

# PHYSICAL CULTURE

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

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## THE EDITOR'S VIEWPOINT

SOME TIME has elapsed since we announced at the head of our editorial pages the principles for which we stand. "Lest we forget," let us repeat again that we are struggling for the complete annihilation of those terrible evils which curse humanity the wide world over:

- |                |                        |            |
|----------------|------------------------|------------|
| 1. PRUDISHNESS | 3. MUSCULAR INACTIVITY | 5. DRUGS   |
| 2. CORSETS     | 4. GLUTTONY            | 6. ALCOHOL |
|                | 7. TOBACCO             |            |

Nearly twelve years have elapsed since this publication began its fight against these evil forces. The results of our efforts are apparent on every hand. Prudery is receiving sledge hammer blows from all quarters. Within the very circles where formerly it was fostered it is now being attacked. It is needless to point to the splendid results humanity is accruing through the interest manifested during recent years in this terrible evil and its destructive influences. The day is not far distant when growing girls and boys will be properly educated from a physiological standpoint. They will learn the science of sexuality in every detail, and when knowledge of this character is freely distributed, much of our moral perversion, immorality, weakness, misery and crime will surely disappear. But few understand the tremendous influence of the physical body upon the mental and moral nature of mankind.

Nearly all CRIMINALS ARE VICTIMS OF PHYSICAL PERVERSION of some kind. They are usually suffering from one or more diseases, and a lack of certain characteristics essential to normal development is clearly apparent in almost every one of them.

Criminal tendencies as a rule exist because of physical weaknesses or perversion. Unquestionably, some few criminals are the natural result of their environment. Some, one might say, inherit the characteristics which place them in the criminal class, but at the same time these denizens of the under-world are simply manifesting characteristics that are stimulated and made prominent because of physical abnormalities. THE NORMAL HUMAN BEING CANNOT BE A CRIMINAL. Of course, this does not include those who may, through accident or through a mistake, be temporarily placed in the criminal class or those who, through political or other machinations, meet a fate of this character. This statement refers more especially to those who might be

termed chronic incurable criminals—those who are perpetual wrong-doers. There is something seriously wrong, not only with the mentality of men of this character, but with the physical body as well. And if any means could be adopted which would transform their bodies by perfecting their development in all parts I am confident that the criminal instincts that are so strongly emphasized through their perverted mentality would surely disappear.

Few of us properly appreciate the tremendous influence of the physical body upon one's general mentality. We hear a great deal, nowadays, about the tremendous power of mind over matter. The mind is credited with such a vast influence over the body as to be actually able to cure serious chronic ailments, and I am firmly convinced that it does possess such a power in a few instances. The value, for instance, of cheerfulness and hopefulness can hardly be too strongly emphasized. The value also of a strong determination to accomplish certain results is rarely properly appreciated. Do not think for one minute that I fail to give full credit to the power of mind over the body, but I am fully confident that the influence of the body upon the mind is almost equally as great. In other words, a diseased body cannot possibly create that particular quality of blood which is necessary to thoroughly nourish the brain. Therefore, the brain, and the entire nervous system are affected by this impoverished nourishment. Even when every effort of the mind is made with a view of counteracting influences of this kind, you can well understand that the mind would not have the same power as if it were supplied with a different quality of nourishment. **A WEAK BODY, FOR INSTANCE CANNOT ENDOW ONE WITH STRONG DETERMINATION. THE WEAK BODY USUALLY MEANS A WEAK WILL.**

**ADDED PHYSICAL  
STRENGTH MEANS  
MORE MENTAL  
STRENGTH**

Therefore, it is clear and conclusive that any effort that might be made for the purpose of thoroughly developing the body in all its parts, will also enable one to secure rich rewards from a mental standpoint. With a more powerful body you are endowed with a greater degree of mentality. You will have what might be termed more mental force. You will have more "driving power" behind your mental efforts. Your conclusions will be more firmly fixed and you will be more capably equipped to fight for them in the arena of knowledge. A man with a perfectly developed body and a mind of small calibre would be hard to find. To be sure, many men become so interested in physical development they are inclined to neglect the attainment of knowledge of various subjects that the more erudite consider essential, but you will find the former individuals thoroughly equipped with the knowledge essential to the maintenance of physical excellence. And, after all, the attainment of knowledge should be so guided that it will be capable of developing a rich mental field from which one can draw the practical information necessary to the attainment of health, success and happiness. In other words, the knowledge that one acquires should be useful throughout life. The ordinary college education, for instance, enables one to acquire a great deal of information, but the uselessness of a larger part of this knowledge is quite clearly demonstrated; in the common inclination to forget a larger part of that which is gained.

There is so much useful information that can be called into active service every day of our lives that the memorizing process which simply fills our brains with needless things appears to me to be a waste of time. Many of our schools and colleges turn out graduates that are very much of the parrot type. They are really incapable of relying on their own mental equipment. Their memory has been turned into a vast storehouse of learning that is often musty and useless, and instead of being self-reliant, imbued with confidence as to their own reasoning powers, in many instances they become mere memory-freaks. Their brains have been developed into a catalogue in which is classified all sorts of so-called knowledge that has been handed down to them from what they often believe to be infallible authorities.

**THERE IS GRAVE NEED FOR REVOLUTIONIZING OUR EDUCATIONAL METHODS.** The entire process should be gone over and rearranged from the very beginning. In fact, if a large number of practical reasoning men, taken from the vari-

ous spheres of human activity, were to meet for the purpose of creating a new educational system, and would eliminate absolutely the educational processes through which they had passed and would choose from their own experience the studies that had been really useful to them every day of their lives, and would reorganize, rearrange and recreate a system of education for the distinct purpose of giving to the growing human minds all the knowledge that they had found of real, practical value, they should be able to bring into

**NEED OF A  
REVOLUTION IN  
OUR EDUCATIONAL  
METHODS**

existence an educational system that would ultimately change human nature mentally, morally and physically to an extent almost beyond belief. We would not only have superior men and women from a physical standpoint, but they would be self-reliant—unlike the sheep-like men and women that are at present so much in evidence.

