is proven by his sterling work in his contest with young Jay Gould, which occurred in the not far distant past.

It is by no means true, however, that only those possessed of ample means find it possible to secure the pleasure and benefits offered by the game of tennis. The equipment is not especially expensive, particularly when the cost of the

net and the expense of labor for the preparation of the court are shared by a greater or less number of prospective players. As a matter of fact, the tennis court will be found to create and sustain more interest if it is the joint property of several players or even of a club, than would be the case were it the property of one individual. In the former instance it results in giving the game a social aspect which tends to prevent players from losing interest in the court and the amusement it affords, and in fostering a spirit of friendly rivalry, which cannot fail to have its effect in more skillful playing, and greater consequent benefit than would otherwise be the case.

Taken all in all, tennis is a social and physical benefactor. The clubs formed to play the game have the result of stimulating interest in athletics in general. One who plays this game in summer, will be led to take some form of exercise all the year round, and the consequent physical activity will result in the betterment of the race at large.



W. J. Clothier, a tennis player in the championship class.

Gladstone said:—"All time and money spent in training the body pays better than any other investment."

# The Tomato as a Food

## Does It Cause Cancer?

VALUABLE INFORMATION ABOUT THIS POPULAR FOOD—  
SOME EXCELLENT METHODS FOR ITS PREPARATION

By Charles Merrilles

No one can question the popularity of the tomato. It is easily digested, and as a healthful food can be highly recommended. The author of the following article presents some information that should be useful to those interested.—Bernarr Macfadden.

THE tomato, which is in general use as an article of food, is the fruit of a number of varieties of a plant known to scientists as the *Lycopersicum esculentum*. Then there are also the varieties known as currant and cherry tomatoes. The fruit of the first of these grows in tiny clusters, and the plant itself is small, and only raised for ornamental purposes. Cherry tomatoes, in size and appearance, resemble the fruit from which they derive their name. They are occasionally grown for pickling purposes, but are rarities in the average kitchen.

The original home of the tomato was in Peru, the Brazils, and other South American countries. Certain historical records still in existence show that Spanish adventurers visiting Peru took it from that country to Europe early in the sixteenth century. The nations on the Northern shores of the Mediterranean seem to have favored it from the first, although the tomatoes of those days must have been vastly inferior to those of modern times. England and the northern lands, however, appear to have looked upon it with distrust and even dislike. In 1581 a Spanish author speaks of the growing of tomatoes near Madrid. English writers in 1597 and 1656 allude to it as a "plante that hath prytte fruite, but is of poisonous qualitie." In 1752, however, in a book called "The Gardener's Diet," the tomato is spoken of as an agreeable flavoring for soup.

Cultivation of the tomato for the market was not begun in Great Britain until 1800, and in America until 1830. Four varieties appear to have been grown, all of which were of the "pink-

fleshed" type. They were popularly known as "love apples," or "Jerusalem apples." The prejudices against them remained, nevertheless, and the belief that they would, if eaten, cause sickness and even death, seems to have been fixed in the minds of the multitude.

With some people the tomato is not unlike the olive, in other words they must "learn to like" them. Children, for instance, frequently have an aversion to this article of food though, by coming in contact with them frequently, they nearly always acquire a fondness for them.

Tomatoes are unquestionably more wholesome when eaten raw. They are one of the most popular articles for making salads, in fact, some are of the opinion that no salad is entirely complete without the tomato forming at least a part of it.

The "green salad" is one of the most healthful articles of diet, especially when eaten with what has been called a physical culture dressing. This dressing is made in a similar manner to French dressing, simply using lemon juice as a substitute for vinegar. The best way to make this dressing is to squeeze and strain the juice of one lemon, then mix and dissolve salt to taste, after which add from two to four times as much olive oil as you have lemon juice and stir in thoroughly. Many prefer a small quantity of mustard with the dressing, and if this is desired, it can be added. However, this dressing can be made even without the use of salt if one so desires, and if some very finely chopped onions are added it will be tasty even to those

accustomed to using salt. Salt, as has been stated in these columns repeatedly, should be used sparingly, especially when one is suffering from rheumatism and similar troubles.

Various combinations can be used with tomatoes to advantage, for instance, tomatoes and lettuce make a splendid salad. Tomatoes and cabbage can also be recommended. Tomatoes and water dress go well together. In fact, most any of the green vegetables that ordinarily are used for salads can be combined with tomatoes and the combination will, in every instance, have a splendid flavor. Many, however, prefer to use the tomato without the addition of other articles, and used in this manner it will make a splendid salad, especially when either mayonnaise, or a dressing similar to that which I have suggested is added.

The tomato might be termed an intestinal antiseptic. In other words it has a cleansing effect upon the entire alimentary canal. As will be seen by the following table, the percentage of nourishing elements which it contains is not especially high, but nevertheless, one could live on this one article of food for an indefinite period, if circumstances were such as to compel one to follow such an abstemious régime:

ANALYSIS OF THE TOMATO.

	PER CENT.
Water.....	94.3
Mineral.....	.5
Nitrogenous, or muscle making elements.....	.9
Fibre.....	.6
Starch, fat, etc.....	3.7

Mr. A. W. Livingston, of Columbus, Ohio, who has been called the "Father of the tomato," on the score of his cultivation and popularizing the fruit, relates how when a boy, in 1830, he gathered some wild tomatoes, because of their pretty appearance, and was warned by his mother not to eat the "love apples" because they were poisonous. "Even the pigs won't touch them," she added, "because they know that they'd die if they did." Some years later, Mr. Livingston made fame and fortune out of the "poisonous apples."

Botanists say that the old-time ideas about tomatoes being harmful probably

arose from the fact that the plant belongs to the nightshade family. But outside of the poisonous qualities charged, a whole lot of silly superstitions have been saddled on it by the weak and credulous. Thus it was called the "love apple" because 'twas believed that it had aphrodisiacal powers—that if fed by a lover to his coy beloved, she would at once become as ardent as she had been cold. There was also a tradition that the tomato was green until the priests of Spain brought the news of the Crucifixion to Peru, when the fruit turned red to commemorate the shedding of the Sacred Blood.

In America, and in England as well, at the beginning of the last century, the tomato was declared to cause palsy, if the juice of its leaves were rubbed on the limbs. It was also said to cause colic in grown-ups, and mumps in children. All these and other stupid notions concerning this beautiful and wholesome fruit have long since been exploded. Nevertheless one of such apparently remains, which is, that the use of tomatoes causes cancer. As a single proof of the persistence of this evil ignorance, may be cited the fact that within recent months, a New York newspaper published a long article on tomatoes as a provocative of the dread disease in question.

An illustration of the absurdity of this mischievous belief is given by the Hon. W. Russell, the English medical authority and author in his well-known work on "Diet and its Relation to Disease." In the book he treats at length on cancer, gives statistics regarding it from localities all over the world, and appends a list of diets by which the disease may be prevented, checked, or cured, and in the majority of these diets he gives a *prominent place to tomatoes as a curative.*

Tomatoes are universally recognized as an invalid food by medical men. This for the reason that their pulp and juice is not merely digestible, but contains an acid, which is at once a mild aperient and a promoter of gastric secretions. Now cancer, according to Professor Russell and his colleagues, is a disease of impure blood produced by an excessive use of meat, fish, alcohol, or tea. These in turn interfere with the action of the assim-

lative and excretory organs, and the body becomes charged with poisonous matter, the out-thrusting of which not infrequently takes the form of cancer.

As the action of tomatoes on the body is of a purifying sort, for the reasons given it follows that it must be anti-cancer instead of cancer producing. Its beneficial action on the stomach is recognized by the profession at large. The late Dr. Bull, of New York City always used to order raw tomatoes for his patients when they reached the solid food stage of recovery, because of their blood purifying and intestinal regulating powers. At the General Memorial Hospital, New York City, better known as "The Cancer Hospital," because the institution makes a specialty of treating cases of the disease, tomatoes in season constitute an important part of the diet of convalescing patients.

A number of prominent medical men to whose attention the newspaper article has been called, simply laugh at the attempt to blacken the reputation of the tomato. For the most part they refused to dignify with discussions such a "fool statement" as one of them characterized the libel.

The tomato in its original form was small, hollow, tough and sour. In the Southern parts of the United States the aboriginal plants are still to be found, the descendants of those brought by early adventurers from Southern America. The superb fruit, as we know of it to-day, has been evolved from its unattractive ancestors by scientific selection and the use of appropriate soils. Observers state that the improvement is, in the main, due to the increase of the tissue cells of the original fruit.

It is said that acre for acre, the tomato will return more to the agriculturist with less labor and expenditure than practically any other crop. An acre of land will yield from five to twenty tons of tomatoes and one ton can be turned into 380 to 400 three-pound cans. As the majority of tomato farmers have an arrangement with a cannery outside of that with a produce broker, it will be seen that their chances of loss are not great.

In the North, tomatoes are raised under glass during the winter months.

As illustrative of the way in which the total scheme of Nature is poised, the female flowers of the winter plants have to be made fruitful by hand, there being no bees about as there are in summer.

Such tomatoes enter into market rivalry with those grown in the open air in the South. The winter crop of the latter sections is comparatively scanty, but its owners are compensated by the high prices of the Northern commodity.

Three of the greatest of the tomato states are New Jersey, Maryland, and Delaware. There are some hundreds of varieties grown, but these all may be classified under one of the following classes: Early, purple, red, yellow, dwarf, and potato-leaved. During the past twenty-five years the varieties have increased to a perplexing degree.

A semi-humorous eulogy of the tomato has been pronounced by Professor Charles Wickenham, of Guy's Hospital, London, thus: "It is both vegetable and fruit, partaking of the beauties and dietetic advantages of both. It makes superb soup, either alone or with other materials. It also makes ideal salads, catsups, pickles—green or ripe—sweet, spiced, and sour, or in mangoes. The tomato is equally delectable if sliced, baked, scalloped, dried, fried, or stewed. It is a food for the athlete, and a delicious dish for the invalid. It is food for the sick and well, the old and young, the rich and poor, the leisurely and the laboring, the wise and otherwise, the saint and sinner. It is the best of all vegetables as an article of diet. For the sick, especially if they suffer from stomach troubles, it is a gift from Heaven."

For those who prefer the tomato cooked, I am presenting herewith a number of useful recipes:

*Tomatoes and Onions.*—Take an equal quantity of tomatoes and onions (canned tomatoes can be used), place on the fire, salt to taste, and cook until the onions assume the proper consistency. Add olive oil or butter in liberal quantities before serving.

*Stuffed Tomatoes.*—Take large, firm tomatoes; cut a round place in top of each, scrape out all the soft parts; mix with stale bread crumbs, corn, onions, parsley, butter and salt; chop very fine

and fill tomatoes; carefully bake in moderately hot oven; put a little butter in pan; see that they do not burn or become dry.

*Baked Tomatoes.*—Select fine large tomatoes, and cut a small piece out of the stem and of each. In this hole place a small lump of butter, about half the size of a hickory nut. Bake the tomatoes slowly for half an hour; take up, and keep hot while you thicken the juice left in the pan with a teaspoonful of flour wet up in a very little cold water. Set the pan on top of the stove, and let its contents boil up once. Salt to taste and pour this sauce over the tomatoes.

*Broiled Tomatoes.*—Slice, but do not peel, fresh tomatoes. Broil them on a toaster over the fire; remove to a hot dish; put a little butter and salt on each one, and let them stand a minute before serving.

*Panned Tomatoes.*—Cut the tomatoes into halves, place them in a baking pan, skin side down, sprinkle lightly with salt

and pepper, and put in the center of each a tiny bit of butter. Bake slowly until soft. Dish, and add to the liquor in the pan one pint of milk. Moisten two level tablespoonfuls of flour with a little cold milk; add it to the pan and stir constantly until boiling. Add a teaspoonful of salt and pour it over the tomatoes. Garnish with squares of toast and serve.

*Scalloped Tomatoes.*—Take six large ripe tomatoes, skin and cut into small pieces. Spread a layer in the bottom of baking dish, season well, put a layer of coarse bread crumbs over the tomatoes, with bits of butter. Continue this until the dish is full, having bread crumbs on top. Bake one hour.

*Stewed Tomatoes.*—Canned tomatoes can be used. Put one tablespoonful butter in a stew pan, and let it brown slightly. Then pour in one can of tomatoes, seasoned with salt and cook one-half hour. At the last add one-half cupful of bread crumbs and serve.

## Developed Endurance by Following Our Methods



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TO THE EDITOR:

I am a professional baton and gun-spinner, and have traveled all over the country. My act requires a great deal of endurance and strength. After reading your literature I began to take the exercises you advocate with a view of cultivating endurance, in which I was sadly lacking. When I was half through with my act I would be "all in," as I do some very fast work.

After following your suggestions for three months, I increased my strength and endurance to such an extent that I could go through my entire act without any trouble whatever.

MAJOR JOHNNIE CONRAD.

150 Benton street, Detroit, Michigan.

# The "Cleverness" of Dr. Woods Hutchinson

By George Howard Jackson

DR. WOODS HUTCHINSON, well known through various magazine articles, has just made his latest appeal to popular prejudices through a book called, "Instinct and Health." He stands forth as the champion of those opposed to so-called "health-fads," of all kinds. The term, "fad," by the way, is an expression of contempt and disapproval, and may be applied to any new or progressive movement, the merits of which have not yet been seen by the individual using the unfriendly word.

Dr. Woods Hutchinson is a very "clever" and popular writer, being paid high rates by the popular magazines for his pungent manuscripts, and the favor with which he is received by the public at large is due partly to the fact that he almost never says anything with which his readers can seriously disagree. But this is the way of the world. It is the reward of the journalist of conformity, for the thoroughly progressive writer and teacher has ever been compelled to face the prejudices and disapproval of his fellows. As Lövborg says, in Ibsen's "Hedda Gabler," when told that his first book has been much praised, "That was what I wanted; so I put nothing into the book but what every one would agree with." And it is particularly easy to be clever by turning ridicule upon the efforts of reformers who are seriously and earnestly trying to improve the human race.

There is nothing in the world that will please the average man so much as to be told that his vices, dietetic and otherwise, are commendable, and he likes the book and the author that tell him so. The glutton likes the advice of the average doctor, "Eat plenty of good, nourishing food!" which means that he may continue to be a glutton. Or at least, that is what it means to *him*. Consumers of tea and coffee delight to hear the praises of their favorite beverages, qualified only by the admission that they are poisons merely to a luckless and "peculiarly susceptible" five per cent. of the

population. The wine-sipper likes to be told that his wine will do him no harm, or that tobacco and alcohol in small amounts are not poisonous, except to a very small percentage of people, while only in excessive amounts to the majority of the race. And Dr. Woods Hutchinson, in his strictures against health-faddists and reformers generally, scoffs at what he very cleverly calls the "deification of the disagreeable," telling people to eat anything they please, and to do anything and everything they feel like doing, in short, to keep on living as they have been living, and they will have health. All this irrespective of the fact that as a result of the prevailing habits and modes of life, weakness and ill health are the predominating physical characteristics of the majority of our people.

This gifted author, like almost every other writer that ever lifted a pen, professes to be a lover and follower of "Nature,"—poor Mother Nature! And like nearly every one else, he is a firm believer in instinct. His chief contention as far as it can be ascertained, is to the effect that the prevailing habits and customs of the white race, and particularly the foods most frequently found on the civilized table, have been selected through the unerring promptings of the instincts of the race, being therefore, most perfectly adapted to promote the welfare and health of humanity, and that consequently all "reformers" are talking nonsense. To many of us it would appear that the instincts of civilized man have been perverted through unnatural conditions of life, but from the viewpoint of our friend, Dr. Hutchinson, and especially after reading his praises of coffee and tea, it would seem that all of our vices are likewise prompted by instinct, and therefore good for us. But if our vices are destructive, as we know they are, then perhaps our impulses, or what we call "instinct," cannot always be trusted. If our friend claims to distinguish between vices and wholesome

habits, the latter dictated by instinct, then may not his distinctions be purely arbitrary with him? If we look upon certain other detrimental practices as *vices*, why may we not also consider what he would charitably call "heartiness," fast eating, or meat eating in the same light? For most hearty eating is over-eating.

Although contributing a chapter on the dangers of exercise, our author, with an inconsistency delightfully like himself, says many, many things in favor of its urgent necessity for a healthy life. And as will likewise be seen in his remarks upon open windows, babies, clothes, and the importance of play, he might be regarded as a pronounced champion of the physical culture life, were it not for his views on diet and various other exceptions. Briefly, the entire work is marked by that curious mixture of progress and conservatism, which is to-day the characteristic of the medical profession generally. There is much to commend in the book, and yet, in the reading of it one cannot escape the ever-persistent surmise that the Doctor himself is personally very fond of pork, and tea, and tobacco, and possibly wine. (*In moderation*, of course.)

It must be said that Dr. Woods Hutchinson is always ingenious. He is invariably interesting, irrespective of the truth of his contentions, many of which, we must also admit, are weighted with truth. But this is to be expected of any writer who covers many subjects and says many things. He expresses himself in a style that is both aggressive and vigorous—even dogmatic—and in what may be an effort to secure sensational effects or striking emphasis he frequently contradicts himself, being particularly sure to be right at least part of the time when he does this. For instance, in one place he says that colds are caused by infection, and in another that they are the result of bad air. Again, after all the pains that he has put himself to in order to prove the superiority of instinct over reason, he in a careless moment makes the declaration that instinct makes almost as many mistakes as reason. Nor is he altogether consistent in upholding the prevalent diet of civilized man as ap-

proved by the wisdom of "racial instinct," while in another chapter, pleading for the open window, he fails to connect the closed window and the common lack of ventilation, with a similar popular preference or racial instinct. Where our friend approves of the apparent preferences of civilized man for beef and pork, for instance, he calls it instinct. But where he disapproves, as in the case of the preference for super-heated, unventilated rooms, he looks upon it as stupidity, not instinct. Certainly there is no *reason* in the tightly closed window.

No one can doubt the value of instinct. But reason is not opposed to instinct, as our friend would lead us to suppose. Nor is instinct, blind instinct, sufficient to meet all of our requirements at the present day. Intelligence is the greatest gift we have, the gift which has made it possible for us to progress. The curse of the world is not reason. It is *ignorance!* And instinct alone will not avail. What we need is *knowledge*, and this combined with instinct will provide for our welfare and carry us forward. And the much ridiculed reformer, "food-faddist" or other, is usually one who perceives the ignorance of his fellows upon some point, and offers them the knowledge which will make them better and stronger and happier than they are.

It may be true that, as the worthy doctor contends, the death rate among civilized men is lower than among savages, and that the average length of life is greater. But, if so, it is not saying much for us, and it only means that the savages, with only their instincts to guide them, may be even less fortunate in this respect than we, who have had the advantage of the reason which our author so despises, and have enjoyed the benefits of the labors of reformers and teachers. Certainly it does not indicate that we of to-day have nothing to complain of in health and virility. In the face of the fact that health with long life, barring accident, is the normal state of every human being, our low average length of life, the alarming numbers of our hospitals, insane asylums and sanatoriums, and the size of the army of physicians scattered through the land, will prove well enough that there is real

need of reform in the habits and manners of men, and that our "racial instincts" have not yet provided well enough for our welfare. And since the greater part of our diseases and deaths are primarily the result of digestive disorders and malnutrition, there is still room for doubt, even after the publication of this wonderful book, as to the prevailing semi-carnivorous diet of civilized man being the ideal and most perfect one.

With ridicule for Fletcher, Chittenden and other serious students, the author passes on to the contention that a mixed diet of both flesh and vegetable food is superior to an exclusive diet of either. He says, "The man in the street follows his God-given instincts and plods peacefully along to his three square meals a day, consisting of anything he can find in the market, and just as much of it as he can afford, with special preference for rich meats, fats and sugars. Here, as everywhere, instinct is far superior to reason, and a breakfast diet of sausage and buckwheat cakes with maple syrup and strong coffee has carried the white man half round the world; while one of salads and cereals, washed down with post-mortem subterfuge, would leave him stranded, gasping, in the first ditch he came to."

All of which is nonsense on the face of it, and especially from a scientific viewpoint. It has been incontestably proven, times without number, that a vegetarian diet is not only fully equal to a part meat diet in affording immediate strength, but infinitely superior in promoting endurance, which is the true test. This is true both in the animal world and in the human race.

Furthermore, the three square meals a day of "the man in the street" are likely to prevent him from doing much more than plod peacefully along, owing to the lack of functional energy, which they will leave him to devote to activities other than the disposition of his meals. If a man cannot omit one of these three meals without a feeling of distress and faintness, then it indicates clearly that he is very poorly nourished. He will not assimilate the entire three meals, for his system does not require that much, will not use it. It is true that

differences of temperament are to be considered, and that the plan of three light meals may be the most satisfactory one in some cases. But the three "squares," really, this is too much! That third meal is one of our greatest vices. Many of the strongest and most powerful races of primitive men followed the two meal per day plan strictly, while there were some, notably the Persians, when their Empire was in its greatest glory, who lived on one good "square" per day. The Greeks ate two meals. Assuredly, one who has given the two meal per day plan a thorough trial will rarely, if ever, return to the three meal régime, and when he does, it is usually not for long. Many of the best nourished men that may be mentioned, including the thorough-chewing and remarkably-enduring Horace Fletcher, eat but one meal each day. It is clearly a case of "not how much, but how well." And if the "man in the street" would realize not only the pecuniary economy, but also the vital economy of eating no more than his organism actually requires, he would live longer, feel stronger and think stronger.

Although our author claims to be a follower of instinct and of Nature, yet other lovers of Nature and followers of instinct have concluded that the sense of taste was intended for tasting, that our teeth were shaped in the form of grinders for the purpose of grinding, and that accordingly every bit of food eaten should be ground thoroughly and tasted to the fullest extent possible. The result is far better satisfaction from far less food, and perfect assimilation. Furthermore, this plan of truly following Nature, dietetically, leads one instinctively to reduce the amount of high proteid foods in his diet and especially to desist from the use of flesh, on the ground of palatability. Let any one try for several months.

The structure of the teeth and digestive organs of man indicate that he is by nature non-carnivorous, his nearest of kin, among the anthropoid apes, themselves strictly vegetarian, being equipped with a digestive apparatus practically identical with the human. Our teeth were not made to tear flesh, but to grind. The canine tooth, of which so much is



said in this connection by those opposed to vegetarianism, is not a meat eating tooth, but a fighting tooth, of great advantage to the ape and to primeval man as a means of self-defense. As Woods Hutchinson himself says of man, "He still shows his canine tooth when angry, in the sneer." In the beginning man was undoubtedly frugivorous, and there is every evidence that the use of meat was not begun until the arrival of the glacial period, at which time the conditions of life, were such that the alternative to starvation was the eating of other animals. Indeed, it was at about the same time, and under the same conditions that cannibalism had its origin, just as, even in our own times, we have heard of shipwrecked and starving men feeding upon each other.

Representative of the conventional and stereotyped objections to the vegetarian movement is the following remark: "Parenthetically speaking it may be stated that vegetarianism is the diet of the enslaved, stagnant, and conquered races, and a diet rich in meat is that of the progressive, the dominant, and the conquering strains. The rise of any nation in civilization is invariably accompanied by an increased abundance in food supply from all possible sources, both vegetable and animal. The degree of vegetarianism of a race, or class, is simply the measure of its poverty."

So says the "clever" Woods Hutchinson, though perhaps it did not occur to him that the increased abundance of the animal food supply might have been the result and not the cause of the rise in civilization. But it would also be interesting to note that the use of any nation in civilization is also invariably accompanied by an increased abundance of vices of every sort, which are also subject to restrictions by condition of poverty. What we call civilization, is characterized not alone by the increased use of rich meats, fats and fancy dishes at the table, but also by rampant licentiousness and prostitution, the spread of opium, morphine and cocaine "habits," the increased use of alcohol and tobacco, idleness, luxury and other habits and conditions, which tend to destroy, and which do actually destroy.

Petrarch wrote: "Virtue has not a greater enemy than wealth. It was that which conquered Rome, after Rome had conquered the world." The disgusting gluttony of her riper days, together with other concomitant excesses, paved the way for her downfall. And we of to-day, in Paris, London, New York, yes, even in village and farmhouse, are beginning to feast in that same manner. And the result will be the same as in the case of Rome, Dr. Woods Hutchinson, if we persist. Your advice to eat "anything we can find in the market, and just as much of it as we can afford, with special preference for rich meats, fats, etc.," spells *degeneracy* for us, as for all other nations.

The conquering strains, did you say? Well, Cyrus the Great was brought up of a diet of bread, cresses and water until the age of fifteen years, after which honey and raisins were added. "Cyrus, who raised Persia from an obscure, rude colony into one of the most powerful and splendid empires the world ever saw, who performed more extraordinary marches, fought more battles, won more extraordinary victories, and exhibited more personal prowess and bodily power of effort and endurance than almost any other general who ever lived, subsisted from childhood on the simplest and plainest diet of vegetable food and water. And the Persian soldiers who went with him through all his career of conquest . . . strictly adhered to the same simplicity of vegetable diet (bread, vegetables and water), throughout the whole of their heroic course." (Rollin's "Ancient History," Vol. I.)

However, those whose perverted palates crave rich meats still love to credit all the progress of the white man, all his conquest, to his semi-carnivorous diet, ignoring the hundred and one various influences which have worked for his development, and ignoring also the fact that flesh fed races have been conquered, and have been stagnant, too. Among the savages, some of this type have even degenerated into pigmies. And, speaking of progress and conquest, we should remember that the conditions of life in the colder climates, even the cold air itself, have acted as stimulants to a

development, which is natural to man. In colder countries it was harder to secure food than in the Tropical Zone, and it became necessary to provide for clothing and to build houses for shelter. In order to meet these more rigid conditions and survive, man was forced into greater activity, the result being progress and development. Besides, our superiority in war is due largely to our cleverness in the invention and use of arms, our scientific knowledge, and not to the supposed fact of our having better food. The dyspeptic Anglo-Saxon, with his ingenuity and his machine-gun, is more than a match for the most powerful and robust, though less clever barbarian, and this not because of his diet, but in spite of it. Manifestly, this cleverness in chemistry and the construction of machines is not the result of devouring animal flesh. Many of the most brilliant minds of modern times, including the irresistible George Bernard Shaw, Tolstói, Edison, Maeterlinck, Wagner and others, have derived their energy from a non-meat diet.