Men and women develop under such a regime would be loyal and true. They would follow policies of this kind because their practical education would imbue them with the thorough belief of the necessity of following the dictates of such characteristics. **EVERYWHERE IN THESE DAYS YOU WILL FIND DISLOYALTY.** You need not look for it. You will find it in the home in the business and the professional world. It is found in nearly every sphere of human activity. **IT IS SAPPING THE POWER OF THE NATION.** It is an insidious malevolent force that is undermining the very foundation of the race, and yet, even to a man without a conscience, if he merely considered loyalty from a cool, calculating business basis he would be compelled to

**LOYALTY PAYS  
SPLENDID RE-  
WARDS**

the conclusion that **IT ACTUALLY PAYS TO BE LOYAL-DISLOYALTY IN A SOLDIER IS A CRIME.** It is a crime so heinous that capital punishment is meted out to the offender. A disloyal soldier is shot without mercy. Why is a disloyal man treated with so much consideration by the law and the business world in general? Disloyalty is a crime against mankind individually and collectively. Our race for financial supremacy has created false standards and the necessity for loyalty to high moral principles is not specially emphasized.

Huge salaries are paid in the business world for loyalty when associated with more than average intelligence. **THE DIFFERENCE BETWEEN A MAN THAT EARNS \$500 AND \$5000 A YEAR IS NOT SO MUCH IN ABILITY AND INTELLIGENCE. IS IT SIMPLY A DIFFERENCE IN LOYALTY.** A man who starts out with the determination to make himself specially able in any line of human endeavor and who is loyal to this determination through all the difficulties with which he may have to cope, finally succeeds in developing superior talents in his chosen occupation. Loyalty to one's chosen sphere of activity will usually insure loyalty in all other relations of life. For instance, if you are hired to fill a certain position you should be loyal not only to your duties but to the interests of those who pay you your salary. If conditions develop that cause you to conclude that you cannot conscientiously be loyal to your employers, then you are disloyal to yourself and dishonest to your employers if you continue your duties in such a position. I realize there are many who possess what might be termed an elastic conscience, but one should remember that—like rubber—a conscience of this particular nature is inclined to gradually harden until it is impervious to corrective influence. If you are gifted with that valuable characteristic, self-respect, you cannot have an elastic conscience, and self-respect is absolutely essential to the attainment of anything in life that is worth having.

Self-respect, a susceptible conscience and loyalty are usually companions. They usually accompany strong characters, the men and women of the world who rank far above the common herd. It is individuals of this type who will keep our present progress and enlightenment from oblivion, if such a great task can ever be performed. It is men of this type who are standing out clear and strong for all the forces that are working towards the moral uplifting of the race. To be sure, the policies of various kinds of business are frequently foreign to characteristics of this nature. Selfish interests in many cases absolutely control great enterprises and the amassing of great wealth often results therefrom. But financial power of this kind simply adds to one's responsi-

bilities and should not necessarily arouse the envy that is everywhere in evidence. I could not envy a man his wealth. I might envy him the power that is placed in his hands because of his wealth, but even if I possessed the power I would use it in a manner to advance my special hobby, that is, the moral and physical elevation of mankind.

But the one trait I cannot forgive in mankind is disloyalty. I have no sympathy for the victims of a contemptible characteristic. They deserve the full penalty that is meted out to them as they pass through the rough road of life. Loyalty is a jewel of priceless worth. Be loyal to yourself, your principles, your convictions, your conclusions. "Be sure you are right, then go ahead." Let your assurance be definite and secure and when thus sure of yourself bend every effort to the attainment of your object. But whatever divergence or change you may make in your character, be loyal. Stick like an adhesive plaster to the principles you have outlined. Struggle for them, fight for them and to the very end. Let no influence divert you from your aim as long as you are sure you are right. Difficulties of all kinds may beset your path. At times you may even be heartsick and hopeless, but such indecision should be momentary in nature, for with the enthusiasm with which you should become imbued you will soon crowd out all indecision, all inclinations to waver from your chosen course. And with loyalty for your guide, and with strength and persistence pushing you onward and upward, the word failure can never apply to your career. Success, even beyond one's wildest anticipations, is easily possible.

**T**HE Anti-Saloon movement is advancing with gigantic strides. Within the last five years the "dry" territory in the United States has doubled. Heretofore it has been a very difficult matter to vote a large city "dry." This difficulty exists because of the degenerating influences in large cities which naturally develop a class of citizens who unquestionably favor evils of all kinds. To be sure, there are some men who no doubt feel that in abolishing saloons we are interfering with personal liberties, but the champions of saloonless cities have

#### THE CHICAGO ANTI-SALOON CAMPAIGN

smashed this personal liberty theory into smithereens on many occasions. One's personal liberty must be circumscribed as long as you live in a community where your personal actions are bound to affect the health and happiness of those who reside therein. In fact, all the laws that have been placed upon the statute books might be regarded as interfering with personal liberty. But, as a rule, they are supposed to have been enacted for the purpose of circumscribing the personal liberty of those who might otherwise disturb the peace and happiness of others. If one were to interfere with the liberty of a man to become a drunkard, if he alone were to be affected by this depravity, there might be no special cause for complaint, but with a brain that is unbalanced through the use of alcohol, the man becomes irresponsible. His mind has become distorted, its most bestial characteristics are often greatly stimulated, and are we interfering with the personal liberty of such a man, if we consider it best for the interests of safer citizenship in a peaceful community to take away the saloons which make this result so easily possible?

Let us also suppose that a man is gifted with strength of will; that he can drink or leave it alone in accordance with his own best judgment. It is admitted everywhere that alcohol has a depressing and devitalizing influence. Has a man a right to taint his progeny with a weakened vitality that would result from the regular, though temperate, indulgence in alcoholic liquors? It is everywhere admitted that the use of alcohol is an evil. Then if we have this evil why should it stand, as does the saloon, as a constant temptation? Why should it allure our boys and young men into the habit of doping mind and body and soul? Why should it help to destroy the conscience and the character of those who are making every effort to lead a wholesome, respectable life? Why should it tempt our girls, as it does, into a life of shame? Why should it be flaunted in the face of growing boys and girls at a time in life when temptation is often too strong for them? We are spending millions of dollars for the purpose of

education. We are trying to develop a superior citizenship in our superficial way and yet when we find a public school, we find that a saloon is not far away. In the public schools we go through the process of developing our citizens, of building strength of body and mind that is so essential to good citizenship, and in the nearby saloons we proceed to demolish and demoralize the very characteristics for which we have paid such a great price. And, worst of all, the saloon helps to pay the taxes. The saloon is licensed by the same government that erects and maintains the public schools. The very money paid by saloons as taxes is often used to build and maintain public schools. What a paradox! What an amazing situation, the saloon helping to develop citizens that it may add to its coffers the financial rewards that comes to it as the result of the moral and physical degradation, the misery and ruin and death of its patrons.

There are elections this spring in many communities, and I would like to shout from the housetops in tones that would reverberate in every home throughout this entire land, that the saloon is a step toward degeneracy; that it brings one a step nearer the great wide thoroughfare that leads to failure, hopelessness, despair and crime. I especially hope that the citizenship of Chicago will arise to the emergency presented by the Anti-Saloon Campaign. I hope it will arise and vote out the saloon. Every reader of this publication within the precincts of this great city should feel that it is his individual duty to help this great reform movement. I would not advise that you vote "early and often," but I hope you will add to your own votes as many others as you can influence.

The saloon must go from every decent, civilized community. Even the drunkard will demand this in his intelligent moments. Even the temperate drinker will demand it when he sees the revolting results of its degrading influence. Dragging men downward to sin and shame is the business of the saloons. The saloon cares not for manhood or womanhood. It has but one greedy object, that is, the making of money. If this money is made at the price of human souls, if it causes bleary eyes, half-paralyzed senses, the maudlin incoherencies that come with drunken speech, what cares the saloon? It has been paid for the drink that has stupefied the senses and doped the nerves.

Is the saloon a respectable business? Can the direct representative of the devil be engaged in business that is respectable? Is a business that works for the degeneracy of mankind respectable? The saloon should go. It should go quickly. It should be banished from every enlightened community. It is in partnership with the brothel. It is the stamping ground of crime and criminals. How long shall this festering sore upon human civilization be allowed to pour forth its foul poison? Get together, physical culturists. Line up, every human creature who is struggling for better and nobler things, and stand as a unit against the destructive power of the saloon.

**T**HERE are many far reaching advantages that accrue from the following of the physical culture life. However, if there were no other than the retainment of youth that is easily made possible through following the regime we so enthusiastically advocate, one would be richly rewarded for the time and efforts that one

**"GROWING OLD"  
AN UNNECESSARY  
EVIL**

might expend. I am firmly of the opinion that there is no real, rational excuse for growing old. Sanford Bennett, whose photographs at forty and at sixty years of age, have appeared in this magazine, has been rejuvenated, although he is now seventy years of age. Twenty years ago he was an old man. He was worn out and wrinkled. He felt that about all his vitality had been used up. Now he is young and vigorous, full of the enthusiasm, and vim and energy that come with youth.

Numerous instances like the above could easily be brought to the attention of my readers, but they are really not necessary. All I ask is that a thorough trial be given of the various suggestions that are found in the columns of this publication, if you are desirous of securing the freshness and enthusiasm of youth.

Do not bother about your age. I do not care whether you are forty or fifty, or even seventy, you can be young. You can actually secure the return of youthful powers. Of course, I am not promising miracles that are to be accomplished in a day or a week. I simply say to every one who is passing or who has already passed into old age that I can promise them youth. To be sure, I do not promise that all the wrinkles that have come with time can be removed from the countenance, but I promise that the dead cells which clog functional activity, which stiffen the joints and destroy the symmetry of the body, can be literally removed.

As I have stated on many occasions that old age is not so much a matter of years. Some men grow old at forty. Others do not appear old even at seventy or eighty. Why this marvelous difference? Let me tell to you a secret that is worth more than the combined wealth of the United States. This secret is to the effect that the body is old or young in accordance with the quantity of dead cells (minute "corpses"), that may be lingering within the tissues of the body. Now dead cells are a part of death and if you allow a large number of these "corpses" to interfere with the activities of the body, you are then carrying death with you. Under such circumstances one might say that you are one-quarter dead or one-half dead or three-quarters dead, this depending altogether upon how many of these dead cells are being harbored within your body.

Do not bother for a minute about the theory of germs in the intestines as the cause of failing bodily powers. To be sure, diet may have a great influence in shortening one's life, but it is not germs in the intestines that actually cause decay. It is simply and solely the harboring of dead cells. Now how can we get rid of these cells? There is only one way to entirely eliminate them from the body and that is through the activity of the muscular system. Do not pay the slightest attention to that senseless twaddle to the effect that when you are fifty or sixty years of age you should cease all physical effort. Conclusions of that kind are simply the maunderings of vapid brains. Activity means life. Activity is always a part of youth. Therefore to eliminate these dead cells, to liven up and make youthful the tissues, throughout the entire body, every part of the body must be given a certain amount of regular use. Every muscle of the body must be brought into thorough activity at fairly regular intervals. It is not necessary for you to make laborious work of your exercises. Make them as pleasurable as possible. But use your muscles you must to acquire or retain youth. The vitality and strength that come with the development of the muscular system enter into and becomes a part of the blood. They affect not only the external and voluntary muscles, but also the muscles that control the functional processes of every vital organ. Therefore, when you exercise your voluntary muscles, your stomach and heart become stronger. Your kidneys and liver and, in fact, every internal organ secures a new impetus from this marvelous transformation which makes youth of old age, strength of weakness, suppleness of rigidity and which passes you on from the stiffness and weakness of old age into the strength and beauty and enthusiasm of youth.

If you do not believe it, try it. I will guarantee improvement from the beginning, and if the results are not forthcoming I will give any aged reader the privilege of writing me his opinions of these theories in the harshest possible terms.

*Bernarr Macfadden*

**REMOVAL OF EDITORIAL DEPARTMENT.**

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All orders for subscriptions and premiums, and all correspondence of any ordinary business nature, should be addressed to PHYSICAL CULTURE PUBLISHING COMPANY, Flatiron Building, New York City.

# Building a Powerful Stomach

EXERCISES THAT ARE WARRANTED TO HARDEN AND STRENGTHEN THE ABDOMINAL WALLS AND THE IMPORTANT ORGANS LYING WITHIN THEM

By Bernarr Macfadden

NO one can too strongly emphasize the value of strong muscles in the central portions of the body. In speaking of building a powerful stomach I do not literally mean that organ which is known as the stomach, though, of course, the various exercises given here will have a very material effect upon this particular organ. What I especially mean is the strengthening of the part of the body known to the laity as the stomach.