Further illustration of our friend's inevitable inconsistency is the statement on one page that "white bread, and the whitest of the white, is the best, most healthful, and most nutritious food which the sun has ever yet grown from the soil," and on a following page the qualifying statement that "no good flour is pure white, but a delicate cream color." Apparently it did not occur to our good friend, in connection with the first of these two statements, that white bread, or white flour, is not grown from the soil, but is a man-made product, the result of tampering with and emasculating another food, which the sun and the soil did produce. "Nature is not a fool," says the doctor, and then he overlooks the fact that Nature has provided wheat as a perfect human food in its natural state. But there is no need here to dwell upon this question, which already has been threshed out often enough. We know that drug vendors spend countless fortunes to cover all the bill-boards and fences of city and country with adver-

tisements of cathartic pills, as the result of the common use of white flour. The almost universal prevalence of decaying teeth, even among young people, and the enormous business of our widespread army of dental surgeons, indicate clearly enough the fact that as a nation we are not nourished, though living on the diet which our author declares to be ideal. The fact that the great white plague of tuberculosis has proven even more destructive among us than the plague in India, during the past twelve years, is another evidence of mal-nutrition and of the insufficiency of our national diet and general habits of life, to say nothing of the characteristic physical weakness and innumerable other diseases common to our population.

We can do no more than here briefly notice the chapter entitled, "Exercise and its dangers," which in reality is chiefly an exposition of the advantages of exercise, though with the usual medical objection to "extremes" in exercise or manual work, and to the alleged "menace" of college and high-school athletics to the health of the community. However, his remarks in this connection are little more than a rehash of what has so often been said along these lines. It is unfortunate that the author did not give this chapter some other more suitable title, such as "The Advantages of Moderate Exercise," or "Rational Exercise," so as to put the matter in a more favorable and more true light. This eternal decrying of athletics and exercise upon the part of a large element of the medical profession is a most pernicious influence. The dangers of excess in exercise, such as they are, are certainly insignificant in comparison to the more real "menace to the community" involved in the common neglect to take any exercise at all.

And yet, there are really some good things in the book, as for instance, when the author, a strong advocate of manual training and of play, says, "Keep children growing physically, and answer their questions, and their minds will take care for themselves."

A pound of energy with only an ounce of intellect, will accomplish more than a pound of intellect with but an ounce of energy.—Dr. Walker.

# Golf as a Builder of Vitality

A SPLENDID EXERCISE FOR PROMOTING CONSTITUTIONAL VIGOR  
AND FOR ADDING TO THE GENERAL POWERS OF THE BODY

By George Strath

There is no exercise that can be more highly commended than golf. Golf involves a great deal of walking, and I have stated on frequent occasions that the best of all exercises is walking. In addition to this, the movements of the arms in swinging the clubs in various ways, provide splendid exercise for the chest. The views of the author of this article, who has a national reputation as an expert player, will no doubt be read with interest.—Bernarr Macfadden.

**A**THLETIC sports may be divided into two classes, viz., those that are intended to bring about the development of special muscles or parts of the body, and again, those that make for all-round endurance and strength. The first of these types has its uses, especially where the intention is to build up a weak part of the system; also is it favored by the athletic-specialist. A number of such sports are limited to gymnasium, while yet others are pursued in the open air. On the whole, though, they are less useful to humanity than are those which bring into play all the muscles of the body and at the same time furnish a pleasant exercise or stimulus for the mental powers. Such sports not only breed sinew and



Mr. George Strath, who is the oldest golf coach in this country. He is on the athletic staff of the Crescent Club, of Bay Ridge, Brooklyn, and is sixty-seven years of age.

mental acuteness, but they also bring into being the other quality of vitality, which is the offspring of a sound body and a sound mind working together. And, to my mind, the exercise which causes this desirable condition above all others, is the noble and ancient game of golf.

No attempt will be made to sketch the history of the game, but it may be said, that it can be traced to very ancient times and that its invention is hidden in the mists of pre-historic days. From the first to last, however, its charm has never lost its strength and the old axiom that: "Once a golfer, always a golfer," probably stood as good in the days when Scotland was inhabited by semi-civilized kilted kerns, as it does at the present. Man-



The President actively engaged in his favorite game.

kind has, after all, a good deal of common sense in its makeup, particularly where its amusements are concerned. If it is left to itself and is not compelled by a false environment and artificial social conditions to seek pleasure in wrong directions, it will usually do so in ways that commend themselves to the hygienist and moralist. The vogue which golf enjoys is an illustration thereof. It is not given to everybody, or to all communities to taste the joys of the links, but where this is possible, the zest with which the game is followed is a proof of the soundness of the taste for recreation which is possessed by the race.

But wherein lies the fascination of the game and why does it make for vitality—in which word, by the way, is summed up the elements of abounding health?

In the first place, it is an open air game, and readers of PHYSICAL CULTURE need not be reminded that the publication has always laid stress on the fact that an hour's sport or exercise out of doors, is worth half a dozen within walls. Furthermore, there is a sense of breadth and freedom about the links that is absent even in the case of an athletic field or track, and this too, has a salutary effect upon the player. Any scene or any thing which suggests that one is no longer fettered by boundaries or circum-

stances, cannot fail to exercise a beneficial influence upon the person concerned. It is said that in order to make the rounds of the holes of a link, one has to walk about ten miles, this distance of course, including the deviations due to badly driven balls. While the player may not always be called upon to undertake a journey of this length,

yet walking and golfing are inseparable, which accounts for much of the latter's healthfulness. If a sport leads one to unconsciously take a good deal of fine exercise, and that too without feeling fatigue during the effort, you may depend upon it that it is of an ideal nature in an athletic sense. And this golf does. If one feels tired it is only *after* the game, and not while one takes part in it. The sleep which follows, is that which waits only on him who has honestly and healthfully earned it, and such sleep, by the way, is a sure sign that the sleeper enjoys a high degree of vitality. Broken rest is due to causes which tend to lower one's vitality. Insomnia is nothing more or less than a manifestation of a nervous condition produced by a disturbance of one's mental and physical poise, or in other words, an upsetting of normal vitality. Golf is a great game to abolish such a condition. I have known chronic sufferers from insomnia to be restored to health by a half season's use of the clubs.

Professor Dudley Woorthmore, the British authority on alcoholism and kindred maladies, asserts that these, in practically every instance, are due to the victim lacking vitality, and that he mistakenly tries to obtain from stimulants, that of which his vices or his habits have deprived him. "In no small proportion of such cases," adds the professor, "The

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want of vitality has been produced by the patient not taking sufficient exercise, especially in the open air. In other instances, improper or insufficient diet are among the contributing causes. But no matter how produced, there comes into existence the craving for the virility which is lacking, and in nine cases out of ten, there is a resource to the whiskey bottle or drugs. Can this condition be remedied? Assuredly. Remove the causes and there will come a restoration to normal health. In nearly every case which I have treated, I remedied defects in the food régime, and prescribed exercise and lots of it in the open. The games which I recommend in particular are golf and that Yorkshire recreation known as 'knurr and spell.' Of course, if there were mental troubles—I mean worries—to overcome, these too, had to be dealt with as far as possible. But life looks very different to the man who is possessed of fine health to what it does to the nerve-shattered individual, who is broken by alcohol or misfortune. I have so much faith in out-door games for neurasthenics, that I would place them on the recognized lists of restoratives if I could. And of all of them, golf to my mind, is the most beneficial to humanity in the way indicated."

The golf enthusiast, it goes without saying, is a "braw laddie" in a physical sense. But even if one plays only occasionally, he is a better man for so doing. It is not hard to understand why, if you have visited the links, in this country or say in Scotland, on a crisp September morning. The dew is sparkling on the grass blades of the "fair green" or on the whin bushes; the far distances have a trace of morning mists still hovering around them. The turf is springy to the foot-tread, and one's companions and one's self are imbued with the exhilarating spirit of the surroundings and the game. Before the players quite realize it, they have covered some miles, breathing the pure bracing air, in the meantime, and enjoying the exercise which golf

calls for. Is it any wonder that each and all of these things do their part in making golf the vitality building and wholesome sport which it is.

In order to get the best out of any athletic exercise or pursuit it is essential that it shall have an object or intention. This is the reason why athletic games in which the individual or the team strives for a given end, are much more beneficial and inspiring than are stunts in the gymnasium. It is true that in the latter case, one may build up muscle more rapidly than on the track or field. Yet on the other hand, the gymnasium does not bring about the all-around good that the game does, because in the former case, the muscular efforts made in connection with the use of apparatus do not induce



The late Tom Morris, who was one of the oldest of professional golf players, and who would probably have been on the links now, if he had not met with an accident a month or so ago. Mr. Morris was ninety years of age at the time of his death.

the stimulus and pleasure of contest. It cannot be too strongly repeated that athletic effort of any kind *must* be accompanied by a degree of mental effort also, if the best results are desired. It is for this reason that golf not only increases the strength and health of the body, but has an effect for good on the mind as well, which in turn, reacts upon the body.

As bearing on the foregoing, it should be noted that according to famous exponents of the game, one never ceases to learn it, which is the same thing as saying that there it makes a continual demand on one's mentality. Only those who do not know golf will venture to dispute the proposition. The game offers so many developments undreamed of by the novice that, as already stated, one may play for years and learn something, on every occasion. The unexpected situations which it creates and the unlooked for eventualities that it presents keep the mind pleasantly busy, and here again we have another reason of its mental healthfulness and why it adds to one's vitality. To properly "address" one's self to the ball, which means that the player must place himself in the recognized position to strike the ball, to know how and when, and why to use the cleek, the brassie, or the lofterer; the mashie, niblick, driver, or putter, to learn how to "slice" or "pull;" to make due allowances for wind strength, to avoid the perils of bunkers or hazards in general, to know how to "honor" with credit and skill. These are but a few of the things that go to the making of a skillful player and incidentally, add to his vitality while he is learning them.

Then there is the actual exercise which is demanded. To the unknowing, it may



President Taft on the links, accompanied by Mrs. Taft.

seem an easy matter to strike a ball with a club especially made for that purpose. As a matter of fact, the reverse is the case. To learn to properly handle a club, that is to say, to "grip" it, is in itself, a portion of golf technique, which calls for careful training on the part of the tyro. Then again each club is only suited for a given purpose and must be used in a special way. To learn this way and to understand the circumstances which call for it, is a part of the training of the game which makes the latter so valuable from a hygienic standpoint, and which accounts in part for its vitality-building influences. At present, what is known as the overlapping grip, seems to be the favorite with professionals and advanced amateurs. With this grip, the fingers of the right hand, are placed below the left on the handle of the club. By this means the amount of work and responsibility of each hand is properly proportioned; for where it is otherwise, a stroke is apt to go wrong. Sometimes it is necessary that the right hand shall be the controlling factor and sometimes the left, according to the nature of the stroke. This is instanced as an illustrative fact of the technical difficulties which surround golf and make it the game that which it is.

In making a stroke of almost any kind, the amount of muscle effort that is used, together with the mental concentration, are far more than the outsider realizes. Suppose that the player is making his drive from the tee, which as the reader probably knows, is a tiny eminence made of sand. The object of the drive is to send the ball in the direction of the nearest hole and in order to do this, the player must not only put a good deal of force in the blow, but he must also see to it that he so hits the ball that it flies in a

straight order to strike a club made for that purpose. As a matter of fact, the reverse is the case. To learn to properly handle a club, that is to say, to "grip" it, is in itself, a portion of golf technique, which calls for careful training on the part of

straight order to strike a club made for that purpose. As a matter of fact, the reverse is the case. To learn to properly handle a club, that is to say, to "grip" it, is in itself, a portion of golf technique, which calls for careful training on the part of the tyro. Then again each club is only suited for a given purpose and must be used in a special way. To learn this way and to understand the circumstances which call for it, is a part of the training of the game which makes the latter so valuable from a hygienic standpoint, and which accounts in part for its vitality-building influences. At present, what is known as the overlapping grip, seems to be the favorite with professionals and advanced amateurs. With this grip, the fingers of the right hand, are placed below the left on the handle of the club. By this means the amount of work and responsibility of each hand is properly proportioned; for where it is otherwise, a stroke is apt to go wrong. Sometimes it is necessary that the right hand shall be the controlling factor and sometimes the left, according to the nature of the stroke. This is instanced as an illustrative fact of the technical difficulties which surround golf and make it the game that which it is. In making a stroke of almost any kind, the amount of muscle effort that is used, together with the mental concentration, are far more than the outsider realizes. Suppose that the player is making his drive from the tee, which as the reader probably knows, is a tiny eminence made of sand. The object of the drive is to send the ball in the direction of the nearest hole and in order to do this, the player must not only put a good deal of force in the blow, but he must also see to it that he so hits the ball that it flies in a

straight line. In order to do this, the club must describe a swing downwards and onwards, so as to strike the ball from the tee, and then, without ceasing its forward motion, continues on and away to the left. I need not enter into the reasons why there must be no break in this motion, but such there are, and good ones that at. The point is, that this long, clean, slashing stroke, with muscle and mind behind it, constitutes a form of athletic movement of the best and as a consequence, assists in the making of vitality.

What applies to the drive, applies almost equally to other strokes, each of which calls for a vigorous movement, which in a way, may be likened to those made with the Indian clubs or dumbbells. You can generally tell a devotee of the links by his deep chest, good shoulders and well "set up" appearance, all of which are due to the game and the strength and vitality which it has given him. Very recently, I came across a list of prominent players, and although I knew that a number of them were beyond middle age, I did not realize, so many of them had attained the scriptural limit of three score and ten. When men of these years can tramp the links at all seasons of the year, doing their eight or ten miles



The President and his Caddie.

with the clubs. Each of these men are or were, notable examples of vitality, triumphing over their years, and in a way, I believe that they have to thank golf for the preservation of that quality.

The enormous number of golf clubs scattered throughout this and other countries; the big lists of members on their rolls; the average health of these members, the vigor which distinguishes them and the public popularity of the game signifies far more than appears at first sight. As has been said, the public is apt to be wise in the selection of its recreations, if left to its unhampered choice. And its choice in this connection is a correct one. As a builder of health and the vitality which that health brings in its wake, I don't know of any game that can approach it. Where golf is the doctors are not, and no higher praise can be given to an athletic sport than this.



President Taft just finishing a drive.

# The Meat Diet in the Treatment of Consumption

THE CAUSE OF CONSUMPTION AND THE EFFECT OF AN EXCLUSIVE MEAT DIET UPON THE DISEASE

By Edward Quincy Norton

Many of my readers may question the policy of publishing the opinions contained in the following article. I have condemned the meat diet, and for general use I shall continue to condemn it. I desire to reiterate, however, that I am simply searching for truth. My own experimentation, together with that of thousands of others, has demonstrated beyond all possible doubt that a non-meat diet brings far better results in building strength and endurance and in the treatment of nearly all diseases. However, from information received recently I have felt that the elaborate experiments carried on by Salisbury and his followers in the treatment of disease were at least worth some attention. Communications sent me by the author of the contribution which follows have proved to me that the exclusive meat diet, at least in the cure of consumption, was worthy of careful consideration, and I am presenting his views herewith for the information of my readers. I shall be glad to be informed of the results of any experiments that may be made with a view of proving whether or not the statements contained herein are accurate.—Bernarr Macfadden.

**D**ISEASE can be treated successfully only when we know its cause. To know the cause of consumption—tuberculosis in any or all its forms—is to know how to cure it. Next to knowing the truth, is to learn that what we believe to be true is false; that what we believe to be right is wrong. Further research will then be undertaken, which would otherwise not appear to be necessary.

According to the theory of the widely advertised German scientist, Dr. Koch, "The immediate cause of consumption in all cases is the entrance of the specific organism" (tubercle bacilli). "Once introduced into the lungs, the bacillus sets up by its growth the inflammatory changes constituting the disease phthisis. These consist mainly in the formation of small, grayish nodules, the tubercles, which show a marked tendency to degenerative change, whereby cheesy masses, formerly considered so essential, result."

It will be seen that Dr. Koch believes and teaches that tubercle is the cause of consumption, and that the changes in the lungs are inflammatory in character. There are two fatal errors in his diagnosis.

First.—Tubercle bacilli can not be the cause of the disease, since they do not appear until the third stage is reached; tubercles being a secondary product, as

will be shown further on in this article. In the generally accepted method of diagnosis, great reliance is placed upon the physical examinations through auscultation and the sounds heard in the thorax, made more audible by the use of the stethoscope. Where tubercles have formed, it has been observed that there is a dullness of sound, or lack of resonance. When however, this condition has been reached by the patient, the third stage of the disease has already set in, and the fight for life is an uphill battle. The use of the microscope in diagnosing this disease, through an examination of the blood, and detecting the pre-tubercular stages, will appeal to those who demand scientific investigation and accuracy.

Second.—Tubercle is not of an inflammatory character, but one of paralysis and decay. This also will be more fully referred to in this article.

It is now quite generally taught and believed by doctors, that consumption (tuberculosis), is contagious. It is also generally believed by medical men that consumption is caused by the inhalation of dried sputum, which has been thrown off by a person having the disease. Both of these suppositions will be shown to be incorrect, when a microscopical examination of the blood, and a chemical examination of the urine, is made. It is also within the knowledge of most people that consumptive cases have been nursed



through to the end of their lives, by relatives or friends, without the latter contracting the disease.

If consumption were induced by the inhalation of dried sputum, it is certain that those persons who make a living by brushing shoes and boots, would be most generally affected, since boots and shoes come most in contact with dried sputum, in walking the streets and public places. Instead, however, of boot-blacks being more generally affected by consumption, than are persons engaged in callings anyway similar, they are more than ordinarily free from the disease. More important than this demonstration is the fact disclosed by the microscope, that the fermentative growth (*Mycoderma*), is void of all life, when thrown off in the sputum, and therefore incapable of generating in another person, the disease of which it is itself a product and not a cause.

Nor is this all to consider. It is a most significant fact that no physician, scientist, specialist, or bacteriologist of acknowledged standing in the scientific or medical world, has ever claimed to have traced a case of consumption back to the inhalation of dried sputum, or observed a case from the time of such inhalation, through to a well-developed case of consumption. One of the most expert microscopists in this country, has for over thirty years worked over and with sputum of consumptives, in all conditions, and has never felt the slightest ill effects therefrom. Nor has the disease noticeably increased among doctors and nurses, who are at all times exposed to the inhalations.

The truth is, the whole sputum theory is based upon mere conjecture, with not one scientific demonstration to support it. The same may be said of the contagion theory.

The writer hereof makes no pretension to being an authority upon medical subjects in general, nor upon consumption in particular. His authority is a physician who devoted many years to the study of this and kindred diseases, and under whose treatment the writer was restored to health, over thirty years ago, after reaching the last stage of consumption. Following this recovery he had for

five years many of this doctor's patients in his home, at his table and under his immediate care and observation, all of which experience increased his knowledge of the doctor's scientific attainments, and the uniformity of his success in restoring to health those who followed his directions. Since the doctor has been dead a number of years and everyone is free to employ his methods and systems, there can be no charge made that in thus publishing these facts, he will be benefitted by this or any other advertising his work may receive, now, or later. The sole object of the writer is to give to those who may be, as he himself once was, a consumptive without strength or hope, the benefit of his experience, in gratitude to the man who restored him to health, and to the system or method by which it was done. With these comments, the reader's attention is called to the following statements, some of which are compiled from the late Dr. J. H. Salisbury's book, "The Relation of Alimentation and Disease."

Dr. Salisbury began the study of germ disease in 1849, having been for some years engaged in the exact sciences of chemistry, botany, geology, zoology and mineralogy. In 1846 he had been appointed assistant in the chemical laboratory, of the New York State Geological Survey and in 1849 became Principal of the Laboratory. Being a graduate of the Albany Medical College, he began the practice of medicine in 1850, and was immediately struck with the fact that there was an entire want of medical knowledge as to the cause of disease. From this time onward, his attention was largely directed to the discovery of the cause of disease. His varied experience while in the U. S. Geological Survey, his study of the germination and growth of cryptogamic and fungoid plants, led him to the discovery of consumption. Of this he says: "Consumption is of this character—one that is produced by certain and too exclusive feeding upon the various preparations of grains, vegetables sweets and fruits, and the products developed by their fermentation. When fed too exclusively upon these fermentable foods, the over-taxed stomach and bowels are unable to digest them; alco-

holic and acetic fermentation set in, and the digestive apparatus is soon clogged with yeast vegetations and the enervating and poisonous products developed by their growth."

The first stage of the disease is divided by Salisbury into three well marked periods, which are fully described in his published works, the first stage being confined exclusively to the digestive organs. "The disease is confined to the bowels till the mucous surfaces become so paralyzed, under the influence of carbonic acid gas (constantly present), that the cells lose their normal selective power when the minute plants belonging to the genus mycoderma begin to be 'gobbled' up with the vinegar and carbonic acid gas, all of which now have a free and quite unobstructed pathway into the blood stream. The passage of these products into the blood marks the beginning of the second stage of consumption."

"The first and second stages can not be readily determined by the usual physical signs, but are readily indicated by a microscopical examination of the blood." "As the second stage advances, the yeast masses (mycoderma), are by degrees larger and more numerous, till the second stage is terminated by the blocking up of the capillary vessels and follicles with the enlarging yeast masses, or the stage of tubercular depositions."

"Tubercle is a secondary product, and has its origin in accumulations of yeast spores in localities and under conditions where they cannot escape. In such cases they form a heterologous deposit, around which, as a nucleus, other morphological elements and multiplying yeast spores accumulate. It is produced in the capillary vessels by aggregations, masses, collects, or emboli of yeast spores, (mycoderma), which become so large as to block up these vessels, forming a nucleus around which accumulate sticky, colorless corpuscles, fibrine filaments and more yeast spores; in the follicles and air cells of the lungs it is induced by aggregations of yeast spores, (mycoderma), and connective tissue cells and fibres."

"The third stage is terminated by the ushering in of the fourth stage, which is one of interstitial death and decay. The

breaking down is now going on faster than the building up of the system, and unless this process can be checked by such feeding as can be assimilated, and make blood faster than it is being wasted, the patient will soon die."

In the Salisbury method of diagnosis, the greatest reliance is placed on the use of the microscope. This is not only indispensable in the study of advanced cases, but by its use, the pre-tubercular stages can be detected, and at a time when the disease can be readily overcome, if properly handled. One feature of its use is that the certainty and accuracy with which the physician can diagnose the disease, gives to the patient that confidence which of itself has such an influence in overcoming the disease. Under the slide of the microscope, a drop of the patient's blood is placed from day to day and its condition or appearance registers the progress of the disease. In addition to this, any infraction of the rules or direction of the physician, by the patient, can be detected by the physician, since the eating of even a few mouthfuls of food, other than that prescribed for the treatment will be indicated within a few hours, by an increased fermentative condition of the blood and urine. In carrying out this method of treatment, close watch is kept over the kidneys, through a chemical analysis of the urine (taking as a sample, that first passed in the morning), and noting its specific gravity, which should stand from 1.015 to 1.020, the patient passing from three pints to two quarts in twenty-four hours. When the condition of the system has been so far improved that the urine will stand constantly at a specific gravity of 1.020, and flow at the above rate daily, the diet may safely be extended to take in broiled oysters, or raw, with lemon juice, broiled fish, free from fat, and an occasional soft boiled egg at breakfast. Any deviation, however slight, from the correct standard of the blood and urine, should be at once noted, and a return made to the plain beef and hot water diet, until normal conditions again prevail.

The drinking of hot water, beginning with a cupful and increasing the quantity

to not less than one pint, drank as hot as it can be comfortably taken, about an hour, (not less than half an hour), before each meal and before retiring for the night, will flush the stomach, bowels and kidneys, at the same time aiding the peristaltic action of the bowels and smaller intestines.

The patient should begin the treatment with the taking of the hot water, and in most cases should refrain from eating for from twelve to twenty-four hours, then take not over two or three ounces of the beef at a meal, for the first few days, when the specific gravity of the urine should stand at or very near 1.015 and be kept between that figure and 1.020, the latter being nearest normal. With some patients, the impression prevails that hot water nauseates the drinker. This is not true, though warm water will do so, and is effectively used for that purpose in many cases, but to overcome any objections on the part of the patient, a pinch of common salt, put in the water, will render it palatable and in some extreme cases where there is great sensitiveness of the stomach, if a piece of butter the size of a pea bean is added, together with a dash of black pepper, the hot water will have an agreeable flavor and relish.

In all cases where food does not readily digest and become assimilated, it lies in the stomach, ferments and produces carbonic acid gas and alcohol. The former rises to tickle the throat, causing that hacking cough, so wearing to the patient. This gas soon paralyzes the vocal chords, causing loss of the voice, and in continued cases, the heart is surrounded with gas, and so completely paralyzed as to stop the action of that organ, when one dies with what is often called acute indigestion. As the food continues to ferment, the quantity of alcohol increases and passing into the blood stream, soon affects the action of the brain, causing local disturbances and partial intoxication. For the elimination of the acetic and alcoholic fermentation products, there is nothing so effective as hot water and there is no danger of one's drinking it too freely.

It can not be too often impressed upon the mind of the patient that consump-

tion (tuberculosis), is caused by fermentation of food in the stomach, and that the cure consists in excluding those foods which ferment, and confining the diet to the most nutritious as well as most easily assimilated food, beef being the best, and in the form of broiled round steak, from the third to the sixth cut preferred, as being the most nutritious and having the least waste, in the form of fat, bone, or any undesirable tissues.

The best preparation for broiling is as follows: Remove the round bone, together with the outer rind of tissue and fat, also the tough fibres running through the beef, then cut into pieces small enough to go into a meat grinder and reduce the whole to a pulp. If one has no meat grinder, then the beef can be chopped in a tray, but care must be used that there be no stringy fibres left in the pulp. Shape the beef into compactness, not over three quarters of an inch in thickness, using the edge of the knife, to avoid pressing the beef into a livery, soggy mass. When ready to broil, slide from the plate, onto a close meshed wire broiler, and cook over live coals or bright blaze, until done through—the redness of the meat gone—when it should be served hot, with salt and butter to taste, a dash of Worcestershire or Halford Sauce added if desired. Mustard, horse radish or lemon juice may also be used occasionally to give variety to the flavors. Salt after cooking, as salt applied before cooking, hardens the beef. Use no sauce having vegetable base, or made with vegetables or vinegar, these latter tending directly to increase the fermentation in the stomach. Never fry the beef. If it is not convenient for one to broil the beef over coals, or a bright blaze, then a spider or frying pan may be used, if it is allowed to get very hot before sliding the beef into it from the plate. When ready to turn, put the plate over the beef and turn all over and slide the beef again into the spider, uncooked side down and finish cooking. A well balanced meal would consist of the following proportion: Seven mouthfuls of beef to one of toasted bread or boiled rice, whole-wheat bread being preferred to white flour, which has been deprived of some of its most desirable qualities.