One might say that the spinal column maintains the same relation to the body as the trunk of the tree does to its various limbs. The strength of the tree trunk really represents the strength of the tree. In a number of lessons I have presented in this publication I have called attention to the very great importance of spinal strength. I cannot say that the strength of the muscles of the abdominal region, known as the stomach, is as important as the strength of the spine. Nevertheless, a strong stomach, that is, the muscles of the stomach and the exterior walls of what is known to be the stomach, is of very great importance to the enjoyment of superb health.

Remember also that it is the weakness of these abdominal walls that makes possible rupture, a very inconvenient and weakening defect. It is weakening because, to a large extent, it interferes with the proper activity of the body. If you are ruptured you are naturally afraid to make vigorous efforts of any kind. Consequently the body suffers because of this particular attitude.

The various exercises which I am giving you in the chart which accompanies this article will very greatly strengthen the front part of the body from the limbs to the lower part of the chest. Those broad flat muscles that lie over and protect the abdominal contents are brought into very active use by the various exercises that I am illustrating. If there is

a weakness in this part of the body by all means take the opportunity I am presenting here to build up the strength of these important tissues. You will find that these exercises will not only materially increase the strength of these muscles and ligaments but will have a decided effect upon the digestive powers and can be depended upon to increase your strength in every way.

EXERCISE A is illustrated in Photographs Numbers One and Two. It will perhaps be necessary to assume the position shown in Photograph Number Two, resting the most of the weight of the body on the right hip with the left leg crossed over the right and the feet pressed under the side of the bed, as shown in Photograph One. Now, after assuming this position, bend over as far as possible until you are in the position shown in Photograph Number Two. Raise to the former position and continue until there is a decided feeling of fatigue.

You ought to be able to perform this exercise the first time from five to fifteen times without special effort, though after practice you should be able to perform it from fifteen to thirty times without tiring you specially. After tiring the muscles, as previously described, reverse the position so that when reclining in position shown in Photograph Number One you will be resting on the left side instead of the right. In other words, you will be exercising the muscles on the opposite side of the body.

EXERCISE B is plainly shown in Photograph Number Three. This consists simply in rising to a sitting position while reclining on the back. If you feel a tendency of the feet to raise, place them under a weight of some kind or under the bars that support the bed and the exercise will be much easier and furthermore you can take it far more vigorously. This exercise can be varied and made

more difficult by placing the hands behind the head, or can be made easier by placing the hands on the legs.

EXERCISE C is shown in Photograph Number Four. In this exercise you bow the back inward as far as you can, bringing the head and shoulders far back. Retain this position for a short time and make one or two efforts to bow the back still more. This exercise can be varied and made more difficult by stretching the arms, with the elbows rigid, far over the head and bringing them back as far as possible at the same time the shoulders are brought back. A splendid breathing exercise can be taken while making this movement by inhaling deeply before bringing the upper part of the body backward.

EXERCISE D is illustrated in Photograph Number Five. Grasp the bars of the bed behind the head, as shown in illustration Number One. If this is inconvenient, simply bring the hands back as far as possible. Then, holding the knees

rigid, raise the legs until in a perfectly perpendicular position, as shown in Photograph. Repeat the exercise until there is a distinct feeling of fatigue in the abdominal region.

EXERCISE E is illustrated in Photographs Six and Seven. First, assume the position shown in Number Six. With the toes under the side of the bed bend back as far as possible, touching the head to the floor if you can, as shown in Photograph Number Seven. Now raise to sitting position, as shown in Photograph Number Six. Repeat the exercise until there is a distinct feeling of fatigue.

The last four exercises of this series bring into use very similar muscles and it will be well to rest a short time between each of these movements. Remember also that it will be a splendid plan to take some of the movements that have been illustrated in previous lessons in connection with these lessons for the purpose of using all the muscles of the body.

### Result of Our Prize Competition

WE are glad to be able to announce the result of the contest for cash prizes offered those securing the greatest number of subscriptions to PHYSICAL CULTURE from September 1st, 1909, to February 1st, 1910. While none of the contestants secured a sufficient number of subscriptions to entitle them to receive the larger prizes we offered, this was probably due to the short duration of the competition. Taken as a whole the results of the contests are most gratifying.

We extend our sincerest thanks to the many friends of PHYSICAL CULTURE who worked so industriously in this contest. A list of the names of those who were awarded prizes, with the State in which they reside, follows:

First Prize. J. D. Coon, North Dakota.  
 Second Prize. P. A. Kievett, New Jersey.  
 Third Prize. A. L. Ekstrom, Illinois.  
 Fourth Prize. M. C. Hine, West Virginia.  
 Fifth Prize. Dr. J. A. Adams, Oklahoma.  
 Sixth Prize. F. B. Magee, Georgia.  
 Seventh Prize. Harry Lambert, Illinois.  
 Eighth Prize. J. Robt. Calloway, Nev.  
 Ninth Prize. H. S. Veeder, Nebraska.

Tenth Prize. O. A. Teal, Texas.  
 Eleventh Prize. G. Mott Shepard, Utah.  
 Twelfth Prize. I. Yawn, Mississippi.  
 Thirteenth Prize. E. A. Schneider, Wis.  
 Fourteenth Prize. Mrs. A. A. Hjorth, Utah.  
 Fifteenth Prize. R. L. Holliday, Florida.  
 Sixteenth Prize. R. A. Elkins, N. H.  
 Seventeenth Prize. W. S. Chaffin, Ohio.  
 Eighteenth Prize. V. L. Clewell, Penna.  
 Nineteenth Prize. H. F. Pierce, N. D.  
 Twentieth Prize. H. Fletcher, Illinois.  
 Twenty-first Prize. H. C. Smith, Okla.  
 Twenty-second Prize. H. J. Moseley, Ga.  
 Twenty-third Prize. C. J. Driscoll, Ga.  
 Twenty-fourth Prize. G. C. Wade, Ga.  
 Twenty-fifth Prize. F. H. L. McCay, Ills.  
 Twenty-sixth Prize. W. M. Saunders, Can.  
 Twenty-seventh Prize. R. H. Partridge, Kansas.  
 Twenty-eighth Prize. A. P. Swaidinack, New Hampshire.  
 Twenty-ninth Prize. A. G. Cone, Ind.  
 Thirtieth Prize. J. F. Shoein, Oregon.  
 Thirty-first Prize. J. R. Preston, Texas.  
 Thirty-second Prize. C. Ambrose King, Canada.  
 Thirty-third Prize. J. E. Birtwistle, Can.  
 Thirty-fourth Prize. E. W. Siddall, Can.