After a few weeks of this exclusive diet, the patient should show marked indications of improvement, in kidney, stomach and bowel action, when a small portion of the white meat of poultry or wild game may be allowed, or two or three raw oysters, with lemon juice, salt and pepper, but never vinegar, on or in any food, because of its fermentative character, due to what is known as the "mother" of vinegar (mycoderma).

The best results will be secured, if the patient keeps close to the beef diet, as directed. This is not always easy to do, especially if one eats at the table where others are partaking of tempting food, and with most patients it is best to have them eat alone, or with those who are following the same diet.

The fact that the beef is chopped fine, should not lead one to swallow any of it, without thorough mastication. Should there be the least distress felt in the stomach, after eating, it should be taken as an indication that the food was not sufficiently masticated, or too much has been eaten.

For drink at meals, one may take a small cup of coffee, or tea, without sugar or milk, though hot water is best. But whatever drink is taken, it should not be permitted to interfere with thorough mastication of the food.

It is the writer's experience that a cup of good coffee taken at the end of the meal, aids in digesting the food, and is a most agreeable stimulant, while having fewer bad after-effects, than any form of alcohol. Under no circumstance should milk be taken with beef, since the latter is too hearty a food, and only after the patient has well advanced in improvement, should milk be given, and even then its use should be discontinued, if the color of the urine is heightened thereby. The best results are had from milk if it is taken warm from the cow, with the animal heat still in it. It should never be drunk, but taken by the spoonful, each one chewed and mixed with the saliva, as though it were beef or other solid food. The writer hereof is fully aware of the value of milk as a food, and of its use in the successful treatment of many cases of consumption, but is quite sure that the improvement in such cases was due more

to the exclusion of the fermentative foods, such as fruit, vegetables and sweets, than to the use of the milk, since milk alone will not make abnormal blood and urine normal, nor will it produce connective tissue as rapidly or as surely, as will beef, and connective tissue is most impaired in consumptive cases and therefore its rapid and thorough up-building is most needed. Without it in sufficient quantities, hemorrhagic conditions are certain to prevail.

A daily hot water sponge bath should be taken on retiring for the night, followed by a brisk rubbing with cool water, but not so cool as to produce a shock. A tablespoonful of ammonia in one quart of hot water, or a teaspoonful of common salt, is sufficient for the daily bath, though more water with an addition of soap, should be used once or twice a week, at least. In extreme cases the hot water bath should be followed by a rubbing down with brandy or alcohol, to prevent taking cold, and often an olive oil rubbing will not only soften the skin, but aid in nourishing the patient. As soon as one can stand it, a cold water sponge bath should be taken each morning followed by a brisk rubbing down, and it will be best if the patient does the rubbing, in order to secure the benefit of the exercise.

In conclusion, let it be understood that this beef and hot water diet method, is not an experiment. It has been used for years, and in many cases, demonstrated to be effective, in all stages of the disease, and the writer hereof begs that no one will take it up with the idea of "trying it." Do not start in with it unless determined to carry it through to success. Not every patient can be saved, whatever may be done for them. There comes a time and condition beyond which no one can go and recover. If the disease has progressed to the point where there has been an organic lesion, or absolute breaking down of some vital organ or function, then nothing can restore health, but no patient should lose hope, and if any known system or method can remove, or aid in removing the cause of consumption, and in restoring the bodily organs, to their normal activity, this beef and hot water diet will do it. For the

first two or three weeks there will be a loss in weight and apparently loss of strength, the latter due to the elimination of the alcoholic stimulation which has come from the presence of the excessive alcohol in the system. As the fermenting foods are discontinued and the hot water washes out of the system the excessive alcoholic products, the urine will approach nearer to the normal standard, the cough and expectoration will gradually and rapidly disappear, the muscular contractions and cramps, together with other pains, will subside, the paralytic effects will disappear, fever and sweats will abate, warmth in the extremities will predominate, weight will increase, undisturbed and refreshing sleep will supersede the nights of coughing and wakefulness, and hope and health will come to those who are faithful in following the prescribed diet.

In summing up, it should be impressed upon the patient, that good (suitable) food, pure air and water, together with exercise, are the only elements of health and strength, and their proper assimilation is the only remedial process. That in prescribing a beef diet for the con-

sumptive, it is restoring the balanced relations of the system of one who has been living too exclusively upon fermentative food products.

The patient should also be impressed with the fact that consumption is neither contagious nor hereditary, though one's conditions or surroundings may be hereditary if they continue them, by living as have their parents.

In this article, the writer has made no reference to medication. So-called "tonics" and stimulants are delusive, in the main. Only those things which can be used in the up-building of the system, should be taken into the system. Aside from accidents, there will be little to harm any patient, excepting those things he takes into his mouth. It has been for many years the custom among physicians to give a tonic, "to build up the strength" of the patient. It should be strongly impressed upon the sick that nothing but food that can be assimilated—made available—can build up strength, air and water having distinctive food value, and that food is curative as well as causative of disease.



The baseball team of the Physical Culture Training School. A hardy lot of finely developed youths. Some of the players are former invalids.

# Improving and Beautifying the Complexion

HOW THE COLOR AND TEXTURE OF THE SKIN  
MAY BE INFLUENCED ADVANTAGEOUSLY

By Bernarr Macfadden

**B**EAUTY is almost universally regarded as superficial in character. Some would say that it exists on the surface only. Beautiful features are often said to mask an inferior character and an unclean soul. Though such a statement may in some instances be truthful, as a rule it will not be borne out by the facts. There are some women to whom the world seems hard and cold and pitiless. They often start out ingenuous, affectionate and trustful. They are imposed upon at every turn, and eventually they become hard, callous and cynical. Of course, it takes some time for sudden changes of this kind in one's character to stamp their indelible mark upon the features, but a woman with such characteristics cannot long possess beautiful features.

Now you must remember that the complexion is not superficial. The color of your skin is just as much a part of you as the innermost tissues of the body, and a fallacy that should be definitely branded is the idea that a lotion or a preparation of some character will be able to rid the skin of a muddy color or of blotches and pimples that mar its texture. To be sure the rubbing and massage that is advised in connection with these lotions are valuable. To a certain extent, they tend to accelerate the circulation to the tissues of the skin. They bring more blood to the part so treated, and naturally assist in remedying any defects that may exist, but it is not the material employed that accomplishes the result, it is the rubbing, and the friction that is so frequently advised in connection with these remedies.

To perfect the complexion one must first of all find out the cause of the defects that one desires to eliminate. If you have boils or pimples, these defects have been brought there by the blood; they have been created by certain condi-

tions with which you come in contact; they are not local or superficial; they come from the inside—prior to appearing on the surface, they have been a constituent of the circulation of the blood. Many ask why these defects appear so frequently on the face while they are not found on other parts of the body. This is very easily explained. The pores of the face come in contact with the air and through frequent washing are in a more healthy condition than the pores of the skin in other parts of the body. Under such circumstances, therefore, the impurities contained in the blood find an outlet more readily here than in any other part. You must realize that these defects are not what they seem to be; they are external manifestations of an internal condition, and it is your duty to at once make some change in your diet and general habits of life with a view of relieving the circulation of the blood of the impurities that have manifested themselves. If your skin is of a muddy color and there are no blotches or pimples, it simply indicates that you need more rich red blood, you need more of the elements needed to give the skin that pink, healthy appearance that is so much admired by everyone.

There are two methods of treating the complexion with a view of improving its character. One method might be termed local treatment, the other constitutional treatment. The local treatment includes friction, massage and various means that might be adopted to accelerate the circulation to the effected parts with a view of remedying the defects. The constitutional treatment demands the use of the various methods that can be used with a view of improving the quality of the blood, so that this vitality-building fluid will not only cease its efforts to eliminate impurities from the face, but will at the same time assist

in carrying away the various indications of impure blood that may have been deposited there already.

First of all, let us turn our attention to the local means of remedying these various defects. Take an ordinary pimple, for instance. The method usually followed in eliminating an eruption of this nature is to squeeze the tissue to such an extent as to force out the matter that usually accumulates within it. This in many cases will remove the defect, though a large red spot often results, and in some cases the pores of the skin about the affected part are thus permanently enlarged. Blackheads are frequently removed in a similar manner, that is, the tissues are squeezed to force out the matter or pus which usually forms the blackhead. This also, in nearly all cases, results in permanently enlarging the affected pores of the skin.

Now the best way to removing pimples and blackheads is with dry friction. To treat the face in this manner, secure an ordinary complexion brush and brush the skin of the affected part up and down, back and forth, from side to side, and diagonally, continuing the process until the skin is very red from the acceleration of the circulation of the blood brought to the surface by the friction. Even if this treatment does not immediately eliminate all blackheads or pimples, if continued two or three days you can rest assured that the eruptions will disappear. This friction incurs no bad after-effects. The skin is cleansed and improved by the treatment.

If one has a large number of blackheads or pimples it is sometimes a good plan to steam the face. This, of course, softens it and enables one more easily to remedy the disfigurements referred to. It is usually a good plan to first of all give the face a dry friction bath with a complexion brush, or a rough towel, then to give the face a steam bath, which should be followed by massage, kneading all parts of the face slightly, but giving special attention to the affected parts. After or during the massage a good grade of cold cream could be used, or what is better still olive oil with the greenish color removed. All this tends to accelerate the circulation to the affected parts,

very thoroughly cleanses the pores, softens the tissues, and is inclined to quickly and radically remedy disfigurements of the skin.

You must remember, however, that this will not cleanse the blood of impurities that are being eliminated in this part of the body. Regardless of the good care the cuticle of the face may receive, if you do not give some attention to diet or to those means essential to secure a free supply of pure blood, you have no right to expect the continued possession of a healthful complexion.

In numerous instances the complexion is injured by the use of cheap soap. Soap that is strong in alkali, no matter how agreeably perfumed it may be, is exceedingly harmful to the complexion. It destroys the natural oil of the tissues, gives the skin a dry, harsh lifeless appearance, and in every respect is destructive to the complexion. If you use any soap at all on the face, it is well to secure a brand that is made from olive oil, or other vegetable oil. You should also remember that it should not contain too much alkali. A soap that lathers too freely as a rule contains much alkali. The imported Castile soap is usually made from olive oil, and though it does not lather very freely, it is the most satisfactory sort of soap to use for washing the face.

I am inclined to believe, however, that it is really better to avoid the use of soap on the face altogether, if one is especially desirous of attaining a superior and richly tinted complexion. Many may consider such advice unusual, and may wonder how the face is to be kept cleansed of dirt if the use of soap is entirely dispensed with. It is an easy matter to solve this problem, as a good grade of cold cream, or olive oil with the coloring removed, can be used instead of soap. There may be an occasional exception when dirt cannot be removed in this manner, but the exceptions are rare. In fact, after giving the face an ordinary soap and water bath, one can rub in a quantity of olive oil or cold cream, and by freely using a soft towel or a chamois skin, can remove considerable additional dirt from the face.

If the face is washed once each day

necessary to proper functioning. They are necessary to the healthful activity of all the organs of the body, and if you neglect to supply a sufficient amount, you are bound to suffer for this mistake. If you are not in the habit of drinking water, I would advise that you try to cultivate it. One should drink a glass of water for every two or three of his waking hours, and during the summer season, when the activity of the pores is greatly increased because of the higher temperature, a much greater quantity should be used.

The subject of diet itself represents a field of knowledge of great interest to one interested in acquiring and retaining a beautiful complexion. A diet of uncooked foods, for instance, has many features that are of very great value in cleansing and improving the color and general character of the cuticle.

Perhaps about the best diet for quickly changing the condition of the skin is that in which the food consists solely of milk. The milk diet flushes the entire functional system—the arteries, the capillaries, the veins, and all parts of the tissues—with a new supply of nourishment, rich in all those elements needed to revivify the body. I have seen a muddy complexion assume the pinkish tint of youth after its possessor had followed a milk diet but a few short weeks. For those who are desirous of trying a diet of this character, I would refer to my published lecture on this particular subject. It contains many valuable hints and can be followed with advantage by anyone who is willing to take the trouble required in adhering to such a strict régime. However, do not make the mistake of thinking that milk can be of the same value if combined with ordinary foods. Milk does not combine satisfactorily with cooked foods, though it can be used to advantage in most cases with uncooked foods of various kinds, especially with fruits, both sweet and acid.

If you want to try a milk diet, let your diet be of milk exclusively. When you combine milk with ordinary cooked foods, you cannot take a sufficient quantity to be of any very great value, and in nearly all cases you will induce serious symp-

toms of biliousness or constipation, or both. Buttermilk, or the soured product of the sweet milk, which we term *sumik*, could be used with ordinary cooked foods, and in most cases will help improve the complexion. The radical improvement of the complexion, however, from a constitutional standpoint—that is, through the blood—in nearly all cases depends on reducing the quantity of food that one is in the habit of eating. This is absolutely essential in nearly all cases, but please note that when an exclusive milk diet is used the opposite condition prevails, that is, you must take all the milk you can drink, though it is better to take it at frequent intervals and in small quantities, for the system can handle it much more satisfactorily under such circumstances.

Now, it is hardly necessary to call the attention to the value of exercise as a means of improving the complexion. There is no better blood purifier than the general exercise of the muscular system that is required to accelerate the activity of all functions of the body. Walking and all the various movements that greatly accelerate the circulation can be most highly recommended. Deep breathing is also of very great value, and one cannot secure a proper supply of pure blood unless one has learned how to breathe.

Frequent bathing is, of course, of great value for blood purifying purposes. The pores of the skin must be kept active, and if they are not cleansed at frequent intervals, at least once or twice a week, the impurities that they might otherwise eliminate are often thrown back into the circulation and may result in serious eruptions. I should say that one should take a soap and hot water bath for the entire body at least once or twice weekly. A cold bath, or at least a cold sponge each day, can of course be taken with advantage, though this is not absolutely necessary by any means. A dry friction bath should, however, be taken at frequent intervals, as it is really of more value than the cold bath for increasing the activity of the pores of the skin. This dry friction bath can be taken with two soft bristle brushes. One of these brushes should be taken in each hand,



to use them effectively, and every part of the body should be brushed back and forth until the skin is pink from the friction. After you have taken this friction bath for awhile you will be amazed at the change that has taken place in the texture of the skin. Although previous to this it may have been harsh and dry, in a short time it will be as soft and pleasing to the touch as satin, all brought about through the influence of dry friction.

If the dry friction bath is taken pre-

vious to the sponge bath, the external parts of the body become so warm that one even yearns for a cold bath, and those who cannot ordinarily recuperate with a feeling of warmth from a sponge bath or a cold bath, can thoroughly enjoy and quickly recuperate from it with a pleasing feeling of warmth.

Scientific culture of the body will not only build a superb physique, but it will in all cases work marvels in the improvement of the complexion.

### One of Cincinnati's Public Play Grounds, on which Young Taft will play



A public playground in the heart of Cincinnati.

Charlie Taft, youngest son of President Taft, will play with the rest of the Eighth Ward "kids," in Lytle Park, when he comes to Cincinnati with his father. As President Taft was passing Lytle Park recently he remarked: "That will be a fine place for Charley to romp about, won't it?"

He stopped for a moment to watch the boys and girls on the swings and teeters, and

seemed to enjoy the sport of the children. "This park in this district was a fine idea," he said. "I think that the right place for recreation parks is in the down-town districts, near to the homes of those who can best enjoy them. Fine show parks are good in their way, but the play-ground and breathing place in a thickly settled neighborhood is better. This park looks fine."

# The Civilization of the White Race

A SCATHING ARRAIGNMENT OF THE RESULTS  
OF OUR SO-CALLED MODERN ENLIGHTENMENT

By George Wharton James

Our readers will doubtless recall with pleasure the splendid series of articles by Dr. James, which appeared in our pages during 1908. He has an original conception of things, and he has the courage of his convictions. In his book entitled, "What the White Race May Learn From the Indian," he has given us some valuable food for thought. I have been so impressed with his arraignment of the evils of our present civilization, that I have taken the liberty of reproducing an entire chapter of his new book, and am satisfied the censure found herein will strike our friends as being even stronger than anything George Williamson furnished us in his recent series of contributions.—Bernard Macfadden.

I AM by no means a blind worshiper of our so-called "higher" and "advanced" civilization. I do not think we have advanced yet as far as the Greeks in some things. Our civilization, in many respects, is sham, shoddy, gingerbread, tinsel, false, showy, meretricious, deceptive. If I were making this book an arraignment of our civilization there would be no lack of counts in the indictment, and a plethora of evidence could be found to justify each charge.

As a nation, we do not know how to eat rationally; few people sleep as they should; our drinking habits could not be much worse; our clothing is stiff, formal, conventional, hideous, and unhealthful; our headgear the delirium tremens of silliness. Much of our architecture is weakly imitative, flimsy, without dignity, character, or stability, much of our religion a profession rather than a life; our scholastic system turns out anæmic and half-trained pupils who are forceful demonstrators of the truth that "a little knowledge is a dangerous thing." And as for our legal system, if a body of lunatics from the nearest asylum could not concoct for us a better hash of jurisprudence than now curses our citizenship I should be surprised. No honest person, whether of the law or out of it, denies that "law"—which Browning so forcefully satirizes as "the patent truth-extracting process,"—has become a system of formalism, of precedent, of convention, of technicality. A case may be tried, and cost the city, county, or state thousands of dollars; a decision

rendered, and yet, upon a mere technicality that does not affect the real merits of the case one iota, the decision will be reversed, and either the culprit—whose guilt nor one denies—is discharged, or a new trial, with its attendant expense, is ordered. The folly of such a system! The sheer idiocy of men wasting time and strength and energy upon such puerile foolishness. I verily believe the world would be bettered if the whole legal system, from supreme court of the United States down to pettiest justice court, could be abolished at one blow, and a reversion made to the decisions of the old men of each community known for their good common sense, fearlessness, and integrity.

It may be possible that some who read these words will deem me an incontinent and general railer against our civilization. Such a conclusion would be an egregious error. I rail against nothing in it but that which I deem bad,—bad in its effect upon the bodies, minds, or souls of its citizens. I do not rail against the wireless telegraph, the ocean cables, the railway, the telephone, the phonograph, the pianoforte, the automobile, the ice machine, refrigerating machine, gas light, gas for heating and cooking, the electric light and heater, electric railways, newspapers, magazines, books, and the thousand and one things for which this age and civilization of ours is noted. But I do rail against the abuse and perversion of these things. I do rail against the system that permits gamblers to swindle the common people by watering the stock of wireless telegraphy, cable, rail-

way, or other companies. I enjoy some phonographs amazingly, but I rail against my neighbor's running his phonograph all night. I think coal-oil a good thing, but I rail against the civilization that allows a few men to so control this God-given natural product that they can amass in a few short years fortunes that so far transcend the fortunes of the kings of ancient times that they make the wealth of Cræsus look like "thirty cents." I believe thoroughly in education; but I rail earnestly, sincerely, and constantly against that so-called education (with which nearly all our present systems are more or less allied) of valuing the embalmed knowledge of books more than the personal, practical, experimental knowledge of the things themselves. I enjoy books, and would have a library as large as that of the British Museum if I could afford it; but I rail persistently against the civilization that leads its members to accept things they find in books more than the things they think out for themselves. Joaquin Miller seemed to say a rude and foolish thing when he answered Elbert Hubbard's question, "Where are your books?" with a curt, "To hell with books. When I want a book I write one;" and yet he really expressed a deep and profound thought. He wanted to show his absolute contempt for the idea that we read books in order to help thought. The fact is, the reading too much in books, and of too many books, is a definite hindrance to thought—a positive preventive of thought. I do not believe in predigested food for either body, mind, or soul; hence I am opposed to those features of our civilization that give us food that needs only to be swallowed (not masticated and enjoyed), to supply nutriment; that give us thought all ready prepared for us that we must accept or be regarded as uneducated; those crumbs of social customs that a frivolous four hundred condescend to allow to fall from their tables to us, and that we must observe or be ostracized as "boors" and "vulgar"; and those features of our theological system that give us predigested spiritual food that we must accept and follow or be damned. I am willing to go and feed

with the Scotch and the horses (*vide* Johnson's foolish remark about oatmeal), and be regarded as uneducated and be ostracized both as a boor and a vulgarian, and even be damned in words, which, thank God, is quite as far as He allows any one human being to "damn" another. For I am opposed to these things one and all.

I am not a pessimist about our civilization: I am an optimist. Yet I often find my optimism strongly tinged with pessimistic color. And how can it be otherwise?

Can any thinking man have much respect—any, in fact—for that phase of his civilization which permits the building of colossal fortunes by the monopolization of the sale of *necessities*, when the poor who are compelled to buy these necessities are growing poorer and poorer each year?

Can I respect any civilization that for 125 years of its existence has refused to pass laws for the preservation of the purity of the food of its poor? The rich can buy what and where they choose, but for the whole period of our existence we have been so bound, hand and foot, by the money-makers who have vitiated our food supply that they might add a few more millions to their dirty hoard of ungodly dollars that we have closed our eyes to the physical and spiritual demoralization that has come to the poor by the poisoned concoctions handed out to them—under protection of United States laws—as foods.

Can I respect an educational institution that educates the minds of its children at the expense of their bodies? That has so little common sense and good judgment as to be putting its children through fierce competitive examinations when they should be strengthening their bodies at the critical age of adolescence?

Can I bow down before the civilization whose highest educational establishments—Harvard, Yale, Princeton, Cornell, New York, Columbia, Johns Hopkins, followed by hosts of others of lesser institutions—every year send out from five to thirty per cent. of their students broken down in health? What is the good of all the book-learning that all the

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ages have amassed unless one has physical health to enjoy it? Only this last year a Harvard graduate came to me who had taken high degree in the study of law and was adjudged eminently prepared to begin to practice his profession. But his health was gone. He was a nervous and physical wreck. His physicians commanded complete rest for a year, and suggested that five years would be none too long for him to spend in recuperation. When this young man asked me to give him my candid expressions upon the matter, I asked him if he thought imbeciles could have made a worse mess of his "education" than had the present system, which had cultivated his intellect, but so disregarded the needs of his body that his intellect was powerless to act.

Let the wails of agony of the uncounted dead who have been hurried to their graves by this idolatrous worship of a senseless, godless, heartless Moloch called "education" answer for me when people ask me to respect this feature of our higher civilization, and to these wails let there be added those of awakened parents who have seen, when too late, into what acts akin to murder their blind worship of this idol had led them. Add to these the cries of pain from ten thousand beds of affliction occupied by those still living, but whose bodies have "broken down" as the result of "over-study."

Then add to the vast pyramid of woe the heartaches of hopes banished, of ambitions thwarted, of desires and aims completely lost, and one can well understand why I am not a worshiper at this shrine. If I were to choose—as every parent must for his young children who are not yet capable of thought—between a happy, because physically healthy, life, though uneducated by the schools, and an educated and unhappy, because unhealthy, life for children, I would say: Give me ignorance (of books and schools) and health, rather than education (of books and schools) and a broken down, nervous, irritable body. But it is by no means necessary to have uneducated children, even though they should never see a school. While I now write (I am enjoying a few days on the "rim" of

the Grand Canyon), I am meeting daily a remarkable family. The man is far above the average in *scholastic* and book *education*. He is a distinguished physician, known not only within the bounds of his own large state, but throughout the whole United States and Europe; his methods are largely approved by men at the head of the profession, and his lucrative and enormous practice demonstrates the success of his system, with the complete approval of the most conservative of his rigidly conservative profession. He was until quite recently a professor in one of the largest universities of the United States, and was therefore competent from inside knowledge to pass judgment upon the methods of the highest educational establishments. He has money enough to place his two daughters wherever he chooses, and to spend most of his time near them. Yet he has deliberately (and I think most wisely) kept them out of school, and made the strength and vigor of their bodies his first consideration. Both ride horseback (astride, of course) with the poise and confidence of skilled vaqueros; both can undertake long journeys, horseback or afoot, that would exhaust most young men students; and now at 15 and 17 years of age they are models of physical health and beauty, and at the same time their elder sister is *better* educated in the practical, sane, useful, living affairs of men and women than any girl of her age I have ever met. I take this object-lesson, therefore, as another demonstration of the truth of my position, and again I refuse to bow down before the great fetich of our modern civilization—"scholastic education."

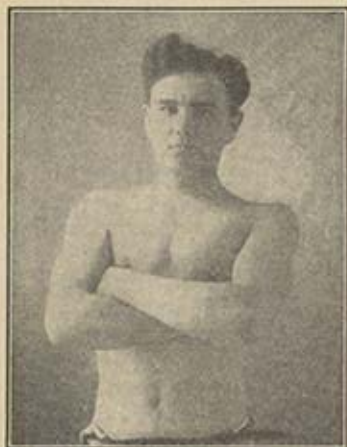
There have been wonderful civilizations in the past,—Persia, Asia Minor, Etruria, Greece, Rome, Egypt, the Moors—and yet they are gone. A few remnants are left to us in desert temples, sand-buried proplæ, dug-up vases and carvings, glorious architecture, sublime marbles, and soul-stirring literature. Where are the peoples who created these things? Why could they not propagate their kind sufficiently well to at least keep their races intact, and hold what they had gained? We know they did not do it. Why? Call it moral or physical

deterioration, or both, it is an undeniable fact that physical weakness rendered the descendants of these peoples incapable of living upon their ancestors' high planes, or made them an easy prey to a stronger and more vigorous race. I am fully inclined to the belief that it was their moral declensions that led to their physical deterioration; yet I also firmly believe that a better and truer morality can be sustained upon a healthy and vigorous body than upon one which is diseased and enervated.