# Fashion's Decrees Destroy Womanhood

By Bernarr Macfadden

HOW SLAVES TO "STYLES" IN DRESS WHICH CONSTRICT THE VITAL ORGANS AND MALFORM THE BODY, FORFEIT THEIR WOMANHOOD FOR THEIR FOLLY— WITH PHOTOGRAPHS OF CELEBRATED ACTRESSES IN CORSETLESS COSTUMES

THE womanhood of to-day is not what it ought to be. Women, as a class, are not strong, sturdy or well developed—weakness is the rule. This delicacy and frailty of woman is generally considered a matter of course. Now this weakness is neither right nor natural. There is no special reason for women to be weak. They should be as strong, or at least nearly as strong, as the average man. In fact, to my mind, there should be no more difference between man and woman, as far as physical strength is concerned, than we find in lower animals. The male and female of the horse family, for instance, do not show a great variation in the strength of the sexes. The female horse can run about as fast as the male. There should be but very little difference in the strength of the male and female of the human family under normal conditions, and I am firmly convinced that if it were not for conventional restrictions that interfere with the activity of woman, she would be as strong as a man. If every woman understood the value of this strength as a real necessity to womanhood and as a pow-

erful influence in molding character and personality, I am sure that all women would struggle for it far more than they do at the present time.

Naturally far greater strength can be secured by a girl if she begins to train at the formative period of life, that is, while she is growing, but it is marvelous how great a change can be brought about after a woman has fully matured. I believe that every female of the human

species, if proper efforts were made, could be developed into a magnificent woman, into a superb specimen of human life, and there is no question that to a large extent one particular restrictive garment, the corset, must bear a large share of the blame for the present frailty of the female sex. I make this statement because when you restrict the body at any part or in any way hamper or interfere with its movements with tight bands or other restrictive clothing, a free, easy movement becomes impossible. You are not encouraged to move around and exercise. You may say your circulation is not normal. The organs of the body are not working har-



Miss Billie Burke.



A photograph illustrating Miss Billie Burke's lissome grace.

moniously and naturally, and when you are continuously hampered by garments of a restrictive type you will ultimately become lazy and lackadaisical. You will not care to use the muscles of the body, which require active use for their full development, and these muscles become soft and weak and unshapely.

If you were to take a wild animal from the forest and put him in a cage you would soon find him pacing back and forth within the small space allotted to him. You might say that the same desire for activity is implanted in every human being. It is also impossible to

keep a small boy or girl still for a minute. It is not natural that they should be still. Nature demands that they exercise almost continuously. This use of the muscles is necessary for their development, and when a child is compelled or encouraged to sit quietly in a corner and read a book, there is usually something the matter with him. He is abnormal and needs treatment. Children ought to run and play. Their instincts should demand this exercise. It is necessary for development of vigorous health, which is really the foundation of everything in this life.

It might be said that this vigorous health is a necessary factor to a successful career. Now, a tight corset will have a distinctive effect upon one's character. It has this influence because it restricts one's ability. To a certain extent it enslaves its wearer. It affects character by deteriorating the physical powers of the body. If you want a strong mind in a strong body you must possess the energies capable of developing these characteristics and if in any way you are restricting the body, you are in a corresponding degree affecting the mind. In reality, when you enslave your body you to a similar degree enslave your mind. Your mind should be free to reason clearly and effectively on almost any subject. When you bind your body with a tight corset you encompass your spirit; you crush your very soul.

We hear so much about the body being made in the image of God. If it is so made then why distort it? Can we improve on God's image? Can a normal, perfectly developed body be improved upon, and can a body be made perfect in any other way than by completely developing it in all its parts, that is, by allowing it to grow towards perfection as Nature clearly intended? According to the great laws of life every human body naturally grows toward perfection, toward the attainment of the highest degree of strength and health, and when poor, little measly human atoms depend upon some human contraption to control the growth and mold the body they

are indeed to be pitied. It is usually the victims of this sort of perversion who suffer from the various diseases now so generally prevalent among woman-kind, and always keep in mind that physical weakness and mental incapacity are prone to travel together.

Not so many years ago, I found it necessary to use female models for illustrating purposes. On several occasions I came across victims in whom the pressure of the corset had caused the tissues around the waist line to become hardened and scarified, in some cases calloused almost like the palm of one's hand. In many instances these scars looked as if the flesh had been scalded. Naturally many might say that this defect would hardly worry the average woman, as no one ever sees it. But can any one gain by marring the body in such manner? The corset greatly weakens the muscles around the waist line. If a corset had been necessary we would have been born with one—in fact, one might say that we are born with a corset, but this one is inside of the body. It is formed by the bony framework that holds up the body and maintains the proper position of all the organs, and when the body is properly strengthened and its growth not interfered with, every part grows stronger. In other words, it grows self-sustaining, self-working. It does not need any outside help or restrictions. It would be just as sensible for dogs or horses or other animals to wear corsets as it would for the female of the human species. We should remember that the body is a divine gift, that it is sacred. What right has any individual to interfere with its growth?

Now, the corset enlarges the waist. You may say, on first thought, that this is an absurd statement. Most women wear this device to make the waist smaller. It does have this effect, for the time being, when the strings are tightly drawn, but you should remember that this restriction very materially lessens the strength and general vitality of the organs that lie underneath the waist line. The constriction of these muscles also interferes with

the circulation of the blood in these parts. They are not exercised as they would be were a corset not worn.

As a result of all this, the muscles and tissues at the waist line become weakened and relaxed and as the corset wearer grows older she finds that there is a gradual increase in the size of the



Miss Constance Collier.



Miss Constance Collier in Roman Costume, as "Poppæa," in "Nero."

waist. The tissues of this part of the body are incapable of properly maintaining the internal organs in their normal position; therefore, slowly, but surely, there is a gradual expansion. In consequence of this gradual increase of the abdomen, various chronic diseases finally appear and there comes a time when a woman is compelled to loosen her corset strings to avoid the possible results that might be so serious as to mean death. Nature has demanded a change, more circulation, more room to perform the functional processes. Therefore, if you wear a corset in your youth you will have a larger waist during middle life than if you had not worn one.

Now, every woman wants to be young.

In fact, every man desires to remain young as long as he can. I firmly believe a woman should be as young in feelings and, to a great extent in appearance, at forty as she is at twenty-five. The average woman ages much faster than the ordinary man, and why? Simply because she breaks the laws of health more than the average man. To be sure, she does not drink so much whiskey or lager beer or consume so much tobacco, but she commits sins more greivous in nature. The average man moves around; he is out of doors a great deal. He is more active. He mixes with the world, consequently he is stronger. Therefore, it might be said that the greater strength of man is due almost entirely to his greater degree of activity.

In order to remain young you must know something of the rules necessary to maintain youth. Youth is not so much a matter of age. I have known men fifty or sixty years of age who, in appearance and actions, seemed just as young as some other men of twenty-five or thirty-five. In such cases the younger men are simply suffering from inactivity. The tissues of their bodies are full of dead cells. It might be said, then, that youth is a matter of how much life there is in the body. If your body is overloaded with dead cells that have accumulated because of inactivity, your youth will not prevent your feeling old—and looking old for that matter. If you are past middle age and are regularly using your muscles every organ will work harmoniously. The activity of the blood will drive the dead cells from your body. Your body will be full of live tissue. You will feel alive. You will be youthful in appearance and actions and if you will continue this regimen you will maintain your youth practically to the end.

There is no use of growing old, of feeling that you have passed your prime or anything of the kind. When that particular opinion takes possession of you, it is time for you to get off the earth, and you may depend upon it that your days are numbered. Death should come to the human being just as it does to the lower animals. It should come quickly, in a moment, but up to the very last

moment we should be possessed of all the powers of the body.

The corset ages a woman because it interferes with muscular activity. It increases the accumulation in the body of those minute corpses that we call dead cells. It restricts the normal circulation and you grow old twice as fast because of the influence of this terrible device.

One of the most terrific charges that can be made against the corset is that it restricts the lung capacity. The body's strength is, to a large extent, governed by the lung capacity. The average man has about fifty per cent. more lung capacity than the average woman. That is one reason why men are stronger than women. When one tightly binds the waist one stops the normal breathing. The diaphragm cannot move downward. One must breathe from the chest. The average woman breathes from the chest. With every breath she draws, the bony framework of the chest, which should be immovable in breathing, moves outward and inward. This is not natural. Physiology will tell you that the soft part of the abdominal walls is the particular section that should move inward and outward as the breath is inhaled and exhaled. But if one wears a restrictive garment those parts of the body cannot expand. One cannot breathe diaphragmatically. One cannot breathe naturally. Therefore, when one starts to wear this device in the growing period of life it is not an exaggeration to say that the lung capacity may be lessened all the way from twenty-five to fifty per cent., and when one lessens the lung capacity one lessens the health, strength and womanhood to a similar degree.

These are grave charges, but they are absolutely true. If you will experiment for yourself, study your own body, you will be compelled to admit their truthfulness. Added lung power means more strength, energy, manhood or womanhood. It would be difficult to secure too much lung capacity.

Corset-wearing also has a fearfully injurious effect upon the stomach. Within this organ begins the blood-making process. One might say that various organs of the body are largely engaged in the same

work of manufacturing blood. These organs make good blood or bad blood, according to the condition of the human machine. If you feed the body properly, if you give it the right sort of care, these organs supply good blood. They fill your body with life and vitality, but when conditions are otherwise all sorts of poisons are frequently generated in the body. Then some of our medical men will tell you have auto-intoxication, for you are really poisoning yourself, and when this poisoned blood begins to circulate through the body the brain naturally becomes doped, the "blues" will frequently afflict one, and it is at such times that suicide often seems inviting. There are various other vital organs that are affected by tight lacing. The liver performs a very important



Miss Goodwynne Earle.



Miss Isabel Jay.

office. The blood passes through it—and this process is very important to health and strength—and when you press upon the waist line that organ is restricted in its activity. In fact, I remember a prominent French actress who died from tight lacing, and the post mortem examination showed that she had actually cut her liver in two by restricting her waist line.

Referring again to the effect of the blood manufacturing process, with every normal breath, the lowering of the diaphragm to properly inflate the lungs forces down the abdominal contents and also causes a small outward movement of the soft parts of the abdominal region. As can readily be realized, this slight movement has a very beneficial effect upon the entire digestive process. It is a

most important stimulus to these various organs and when the waist is restricted to such an extent that this movement becomes impossible and instead, actually forces the bony framework of the chest to expand than you can realize the tremendously destructive influence of tight lacing.

Digestion practically begins in the stomach and is continued in the small intestines. The importance of this process cannot be exaggerated and when this process is not only interfered with through restriction, but is forced to continue without the stimulus of the slight movement caused by breathing, the tight-lacing habit really affects the phys-



Miss Doris Stocker.

ical organism from its very foundation. Then there is the blood supply to the lower limbs by the large artery that passes down through this part of the body and the large vein which returns the impure blood back to the heart for purification. These two sources of blood supply are naturally restricted by tight lacing, and varicose veins and all the attendant evils that result from weakened tissues are not infrequently caused by the restriction of the circulation in the manner mentioned. In other words, if the impure blood that is endeavoring to return to the heart cannot conveniently follow its normal course, if the vein is restricted as a natural result, this blood accumulates in constantly increasing quantities and finally the tissues give way and we have the unsightly and uncomfortable defect called varicose veins.

Every woman desires to be graceful and supple. Now, the corset very materially interferes with grace and ease of movement. If it is not laced too tightly in early youth one may still appear graceful, though it requires more effort than if no corset were worn. The corset gives the figure a stiff, unyielding appearance and when one is laced tightly the figure is not unlike a dressed-up lamp-post and it gives one the idea that if too much movement is made there is a possi-

bility of the corset's victim breaking.

What right have we to be shocked when we read of how the Chinese women torture their feet? True, they pull the toes back towards the heel and bind slips of linen around them in childhood, day by day, tightening these bandages until the foot is a shapeless lump of bruised and scarified tissue. These women hobble through life, using these stumps for feet, but that is the style in their land, and the average young woman there thinks she must conform to style, and our own young women certainly bring about a greater injury to the body by the tight lacing process than the Chinese women do through the foot binding.

The day is undoubtedly coming when a woman can be in style without a corset. In fact, the time is already here. The very prominent women, whose pictures appear with this article, in corsetless costumes, indicate that you can dress artistically and attractively without this device. Many society and women of the stage have discarded the corset. They do not wear it because

they have learned that they can not thus bind the body and expect to maintain superior health.