Hence I plead, with intense earnestness, for a better physical life for our growing boys and girls, our young men and women, and especially for our prospective parents. Healthy progeny cannot be expected from diseased stock. The fathers and mothers of the race must be strengthened physically. Every child should be healthily, happily, and cheerfully *born*, as well as *borne*. The sunshine of love should smile down from the faces of both parents into the child's eyes the first moment of its life. Thus the elixir of joy enters its heart, and joy is as essential to the proper development of a child as sunshine is to that of a flower. This is a physical world, even though it be only passing phenomena, and upon its recognition much of our happiness depends. Our Christian Science friends see in physical inharmony only an error of mortal mind, to be demonstrated over by divine mind. That demonstration, however, produces the

effect we call physical health. This is what I long for, seek after, strive for, both for myself, my family, my children, my race. Any and all means that can successfully be used to promote that end I believe in and heartily commend. Let us call it what we will, and attain it as how we may, the desirable thing in our national and individual life to-day is health,—health of the whole man, body, mind, soul. Because I firmly believe the Indians have ideas that, if carried out, will aid us to attain this glorious object, I have dared to suggest that this proud and haughty white race may sit at their feet and learn of them.

I myself began life handicapped with serious ill health, and for twenty-two years was seldom free from pain. Nervous irritability required constant battling. But when I began to realize the benefit of life spent in God's great outdoors, and devoted much of my time to climbing up and down steep canyon walls, riding over the plains and mountains of Nevada and California, wandering through the aseptic wastes of the deserts of the Southwest, rowing and swimming in the waters of the great Colorado River, sleeping nightly in the open air, and in addition, coming in intimate contact with many tribes of Indians and learning from them how to live a simple, natural, and therefore healthy life,—these things not only give to me almost perfect health, but have suggested the material of which this book is made.



T. J. Ruzicka, after six months of physical culture.

### Wonderful Improvement in a Few Months.

TO THE EDITOR:

Enclosed find a photograph of myself which will show you the great benefits I have derived from following your literature. I have improved wonderfully in the short space of six months, and intend to do still better by adhering to the physical culture life.

Wishing your magazine further success.

T. J. RUZICKA.

1603 Carlisle avenue, Racine, Wis.



The boys in their play room.



The girls in one of their play rooms.

## Fun at the School House—A New Educational Idea

EXPERIMENT OF USING THE SCHOOL AS A CLUB HOUSE AND PLAY PLACE FOR THE CHILDREN PROVES A GREAT SUCCESS

By Sidney Cummings

Here is an experiment that should meet with deserved success. The "grown-ups" have their club-houses, why should the children not use the public schools for a similar purpose? The schools have been built at public expense, and it is due to the public that they be used to the advantage of the children, not only during the regular school hours, but at all times. Let us hope that this example will be followed in various parts of the country.—Bernarr MacLadden.

**B**OYS and girls clamoring to get into the school house, pushing and jostling each other to be nearest the entrance when the doors are opened, positively begging the Cerberus at the door to open quickly. This sounds like a dream, but it is a scene nightly enacted at a school house, at Tenth and Cherry Streets, Philadelphia. The reason for this unusual attitude of the boys and girls towards the educational structure is that a new idea is being tried in the Philadelphia schools—an experiment in the turning of school-houses into clubhouses for children, with play rooms for the very small ones and the opportunity for the exercise of mechanical industry on the part of the big ones.

It is novelty enough to see children begging for admission to the schools, but the scenes in the classrooms when the doors are opened and the clamoring crowd is allowed to push its way in are

astonishingly unconventional. One class room rings with the racket made by joyful youngsters playing checkers, dominoes, tiddledywinks and other popular games. In another, larger boys are busy planing and sawing and hammering under the eye of a mechanical expert. Upstairs classes of boys and girls are fashioning designs in various materials, while in an adjoining room the sweet treble voices of a class of little girls trill popular airs to the accompaniment of a piano.

No threatening hand is held out, there is no voice of authority commanding silence, the schoolhouse is given up to the boys and girls as a place for amusement and recreation. The experiment, which has proved a success far surpassing the expectation of the promoters of the idea, is undertaken with the idea of providing the boys and girls of America with club-houses within easy reach of their homes. What more natural than to use the school

houses for such a purpose? Why waste bricks and mortar by making use of the costly schoolhouses only a few hours out of the twenty-four?

Well-meaning, but misguided grown-ups delude themselves with the notion that children need leisure time in the evenings and that it is cruel to give them tasks after school hours. The lack of a definite object in view for boys and girls on long winter evenings entails suffering on two classes, the children themselves and the parents at home. Left to themselves the larger boys make the evenings a nuisance to themselves and to every



Play and work combined, in one of the girl's rooms.

one around them. The street corner is their clubhouse and mischief the main object of their efforts. The smaller children try to find amusement in the homes but succeed indifferently and inflict undeserved punishment on over-worked adults. The foundation for the idea that is being worked out so successfully in Philadelphia is that boys and girls want something to do in the evening, somewhere to go besides to the street, some object to attain by well directed effort. Whether it is to beat a playmate at tiddledywinks, plane a board, fashion a star from straw or sing a song, the child feels that something is being accomplished and is supremely happy in the effort.

The only bugaboo to the entire enjoyment of such a condition is the fear that in the classroom, associated as it is with compulsory industry, the boys and girls will feel that their recreation is presided over by a menacing authority. This has been foreseen by the promoters of this experiment and every care has been taken to make the children feel that they are expected to do just as they like. If they prefer to sit on the desks to using these articles of furniture in the conventional way they are at perfect liberty to do so. If it amuses the children to shout they may do so to their heart's content.

No one says "hush" when an infant engaged in angling with a bent wire in a cardboard pool filled with pasteboard fish, yells with glee at the landing of more piscatorial specimens than her opponent.



The big boys are provided with carpenter tools, and they proceed to have a good time in a practical way.

There is a watchful eye on all the groups at play, but the children are unaware of its proximity. They are there to enjoy themselves and the adults present do all they can to promote the spirit of the occasion.

The expense of the experiment is borne by the city, no fees or dues of any kind being collected. The teachers who attend in the evenings do so voluntarily. They come because they enjoy the gatherings fully as much as the children

do. The building at which the experiment is being tried is open from 7 to 9 p.m. In a little while the programme of the evenings will be broadened out to include illustrated talks on popular subjects, round games and social gatherings of the juvenile variety. If the idea grows and becomes an unqualified success, as it seems likely to do, it will doubtless be incorporated into the public school system of the city and be adopted by other cities.

This is probably the first organized attempt to get the American boys and girls off the street, to which they are so frequently driven by half-distracted parents and to provide for them a warm, well-lighted meeting place, where they can pass the evening rationally and profitably. To analyze the reasons for the remarkable success attending the experiment, the first argument in favor of the school-house as a club-room for children is that the familiarity of the atmosphere of the place puts the boys and girls at once at their ease. Philanthropists have time and again tried the experiment of forming children's clubs, only to meet

with failure, because the youngsters have been awed by strange surroundings and with the quickness and natural intuition of childhood, have seen through the veneer of grown-up camaraderie and taken fright at the presence of the always awful person in authority. It has been different to the enjoyable freedom of the street and so has failed. In the school-house, amid familiar surroundings, in the presence of goodly numbers of familiar playmates and with the voice of authority stilled the children find conditions delightful. Besides there is a keen enjoyment in playing in the very place where they are compelled at other hours of the day to sit still and behave.

If any further proof were needed of the delight the children take in their new clubhouse it can be found in the photographs accompanying this. They were taken on an evening when the school clubhouse had the most formidable rival in its brief history—a half-million dollar fire in the immediate vicinity. That the school club proved a greater attraction than the fire to the children is seen by the goodly attendance shown.

## A Genuine Physical Culture Baby.

TO THE EDITOR:

I enclose a sea-side picture of my little son, Laurence, taken at the age of thirteen months.

He is a genuine physical culture baby, and just revels in sunshine and fresh air. His mother cast off corsets years ago; and the chubby sturdiness of our little son amply repays the long course of steady preparation and careful resolution which preceded his birth.

May the good work of your publications prosper and grow as well and happily as our little Laurence!

B. SAMUEL, B.A.

12 Meynell Road, South Hackney, N. E.  
London, Eng.



A splendid specimen of superior babyhood at thirteen months.



# A Justified Complaint

By Howard L. Hibler

(Written for PHYSICAL CULTURE)

A little humor, with it's joys,  
Is relished by "Macfadden's boys."

**I** TAKE my pen in hand to reg'ster a just complaint. Now Mr. Macfadden, you are certainly makin' a lot of trouble in this world for some people, an' most people in general. My family an' me was a-gettin' along fine together until that young lady from Chicago came down on our farm to spend the summer. She jumped in on us with a trunk load of PHYS'CAL CULTURES an' a lot of ideas about exercise, bathin', eatin', an' a new disease called physiological affeshun.

Ten minutes after she'd hit the farm she had it covered with PHYS'CAL CULTURE magyzines. There was magyzines in every room of the house, on the lawn, in the barn, an' the old brindle cow down in the pasture was a-chewin' of one with a lot of human figgers on it dressed in their rude with jes' nothing on 'em but a paper napkin. My wife Mandy, when she seen them magyzines she jes' shrieked somthun awful for to hear. "Hiram!" says she, "if the min'ster was to see them magyzines he'd have a fit, an' we'd all be scandalized." And shore enough the min'ster dropped in on us right then an' there.

Well the min'ster he took one of them magyzines an' looked at it an' then at us all. "Well!" said he, in a very grave way. "I'm some astonish to find sich a magyzine in a Christian family sech as yourn." Jes' then Miss Phoebe, that's the young lady, she spoke up an' said: "Now min'ster, I think you're passin' jegdement most to soon. You'd better take some of em' home an' look 'em over first before passin' your opinyun on 'em." With that she loaded a few onto him an' smiled at him as only she could do. The dimples rippled over her face like the ripples on a smooth, still pool when you toss a pebble into its waters an' her purty, white teeth broke through a smile

of her lips like the sunshine when it bursts through the clouds. "Ahem- ah-ah- hem!" said the min'ster, somthun stickin' in his throat. "You're certainly right, Miss Phoebe, I shall take these home an' preserve my opinyun until after I look 'em over."

One mornin' as I was workin' aroun' the barn I saw a thimble-de-rig sort of affair like a insect sprinkler a-hangin' from the loft, an' I gave it a yank jes' to see what it was. A shower o' water hit me an' I yanks her agin' to shet her off. The whole blame thing came down, knocked me off my feet an' landed me in the feed-boxes. Tom, that's my oldest boy, he jes' stood aroun' an' laughed at his old Pa dancin' aroun' diggin' the water outen his overalls, an' he says to me: "Don't git mad Pa, you gotter take one of 'em shower baths every mornin' for your lumbago."

I headed for the house for to git some dry duds on, an' bless my eyes if there wasn't Ma on the verandy a-skippin' a rope as big as cuffy. She was jes' about as graceful as a elephant or a old wooden clothes-horse, an she was a-puffin' like a traction engine stuck in fourteen feet of quicksand. "Great Caesar's Christmas!" I yelled, "What are you a-doin', Ma. Are you goin' to Chicago an' skip the tra-la-loo in vaudyville?"

"No!" says she, between puffs, heavin' like a hoss with the heaves. "I'm re-doooin' me weight an' curin' my roomatiz. Miss Phoebe read all about how to do it outen that phys'cal culture magyzine."

The next morning as I came outen the house, I sees what I thought was a lot of monkeys over in the orchard a scamblin' up the trees. I gits my shotgun an' starts on a run for the orchard. When I gits there I jes' stood ther a-rubbin' of my eyes, for there was the min'ster an'

the Sunday-school class, teachers an' all, perched up in my best apple trees a-eatin' apples.

"Come on up," yells the min'ster, shyin' a big apple at me jes' like a frolickin' schoolboy. "Come on up, it's fine. I'm doin' this for my indispepsia an' constipation, an' I feel better already. We're out for jes' a little fun an' frolic. The young lady, Miss Phoebe, an' phys'cal culture is all right."

When I came in from the field at noon I found the kitchen stove out in the yard an' no sign of cookin' nor nothin'. "What's this mean!" says I to Ma, "ain't we a-goin' to have no warm dinner?"

"No sir!" says she. "You're a-goin' onto a raw-food diet, an' there won't be no cookin' aroun' here this summer. Miss Phoebe says as that is the best food for us."

After dinner I took a stroll into the front parlor, an' I notice that the shades, curtains an' carpets is all gone. I goes outside an' takes a look at the house. The shades an' curtains was gone from the winders all over the house, an' the nice creepin' vines I had grown to shade the winders was all torn off the sides of the house. "What are you all doin'," I says to Ma. "Cleanin' house in harvest time?"

"Yes! I'm cleanin' house, an' it's goin' to stay clean. There won't be no more curtains to catch the dust an' no more shades to keep out'n the sunlight an' no more carpets to hatch microbes."

Events was comin' so fast that I was kinder stunned like, an' one day when Tom called me an' said that all the hogs was down sick, I was not sapisred, as I was jes' expectin' somthun awful for to happen. We sent for the horse doctor, an' when he came he said the hogs was down with the cholera. "Tee-hee-hee," laughed Miss Phoebe. "I guess those pigs ate something that didn't agree with them. What did you give 'em hogs to eat?" I says to Ma.

"Oh, nothin' much. Miss Phoebe told me pickled stuff wasn't food an' wasn't good to eat, so I threw out all the cucumber-pickles, pickalitle, an' chow-chow there was in the cellar to the pigs."

"That settles it then!" said the doc.

"It's a durn sight worse than I thought it was. If you people give that kind of stuff to the hogs to eat you can't expect me to be responsible for their health."

"You might jes' as well look at that short-horn cow back of the barn, doc, while you're here," says my boy Tom. "She's off her feed an' raisin' all-fired Cain."

We all went aroun' to the back of the barn an' the doc. he hammered an' thumped the old cow aroun' some, an' then he said. "What you been a-given this poor cow to eat? She got a very bad attack of apendycitis."

Ma began to look kinder scared, an' she hemmed an' hawed before she spoke. "Miss Phoebe had been a-tellin' me as how white flour wasn't nourishin' an' that I should change to whole wheat flour, an' as I had a lot of biskit, cake an' bread made out of white flour an' I didn't want to throw it away I fed it to the cow. I don't see why things that don't kill human folks should kill animals."

The doctor he jumped aroun' an' cussed somthun fearful for to hear. "You must never give this kind of food to animals," says he. "Animals can't eat food that human's can, an' if you was to feed animals on what you eat they would all be dead in a jiffy. This kind of feedin' the cattle must stop, 'cause I can't endanger my professional reputation by takin' care of 'em if you do."

That afternoon I drove into the village an' no sooner had I struck the place when old Doctor Grimshaw stopped me. "You tell your wife," said he. "that I don't want her to send any more pork, salt-meat, ham an' bacon to any of my patients. She sent a whole lot of salt pork an' stuff to the Bebee family an' now the whole blame family is down sick with toomaine poisnin an' sorasis, an' I had to work over 'em all night to save 'em."

I didn't wait to hear no more, but turned the old mare's head for home an' scooted. I knew at once that Miss Phoebe had told Ma to throw out that salt pork an' stuff, an' I was afraid to go into the village for fear of meetin' some more sufferers from a dill-pickle diet.

When I came in sight of the house I

almost fell from the buggy. The boys had torn the roof off the whole back of the house, an' 'was nailin' glass-covered frames on the rafters in place of the shingles. "We're a-building' a solarium, Pa," says Tom, "so's you can take a sun bath."

"Yes!" says I, "I suppose so. Somethun like that feller Phaeton, who hitched his steeds to a comet an' set the whole blame world afire. I don't never suspect you boys will ever set the world a-fire with your smartness, but you'll drive your Pa adrift in the world a homeless wonderer if you don't stop. I suppose this is some more of that phys'cal culture propylander that Miss Phoebe is a-puttin' into your heads. We might jes' as well move outen the house altogether an' camp under the trees."

"Oh, that would be delightful," says Miss Phoebe, a-clappin' her hands an' givin' me one of her sweetest smiles; one of them smiles that makes a feller have a pleasant thrill run along hisspinalcolyum an' want to turn all his property over to the smiler. "We could easily move out, there isn't much left in the house to move."

"Yes," says I, "they ain't much left to move. I've been sleepin' on a boot-jack an' about eleventeen feet of clothes-line for the last week an' the only coverin' I could git was about two square feet of muskeeter nettin'. The only thing left of my old home is the 'God Bless Our Home' motto; jes' carry that out an' we're moved. Ever since you an' that magyzine PHYS'CAL CULTURE struck this place, there hain' been no rest for man nor beast."

That night I had a long talk with Ma, an' she said: "Hiram, I do love that Miss Phoebe, she is a most beautiful girl in every way. Dr. Grimshaw's been a-tellin' me that she cured Beebe's little girl of

rotary curvature of the spine, an' Mandy Simpson's girl of St. Vitus dance. That is, they're both on the road to complete recovery. You hain't got no more lumbago nor malaria chills, an' my roomatiz is all gone. I'll certainly be lone-some when that girl is gone."

Before I could answer Ma, in walks Tom a-holdin' Miss Phoebe by the hand. "Allow me," says he, "to introjuice my fuchure bride. We both believe in the physkilogical laws of sex as advocated in PHYS'CAL CULTURE, an' we both calkilate to git married."

My time had come. Right here I saw a chance to git even with them young rascals for all of this culture business, an' I rolled up my sleeves an' waded in.

"Physkilogical nothin'," says I. "I've suffered enough through this fool business. You kin tear the house down, poison all the cattle an' old Doc. Grimshaw's patients, feed me on raw food an' make Ma skip the rope, but you can't ram this physkilogical affecshun business down my throat. Maybe you think I didn't see you an' Miss Phoebe a-lalalalalooosin' on the lawn the other night, an' you want to tell me that this bumble-puppy business is physkilogical affecshun. Tom! I wanter tell you that you're a durned prevarikator, an' that there ain't no physkilogical laws of sex about it. It's jes' plain every-day love like I made to your Ma over fourty years ago, an' I'm a-goin' to write to Mr. Macfadden an' tell him so."

Now Mr. Macfadden, you kin see jes' what your teachin' is a-doin' to us poor folks, an' I think that in jestic to yourself an' me an' your readers that you oughter print this here letter of mine so's to straightin' out this matter about the physkilogical laws of sex.

Most Respectafuly Yourn,  
HIRAM MEANWELL.

## A Palatable Rice Pudding.

Two tablespoonfuls of uncooked rice to a quart of milk. Sweeten and flavor to taste. Bake in oven (not too hot), for an hour or two, until as thick as batter.

New way to eat apples: Cut the apple when peeled into any breakfast food that is served with sugar and milk or cream.

Ironwood, Mich. C. D. LUTHER.

# A Pious Hypocrite

THE PRETENDED vs. THE REAL CHRISTIAN—THE CLOAK OF RELIGION USED TO SERVE MATERIAL PURPOSES

By S. Wardlow Marsden

**SYNOPSIS.**—Samuel Jonathan Walker has for years received a comfortable income as the chief official of the Society for Moral Promotion. Mr. Walker's daughter Emily meets Charles Warner, a Y. M. C. A. Physical Instructor, and the young people become interested in each other, despite her father's prejudice and enmity against Charles. Horace Horton, a young man whose attentions Emily has tolerated at the behest of her parents, exhibits a strong animosity toward Charles. Emily Walker's father forbids her to acknowledge Charles' acquaintance, on the ground that the young man has proven himself low and vulgar by an exhibition of athletics, and by posing in tights at the Y. M. C. A. Gymnasium. Angered by his daughter's friendship for Charles, Mr. Walker determined to injure the young man's reputation. He hires a detective to pose as a physician, and to visit the Warner home under the pretense of treating Charles' little sister Edna, who is lame. Binwell, the detective, visits the former home of the Warner's, and reports to Mr. Walker and Horace Horton that Charles Warner has broken faith with a young woman whom he had promised to marry. Mr. Walker determines to use this information as a means of causing Charles to lose his position with the Y. M. C. A. The Secretary, however, declines to consider Mr. Walker's request, and learns that Charles was justified in refusing to wed the young woman to whom he had been engaged, because of her faithlessness. At the behest of Horace Horton, Binwell causes a pugilistic champion named Murphy to join the Y. M. C. A. Gymnasium for the purpose of beating Charles Warner physically. At an athletic exhibition held by the Y. M. C. A., Murphy the pugilist, in the guise of an amateur boxer, and under an assumed name, attempts to lower Charles' colors in a boxing bout, and is soundly trounced for his pains. Charles becomes more popular than ever with the members of the Y. M. C. A. While walking to his home one evening Charles Warner encounters two men who have attacked Horace Horton and Emily Walker, and from whom Horace Horton has fled in fear and terror. Charles fells one of the highwaymen with well directed blows, despite the fact that he is slightly wounded by a revolver shot one of the footpads fires at him. The fallen miscreant's companion takes to his heels. The second highwayman is also enabled to escape through Charles' inability to leave Emily in her terrified state. Emily overhears Horace Horton giving her parents a highly-colored version of the attack, and aroused by his unmanly conduct brands him as a coward. On learning of the part taken by Charles Warner in the rescue of his daughter, Mr. Walker renews his effort to break up the attachment between the young people. Charles and Emily meet frequently by appointment, and their friendship grows and ripens until they become secretly affianced. Mr. Walker astounds Emily and inflicts a shock upon her by reporting to her that Charles Warner's father is a murderer serving a life-sentence in the State Penitentiary.

## SEVENTH INSTALLMENT.

### CHAPTER XIII.

SAMUEL WALKER stood looking down at his weeping daughter in amazement. He had never seen Emily so strongly affected before. It was most unusual for her to be moved to tears and her violent sobs for a moment aroused the sympathy of even his hardened nature. In his own peculiar way, Mr. Walker really had an affection for his daughter. He was imbued with the idea that she was very dear to him, but by nature he was harsh and cold and unsympathetic, and a deep, sincere affection would be impossible to such a character. His features betrayed the struggle between his hardened sympathies and his sinister feeling of satisfaction at the effect of his information against Charles Warner.

"Now, Emily, do stop crying. You ought to be happy. Suppose this evidence had been withheld from you. Suppose, for instance, that you had married a convict's son, and you learned all this after the marriage, would you not spend the balance of your life in regret? Now your father loves you, he is spending all

this money, going to enormous expense merely to convince you of your folly. He wants you to enjoy a career that will make your parents proud and happy."

Her violent sobbing partly ceased. She sat there moaning, her face resting in her hands, with tears trickling through her fingers. Mr. Walker saw that his words were influencing her, and he was inclined to continue, but momentarily there came to him the thought that maybe he was unfair to his daughter. It had not occurred to him before. Like a flash he saw before him the two men, Horace Horton and Charles Warner. For the first time in his life he compared them—Horace with his pale face, his weak and frail body, and with little or no strength of character indicated in his features, and Charles Warner—a man, every inch of him. He had to acknowledge that Charles was a fine specimen of manliness, and for one brief moment Samuel Walker was fair to his daughter and the man she loved. The selfishness of the man's nature was momentarily subdued.

But it was not Mr. Walker's habit to question the wisdom of his decisions or actions. To him they were always

beyond question, and his indecision on this occasion was of brief duration. The great Horton mansion flashed before him. The magnificence of its sumptuous furnishings was pictured in his mind, and Charles Warner, the man, was relegated swiftly to the background, and Horace Horton, the pretense, with a background of luxury and wealth, was before him. Why should Emily hesitate? There was no excuse for indecision. She must marry Horace Horton. An expression of harsh determination swept over his flaccid features, and there was no ring of sympathy in his voice as he continued.

"Whatever your own feelings may be, Emily, surely you would not disgrace your father and mother. I would forever hang my head in shame if I thought my daughter was the wife of the son of a murderer."

A storm of weeping broke out anew at the harshness of his words.

"Why, what's the matter, Samuel?" asked Mrs. Walker, who entered the room at that moment. She did not wait for a reply, but hurried over to her daughter and knelt by her side.

"Emily, Emily, why are you weeping? Samuel, have you caused this?" turning sharply to her husband.

"No, I haven't caused it," he retorted. "I have given her information for which she ought to thank me for the balance of her life."

"No, you haven't. You are trying to crush me. Your one object is to destroy my future, my happiness," said Emily in agonized tones, looking up for a moment with the tears streaming down her face.

"Now, Samuel, this has got to stop. You go away and leave Emily to me."

Without a word, Mr. Walker turned and went out of the room.

"Now, Emily, tell me about it," said the mother as she softly caressed her sobbing daughter.

"It's the same old story, mother. Father seems to be living but for one object at the present time, and that is to find some means of injuring Charles Warner. Why can't he leave him alone? looking up at her mother through her tears.

"Now, Emily, be reasonable. You are excited. Surely you do not want to

bring disgrace upon yourself and your father and mother as well. Samuel has already told me of the report about Mr. Warner's father, and I am convinced this is not mere gossip. It looks as though it can be relied upon. Now calm yourself and coolly survey the situation. Suppose this statement is really true, would you still persist in your desire to marry this man? Now think a moment before you answer." Mrs. Walker interrupted as Emily started to speak.

"Mother, I don't know. It does seem an unpleasant situation, but I don't care. I love him and I trust him—I have unlimited faith in him."

"Now, Emily, how can you say that? You haven't known the man long enough to have a really clear understanding of his character."

"Maybe not, but I am thoroughly impressed with his integrity, and he is a man, mother, and when you compare him with that Horace Horton, how any girl could hesitate for a moment is beyond me. Anyway, I don't love Horace—I actually detest the man, and if you and father do not stop trying to force him upon me, I shall disappear from home some day and you will never see me again."

"Emily, Emily! What makes you talk so? Neither your father nor I will force you to do anything you do not want to do, but you can rest assured that if Charles Warner is the son of a murderer we are both going to do all we possibly can to keep you from a marriage with him. I think you should have enough self-respect, no matter how much you love such a man, to avoid an alliance of this kind. If you think nothing of yourself, surely you must consider your mother and father. Why, I would be shamed for the balance of my days by the knowledge of such a marriage."

"Oh, why can't I go away? Why must I be always thinking of what others will say? I want to please myself. I want to be happy in my own way. I don't want to be dictated to by those that have but little more interest in me than that which comes with a social acquaintance."

"But you can't go away. Surely you would not leave your father and me?"

And this newspaper

"Why arrange several the new thing of desired.

This strain for her best see Cha until he ports th fused to any kin new tun ing in n decided She cou lieve th true. A terrible like a c telligen she wa develop Charles and ag fused a what t howeve learn fr truth i someho so fear before. made past lif thing such a Emi day. drew n not to overw and y She wa momen main i so awf tinued ment. had fa have heard

And think of the disgrace, the talk in the newspapers."

"Why the newspapers? Father could arrange that. I have heard him refer on several occasions to his influence with the newspapers, how he could keep anything out of the papers whenever he desired."

This conversation continued in this strain for some time. Mrs. Walker tried her best to make Emily promise never to see Charles Warner again, or at least until her father would confirm the reports that he had received. Emily refused to be bound down by a promise of any kind, though it was clear that the new turn of affairs had been so surprising in nature that she was a little bit undecided as to what her action should be. She could not, however, make herself believe that her father's statements were true. A murderer seemed to her such a terrible creature—and there was nothing like a criminal in Charles. He was intelligent and the soul of honor. When she was alone in her room, the new developments of her relations with Charles were gone over and over, again and again, but in the end she was confused and undecided, and hardly knew what to do. She definitely determined, however, that she would see Charles and learn from his own lips if there was any truth in these awful charges. She felt somehow that if his awful past had been so fearful, he would have referred to it before. She remembered that he had made but very brief references to his past life. Perhaps he was keeping something from her. Even the thought of such a possibility hurt her cruelly.

Emily was to meet Charles the next day. As the time of the appointment drew near, she was undecided whether or not to keep it. She was possessed by an overwhelming desire to know the truth, and yet somehow she was afraid of it. She was still doubtful, and she felt for the moment as though she would rather remain in doubt than to have such a charge so awful confirmed. Her indecision continued beyond the time of the appointment. She was sorry afterwards that she had failed to keep it, for then she would have been satisfied. She would have heard from Charles' own lips as to the

truth of the charge made against his father. Emily and Charles had been meeting each day at a stated time. She felt sure that he would be there the next day notwithstanding her failure to meet him, and she was not disappointed. She was there at the trysting place before him. As she sat there waiting his appearance, her mind was in a tumult. Her happiness at the thought of the approaching appearance of her lover was for the moment lost to sight as her thoughts dwelt upon the fearful aspect of the tragedy in the life of Charles. "Surely it cannot be true," she repeated to herself, again and again, and when she saw him coming down the path her first inclination was to run towards him. She wanted an answer, she could hardly wait for it, she wanted to know the truth. Charles saw the unhappy and troubled look upon her features as he drew near. There was no sign of the radiantly happy smile that had greeted him on former occasions.

"Ah, Emily. What's the matter?" he questioned as he took the hands she stretched to him. "What has happened? You are troubled," he asked as she made no reply to his first query. He gazed into her eyes with the trustful light of love shining brightly from his own.

"Oh, Charles, I am so glad you have come," she said with a sigh. "I have been unhappy, terribly unhappy."

"Why, Emily, what has made you unhappy? Life to me the last few days has been a dream, a sweet delightful dream. I have had the assurance of your love, your trust and sympathy, and to me that means everything," strongly pressing the hands that he still held.

"Oh, it is such a relief to see you, Charles. An awful load has been removed from my mind. I have heard such terrible things about you, I really hate to speak of them."

"Terrible things about me? Why Emily, what do you mean?" An expression of fear momentarily flashed over his features.

"Oh, Charles, it's an awful story. I hate to repeat it, but I must know if it's true or false. Somehow I believe every word is false. When I look at you and

read within your eyes the love that you have for me, I am imbued with a trust in you that is unflinching and that nothing can destroy."

"It makes me so happy to hear you say that," said Charles, "but let's sit down. Tell me the story you have heard. I expect I know what it is. I have been intending to tell you something of my past for some time, but with all my faith in your love, I have been afraid to broach the subject. Knowing as I do of your rearing, I thought there might be a possibility of your turning against me when you learned the truth."

"Then it is true? Oh, Charles, it can't be true. Don't tell me that it's true."

"I don't know what you mean, Emily, but if it refers to a tragedy in my own family it is true."

"Oh, Charles, I wanted to know, but I somehow feared the truth," leaning forward and pressing her handkerchief to her eyes as they filled with tears.

"Don't cry, Emily, there is nothing to cry about. I have faced this tragedy for so many years that I have somehow become accustomed to it. I am more sorry than I can tell that you have learned of the past of our family from the lips of others. I wanted to tell you but I wanted you to know me better, I wanted you to have the same affection that I had given to you. I dreaded the possibility of losing you. To lose you now after I have been encompassed with the bliss that has come with the knowledge of your love for me would be a terrible blow. I could not possibly endure it, and I have put off making this confession to you, Emily, dear," strongly pressing the hands that he still held, "because I wanted to be sure of you. Now I am willing to tell you the whole truth. You will promise not to be harsh with me, you will hear me to the end, and judge me in accordance with the dictates of your own intelligence and conscience, will you not?"

"Yes, Charles," she answered, gazing up at him with her eyes still wet with tears.

"My father was one of the finest men in the world," Charles began. "He was big and strong and honest and conscien-

tious. I remember him so well as a boy. He used to play games with me, in fact, you might say we were chums. To me he was a dear friend as well as a father. We had a beautiful little home on the outskirts of a small town, and I was as happy as the day is long. I think I was about eleven years of age when the poison first began to creep into our home. Father had been having some financial troubles. His business did not bring the usual returns. In his business he had been compelled to deal with men who were frequenters of saloons. There were billiards and pool and various forms of recreation in these homes of vice, and somehow father acquired the habit of visiting these places with his associates. He had never been a drinking man, but his financial trouble seemed a terrible weight and one day about this time he came home drunk. You can imagine mother's feelings and my own fear and amazement. My father had always been bright and cheerful, but he seemed to have turned into a madman. Liquor crazed him. It seemed to drown every good trait in his nature. It made him a quarrelsome brute. I had never heard him speak an unkind word to mother before, but while under the influence of liquor he was a beast. That was the beginning, and though at first his sprees were far apart, they gradually grew more frequent in occurrence, and finally his life was almost a continual debauch. It would be impossible to clearly describe the change in our home. Before, we were happy and contented, but now my mother lived in continual fear of father. Frequently when he had come home she would hide herself in some part of the house where she knew he could not find her, and then he would go howling from room to room, like the huge beast that he was, searching for her. On frequent occasions he abused my mother most severely. I do not really blame him, he was not himself, he was simply maddened by the liquor that was sold freely in our town. He was a crazy man, and he really belonged in an insane asylum while in this condition.

"My mother's brother learned of our trouble and he visited us and tried to get my mother to return home with him. He

had received several letters describing the condition of our home and the habits of father, and he was anxious to help us. Mother, however, refused to go, she somehow thought that there was a possibility of reforming father. Her brother argued with her, and in the midst of this argument, father came into the house. He was bleary-eyed as usual, but as we learned afterwards he had just had a bitter quarrel with the saloon-keeper, and an unusually angry light shone from his eyes in spite of his condition.

"What, you here? What're you doing here?" he said as he entered and glared at my mother's brother.

"Yes, I am here and there is certainly need for someone to be here," he retorted as he saw father's condition. There is no need of repeating the details. They had a terrible quarrel then and there. Mother took me by the hand and rushed from the room, and we had hardly gotten outside when we heard a shot fired and the heavy thud of a falling body. Mother was terror-stricken, and as you can well imagine I was similarly affected. We both hurried out of the house as fast as possible and we had hardly gotten outside before we saw a door open and father appeared with a smoking revolver in his hand. With one shot he had killed my uncle.

"To a certain extent the crime he had committed sobered him; he was soon arrested, tried and in spite of the evidence which clearly showed that he was mad from the effects of liquor, he was sentenced to the penitentiary for life. I might give you further details, but what's the use? These are the main facts. The statement that my father is now in the penitentiary is absolutely true. I should have told you before. I realize that, but I loved you too much. I wanted to win you and if you had known this, the opportunity would have never been given me. You are not going to feel harsh towards me? You cannot blame me for an offense that my father committed while crazed with liquor. If you are to blame anyone, it is the man who sold the liquor, or the government who allows such a devilish business." He stopped and gazed at Emily for some indication of her attitude.

"Emily, do say something. Don't keep me in suspense. You are not going to blame me, are you?" as she made no sign.

She looked up at his words. There were still tears in her eyes.

"No, Charles, I cannot blame you. You were a mere child, and as you say I can hardly blame your father, but it is all so terrible."

"I know it is terrible. I am the son of a convict,"—he winced at his own words. "I have asked you and you have promised to marry me, but, Emily dear, you need not feel that you are bound to keep your promise. I should have told you before I asked you to marry me that would have been far more honorable, but the realization of your love for me and the sweet possibilities that accompanied it, came so suddenly that I forgot all the past, and for that matter all the future. I was living in the happiness of the moment, but I have told you now, you have the truth, and I shall not think harshly of you, no matter what your decision may be."

"There can be but one decision, Charles. I love you and nothing can change me. The outside world is nothing to me. We are all in all to each other."

"But your father and mother," interrupted Charles.

"Yes, I know. It will be a terrible blow to them, but I have given you my promise and I will have my way."

"Then you will marry me? Then your love for me will surmount all difficulties, face all calumnies, and you will be mine regardless of consequences?"

"Yes, Charles," she murmured, gazing into his face with the warmth of her intense affection shining in her eyes.

#### CHAPTER XIV.

Emily and Charles remained together for some time. Emily finally realized that there was a possibility of someone being sent from home to look for her and that she had better return. She mentioned this to Charles.

"I hate to lose you. I wish we could remain together always."

"So do I, but that time is coming."

"Why not hasten it? Why not make it to-day?" asked Charles.



"No, no. I could not do that. The least I can do is to give my parents an opportunity to acquiesce to our desires."

"Do you think there is much use?"

"I hardly think there is, but my duty ends after I have tried to make them see my solution of the problem."

"Your duty is at home with your parents," broke in a hard, stern voice near at hand. They both looked up with amazement depicted on their features. There stood Samuel Walker and a short distance behind him were two men who had all the earmarks of detectives. Charles rose to his feet, so did Emily.

"I was just returning home," said Emily, much perturbed by the sudden appearance of her father.

"Well, I think you had better hurry. As for you, Charles Warner, I warn you now and here that if I ever see you with my daughter again, a penalty will be meted out to you more fearful than you ever dreamed of."

"My intentions towards your daughter are honorable in every way. I have never harmed a hair of her head. You have perhaps forgotten that I may actually have saved her from dishonor."

"Yes, you are playing on that," in satirical tones, "using an accident of this kind to force your attentions upon Emily. You've got to stop it, I tell you."

"Now, look here, Mr. Walker," said Charles firmly, as an angry light came into his eyes. "I will acknowledge that you have a right to keep anyone away from your home. You have the right to forbid me to enter your house, but I deny that you have the right to dictate to me beyond that point."

"I have the right to say who shall associate with my daughter, and I say right here and now that you will have to keep away from her."

"I shall have to have orders from an authority higher than yourself to enforce that demand."

"Higher orders? What do you mean?"

"I mean your daughter herself will have to make a demand of that kind before I will acquiesce."

"Come here, Emily," said Mr. Walker, who had remained a respectful distance away from Charles. "You've got to stay away from this man."

Emily remained silent and immovable.

"Aren't you coming?" motioning to the detectives behind him to draw nearer.

"Shall I go?" said Emily in a low voice looking up at Charles.

"Yes, it may be the easier way," was his reply.

"Now let me warn you again," said Mr. Walker as his daughter moved towards him and passed rapidly toward home. "If you continue to seek the acquaintance of Emily I will see that your record and the record of your father—a murderer—will follow you in every step of your life. I can bring influence to bear that will make you lose your position. I can turn you from the doors of your church, I can brand you as you are, the son of a convict, a murderer, and I tell you definitely and clearly that this will be your fate if you do not immediately cease your unwelcome attentions to a member of my family."

"So you are going to strike me through my father, through his weakness and waywardness. Well, Mr. Walker, you can go ahead. I am not afraid of the truth. To be sure, I haven't flaunted my father's disgrace before the eyes of everyone, I have tried to live it down, but you must be a little careful with your insults. There is a limit in spite of the fact that you are the father of the girl for whom I have a very strong affection. I may forget that you are an old man."

"Do you hear that, men?" turning to the detectives who were standing by his side. "He threatens me, do you hear him, he threatens me."

"No, I have not threatened you. There is no need of my threatening you. You are the one who is threatening. I simply say to you that when you bring me word, either verbal or otherwise from Emily, that she does not want my attentions, they will immediately cease, but your orders are not sufficient."

"I will make you regret your obstinacy," said Mr. Walker, his face flushed with anger. He turned to follow the direction his daughter had taken. "I will make you regret it," he repeated.

Charles stood there and gazed after Mr.

Walker as he ambled along in his pompous egotism. He was somewhat angered by his remarks and attitude, and yet he was able to forgive him a great deal because he was Emily's father. He realized, however, that the difficulties he had encountered in his endeavor to win Emily were not entirely surmounted. His position was not by any means secure. He had won Emily's promise and he felt secure as far as she was concerned, but he knew that every influence that could possibly be brought to bear upon her by her parents and acquaintances would be against him. And then, he was a murderer's son. The very thought placed a burden upon him. Somehow it made him feel unworthy, but when he recalled the warmth of Emily's affection, when he recalled the delight of her warm kisses, his troubles passed away in the far distance, and as he turned and walked rapidly towards home he felt confident that the clouds would clear away and that victory would finally be achieved. He did not realize, however, the tremendous influence that can be brought to bear upon one who has grown up in the conventional world. There are times when we ignore social restrictions, but in the end we usually become their willing slaves.

Emily arrived home before her father. She hurried for the particular purpose of avoiding him. If she had to bear the criticisms that she somehow felt he was sure to make, she desired at least to be at home where no other but their immediate family would hear them. She was surprised, however, when upon her father's arrival home he failed to immediately seek her. She had, of course, expected a very severe scolding. Mr. Walker, however, had learned a lesson from experience. He began to realize that scoldings were doing but little or no good, and he immediately sought Mrs. Walker for the purpose of presenting a plan to her that he had evolved that day. He had decided that Emily must be taken to the country, that she must be removed to such a distance that it would be impossible for Charles to see her. He presented his plan to Mrs. Walker and she was heartily in favor of it.

"But suppose Emily refuses to go?"

"Refuses to go? What do you mean?"

"Well, I mean just what I say. Emily is of age and we really could not force her to go if she did refuse."

"Well, we will force her to go if she refuses."

"I know you say we will, but you must remember that Emily is developing considerable strength of mind recently."

"Yes, I have noticed that."

The subject was broached to Emily a short time afterward by her mother, as Mr. Walker was under the impression that it would be received more favorably from her.

"No, mother, I refuse to go," was Emily's reply when the plan was proposed to her.

"But, Emily, it's for your own good. You have no right to meet this man when you know how we feel towards him. Anyway, I believe it is a momentary infatuation. If you get away and think of other things, you will entirely forget him. I cannot make myself believe that you seriously intend marrying him. He may impress you favorably for the time being, but when you comprehend exactly what you are doing, that you are bringing disgrace upon yourself and your father and mother, I believe you will change your mind."

"There is only one thing can make me change my mind, and that will be the knowledge that he would be harmed through me."

"Well, he will be harmed, seriously so. Do you think your father will cease his enmity towards him after you have married him?"

"Why, certainly I do."

"You are grievously mistaken. Your father will feel that you have disgraced him for life and he will continue his pursuit of Warner with a view of ruining him, regardless of your relationship to him. He will feel that you have struck him a blow from which he will never recover, and that is one special reason why I wish you to change your mind. If you love this man, by all means avoid him, for such a marriage would mean life-long misery for you both. I want you to think over these things. I don't want you to act too hastily. Anyway, why

not go to the country and think it over quietly where there will be no interruption? I wish you would accede to my request."

Emily sat there in deep thought and apparently her mother's argument had had some influence.

"Let me think it over for awhile, mother, before deciding."

"All right, daughter," was Mrs. Walker's reply as she turned and left the room.

The problem was indeed puzzling. She knew the terribly spiteful character of her father. She knew that when once he acquired a feeling of enmity towards anyone, nothing seemed to change him. She felt that her mother's statement that even marriage with Charles would not change her father, was probably truthful. Was she prepared to do an injury to Charles? Her whole idea of marrying him was to add to his happiness. If she thought that her marriage to him would blight his prospects or in any way interfere with his success she would gladly give him up. She had stated that she would let her mother know in a short time, but hour after hour passed by and she was still undecided. Should she go, or should she not go? In the perturbed mental state in which she found herself while trying to solve this problem, she

*(To be continued.)*

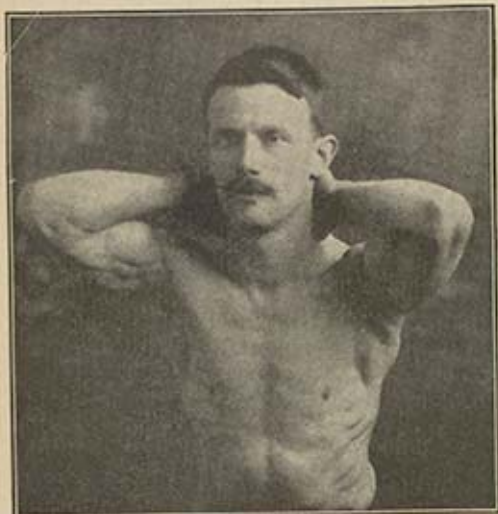
finally concluded that it would really be best for her to give up all thoughts of marrying Charles. She cried softly to herself for a long time when she finally arrived at this decision, but somehow she argued herself into believing that it was her duty, and in this frame of mind she went to her writing table and with tears still welling in her eyes managed to write the following letter:

"DEAREST CHARLES:

"I know you will think hard of me for this conclusion, but I think it is for the best, at least for you, that our engagement be broken. I do not believe anything you can do will alter the enmity of my father towards you. I somehow feel that the joy that we anticipate will never be fulfilled, and that a marriage between us would make trouble for all concerned. I hope you will not think me untrue or that I have failed to keep my trust. It is because of my love for you that I have come to this decision. Mother and father desire to take me into the country. I have consented to go with them.

"Affectionately yours,  
"Emily."

The letter was sealed, stamped and mailed, and Mrs. Walker was pleased beyond words when her sad-eyed daughter informed her that she would accompany her into the country in accordance with her plans.



Mr. Bert Arey

### A Powerful Young Man

The photograph reproduced here-with illustrates the splendid physical development of Mr. Bert Arey, of 32 Waverly street, Leacombs, West Liverpool, England, acquired through following physical culture theories.

Mr. Arey's exceptional strength is evidenced in his rugged and powerful physique. He raises one hundred and twenty pounds with one hand and one hundred and sixty pounds with both hands. He is a linotype operator by occupation.

## 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.

### Physical Culture Saves the Victims of Vice

TO THE EDITOR:

It is certainly surprising when literature that will save men and boys from vice and debauchery is called obscene—literature that is making men out of beings that were bound with chains of vices that wreck mind, soul and body, and pointing them to the path of right living and liberty from vices.

A tree is known by its fruits; if PHYSICAL CULTURE magazine were composed of obscene literature, could it turn men and boys from vices and dissipation? Would it appeal to one's higher nature? Would it be read by people interested in the development of pure manhood and womanhood? May God's blessings rest on your noble work and may opposition be dispelled, and all opposers brought to realize that a just cause, carried on with your "I'll fight to the end" determination, is hard to keep down. May they see their mistakes and try to right wrongs. Long live PHYSICAL CULTURE magazine—may its banner of purity soon wave where opposition has bit the dust.

Walum, N. D. OTTO O. HOFFMAN.

### What Anti-Toxin Did in One Case

TO THE EDITOR:

As a reader of PHYSICAL CULTURE, I am greatly interested in your welfare on the vaccination and anti-toxin frauds. A young man was taken from a small town to Topeka, Kansas, to be operated on for appendicitis or any thing else that the trouble might prove to be. The operation showed the disease to be cancerous and incurable and the doctor removed nothing, but sewed him up and sent him home to die. The home M.D., proceeded to experiment with anti-toxin with the result that the young man died of diphtheria of a very virulent form. When my daughter informed me of the treatment I said: "That explains the cause of diphtheria," to which she replied, "That is what the other M.D.'s say." There ought to be a thousand more like you warring against medical murderers.

May success attend your labor against quacks, prudes and frauds.  
Leavenworth, Kansas. C. F. NEEDHAM.

### Fashions in Forms

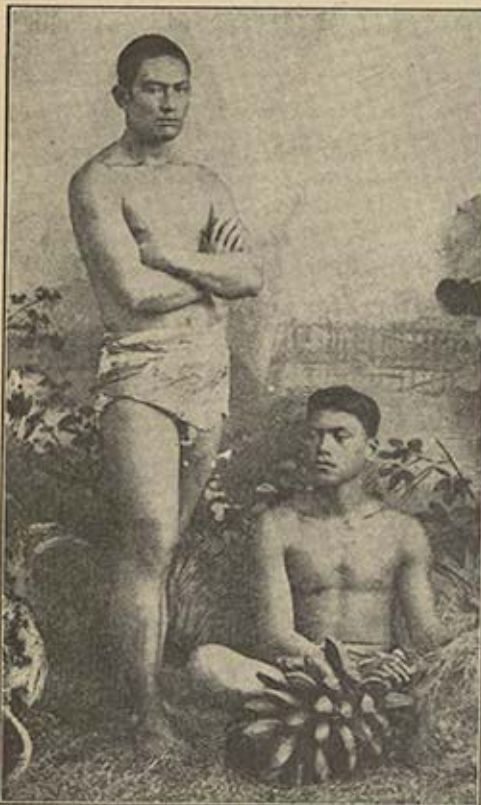
TO THE EDITOR:

For centuries woman has made herself ridiculous by the blindness with which she has followed the whims of Fashion. In a hoop-skirt she looked like a tent; with a bustle she resembled a camel. Ofttimes, with rebellious tears, she tightened her corset laces until she became the image of an hour glass.

A few months ago the decree went forth that she must be straight up and down—*la femme tube*, the French named the popular figure. Already another looms large upon the horizon, but we will deal with that, later. Deride them or not, as you please, the present modes are the nearest approach to natural lines we have had for many a year. You can wear your own figure, really. As the straight effect is given by allowing the cloth to fall in long straight lines, rather than by trying to change the shape of the body, the new styles are comfortable and healthful. No tight dresses, no belts, no corsets.

True, there is a new kind of corset on the market, a humbled and chastened affair, robbed of its slender waist and its steels. As it must have some excuse for its existence it is designed to reduce the hips. Every woman knows that the claims made for it are absurd. The corset industry received a mortal blow when wasp waists went out of fashion. Surely the effort to foist this last monstrosity upon us is its dying gasp. Women who have opposed the use of a tight corset, yet considered a loose one a necessity as a foundation for belts and heavy skirts, find it utterly useless now. The belts and heavy skirts have gone the way of all things of the earth, let us hope never to return.

Another concession Dame Fashion has made to the comfort of her slaves is her sanction of the one-piece garment. Most women were long ago convinced that the union suit is the ideal for underwear; many have yet to learn that the petticoat should be a loosely-fitted princess slip. If, however, you prefer underskirts of materials which are not suitable for the princess style; make fitted waists of heavy white cotton and button to them the



Fine development of the natives of Tahiti.

skirts, which should be on yokes, never bands. When it comes to dresses, it is a pleasure just to look at the style books. All made one-piece, or, at least, put together to give the one-piece effect. All semi-fitted, and cut to hang, yes hang, from the shoulders. For housework, for the street and for formal wear the waist line is eliminated. Coats may be any length, but never tight. Buttons have been restored to their rightful place as fasteners, rather than ornaments. Sleeves are neither tight nor balloon-like, but look as if they were meant to fit the arm. You may even dress up without a collar. There is only one glaring offence. It is the train. Surely, surely we have more sense than to take up such a dangerous and disgusting fad.

It is too much to hope that modistes will willingly allow us to retain the desirable features of these styles. The more changes are made the more money they get. Parisians are trying to popularize the long-pointed bodice and full skirt.

Now that we have experienced the comfort of loose clothes shall we ever let them go? It does not depend on the fashion leaders, it depends on *you*. The leaders cannot lead unless the rank and file will follow. They have neither the power nor the authority to quell

the spreading mutiny. My sisters, a glorious opportunity for dress reform is at hand. *Vive la femme tube.*

PEARLE REA-HUTSON.

#### Information and Criticism about Bananas

TO THE EDITOR:

In a recent issue of your magazine there appeared, under the heading "Some Information about Bananas as a Food," what the writer of same, Dr. W. J. Brand, apparently considers a correction of an article published by Charles Merrilles, in a previous issue, on bananas.

Dr. Brand makes the bold, and seemingly infallible, statement that "a banana that ripens to full maturity on the plant is no better to eat than those that are imported into the United States or England," meaning that they are no better than those which are cut in an unripe condition. If this statement is correct, then it must be equally true if applied to any fruit at all. Yet it is almost inconceivable that such a claim can be made by anyone who really knows, how a pineapple, for instance, an apple, a pear, a peach, etc., which has been allowed to ripen on the tree or plant, as Nature intended it, tastes, as compared with those ripened weeks after they were picked. Of course, if one follows the theory that human intelligence is superior to that of the Creator of the worlds, however he may be called—that man can improve upon his creations, which means that the latter are imperfect—the theory that the food which nature has provided for each living being, can or must be improved by cooking, then he will certainly find it difficult to pass an intelligent judgement on the comparative value of fruits in their respective stage of maturity or immaturity.

Again, to leave a fruit on the plant till it is ripe, or till it decays, are two entirely different things, and there is certainly a considerable stretch between the time when bananas are usually cut for shipment and the time when they would naturally come to maturity, if left on the plant, even before they begin to rot or burst open.

Dr. Brand says further: "he (Mr. Merrilles), is lacking in actual knowledge," then he goes on, saying: "Banana-flour, banana coffee and evaporated bananas are still in the experimental stage, I do not know where one could buy the flour, coffee or evaporated bananas." As a matter of fact, there is an excellent banana-coffee prepared by Christian's Natural Food Co., New York, by means of a dehydration process.