The unhappiness we find everywhere in the larger percentage of homes comes through marital mistakes or misunderstandings. Some of you may think that



Miss Phyllis Dare.

this theory is very far-fetched, but I firmly believe that if women were in possession of their normal selves, their right instincts, marital unhappiness would rarely occur.

A careful survey of the facts which I have learned from a most careful study on this subject and of the conclusions deduced would compel almost any person to endorse them. A large part of the misery with which we have to deal at the present time comes from unhappiness in the home life. If we could obliterate that unhappiness, if we could make every woman normal, if we could make her realize the importance of becoming a strong woman—the importance of knowing herself—she could not possibly



Miss Denise Orme.

continue the wearing of a device of this mind- and body-wrecking character.

Although the charges made against the corset in this contribution are of a serious nature, by far the strongest indictment is found in the charge that the corset actually changes the individual nature of womankind. In other words, it affects her sexhood, her womanhood. In some cases she actually becomes a member of the neuter gender because of the baneful influence of this device. In the next installment some details of the influence of the corset upon womanhood from this standpoint will be given, together with considerable further details that will unquestionably be of interest. (To be continued).

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# The Teeth—How to Preserve Them

By Madame Teru

The following contribution upon "the care of the teeth," written by a practising beauty specialist, contains much that is interesting and instructive. Between the conservative position of those whose diet is of such a nature as to prevent premature decay of the teeth, and the opposite extreme of depending upon professional dentistry to repair the ravages which attend neglect of the dental apparatus, there is a half-way method. This precaution is the proper care of the teeth, and Madame Teru has certainly given the fullest possible detail of the best manner of performing this operation. While the use of drugs is no more essential in the care of the teeth than in treating other parts of the body, the more simple of the recipes which are given in this article are above criticism.—*Beznarr Macfadden.*

THE importance of properly caring for the teeth has often been discussed in this magazine, but it is a subject of such importance that, like a good story, it will bear many a recital. In previous contributions, however, the subject has been considered wholly from a physical culture viewpoint, and therefore my presentation of this subject from the standpoint of the beauty culturist may not prove unwelcome.

Aside from the importance of their functions, the teeth are such an important factor in the appearance of the face that one is never considered really beautiful unless possessed of good teeth. Nevertheless, let no one imagine that I underestimate the importance of the functions of the teeth; for, after all, all things must work together for one great good; and food that is not properly masticated will cause indigestion—and who ever heard of a beautiful dyspeptic?

I think that none of the rules ever laid down by beauty doctors are as important as those that demand the systematic care of the teeth; true, it is rather hard to form regu-

lar habits in this respect, but then we must remember that, "he who seeks for pearls must dive below."

Americans are proud of the success achieved by their dental practitioners, whose work, it is often boasted, is even superior to Nature's. This has always seemed a rather sorry boast to me, since I cannot forget that this perfection would never have been attained but for the poor condition of American teeth. We all know that poor, overworked platitude: "Practice makes perfect."

Absolute cleanliness might be said to be a *sine qua non* in the preservation of

the teeth. The temperature of the mouth favors decomposition, and therefore care must be taken to remove any particles of food which may become lodged in the crevices and spaces between the teeth. This fermentation of food and the accumulation of tartar are the chief causes of caries or decay of the teeth. Therefore, a



Using dental floss to remove small particles of food which may lodge between the teeth. This is an essential preliminary to properly cleansing the teeth.



The inner surface of the teeth should be brushed as vigorously and as carefully as the outer surface. Some consider that the inner side of the teeth should be brushed before attention is given to their outer surface.

thorough brushing of the teeth after each meal is a positive necessity.

Although many who have experimented with raw food have found that by confining themselves to such a diet they can discard the tooth brush without any evil effects to the teeth, still most of us are not ready for such a step, and until we are I shall continue to sing the praises of the tooth brush. The magnates of the packing-houses expressed themselves as confident of ultimately winning out in the present meat trust boycott (their experience with the public has taught them that its love of "eating" is greater than its public-spiritedness), and so close attention to the dental apparatus will be necessary for some time. So long as people will continue to favor a diet consisting largely of meat and soft, mushy, cooked foods, just so long will the tooth brush be safe from fear of disuse. However, my work is not so much to reform as to help.

Most of our dental troubles can be traced back to childhood, and it has

always seemed strange to me that, after the fuss that mothers make over a baby's first tooth, baby's last tooth is of so little interest that children are not even taught the early use of a tooth brush, or cautioned not to put the teeth to such uses as cracking nuts, biting hard candies, breaking off thread, and the other innumerable uses, for which Nature never intended them. One often hears a mother say, "Johnny's teeth are growing so crooked. I don't know what to do." A visit to a reliable dentist would acquaint her with the cause—the permanent teeth do not assume their natural places because the milk teeth, not having loosened promptly enough, hamper the growth of the permanent teeth, causing them to grow crookedly. They can be removed easily, and with but little pain, permitting the permanent teeth the freedom necessary to their per-

fect development, much to the improvement of poor Johnny's appearance. Then, too, if Johnny would not spend so many pennies for cheap, hard candies which he crunches like a little squirrel, he would not subject the teeth to the danger of cracking the enamel, which once injured, cannot be restored, and in time causes the whole tooth to be exposed to decay.

Though many of us know what to do as regards diet and general hygiene in relation to the teeth, and are quite liberal in offering this advice to others, few, comparatively, are willing to apply their knowledge. Such application requires perseverance and courage in the beginning, and therefore most of us prefer to depend on medicines or mechanical means, since but little trouble is attached to the latter methods.

Though there is a diversity of opinion as to when dental floss should be used, it is agreed upon that its use is necessary. I prefer to use it before the brush, drawing it slowly between every two teeth,

thereby removing any particles of food that may have secreted themselves there. There are also tiny orange wood tooth-picks which can be used for the same purpose, but the floss is preferable, as it reaches spaces difficult for the toothpick to get at. This seems to me a preliminary cleansing which prepares the mouth for the treatment with the brush.

The choice of a tooth brush is of more importance than is generally supposed. Choose a brush, the bristles of which are not too stiff, as hard bristles are apt to cut the gums, which sometimes causes serious mouth sores. I consider those having uneven bristles superior to the ordinary brush. The raised bristles at the end of the brush enable the user to get into the "cups" of the broad teeth, used for crushing the food, at the back of the mouth. Particles of food find these teeth good resting places and as a result we find that it is nearly always these teeth in which cavities first appear.