Dr. Brand continues that the banana, "when cooked in its green or ripe state, is a good, wholesome and nutritious food," by which he evidently means to say that in the raw state this is not the case. Now, I doubt if there is a person, having followed Mr. Merrilles advice on bananas in his article referred to above, having given it a fair trial, who will agree with Dr. Brand. Some people seem to take more stock in mere theories, however, than in practical, careful experiments, based

on sound reasoning and plain logic. That the natives of the tropics make more use of bananas in their green state than in the ripe, as stated by Dr. Brand, explains itself and does not prove in the least that bananas are not better when ripened on the plant. In the first place, bananas, as well as other fruits, have to be picked or cut before they are ripe wherever they have to be marketed, that is to say wherever they are not consumed immediately and that the more so, the more perishable the particular kind of fruit is, and especially in a hot climate. In the second place do the natives of the tropics have bad or incorrect habits of eating or living in general, as well as those of northern or cooler countries. Moreover, those fried bananas, referred to by Dr. Brand, are not the real bananas, but are the so-called plantains, which, while very similar to bananas, are larger and not as good when eaten raw, as are the bananas.

The further statement, "that the banana fully ripened on the stalk by sunshine is no better than the banana fully ripened in a dark cellar with the gas burning," agrees very well with the theories of the medical profession, which replace sunshine, fresh air and natural food by all kinds of mysterious things, which nobody, not excluding the originators of these theories, can explain intelligently.

There is certainly much to be said about the banana and modes of preparing it, but suffice it to say that he who has not found out yet the great advantages of naturally, well ripened, raw bananas, has yet to learn a good deal, no matter how learned he imagines to be.

Brooklyn, N. Y.

O. H. MEIER.

### Food—Health—Philosophy

#### TO THE EDITOR:

By the use of a strictly raw diet, no man-made foods or drinks, I am cured of constipation and dyspepsia. Catarrh seems to be leaving me and I hope by the blood-purifying watery fruits to be cured. Will never again use food with the life principle destroyed. Living cells for me. Fruit eaten with a cooked diet used to ferment in my stomach. I do not catch cold now like I did before and the sun's heat does not have an enervating effect or give me fever. I have not eaten any cereals as yet. I found they were hard for me to digest though I have not tried them raw with fruit.

A writer in the Los Angeles *Sunday Times* magazine, "On the Care of the Body," says: "Grain to be fit food should be gathered in the milk and dried in the sun, and when to be used soaked in water and eaten raw. After the milk stage it becomes an insoluble starch and the organs can digest only a small quantity."

Another authority says cereals do not digest in the stomach, and the diastase in ripe fruit will help digest the starch.

A gentleman who lectures on the street for the pleasure it gives him was the means of inducing me to try the raw diet. He blames chemical sugar and white flour as the chief causes of diseases including diphtheria. Pro-

ducts of the animal kingdom and all cooked foods cause impurities in the blood. He says don't be a human cemetery. Drink milk if you want the brains of a calf. Fat is disease. Children should not be fat. Take the lower forms of life for a guide. His religion, the only one which ever appealed to me is: "New Thought." He says: "God is love. Love is God. Goodness is God. Be True to thyself and thine. Be good and do good that you may feel good and be happy, for happiness is the kingdom of Heaven. Do no evil or think evil for this brings unhappiness, and this is hell. Teach the care of the body, for it is most holy. God is within. Live next to Nature if you would live next to God. Crime and sin are chiefly caused by ignorance and present social conditions. We must remove the cause. Criminals of courageous crimes regarded now as dangerous might have been under just conditions our most valuable citizens. Many who are good might have been criminals if they were not weak. An injury to one is an injury to all. For myself I would say we have inherited ideas. Our civilization is founded on the mistakes and wrongs of the ancients. We should be guided by Nature. God is Perfect. Perfection is God."

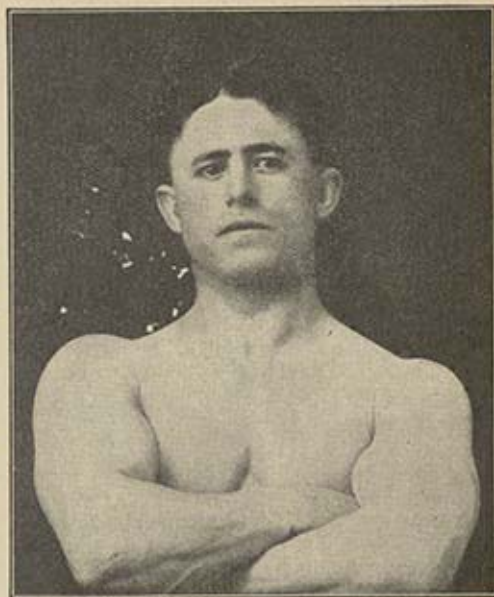
Los Angeles, Cal.

FRANK BOOTH.

### Physical Culture in the South Seas

#### TO THE EDITOR:

"Physical Culture in the South Seas;" would sound somewhat peculiar, yet it has



Max Brenton, of Havelock, Iowa, claims to be the undisputed special weight (125 lbs.) champion wrestler of America. He states that he is ready to defend this title at any time.

been my good fortune to visit Ravatonga and Tahiti, and can testify to the splendid results of diet, air, and exercise. Finer specimens of men and women and children cannot be found.

The diet question is of first importance. These people eat fruit, nuts, and only sparingly of meat. The water they drink is clear and sparkling from the mountains.

The luscious orange, the sustaining bread-fruit, the banana and the coconut form staple articles of diet. You hear of no dyspepsia or kindred evils, the food is easily assimilated, is light and pleasant to the taste.

Their houses are not air-tight chambers, but through the walls the air passes, giving life to every breath, for it comes clear across the Pacific and is purity itself. For exercise, the South Sea Islander sails his canoe, or catamaran—rides his horse, or swims in the surf. He rests in the intense heat of mid-day, but when the refreshing trade wind blows, he moves about again till shadows creep across the valleys, then he goes to sleep with the birds. In fact, he lives a day at a time and throws care to the dogs. His spirit permeates all life. He is at ease with Nature, recognizing Nature as a good mother, whom he obeys.

Now look at a man of this type—what muscles, what a well set-up frame, what a clear eye, what bounding health. This man is in touch with Nature, he is neither a freak nor a fakir, just a strong happy man, living near to Nature's heart. He is not a coward, is not troubled with nerves, does not break down with nervous prostration, but lives every day a care-free happy life.

He loves home, family and friends. The flowers speak to him, the birds sing to him, he is kind to the whole creation. As we get back to simple wholesome life we may expect to enjoy life as do these men and women of the South Seas.

ARTHUR M. GROWDEN.

### Is such a Man Worth Saving?

TO THE EDITOR:

I hardly know whether to entertain feelings of pity, or of disgust for an individual who will write such a letter as you quoted from in an editorial appearing in *PHYSICAL CULTURE* some time ago. It passes my comprehension how any man who sees the evil of filthy literature, and who longs for a higher and nobler plane of existence, can be so weak morally as to "have piles of books containing polluting stories, and pictures of bad girls and women," in his room or any other place; such a man isn't worth redeeming. After making all due allowances for human weakness I say "Damn any such man as that!" If he loves? (As though such a man could love), "a pure, dear, good girl," why in the name of whatever he may hold sacred doesn't he TRY to make himself worthy of her love instead of whining about his own degradation?

Just so long as a young fellow has such books and pictures in his room, just so long will his mind wallow in filth. Burn the books right away, and replace them with physical

culture literature; (and a few volumes from such pens as that of Emerson, may be added). Burn your pictures and replace them with pictures of mountain, field or stream. Forsake your old associates, and seek the companionship of those who are striving to be bigger and better, and you won't need despair of your future.

Portland, Oregon.

I. C. MILLICAN.

### Plain Talk about Vaccine Virus

TO THE EDITOR:

I have been through the largest and most elaborate vaccine virus factory in the world. The establishment carries fire insurance for \$3,000,000.00. Here is the process as shown and explained by the guide. I saw hundreds of cattle (but no calves), in a large brick cow-stable. These cattle had all the lower parts of the body shaved and the shaved parts were completely "vaccinated" or inoculated with small-pox. As the multitudinous sores developed, became more and more inflamed, festered and "ripened," they showed a yellow spot in the center of each pock. This yellow spot contained the rotted flesh of the cow wholly decomposed and vile beyond description. When the pox were ready to discharge this yellowish matter, or "pus" as the physicians term it, the cow is led gently into a side room and a framework lowered over its back. The animal is strapped to the frame, and both cow and frame turned upside down.

Attendants then seat themselves upon stools at both sides of the inverted cow, break the pustular sores all over the belly, sides and thighs of the helpless bovine, and collect the putrid discharge upon the ivory points, set them in racks to dry; afterwards coat them with glycerine, when they are ready to rub into the pure blood of the little children, as a perfect protection against the most loathsome of all filth diseases!

Small-pox is a dirt-disease and nothing else. It never breaks out among cleanly habited people. If it is carried in among them it seldom, if ever, becomes epidemic. When hundreds were dying of small-pox weekly during the 1889 epidemic in Montreal, it was publicly reported that not one case developed in a house which contained a toilet and bathtub.

The one perfect protection against small-pox and all other filth-bred diseases is *cleanliness*. Clean food, clean skins, clean water to drink, clean clothes, clean air to breathe, night and day and you never need fear small-pox. Vaccination is responsible for much disease and many deaths, and the writer will have none of it. We have three healthy children, aged 12, 10 and 8 years. None has even been inflicted with the "Vaccine disease." By the grace of God and the flag-of-freedom they never shall be.

Yours for clean blood and whole skins in ourselves and others.

Detroit, Mich.

J. R. ADAMS.



# THE VIRTUES OF OUR METHODS PROVEN

## Splendid Development from Following Our Suggestions

TO THE EDITOR:

I have been taking your magazine for some time, and by following your instructions, I have a development which I believe is a little above the average for a boy of my age.

I take lots of outdoor exercise and play almost all athletic games, such as football and baseball. I take from fifteen to twenty minutes exercise night and morning, followed by a cold sponge bath.

I do not use tobacco or alcohol in any form, and have never had a day's sickness since I was four years of age. I am twenty-one-years of age.

Belington, West Va. WILBUR L. RIGHT.

(MEASUREMENTS TAKEN JAN. 28, 1909.)

Around Shoulders.....	42½ inches.
Chest, contracted.....	34 "
Chest, normal.....	36½ "
Chest, expanded.....	39½ "
Waist.....	30 "
Hips.....	35 "
Thigh.....	20½ "
Calf.....	14 "
Knee.....	14 "
Ankle.....	8½ "
Forearm, natural.....	10½ "
Forearm, flexed.....	11½ "
Biceps, natural.....	10½ "
Biceps, flexed.....	12½ "
Elbow.....	9½ "
Wrist.....	6½ "
Neck.....	15 "
Height.....	5 feet 8½ "
Weight.....	150lbs.
Age.....	17 years 8 months.

## Gained 76 Pounds

TO THE EDITOR:

I have been practicing chinning with one finger. I am able now to jump up part way and hold myself there and then raise slightly.

I am too heavy for my weight. My height is 5 feet, 7 inches and weigh 173 pounds. I think that with a little hard work I can reduce to 160 pounds; then I should be able to chin myself the full distance with one finger.

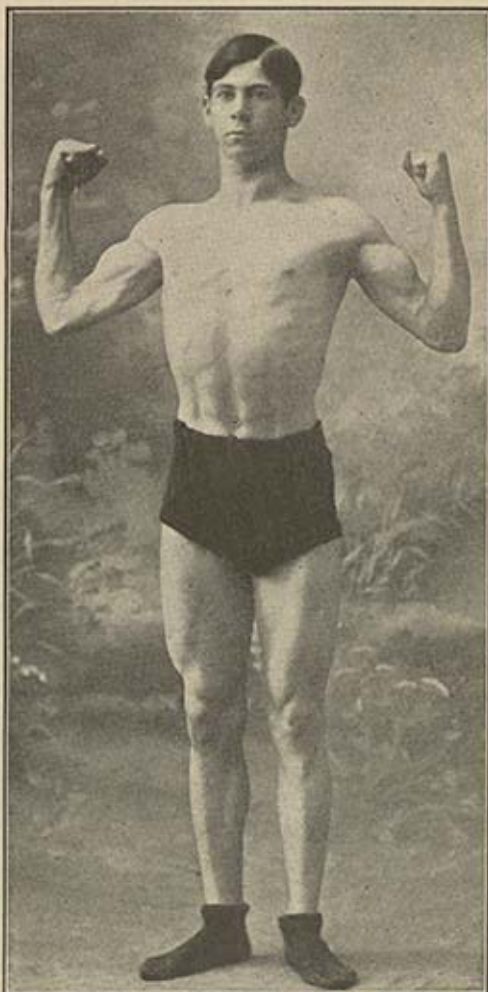
Chest, expanded, is 42 inches; chest, small, 34 inches; waist, natural, 31 inches; waist, small, 27 inches.

I am not ashamed of my physical appearance and it is all due to physical culture. I can not say enough of you and the good you are doing for the human race. When eighteen

years of age I weighed 97 pounds. I began practicing physical culture, though not thoroughly, and became more and more interested until now I am quite strict. At the present writing I am twenty-three years of age and you may see how I have improved.

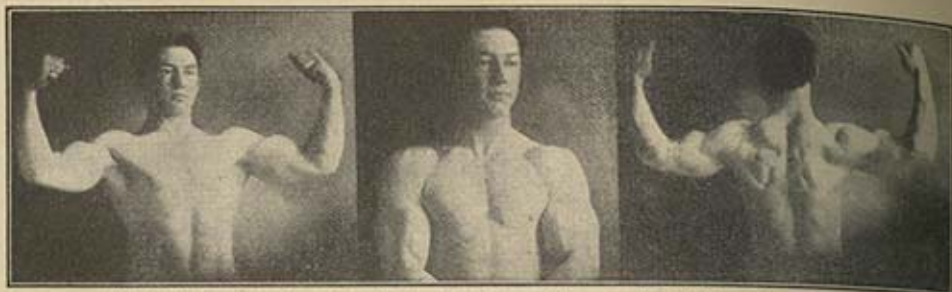
(Signed) CHAS. H. SPICER.

Eureka Creek, Hot Springs, Alaska.



Wilbur L. Right.





W. N. Penson, a Y. M. C. A. Athlete with a splendid development.

#### A Muscular Marvel at Nineteen

The photographs at the head of this page show the splendid development of Mr. W. N. Penson, of Portland, Oregon. Mr. Penson is nineteen years of age, weighs 152 pounds and is 5 feet, 5½ inches tall. He has been connected with the Portland, Oregon, Y. M. C. A., since a boy of fourteen. He has given great attention to special exercises for symmetrical development with the splendid results shown in the above photograph. He is an athlete of rare ability, holding splendid records for the 100-yards dash and the 220-yards dash, running high jump, shot put, and for the dip and pull-up on parallel bars.

#### A Three Year Old Girl Athlete

TO THE EDITOR:

I have been a reader of PHYSICAL CULTURE for five years and have never missed a copy. The photograph herewith shows my little girl at three years of age. We keep her out of doors as much as possible. I am very proud of her strength and development.

F. C. GARDINER.

619 Morris street, N. E., Washington, D. C.

#### Pale Delicate Weakling Becomes Strong— Educate His Fiancee

TO THE EDITOR:

Up until seven years ago I was a weakling of the type one sees among boys approaching the adolescent period. Being an only child naturally very much interest was centered in me and had my manner of living of that time continued much longer I surely would have been a "butterfly." As is usually the case no attention was paid to my diet and all sorts of sweets and indigestible dishes were slopped down and as a result about once or twice each week my stomach went on a strike. I was weak, pale, and delicate and it was a common occurrence to be obliged to be absent from school one or two days each week during which time I suffered much pain and agony.

Needless to say, numerous remedies were administered in hope of relief, but they only alleviated the trouble; but through a friend who was an ardent follower of yours at the time I became interested in physical culture. At first I was just a little bit skeptical, but after reading in March, 1902 (if I mistake not) the story of two young farmer boys, who re-



A few stunts of Fern M. Gardener, of Washington, D. C., at (3) years of age. A few samples of Physical Culture babyhood.



Miss Rachel B. Pringle, 10 Ladywell Road, Motherwell, Scotland.

gained health through natural living, I at once waxed enthusiastic.

Since that time I have read every one of your publications and have them on file for reference and often in my prayers I thank God that Bernarr Macfadden has come into my life, and ever since that day back in March, 1902, I have not suffered ten minutes' illness or inconvenience on account of physical deficiencies. Not only has my physical condition been improved, but my mental attitude has completely changed. I believe I am not rash in saying that I know myself well and did "buffet my body and keep it under" (1 Cor. 9, 27); through Nature I hear, see and feel my God. Not only have I learned the truth about the sacredness of the human body, its various functions and purposes, and benefited through this knowledge, but I have also been able to educate her whom I shall shortly look to for life's companionship to see life in its truest sense from several points of view and she joins hands with me in endless praise of the various theories so emphatically and relentlessly advocated by you.

CHAS. A. ITTELL.

1212 Termon avenue, North Side, Pittsburgh, Pa.

Little Over a Year Old, and Handles Seven-pound Smoothing Irons

TO THE EDITOR:

I enclose picture of my little twin daughter.

She is now one year and four months old, and everybody that has known her since her birth are astonished at the way she has grown. We followed the principles you advocate before and after her bath, as near as we could and we are now more than satisfied with the result. She can run about the house with a seven-pound smoothing iron and lift it onto chairs. It may not be a wonderful performance, but taking into consideration she is a twin child I think it is very good.

I may also add that she always sleeps out in the open air and at first the neighbors thought there must be something wrong with her, but when told she was all right, "Oh, she would suffer from cold," but she is alive yet.

GEORGE PRINGLE.

10 Ladywell Road, Motherwell, Scotland.

### A Fine Physical Culture Baby

TO THE EDITOR:

Our baby is a wonderful child in health and strength. She has never known a day's sickness since birth. She has had a bath every day winter and summer, and windows wide open night and day. Her flesh is almost as firm as marble and she can walk one and a half or two miles without the slightest fatigue. No one would credit her being as young as she looks. I attribute her health and strength to reading your books on physical culture. I adopted all the methods you advocate, both prenatally and since birth, and the result is she is as well developed in form as a woman. I studied the diet you advocate as much as the value of exercise and fresh air.

MRS. M. KEARNEY.

110 Cotterall Road, Ralth, Cardiff, Wales.



Photograph of the daughter of Mrs. M. Kearney, a physical culture girl at two and a half years of age. Has never known a sick day.

# General Question Department

By Bernarr Macfadden

Our friends will please note that only those questions which we consider of general interest can be answered in this department. As we can only devote a small portion of the magazine to matters of this kind, it is impossible for us to answer all the queries received. Where the letters, however, do not require lengthy replies, the editor usually finds time to answer by mail. Where an answer of this kind is required, please enclose a self-addressed, stamped envelope.

## Red Nose

Q. Is there any cure for a red nose, caused, I believe, by exposure to the cold two years ago?

A. A red nose usually has one of two causes—the most frequent cause is the moderate or immoderate use of alcohol, and the other cause is overeating. To a great extent the result is unquestionably brought about by derangement of the stomach, which is similar in its effects whether brought about through the use of alcohol or overeating. If one is continually in the habit of overeating, the food ferments and forms alcohol or products similar to it, and has an effect upon the bodily organism very similar to the use of alcohol itself. For one who is desirous of remedying a defect of this kind, if caused by the use of alcohol, I would suggest total abstinence from alcohol. Whether overeating or alcohol is responsible, a very abstemious dietetic régime must be followed for a prolonged period. In fact, a long fast would be of very great help.

## Roquefort and Limburger Cheese

Q. Do you consider Roquefort and Limburger cheese proper articles of diet?

A. I do not consider any article of food in which the process of fermentation has well begun, as being fit for food. Any cheese that has a distinctly unpleasant odor is not more fit to eat than spoiled meat or any other decayed products. Food, to be healthful and nourishing should be as fresh as possible on all occasions, especially if it is liable to spoil.

## Mustard and Condiments

Q. Is mustard considered a condiment, and would I be just as well off if I did not use it?

A. Mustard is a condiment, a stimulant to the internal organism, and has little or no food value. You would certainly be better off without condiments of any kind, for pepper and various condiments that are used with a view of giving the food a tasty "twang" cannot be recommended. If one does not possess a normal appetite for the food that he is eating, he is better off without it, and when condi-

ments are used to induce overeating, the ultimate results are always disastrous.

## What Soaps to Use

Q. Can you give a few names of pure soaps that are good for the skin?

A. About the best soap for the skin is imported Castile, though almost any soap that is made from vegetable oils with but a small amount of alkali can be recommended. We would, however, especially call attention to the statements on soap made in the article in this issue on "Beautifying and Improving the Complexion."

## Cramps and Numbness

Q. Would you please tell me a remedy for cramps and numbness in the limbs and other parts of the body?

A. The symptoms that you mention in nearly all cases indicate defective circulation. By building up the general vitality improving the quality of the blood through various means that are advocated in this publication, this trouble should in all cases disappear. Of course, massage and rubbing of the affected parts are of value, but the increase of the general vitality, is necessary in order to secure a definite and permanent cure.

## Strong Coffee, Hot Biscuits and Butter

Q. What would likely be the result to one who subsisted almost entirely on strong coffee, hot biscuits and butter?

A. One who follows a dietetic régime of this character, would first of all possess a nervous system that might reasonably be termed weak and dopy. The muscular system would lack strength and endurance, the mental powers would be far below par. In other words, while following a diet of this character one would not be able to in any way develop all his attainable powers, and various acute diseases would frequently appear. Coffee has little or no food value and it is stimulating. Hot biscuits, when made of white flour products, do not contain the complete nourishment necessary to build up muscles, bones and brain. If whole wheat flour products were used, the diet

would, of course, be far better, but even then as long as coffee is a part of the régime, it could not be recommended. If one subsisting on this diet will substitute for it the foods that we will recommend, we will guarantee him in advance an increase of from fifty to one hundred per cent. in strength of muscles and in clearness and power of brain.

### Remedying a Dry Skin

Q. What exercise and diet is best for a dry skin?

A. Almost any diet which will properly nourish the body and cannot be termed over-eating would be satisfactory. Any exercise which uses all the muscles of the body and accelerates the circulation to all parts would be valuable, but in addition to making changes of this character in your general régime, if you were to take a dry friction bath daily, such as has been recommended in previous issues of this publication, you will be gratified by the very rapid change in the condition of your skin. It will soon become smooth and soft and satiny. The suggestions contained in the article appearing in this issue on the complexion would be of especial interest to you.

### Remedying Nosebleed

Q. I have been troubled with nosebleed ever since I was a child. My nose starts to bleeding on the least provocation?

A. The symptom of nosebleed usually indicates defects in the vital fluid. The blood does not contain the proper elements to build the right sort of tissue. Through adopting the various methods advocated in this publication for revitalizing the blood, the particular trouble you mention would slowly but surely disappear. A good method for remedying temporary nose bleed is to stand with the back against the wall and stretch the hands high overhead, reaching as high as you can with your arms against the wall. In many cases of ordinary nosebleed, this remedy has proven itself effective.

### Excessive Perspiration

Q. Could you give me a cure or help me in any way to check excessive perspiration under the arms, and a remedy to take away the disagreeable odor caused by this symptom.

A. Excessive perspiration can nearly always be remedied by adding to the general vital vigor. Dry friction baths are of value, and should be taken every morning upon arising, every part of the body being brushed very thoroughly, not only the parts that are affected but other parts as well. Five or ten minutes should be spent taking this bath after the skin has become inured to the treatment. It is a

better plan to get two brushes and take the treatment in the manner described in the series of articles for remedying consumption. The unpleasant odor referred to would require either a fast or a very strict régime for awhile in order to effect a permanent cure. A fruit diet for a few days would produce a marked change. The free use of water can also be recommended. The parts under the arm pits should be washed with soap and water at least once each day.

### Corset and Marriage

Q. My betrothed very emphatically says that a corset is of benefit to her. She says she has given it a fair demonstration both with and without, and it is necessary as a brace for her back. She says it feels weak without it. She says she does not wear it tight.

A. The fact that her back feels very weak without a corset shows the harm that the corset has already accomplished. The back should be strengthened in such a manner that it will not need a brace of this kind. The very weakness referred to will in nearly all cases end in some chronic disease, if it is not remedied. A strong back is necessary to health, and a corset is one of the principal causes of weakness of the spine. Your fiancée will find that if she takes up a thorough system of physical culture for strengthening all parts of the body, a corset will soon become an unnecessary garment.

### Chewing Gum

Q. Is there any harm or benefit derived from chewing gum for an hour or so after a meal? It seems to help my digestive powers.

A. If you are in the habit of bolting your food, that is chewing it once or twice and then swallowing it, you might find a little relief from chewing gum after meals in the manner that you have mentioned. You supply the stomach with the saliva which should have been mixed with the food before it was swallowed. Of course, the effect of the saliva on the food is not nearly so valuable at this time as it would have been if it had been mixed with it at the proper time. I would advise you to thoroughly masticate your food, and then there will be no need of chewing gum thereafter. If your food was properly masticated before it was swallowed, you would not notice any feeling of relief from chewing gum after the meal. The chewing gum habit wastes the saliva, lessens its strength very materially, and, of course, when one has acquired this habit, the saliva that is mixed with the food before swallowing does not contain the elements that it should possess. There are many worse habits than gum chewing, but I would say that it would be better to avoid the habit for the reasons referred to.

## A Plea for True Purity

Harry G. Hedden

Prudery is both a product and a producer of perversion.

Prudery debauches manhood, degrades womanhood, damns childhood.

Prudery is one of the blackest imps from the bottom of hell.

Drunkenness has slain its millions; prudery, its tens of millions.

Prudery tends to make people hypocrites, deceivers, liars.

Prudery hauls down the glorious banner of truth, and runs up in its place the vile ensign of error.

Prudery is a most monstrous foe to virtue, a most subtle friend of vice.

The more of prudery there is in any heart, the less of purity there can be in that heart.

Prudery blinds our fathers to the most sacred responsibilities of fatherhood, robs our mothers of the sweetest privileges of motherhood, steals from our sons manly vigor and manly virtue, curses our daughters with weakness, wickedness, and woe.

Prudery defiles the body, poisons the mind, shrivels the soul.

Prudery blights the health, happiness, and hope of countless thousands.

To the impure, all things are impure.

Prudery besmears friendship, love, courtship, and marriage with the slush of sickly sentimentalism and the slime of sensuality.

Prudery makes many a home a place to which children look back with untold sadness because they were not taught the truths which would have saved them from the slavery of sin and the torture of remorse and given to their lives more of usefulness and more of joy.

Prudery tends to make man's natural and most noble instincts unnatural and most degrading.

Wretched are the impure in heart; for they shall see Satan.

Prudery is a sort of eczema of the mind, a loathsome disease of the imagination.

Prudery makes many a wedding an atrocious crime against humanity, a vile insult to Nature, a hellish sin against God.

Prudery stands beside the cradle and "marks for slaughter" the innocent, unsuspecting babe.

Man should be intelligent master of all his appetites and passions, and they should be his obedient, willing, useful servants; but prudery makes appetites and passions merciless, monstrous tyrants of man, makes man their cringing, cowering slave.

Prudery is all the more devilish in its influences because it goes about boldly, clad in attractive robes of refinement, righteousness, and religion.

Prudery, plague of civilization and curse of Christendom, damns multitudes to disappointment, disease, despair, and death.

Prudery snatches from the throat of beautiful womanhood the priceless pearls of perfect purity and natural, unsullied love, and casts them before the swine of sensuality, perversion, and lust.

A fitting epitaph over many a grave of dead hope, outraged love, poisoned purity, wasted vitality, wrecked home, and ruined life, would be "Prudery Brought Me Here."

Prudery does not spare even the babe unborn.

Prudery is one of the principal causes of human degeneracy.

**A** LONG the treacherous, cruel shore of the dark and stormy sea of life, prudery creates a dense and confusing fog of ignorance, which obscures Nature's warning lights of pure knowledge and unperverted instinct and causes millions of souls to lose their course and to be dashed to pieces upon the hidden rocks of temptation and sin.

Prudery is based upon the monstrous assumption that the Creator, when He created man, made the unpardonable blunder of creating man an impure being and giving to him an impure body. This piece of infernal imagination is even more abominable than that idiotic idea promulgated by the makers of fashion and the followers of fashion, that God did not have sense enough to give to the human body beauty of form. Evidently, if God has made any blunder whatever, that blunder has been His failure to give some people a sufficient supply of brains. It is highly probable, however, that neither God nor Nature is responsible for the makeup of these pitiable perverts.

The human body is not naturally vile; not an organ, or a function, or an instinct, of the human body or mind is naturally impure; not a natural desire of the human heart is evil. It is the body which has been defiled by disobedience to Nature's laws that is vile; it is the organ, the physical function, the instinct, which has been misused, which has been abused by unnatural, sinful living, that is impure; it is the desire which has been perverted by prudery, or which has become abnormal because unrestrained by reason, or which has been made leprous by licentiousness, that is an evil desire. Naturally, the body is a sacred temple of God; through the defilement of sin, it becomes a foul hovel of Satan. Naturally, the organs, functions, and instincts of the body and mind of man are God's choicest tools for use in His wonderful work of making a world; stolen by sin and given to Satan, they become the most destructive instruments for wrecking a world. Naturally, the human heart is capable of creating and cherishing desires most divine; diseased by perverted passion, it becomes capable of producing desires most devilish. The higher, the nobler, the purer, the more heavenly an

instinct, a power, or an emotion may be, the lower, the more degraded, the more impure, the more hellish that instinct, that power, or that emotion may become.

As it is with wealth and fame and education, so it is with every form of power; the greater the possibility to do good, the greater also the possibility to do evil. So it is with man's creative power, with man's sexual nature. Naturally and rightly developed, and used as divinely intended, the sexual element in man's nature is capable of becoming a blessing most sublime; perverted for sensual pleasure, it is capable of becoming a curse most infernal. Thus does it lie within the power of man to rise to heights of honor and happiness unspeakable; and thus does it lie within the power of man to sink to depths of degradation and woe unutterable. Thus may man grow into the image of God; and thus may man degenerate into the image of Satan. Reverenced as a gift from God, nurtured as one of Nature's rarest flowers, and consecrated to the divine purpose of creating life, the sex element produces power, purity, love, and joy supreme; sinfully regarded as a selfish possession, played with as a cheap toy, and defiled by licentious abuse, the sex nature produces weakness, vileness, lust, and sorrow inexpressible.

Love, marriage, husband, wife, mother, father, sister, brother, children, home; are not these the sweetest words we know? Are not the relationships these words suggest to our minds the most sacred relationships the human heart can feel? Are not these holy relationships the pure fruitage of our sex nature? If the fruit is pure, is not the seed also pure? If life is sacred, is not the power to create life also sacred? If God is pure, is not His handiwork also pure? If God is love, ought not love, natural and unsullied, lead man along the pathway of purity into the presence of the Infinite?

Away, therefore, with prudery, perversion, vice, ignorance, hypocrisy, falsehood, error! Give us virtue, knowledge, purity, and truth. Let us learn truth, love truth, live truth. Let us strive to find and to follow every truth which will help to develop a stronger, nobler, purer, lovelier, manhood and womanhood.

# Menus and Recipes for Four Days

These menus are selected from the daily bills-of-fare served at the Bernarr Macfadden Sanatorium, at Battle Creek, Mich. As from 250 to 400 people are served at each meal at this famous Mecca for Physical Culturists, it will be realized that the menus cover a wide scope of health building foods. Readers will please note that all the foods embraced in the Menus, as well as the products represented on our advertising pages, are given our endorsement as of first quality, and as fully complying with the Pure Food Law.—Bernarr Macfadden.

## FIRST DAY.

### *Breakfast.*

Peaches	Bananas	Oranges	Pears	Cantaloupe
	Corn Meal Porridge		Raw Oat Flakes	Cream
Figs	Dates	Raisins	English Walnuts	Brazils
	Eggs		Baked Potatoes	Creamed Peas
Entire	Wheat Bread,	Fruit Butter		Unfired Bread, Creamery Butter
		Lettuce Salad,	French Dressing	
Wafers, Swiss	Cheese		Strawberry Short Cake, with Cream	
Cocoa	Milk	Sumik	Date Coffee	Apple Juice

### *Dinner.*

	Puree of Kidney Bean Soup			
Lettuce	Radishes	Laxo Biscuit	Ripe Olives	
Eggs	Baked Sweet Potatoes		Creamed Cauliflower	
Entire	Wheat Bread, Creamery Butter		Unfired Bread, Nut Butter	
	Grated Carrots with Cheese		Cream Cheese, Oat Wafers	
	Ice Cream	Angel Food	Dates	Figs
Pecans	Almonds	Brazils	Filberts	English Walnuts
Milk	Sumik	Cocoa	Welch Grape Juice	Fruit Punch

## SECOND DAY.

### *Breakfast.*

	Oranges	Apples	Bananas	Pears	Plums
	Rolled Oat Porridge	Corn Flakes	Raw Wheat Flakes	Cream	
	Raisins	Figs	Dates	Filberts	Brazils
	Cream Vegetable Soup	Green Onions	Laxo Biscuit	Ripe Olives	
		Eggs	Cottage Cheese		
	Mashed Rutabagas	Creamed Potatoes	Sliced Tomatoes		
Entire	Wheat Bread, Creamery Butter		Unfired Bread, Nut Butter		
	Vegetable Salad		Hawaiian Pineapple		
Milk	Sumik	Cocoa	Date Coffee	Fruit Juices	

### *Dinner.*

	Cream of Onion Soup			
Lettuce	Radishes	Laxo-Biscuit	Ripe Olives	
Eggs	Creamed Limas	Warm Slaw	Sliced Onions	
Entire	Wheat Bread, Date Butter		Unfired Bread, Creamery Butter	
	Dinner Salad, French Dressing		Wafers	
			Cheese	
	Fruit Salad Garnished with Shredded Nuts			
Figs	Dates	Raisins	Almonds	Brazils
	Apples	Bananas	Oranges	Peaches
Milk	Sumik	Cocoa	Banana Coffee	Fruit Juices

THIRD DAY.

*Breakfast.*

Oranges Bananas Apples Peaches Plums  
 Rolled Wheat Steamed with Dates and Raisins  
 Raw Wheat Flakes Corn Flakes Cream  
 Dates Figs Raisins Brazils Peanuts Filberts Almonds  
 Cream Celery Soup  
 Sliced Tomatoes Laxo Biscuit Ripe Olives  
 Eggs  
 Pea Puree Creamed Asparagus Tips Buttered Beets  
 Entire Wheat Bread, Date Butter Unfired Bread, Creamery Butter  
 Carrot Salad  
 Raspberries and Cream  
 Milk Sumik Cocoa Apple Juice Welch Grape Juice

*Dinner.*

Potato Chowder Radishes Laxo Biscuit Ripe Olives  
 Eggs any Style  
 Macaroni and Cheese Buttered Squash Pickled Beans  
 Entire Wheat Bread, Nut Butter Unfired Bread, Dairy Butter  
 Celery Salad, Cream dressing Wafers Cheese  
 Fruit Jelly Dates Raisins Figs  
 English Walnuts Brazils Pecans Almonds  
 Bananas Oranges Peaches Plums Apricots  
 Prune Whip Cocoa Milk Sumik Fruit Juices

FOURTH DAY.

*Breakfast.*

Bananas Oranges Plums Apricots Apples Cantaloupe  
 Fruit Porridge Cream  
 Dates Figs Raisins Brazils Pecans English Walnuts  
 Cream of Lentil Soup  
 Sliced Tomatoes Laxo Biscuit Ripe Olives  
 Eggs  
 Pearl Barley with Tomato Sauce Creamed Turnips  
 Pickled Beets  
 Entire Wheat Bread, Creamery Butter Unfired Bread, Nut Butter  
 Tomato Salad Wafers Cheese  
 Peach Short Cake with Cream  
 Milk Sumik Cocoa Apple Juice Banana Coffee

*Dinner.*

Cream of Navy Bean Soup  
 Green Onions Laxo Biscuit Ripe Olives  
 Eggs any Style  
 Potatoes and Onions Creamed Carrots and Peas  
 Entire Wheat Bread, Creamery Butter Unfired Bread, Nut Butter  
 Cabbage Nut Salad, French Dressing  
 Wafers Cream Cheese  
 Prime Fig Pudding, Served with Whipped Cream  
 Dates Figs Raisins Brazils Pecans Filberts Almonds English Walnuts  
 Apples Peaches Pears Bananas Hawaiian Pineapple  
 Milk Sumik Cocoa Welch Grape Juice Apple Juice



*Strawberry Short Cake.*

Use the Sunshine Cake recipe. Bake in four medium-sized layer molds; bake as directed in recipe. Only raise fifteen minutes and bake ten minutes with slightly increased heat. Allow the cakes to cool, then place crushed berries on two layers. Cover with the remaining two layers. Cut in squares, place two whole berries on each piece. Add one tablespoonful of whipped cream and serve.

*Fruit Salad.*

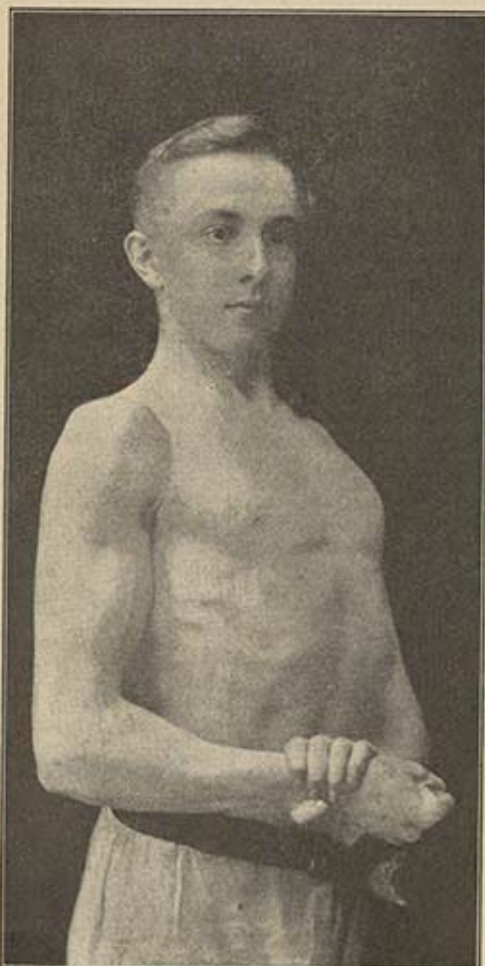
One pint of chopped apples (tart apples), one pint of bananas cut into cubes, one cup of raisins, one cup of pitted dates, cut into pieces, one cup of

orange juice, one-fourth cup of sugar. Mix together and garnish each, serving with grated or shredded pecans or Brazil nuts.

*Pickled Beans.*

Take fresh stringless wax beans. To each quart of beans, after they have been cooked, add the juice of two large lemons, two heaping tablespoonfuls of sugar, one even teaspoonful of salt and enough water to cover beans. Allow to stand twenty-four hours before serving.

Note.—Green or dry beans should always be cooked at a low temperature and with very little water, or steamed (steaming preferred.)



### Cured of Neuralgia, Headaches, and Chronic Colds

TO THE EDITOR:

I have for the past two and a half years followed the two meal per day plan, and am glad to point out the benefit I have derived therefrom.

I formerly suffered considerably from neuralgia and headaches, and was scarcely ever free from colds, and while reading one of your articles I determined to give your methods a trial for six months.

I first commenced going without breakfast, my first meal being taken at noon. I must admit that at first it was difficult to look on while others at home were feasting, but I determined to give your suggestions a good trial, and I soon got over this first difficulty.

I never smoke cigarettes, as the injury effected by them is hard to overestimate. I am also a teetotaler. I live in the country and am fond of open-air exercise. I take deep breathing exercises every night and morning, and these have considerably increased my chest development.

I most earnestly recommend the two meal system, especially to anyone working in an office.

I thank you for the benefits I have derived from your literature.

RICHARD JOHNSON.  
Howarth Fold Farm, Healey Heights,  
Burnley, England.

## Is Dancing Immoral?

THESE seems to be a very great difference of opinion among those who believe they know something about this subject. Among the varying conclusions that have been advanced, I have never found anything that so plainly and concisely covers the subject in a few words as does the reply made to a questioner by the editor of *American Motherhood*, in a recent issue of this publication. By the way, here is a magazine that should be read by every mother, and in fact, by everyone who is interested in motherhood and in the vast field of knowledge that may be acquired on this extremely important subject. The questioner in this particular instance asked whether dancing was wrong or harmful. The editor very clearly explains how and when it is harmful or otherwise, as follows:

"I am going to tell you to do whichever you can do and in so doing, believe you are doing right. And nobody can tell you what that is but your own conscience. If it will help you any in your decision to know what I believe I will gladly tell you.

"Did you ever see a company of school children playing on a lawn or in a field where they danced? Where they took hold of hands and danced around a Maypole or in a circle to pretty music? I have, and I didn't call it wrong. I called it beautiful. They were happy, joyous, exuberant and their bodies responded joyously to the exuberance of their spirits. It was spontaneous, healthful, happy movement, exercise, and nobody could say it was wrong. They might even take hold of hands two and two and waltz or two step or even do a "barn dance" and it would still be right. They are moving in joyous rhythmic time to the beat of music. There are older people looking on and laughing happily, even tempted perhaps to join. There is fresh air and there are birds and trees and grass and God is in all these and it is a part of life and it is all right. If *that* were all I ever saw of dancing I should say, 'yes, dancing is good. Go and dance and be happy.'

"Again, were you ever part, as I have been, of a merry group of young girls and boys who sometimes met in the home of one where there was a big parlor, where a dear old lady with white, white hair, a staunch member of the W. C. T. U., a devout church member, a woman suffragist and above all, one of the most beautiful characters that ever lived, sat down to the piano and said, 'Come boys, get your partners and let's have the Virginia Reel.' Her deft fingers flew over the keys while we 'balanced at the head' 'swung our partners,' went 'down the outside' and through all the rest of it. The room in which we danced was a home room, the fathers and mothers were all there, the dancing stopped at an early hour and after a cup of chocolate and a sandwich (without meat) we all went home and were able to get up the next morning feeling refreshed, happy, clear of conscience and mind, and ready for work. Was *that* dancing wrong? If *that* were all I ever saw of dancing I should say, 'No, dancing is not wrong.'

*But*,—where men and women go at an hour which is late of itself, to an illy ventilated, over heated public ball room where any may come who cares to pay the price even though it may bear the reputation of being 'exclusive,' where women show bare shoulders and bosoms, where men go out to a nearby bar and drink liquor, where the dance is an unending whirl of idiotic tee-to-tum spinning round and round like mechanical figures, where men hold women and girls in close embrace and breathe vile, liquor smelling breaths into their faces, where heavy midnight lunches are served very often with wine as an accompaniment, where the man who is known to every girl's father as a roué and libertine holds the innocent, pure and true hearted girl in his arms, where the dancing is kept up until morning hours and one must either sleep late the following day to make up, or get up early and spend hours of weariness and sleepiness—then I say dancing is *wrong—wrong—wrong*.

And I say to mothers and fathers, keep your children both boys and girls away from such places as you would from a pestilence. And I say to girls and boys, *Never* dance, rather than dance under such conditions. So you see that I do not believe dancing of itself is wrong, but that it must depend upon the conditions accompanying it and that these conditions must be right. And in this it differs not from anything else you do. It depends on *how* you do it, and your father's philosophy is right. I think, you can easily afford to give up all thought of dancing, particularly of going to dances of any kind, if your mother wants you to. She has her reasons and she has probably

given them to you. I think, too, that if the young man cares for you as he should he will willingly give it up too, for your sake. There is very little satisfaction in dancing, except it be the spontaneous exercise and joyous movement as I spoke of it first, and much of the time there is unhappiness and harm and injury of health resulting. It amounts to very little and there are much better things in life. However, what I want you and all my girls to do is to so live, so strengthen your *character*, so that you *could* dance and do it in the right way, in the right place, at the right time, with the right people, and that you would *scorn* to do it in any other way."

### Dame Fashion, the Modern Tyrant



The Gilded Martyrdom to Fashion Exposed in a recent Divorce Trial in High (?) Society.

# A Miller's Opinion of Bread and Flour

SOME VIEWS ON OUR SO-CALLED "STAFF OF LIFE,"  
AND THE FLOUR FROM WHICH IT IS MADE, AS EX-  
PRESSED BY A MILLER WITH FIFTY YEARS EXPERIENCE

By E. N. King

The following article unquestionably contains much valuable information. One can hardly give fifty years of one's life to one particular business without knowing something about it. Mr. King has had a life-time of experience in the making of flour, he knows the tricks of the trade, and like every other sensible investigator he strenuously condemns white flour as a food.—Bernarr Macfadden.

THE Bible says that bread is the staff of life. The petition for "daily bread" is the instinctive prayer of man universal. Bread, which strengthens the heart of man, is the first condition of human activities, and anything which may impair the quality of this prime factor of life demands our careful consideration.

In these modern times, especially the last few years since the advent of the roller system of milling, a great deal has been said about bread. The great and prevailing tendency has been to produce flour that will make bread extremely white, and the mill that has put out the whitest flour is the mill that has met with the greatest success. Hence, every possible device has been resorted to for that purpose.

Somewhere near thirty-five years ago, a first departure from the old-time system of milling was made, when what was known as the new process system came into vogue. With this, the old historic millstone was retained. Then a decade or more later the roller system was introduced. This finally superseded the old millstone almost altogether, whilst the roller system itself has undergone many modifications, all aiming at the elimination of all the elements of the golden grain of the wheat, but the starch, which is the whitest element of the wheat and preponderates in quantity, together with a small percentage of gluten. And lastly, in order to lay the Almighty, the God of Nature, completely in the shade, for not creating a wheat that would make whiter flour, our modern experts have resorted to very questionable methods

of bleaching the flour and thus producing a super whiteness, for which purpose various chemicals, some of which are deadly poisons, together with electricity, have been employed. Among the more prominent of these are alum, nitric acid, etc., in combination with electricity. This, when combined with the flour, instantaneously bleaches it to a snowy, or I might say ghostly whiteness.

To justify all this, all sorts of arguments are made use of, and these latter-day scientists and philosophers, disciples of this ghost-whiteness in bread, have left no stone unturned to establish their position and convince the public that in extreme whiteness they find everything that is desirable for man to eat. Just as a pure food philosopher of ancient days once said to one Madam Eve: "You see that tree, don't you? Well, pluck and eat, and you will find it the fruit of all the fruits of the garden, the one most to be desired. Eat and live forever." But it brought death just the same. Thus we find our wise tutors of to-day making use practically of the same argument.

Now God has given us this great tree of wheat to eat of. He knew our systems and just what was needed to support them in health and vigor, and so He put into the golden grain of wheat just the constituent elements necessary, and we cannot lay one aside without injury to our well-being. We find in the wheat the following primary elements: (1) bran, (2) phosphates (contained in the germ), (3) gluten, and (4) starch, to which I will allude further along; but still these philosophers come boldly to the front with their misleading arguments.

That wheat stands first in the list of cereals and is the nearest approach to a complete ration, we admit and claim. We also claim in order to be a complete ration or food, there must be in it the elements to meet our complex natures. Hence, we find the wheat cereal to be complete in its constituent elements, and as I have already said, we find in the wheat cereal the following primary elements, viz., bran, phosphates, gluten and starch. The chemist might resolve them into various other elementary constituents, but the above is all that is necessary as regards our purpose in considering their food value. Under a strong magnifying glass we first come in contact with a woody, fibrous, and very slight covering outside the bran proper. There is no food value in this, nor in the fuzz at the blossom end of the berry, which also contains a minute amount of dust. These may properly be termed impurities, and as they are easily removed, machinery has been brought out that thoroughly removes and cleanses the wheat of this and other foreign substances that get mixed in with the wheat, by screening, scouring and winnowing. This removed we come to the bran itself. Our authority just quoted, and all advocates of fine white flour, will tell us that it has no food value and is injurious to the delicate lining of the stomach, that there is scarcely a stomach that will digest it; and yet, these same individuals will stuff their stomachs with fried beefsteak, tough and hard as a piece of sole leather, fried potatoes and many other articles one hundredfold more indigestible than wheat bran. Wheat bran is not only easily digested by any normal stomach, but has valuable food qualities, being rich in proteids, certain minerals, etc. Besides, an eminent authority has demonstrated that wheat bran contributes to the enamel of the teeth, and if our fathers and forefathers had always lived on entire wheat flour, we would have no decayed teeth to-day; but bran must be eliminated from our bread by our modern wiseacres because it makes dark bread, and is by them termed an impurity. Yet, strange to say, these very advocates of white bread condemning bran and the other valuable elements of the wheat as

shown in the analysis, as impure and injurious to the stomach and bowels, will turn right about and hold forth this bran and middlings, offals as they are commonly termed (middlings being mainly fine particles of bran and the germ of the wheat), and in glowing terms they tell us how rich they are in food value and how well stock of all kinds thrives on them. In this they tell the truth, for cattle, horses, sheep, etc., all do exceedingly well when fed a proper amount of bran and middlings. The following is a sample that one of them has to say under this head:

"Recent scientific tests by expert feeders at the experiment stations show the surprisingly high feed value of wheat bran and middlings. Bran may be fed to all classes of horses with excellent results, because of the large amount of proteid and mineral matter it contains. Bran is desirable on account of its lightness and its cooling effect, as well as for the protein and mineral matter contained therein.

"Wheat bran contains 12.5 per cent. protein, middlings 12.8 per cent. corn, 7.9 per cent. Bran and middlings is par excellence, a leading feed for the dairy, furnishing the qualities that are so much needed in the formation of milk."

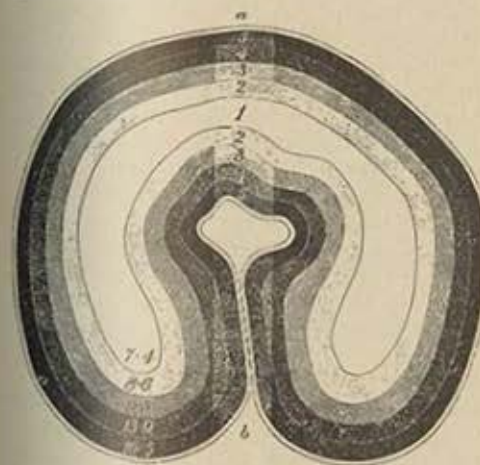
This is a paragraph of a lengthy article by this author. Now is not it a little strange that these offals should be of such inestimable value to stock, have such beneficial food values, and yet be so unfit for man; that while it is food to one it is poison to the other? If these prime elements, protein, phosphates and minerals, are of such value to cattle and horses, why are they not to men also?

It reminds me of a story I once heard of a conversation between an Englishman and a Scotchman. The Scotchman was lauding his oat porridge and oaten cakes, but the Englishman derided the Scot's diet of oats and said: "We don't eat oats in England. We feed them to our horses." Whereupon the Scotchman replied: "Yes, and I am minded that ye have the finest horses in the world in England, but in Scotland we have the finest men."

Next we notice the germ of the wheat, which is found at the stalk of end of the

berry, uniting the end of the berry to the ear. Wheat, like all other cereals, contains the germ, that living, life-giving element, that which germinates and reproduces itself. Chemistry tells us it is the phosphates of the grain, the very element of the cereal, that feeds the brain and nerve centers of our being, and is in itself the one most essential element of the wheat. If our brain and nerves are not properly nourished, we cannot have physical vigor and health, and we become mere weaklings and are susceptible of all the ailments that strew our pathway.

Third, the gluten. This is scattered all through the internal part in minute globules, but the greater part lies next the bran and adheres tenaciously to it. The accompanying illustration shows a cross section of a grain of wheat, greatly magnified.



A GRAIN OF WHEAT.

Diagram of a cross section of a grain of wheat of the Purple Straw type, showing the location of the five arbitrary "concentric" zones or layers of flour removed by hand. The "core" is shown white, and each successive zone is shown in a darker shade, the outermost zone being represented black. Outside the zones the bran is represented as a narrow white layer. The five zones are numbered 1, 2, 3, 4, 5, and are successively thinner toward the outside of the grain. The percentages of gluten found in the flour are marked on each zone. Zone 1, 7.4 per cent.; zone 2, 8.6 per cent.; zone 3, 9.5 per cent.; zone 4, 13.9 per cent.; zone 5, 16.5 per cent. The diagram is drawn to scale.

This gluten is a gluey or gelatinous substance. It contributes to the muscle, sinew and bone, and constitutes the base of animal tissue.

Fourth, the starch. This occupies the internal part of the grain. It preponde-

rates in quantity, and is the white portion of the wheat. All the other elements have color. This starch is what makes fat and contributes to the warmth of the body. Thus we see the importance of retaining in our bread all these different elements, and the folly of discarding any part of them. It is true that they have not been able to get completely rid of these elements. Infinitesimal particles of bran finding their way through the meshes of the silk through which the flour is passed, commonly called bolting the flour. Hence, they resort to bleaching to get rid of this coloring matter, and then they come forward with the argument that this bleaching does not affect the flour. Their statements, however, are not true, because in order to change the color of any physical substance there must be a change in the substance itself. Without some chemical change, you cannot make black white. This is a self-evident fact to the most obtuse intellect. If, then, there is a change, that change must be in the cell structure of the flour. If so, what are they and what will be the ultimate effect of these changes? These bleachers do not tell us. They say there is no change, but science tells us there is. Which shall we believe? Recently a paper by Prof. Fleurant, one of the most eminent of French chemists, read before the French Millers' National Convention, fully sustains the position I have taken and for a long time maintained.

In this paper he gives an analysis of three different samples of flour that had been subjected to the bleaching process. These samples had been carefully stored from one to four months, and in each case the result was found to be mainly the same. He said:

"The gluten was reduced in quantity, the fatty matter was diminished, and the acidity increased. In each case, the result was the same. The acidity had been doubled, and the effect upon the system cannot be but baneful. This instantaneous bleaching by electricity is simply the introduction of burned air, the electric flame being a convenient method of destroying the oxygen or carbonic acid gas, thus destroying the natural oil so essential in bread."

Here we have scientific knowledge

from one of the world's foremost chemists. Besides the use of electricity, it is well known that alum and nitric acids are used for the same purpose.

This whole system of bleaching or otherwise doctoring up flour in order to produce extreme whiteness can have but one effect on the human system, and is no doubt mainly the cause of the alarming increase in constipation and the whole train of ailments that follow in its wake. It is a well known fact—attested by eminent physicians—that constipation, stomach and bowel troubles and nervous prostration have greatly increased since the introduction of this modern extra fine white flour. Case after case can be given to prove this. I will give one that was related to me by a Mr. Dougherty, of Bluffton, Indiana, a personal acquaintance and friend. He said:

"Mrs. Dougherty had been declining in health for some years, and I had spent large sums of money employing the best physicians in the city, but to no effect. Mrs. Dougherty gradually declined. Finally one day, without any particular thought of Mrs. Dougherty, I took a notion that I would like some old-fashioned bread, such as my mother used to make years ago. So I drove to my farm and procured a grist of wheat and took it to a country mill that I knew of, still running the old-fashioned way. I had it ground and on my way home I stopped at an old aunt's and got her recipe for making mother's bread. Arriving at home, I informed Mrs. Dougherty what I had done, and she referred me to the hired girl with the remark: 'If you want the black bread, you can have it.' In due time the bread came to the table and was placed at my end of the table. It was not as nice as my mother used to make, but still very good.

"Soon modern white bread was laid aside, and Mrs. Dougherty was eating old-fashioned dark-colored bread; and it was not long until there was an improvement in Mrs. Dougherty's condition. In the course of three months, there was a marked improvement, and in the course of a year or thereabouts, Mrs. Dougherty was restored to normal health. And," said Mr. Dougherty, "it was modern refined white roller made

flour that made Mrs. Dougherty sick, and old-fashioned dark flour that restored her to health again."

Case after case might be given to establish these premises. It is quite well known that since the departure from the old-time system of milling when the grinding was done by the historic millstone and the flour dressed or bolted through six or eight bolting cloths, these ailments have greatly increased.

Another significant fact: Long years ago bran was thought to be of but little more value than sawdust for feeding purposes, and it was a drug on the miller's hands. The time was when they would give it away and sometimes, not finding ready customers at free rates, would dump it into the creek to get it out of the way. Later on it began to sell and bring minimum prices. Not more than twenty-five years ago I have sold bran for seven or eight dollars per ton, but in late years it very seldom falls below twenty dollars a ton and often runs up as high as thirty dollars. Within the past ten years, I have known it to bring \$1.50 per hundred pounds, when the flour was worth only \$1.75 per hundred pounds. Thus is easily seen, the great value of these wheat offals for feeding purposes. What cream is to milk these proteid and nitrogenous elements are to the bread.

What then is the conclusion of the whole matter? Which—modern refined and bleached flour, whiter than nature has ever intended it to be, or entire wheaten bread, the old-time flour which was approximately so? Which is the truest to nature and the requirements of our system? Which will contribute the most to good health and longevity?

I am a Prohibitionist and look upon whiskey as a gigantic evil so great that it would require an artist with the skill of an archangel, and a brush in that artist's hand as large as a green bay tree, and that brush dipped in the blackness of hell, to paint a picture commensurate with the evil of whiskey; but great as the evil is, I believe modern white flour to be a greater injury to the human family.

In the face of these facts, who will be so presumptuous as to gainsay the value of the entire wheat flour and the baneful effect of modern, snow-white flour?

# Reducing the Cost of Living

By R. C. Smedley

## AN EXPERIMENT IN DOMESTIC ECONOMY.

This article very clearly illustrates what one can gain by an abstemious diet. The mere financial benefits are trivial compared to the actual physical results of cutting out numberless indigestible combinations that cost a great deal of money and work incalculable injury upon the general functional organism. If you are interested in living, if you are willing to sacrifice a few moments enjoyment at the table to make your life one long continuous period of enjoyment, then read this article.—Bernarr Macfadden.

**H**OW to reduce the cost of living—that is a vital question with many a wage-earner in these days when expenses are increasing so much faster than wages. The problem is not nearly so difficult as it looks, however. The application of a little common sense will go far toward its solution. One need not attempt to live on peanuts exclusively, nor on beans, nor wheat, nor any other "freak" diet, in order to hold his living expenses down.

There are two principles involved in the matter. First, the food materials must be carefully chosen, so as to get the proper values, and second, care must be taken to eat no more food than the body requires.

A competent engineer will seek to run his engine so as to get the maximum of efficiency at a minimum cost. He knows what kind of fuel will produce the greatest amount of power, and how much is needed to secure the best results. His example may well be followed in regulating our diet. Our best economy is found in the use of a minimum amount of the food materials which will best supply our bodily needs.

There is no denying the fact that people eat unwisely and too much. The results are, unnecessarily high living expenses, ruin to the digestive apparatus, and impaired efficiency. My own experience in work with men leads me to believe that a very large part of the ills of mankind are directly or indirectly traceable to unwise eating.

Some time ago, mainly for economic reasons, it was determined in my home to make an attempt to reduce living

expenses, which had never been high, to a minimum. We had no theory to establish, no fad to exploit, but merely as a matter of convenience and economy desired to try the experiment. The result has convinced me that it is possible for one to live well, and with no unreasonable degree of self denial, on from one to one and a half dollars per week, a sum far below the average cost even of poor living.

In beginning the test, we set as the limit of expense for food for the two of us the sum of ten dollars per month. A few adjustments were made necessary by the change.

First, breakfast was entirely dropped, with the result of saving time, energy and expense, and making a decided improvement in our general health. Second, meat, which had always been used sparingly, was used even more sparingly, seldom more than once a week. Third, care was used in the selection of materials, to get the best food values and proper variety. Fourth, the number of different kinds of food served at one meal was reduced, thus lessening the tendency to over-eating.

A diet largely vegetarian, and of high nutritive value, was the result. Fruits, vegetables, cereals, and nuts were the staple articles of food. Pies, meats, coffee, and the like, have been comparative strangers at our table. But let no one imagine that we have been ascetics, or that we have denied ourselves the legitimate pleasures of eating. It is amazing what a variety of palatable dishes can be prepared from such homely ingredients as dried beans, peas, rice, lentils, and such things. Carefully selected food, properly pre-



pared and thoroughly masticated, furnishes a satisfactory diet without meat or other stimulants.

It takes a little extra trouble in preparation, but it is worth while. I am inclined to believe that the reason why so many people live on a diet of meat and potatoes is because it is so much easier to prepare a meal with those articles for a basis than it is without them. Thus people sacrifice health to a temporary convenience.

I have figures at hand taken from household accounts extending over a period of seven months, including the winter and part of the fall and spring. The total amount expended for food during this time was \$65.97, an average of \$9.42 per month, or of \$2.20 per week, for two persons. Thus, the average cost per week for one person was but \$1.10. This includes the cost of fruit and other supplies stored during the fall for winter use.

Extending over so large a part of the year as they do, these figures may be taken as fairly representative. The expense for the entire year should average no higher. In fact, I am cer-

tain that with a little more care and self denial than we have exercised, the cost could easily have been still further reduced. There is no reason why we could not have lived comfortably and well on an average of one dollar each per week, had we denied ourselves some things which might well have been spared.

So far as personal health is concerned, the results of the experiment have been eminently satisfactory. Both of us have enjoyed splendid, vigorous health, with unusual freedom from colds and similar afflictions. I have gained several pounds in weight, and even through the heat of the summer have kept up to about eight pounds above my former summer weight. Best of all, I have been entirely free from the lassitude and "tired feelings" which, in previous years, always came with the approach of spring.

Any person who desires to economize, either in money or health, will find the "dollar a week" plan of living well worth adopting. The cultivation of intelligently abstemious and temperate habits of eating will add dollars to one's savings, and years to one's life.

## Appendicitis

By CATHARINE F. LITTLE

Operations for appendicitis have become so frequent these days that it is time for the public to open their eyes to a few facts about these cases. A noted Chicago physician said that appendicitis does not always require operation and that as many recover without it as with the operation. Doctors dose their patients with morphine till the whole alimentary canal has lost the power to behave itself. Then they blame the poor innocent appendix for the bad results that follow and instead of giving a good physic and cleansing enema they proceed to operate for appendicitis.

A physician who has the reputation of sending as many, if not more, of these patients to the hospital as any other doctor in the country, has had appendicitis but has never submitted to the operation, nor does he look as though he needed any unless for the removal of a bad conscience from abusing the trust of

those who have entrusted to him their greatest treasures and to-day are weeping and will not be comforted because they are not. I was called to the home of one of these whose son had been ill for only a day and a night, but when I reached there they had already taken him to the hospital and the grandmother was wringing her hands and crying because they had insisted upon taking him without first trying other means. She asked me to go and be with the mother as she watched the operation. I promised, and went straight to the operating room and saw with her the surgeons and the attendants work over the helpless patient. I saw too the cotton sponges and the appendix after removal which looked as though it might have had some ulcers that had healed, but not at all as though it had caused the trouble laid to it. About two weeks after, the man was dying in awful agony.

# Ten Indictments Against Medical Science

SCORCHING ARRAIGNMENT OF MEDICAL DOCTORS  
AND MEDICAL METHODS BY A PROFESSIONAL  
BROTHER IN THE WELL-KNOWN WORK: "AS IT IS"

By M. J. Rodermund, M. D.

## TEN INDICTMENTS

### FIRST

Vaccination is the Prince of Frauds and a Crime. It is in every instance injurious and often murderous in its consequences, and it never has prevented nor never can prevent a case of small-pox. This I can positively prove and demonstrate.

### SECOND

No disease of whatever nature, name or kind, ever was or ever can be contracted or spread from one person to another by contagion. Most physicians of experience are satisfied that it is all a humbug and imposition, but gull, fleece, impose, deceive and keep the public frightened and privately laugh at them. This can be positively proven to be true.

### THIRD

Quarantine is absolutely wrong. It is barbarous and inhuman and costs the tax payers millions of dollars. Few health officers even believe that it is beneficial. Pest houses are an abomination and should be dispensed with.

### FOURTH

Germ or microbes are not the cause of disease. It cannot be demonstrated to cause disease in a single instance in the conditions and environments man lives in. The laboratory experiments claimed are a fraud, unscientific and an imposition. The present medical fallacies have diverted the people from paying attention to the common sense methods of prevention of disease, and therefore the medical profession is a menace

and not a benefit to the public on the whole; under these conditions the public would be better off if no physician would exist. But medicine and the knife used rightly and only when needed are very useful and a blessing. If these facts are investigated they will be found correct.

### FIFTH

The medical profession for years has been informed and had explained to them that I have positively discovered the causes of small-pox, scarlet fever, measles, yellow fever, diphtheria, consumption, etc. The leaders in the medical profession have absolutely refused to discuss or investigate these immensely important and beneficial subjects; because they say it will injure their practice and drive about one-half of the doctors out of business.

### SIXTH

The medical profession willfully and deliberately prolong disease. They lie and deceive the public, by practicing the very opposite from what they preach. They write splendid appearing articles, and claim to give the best treatment to a patient, but cut, slash, dope, and kill in the majority of cases just for the money there is in it, under the pretense of science, kindness, benevolence and honest Christian gentlemen.

### SEVENTH

The medical profession flatly refuse to discuss in medical journals or otherwise the physiological and other discoveries which I have demonstrated to be true.

These discoveries are: First—*That oxygen from the air is the instrumental element that circulates the blood and that the heart or muscular contraction does not circulate the blood, but that the heart is the regulator and the distributor of the blood.* Second—*That no impurities, poisons, or germs can be taken into the blood from our surroundings by breathing.* Third—That I have discovered the cause of disease. Leaders in the medical profession privately admit that I am right, but say that if the public would ever find out these facts it would close up one-half of the medical colleges, drive more than one-half of the doctors out of business and overthrow every fundamental principle advocated by the profession and believed by the public at the present time. This indictment alone would brand the medical profession as greater rascals than were ever banded together to commit a crime in the history of the world. Oh, shame, eternal shame! I stand ready to prove this indictment to be true.

## EIGHTH

The appendicitis operation is one of the foulest of crimes, unnecessary in every instance, and the operators know that to be true. The unnecessary butchering and unsexing of our mothers and daughters is the greatest crime that was ever perpetrated upon a confiding public. If the profession would do what they pretend to do, educate the public in the cause of disease, most of the necessary operations would not become necessary, as it is prolonged neglect of proper treatment and the distrust of many people

nowadays of the doctor that leads to the necessity of most of the needed operations upon the female sex.

## NINTH

All medical history proves that the medical profession have lauded and honored quickly the men who discovered anything that would advance the science of medicine and at the same time bring them business and put money into their pockets; but have always ignored, or hounded, and persecuted those men or women who made great discoveries that would benefit the public and injure, in their estimation, the business end of the profession. Can any indictment be made against physicians that would more clearly indicate the principle "The public be ———."

## TENTH

That prominent surgeons are unnecessarily unsexing our mothers and daughters, just for the fees. That surgeons will induce and attempt to bribe the general practitioner by telling him to find a necessity for an operation in their female patients, and send them to the city for the operation, and divide the fees. \* \* \* The deceptions, frauds and ignorance displayed at the bedside often resulting in death, if once known and understood, are so appalling that it would seem almost impossible to be true. These atrocious practices are excused by many physicians as "It's business"; "The people want it"; "The people want to be humbugged"; "If I don't do it, some one else will"; "I am not in this business for my health"; etc.

## Notes and Queries.

By Harry G. Hedden

The average social swell spends so much time planning and attending various social functions that he has some kind of a gathering in his head about all the time; and that's about all he does have in his head.

If some people would cease being puffed up and get wakened up, they might be of considerable worth to mankind.

Perhaps, after all, it is a little unkind to roast high society people so much in this world; for they will probably get an abundance of roasting in the next.

Isn't it strange that a religious newspaper will emphatically advocate sending trained physicians to the mission fields, and at the same time conspicuously advertise a number of patent medicine marvels guaranteed to cure everything?

# The Relation of Physical Culture to Christianity.

By Harry G. Hedden

"The gospel of Christ is the gospel of truth; and the gospel of truth is the gospel of right living."—E. A. Blackman.

"A Christian is merely a man at his best."—Finis Idleman.

THE world to-day needs a more reasonable and a more reasoning attitude toward many things; it needs a clearer conception of many things. One of these is Christianity; another is physical culture. Furthermore, both Christians and physical culturists themselves ought to acquire a broader, keener vision and a truer realization of the principles, purposes, and possibilities of these two great forces for the uplifting and ennobling of humanity. It is not possible for an advocate of any great principle of truth to impart to others a better understanding or a more profound appreciation of that principle than he himself possesses.

Christianity is not a religion of ecclesiastical creed or formal worship; Christianity is a religion of right living. Physical culture is not a mere system of diet or exercise; physical culture is a science of right living. Christianity deals chiefly with the development of the human soul; physical culture deals chiefly with the development of the human body, the home of the soul. Both deal with the development of noble character, and with man's right relationship to God and to fellow-man.

It is natural to expect saloon-keepers, brothel-keepers, and other vile worshippers of ungodly gain to oppose the principles of physical culture; for physical culture hurts their abominable traffic, which they love more than everything else. It is equally natural to expect Christians to support and practice the principles of physical culture; for physical culture helps their most righteous cause, which they *ought* to love more than everything else.

There is absolutely no reasonable cause for contention between Christians

and physical culturists. There is no conflict between physical culture and Christianity. Both of these forces tend toward the same end, the upbuilding and the perfecting of the human race, physically, mentally, spiritually. Both aim to produce the greatest possible degree of human power, for the serving of man and the glorifying of God. Both stand for clean hands, clear minds, and pure hearts.

Let no one get the impression that I am advocating physical culture as a substitute for Christianity. There can not be any substitute for Christianity. Physical culture, however, can be, and ought to be, an expression of Christianity, a part of Christianity.

As Christianity is a religion of faith, hope, and love, it is a religion also of right living; for right living is the fruit of faith, the handiwork of hope, the light of love. The supreme elements of life, is love; and the most profound expression of love is service. It is with Christianity as a religion of service, a religion of right living, that I am dealing in this article.

The one perfect test of conduct, of character, and of Christian discipleship is the fruitage test. "By their fruits ye shall know them." 'Herein is my Father glorified, that ye bear much fruit; and so shall ye be my disciples.' Can any Christian consistently object to the applying of this test to any principle or practice which he either opposes or upholds? Can any Christian sincerely apply this test to any practice to which physical culture is opposed, and then conscientiously claim that practice to be right? Can any Christian faithfully apply this test to any principle of physical culture, and then honestly claim that

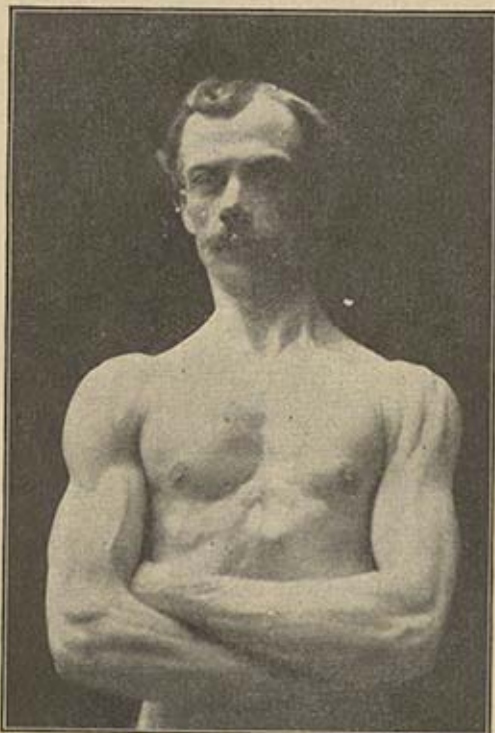
principle to be wrong? "Come, let us reason together."

It would not be an exaggeration, I am confident, to say that seventy-five per cent. of the church members of this country, through violating laws of health and principles of physical culture, seriously retard the progress of Christianity. They sacrifice more for fashion than for faith. They spend more money in spreading sickness and sin than in spreading the gospel of Christ; they devote more time to deforming the body than to developing the soul; they waste more energy in sensual indulgence than they use in sensible service. Will the fruitage test justify such practices? Will this test justify persistently violating or wilfully opposing the principles of physical culture, when the following of those principles would be productive of only good results? Surely, He who made the laws of health and purity and power desires men and women to obey those laws as nearly perfectly as possible.

"Prove all things; hold fast that which is good; abstain from every form of evil."

Every Christian ought to seek diligently and honestly for every truth which will help him to grow in power for good. Every Christian ought to stand steadfastly and fearlessly for every principle which will advance righteousness.

Every principle of physical culture aims to produce only great good; every principle of physical culture tends to make men and women stronger, nobler, purer, more useful, and more nearly perfect; every principle of physical culture will help a Christian to be a better Christian, more of a "man at his best." It is the purpose of both Christianity and physical culture to produce the greatest degree of health, happiness, and helpfulness for everybody. Every Christian, therefore, ought to be a physical culturist; and every physical culturist ought to be a Christian. True Christianity includes true physical culture.



Dr. Charles F. Wiley, of Syracuse, N. Y., at one time threatened with Tuberculosis.

### Threatened with Tuberculosis—Now Strong as an Athlete.

TO THE EDITOR:

I am sending you a photograph taken after two years of practicing the exercises illustrated in your literature, and of using the physical culture diet. Two years ago I was threatened with tuberculosis and nervous prostration. I took up your methods as to diet, rest, exercise and fresh air. My weight is now 162 pounds, height, 5 feet, 10½ inches.

DR. CHAS. F. WILEY.

751 Harrison street, Syracuse,  
New York.

# A Young Man at Sixty-Eight

By Livingston Wright

**S**IXTY-EIGHT years of age, and having since October 15, 1896, ridden over 50,000 miles on a bicycle across the mountain ranges of the Rockies several times, through every state of the Mexican Republic; through Cuba and Canada; with muscles like iron, taking a cold bath every morning, never knowing a day's sickness, living almost entirely out of doors, not using tobacco, liquor or profanity; such is the wonderful achievement of Major Edward A. Weed.

An athlete by nature, in mind, physique, in his very fibre, Major Weed is a living illustration of the marvelous possibilities of open-air living, exercise and temperance.

At the present time, he is again making a tour from New York and Boston to the Pacific Coast.

Major Weed's remarkable feats with the bicycle have probably been made possible by the fact, for one thing, that he did not work for "a record" or "prize" or notoriety; never worried or overworked; but did all his touring from a pure love of travel, nature and adventure.

In these days, when the roads are full of people out for anything that will enable them to fizz awhile on the pinwheel of notoriety, it becomes somewhat surprising to find a man of Major Weed's years undertaking such cycling as he has solely for the desire to see the country. For before he had thought even of learning to ride a bicycle the major had taken something of a whirl at life. He enlisted ten days after the firing on Fort Sumpter in the Fourth Connecticut Infantry, afterwards First Connecticut Artillery. Later, he served in a Pennsylvania organization.

Among his battles were those of Goulding's Farm, Fair Oaks, Chickahominy Campaign, Williamsburg, siege of Yorktown, siege of Petersburg, etc. June 27, 1862, he was shot through the thigh and captured by the Confederates,

being taken to Libby prison, and later to Castle Thunder. During the latter part of his service, Major Weed was on detached service on the staff of Gen. Stumbaugh, being brevetted Major at the close of the war. After coming out of the army he became a U. S. deputy marshal and later a U. S. detective. In 1874, Major Weed went to California to engage in newspaper work. From that on, it seems as if he was to find all the scope he required for the satisfying of that insatiable craving for variety and change of surroundings which is apparently an inherent tendency of his nature. He owned six different newspapers in the Golden State and all up Northward along



Major Edward A. Weed, a 68-year old young man who holds some remarkable long distance cycling records.

the Oregon coast he is known in newspaper enterprises. He campaigned on speech-making tours for the Republican party. He made addresses for various fraternal organizations of which he is a member.

But all along, these occupations were enlivened with adventure and novel experience, as for instance, when he stripped off his clothes and jumped into the Sacramento river, at Redding, California, in 1876, and rescued a boy from drowning. Or again, when in March, 1877, he got lost in a terrible snowstorm in the Sierra Nevadas and for hours was wandering helplessly in the blinding sleet. For eighteen hours he was without food. The storm finally cleared and he accidentally got into the trail once more and succeeded in getting across the mountain. In 1891, Major Weed devised the novel and valuable advertising

enterprise of inducing the people of Oregon to furnish a magnificently appointed railway coach in which was to be shown samples of the grains, food products, mineral and business resources of the region and to have this coach hauled over New York and New England as a means of arousing an influx of settlers and business investors in the little known domain of Oregon. Major Weed took this car 11,625 miles on this trip during '91-'92.

Personally, Major Weed is a quiet-spoken, polished man with a face and manner suggesting the easy, graceful luxurious cosmopolitan, rather than one who was given to do his touring alone and among wild, rough regions. He weighs ordinarily about 155 pounds and although a little under medium height, he is so perfectly erect and military in his carriage that his bearing would be noticeable in the most crowded street.

## Children, Ginger Ale, Clams and Bees

By J. N. HURTY

Illinois has a child labor law. Twelve firms were arraigned in court in one day for violation. The lowest fine, five dollars, was laid against each offender by the judge trying the case. Immediately following the child cases, in the same court, a man was fined fifteen dollars, the limit, for having on sale a bottle of ginger ale with an illegal label. Is it three times as great a crime to trifle with a bottle of ginger ale as with the health and development of children?

United States Commissioner of Education, E. E. Brown, backed by Secretary Garfield, asked Congress for an appropriation of \$3,000 with which to scientifically study a certain phase of child life to the end that child life might be better conserved. The appropriation committee laughed it down. When, however, the pearl button makers asked the same committee for \$15,000 with which

to pay the cost of a scientific study of clams to the end that more clams shell for more buttons might be obtained, the committee passed it un-animously. Are clams worth more than children?

When the bee keepers and fruit growers asked the Indiana Legislature for \$15,000 annually for protecting bees and fruit trees, the amount was voted by a big majority. When the State Board of Health asked for \$2,000 with which to print and circulate health circulars teaching the care of the health of infants and school children, not to exceed ten of the one hundred members of the legislature voted aye; and two representatives cried out loudly, "kill it." It was the bill, not the children, they wanted killed. However, killing the appropriation keeps the infant and child death rate in Indiana at the old figures.