Always brush the upper teeth from the gum down and the lower ones up. Brushing them across is said to loosen them, and besides it does not cleanse the teeth so effectively. By brushing the teeth vertically, from the gums up or down, as the case may be, the bristles remove whatever may be lodged between teeth. I always use the right hand for brushing the teeth on the left side, and the left hand for those on the right side, thus assuring both sides treatment of equal vigor. The under side of the teeth must be treated even more carefully than the surface, for neglect will allow the tartar to gain a firm hold thus making professional service for its removal a necessity.

Considerable injury is done to the teeth by the natural acids of the mouth, which adversely affect the enamel. To controvert this acidity, milk of magnesia will be found to be of benefit. A mouthful should be taken before retiring, letting it get well into every part of the mouth. Bicarbonate of soda is also to be recommended for the same use. One tablespoonful dissolved in a glass of water is about the right solution for a mouth wash.

The plainest tooth powders are the safest to use, as they do not contain gritty substances or strong acids. Orris root, prepared chalk, camphor and pulverized charcoal are among those to be recommended. Charcoal is well liked by many because of its deodorizing qualities. An excellent powder is made of the following ingredients: one quarter of an ounce of myrrh, one drachm of camphor and one ounce of prepared chalk. Another equally good powder is made as follows: Powdered orris root, one half dram; precipitated chalk, four drams; pulverized camphor, one quarter of a dram. When using charcoal as a dentifrice, areca nut charcoal is to be preferred.

The use of a mouth wash is to be advised because of its antiseptic qualities. Many physical culturists will doubtless look askance at the use of drugs for this purpose, but I give the following remedies for what they are worth. Listerine will surely be liked by most people, some even preferring to use it undiluted, and enjoying its pungency full strength. A delightful mouth wash is



In brushing the teeth the tooth brush should be moved up and down with a vertical motion, rather than from side to side.



An orangewood stick, which may be procured of any dealer in toilet preparations, may be used to remove spots or discolorations upon the teeth. It is perhaps most effectively employed after being lightly dipped in powdered pumice stone.

made by adding a few drops of tincture of myrrh to a tumbler of water.

Where the gums need hardening, tincture of myrrh will be found most effective, and a good compound for cases where the gums are spongy and sore and recede from the teeth is made of one quarter of a dram of tannin, one fluid dram of tincture of tolu, one ounce of spirit of horse radish and three fluid drams of tincture of myrrh. As for tartar—that enemy, consisting of salivary mucous, animal matter, and phosphate of lime—which encrusts the teeth, the first and most important step is to prevent it from accumulating by careful brushing of the teeth. If there is a considerable accumulation, due to neglect, it is not wise to attempt to remove it without assistance as there is always the danger of an unskilled hand injuring the enamel. Failure to remove it, however, will result in the teeth becoming loosened, and often inflamed, and the unsightly red gums frequently seen can be traced to it.

A great many people use powdered pumice stone to remove tartar from the

teeth, but I do not advise it except at very rare intervals—never oftener than once in five or six weeks. It is best applied by means of an orange wood stick, the end of which is dipped into the powdered pumice stone and the teeth rubbed with it. The mouth must be well rinsed afterwards to remove all traces of it.

Medicines are responsible for discolored teeth, as most people can testify. Those most harmful are iron and mineral acid preparations. If medicines of that nature have to be resorted to, they should be diluted and taken through a glass tube. I shall not enter upon a tirade against smoking, but it is obvious that most men's teeth have not been beautified by it. The powdered pumice stone, above mentioned, is often used to remove discolorations, but I am opposed to a too frequent use of it.

Never, under any circumstances should one retire without having given the teeth careful attention. They must be thoroughly brushed to free them from the remains of food consumed during the day.

The deteriorating effect of a decayed tooth upon the general health are sufficiently serious to bear dwelling upon here. The presence of a decayed tooth in the mouth endangers the sound teeth contiguous to it, besides impairing the digestion and is often the cause of that most distressing complaint—offensive breath. Teeth in such condition should receive immediate professional attention, so that they can be either filled or removed. When decay seizes upon a tooth it works so insidiously that its rapid destruction is almost inevitable, and therefore, at least two visits yearly should be paid to a reliable dentist if only for the purpose of examination.

Last, but by no means least, a few words on the care of the tooth brush. Most brushes receive only a hasty rinsing after being used and are even allowed to lay around in their damp condition, attracting dust and dirt which render them unfit for further use. Every trace of tooth powder should be removed from the brush and this a hasty rinsing will not do. Hot water should be run

through the brush, and it should then be dried with a soft, perfectly clean cloth kept for the purpose. Boiling the brush is not to be advised, though it may "kill germs" it will loosen the bristles, and the brush is then unsafe for use. About once a week, it should be dipped into an antiseptic solution. New brushes are needed much more often than one supposes, and about two months is really as long as a tooth brush is fit for use.

It should be borne in mind that in cleansing the teeth, one should avoid the use of water which is either too hot or too cold. Such extremes of temperature are certain to have a deleterious effect upon the dental apparatus. It will be found that water used when cold will not prove as effective in cleansing the mouth as when used at a higher temperature. In many instances, particularly on arising, it will be found advisable to first rinse the mouth thoroughly with water of about the same temperature as the body, and to further rinse it several times with water of gradually increasing heat. Afterward, it is well to rinse the mouth with water made gradually cooler, until moderately cold water can be used without shock. Hot water will be found a particularly efficient means of cleansing the mouth if a small amount of ordinary table salt is dissolved in it, and the subsequent use of cold water will be found an excellent means of invigorating the gums, and the tissues of the mouth.

In the care of the teeth, as of other parts of the body, prevention is far better than cure. In order to avoid the onset of decay, it is essential that a close watch be kept upon the dental apparatus. It is astonishing how rapidly the teeth decay when caries (the most common cause of the teeth decay-ing), has once secured a foothold. The teeth should be examined at frequent intervals

for signs of approaching decay and regular visits should be paid to a competent dentist in order that tiny cavities, not discernible through ordinary observation, may be detected. In most instances cavities of the teeth have their inception at their inner surface.

The inclination is unfortunately common, on the part of the unthinking majority, to overlook the great importance of proper mastication as a factor in the digestion of the food they consume. But, aside from failure to regard this preliminary to digestion at its true value, there are many who are prevented from masticating properly through defective dental equipment.

The necessity for keeping the teeth in good repair is consequently of great moment. In order that the entire physical economy may bear its share of the work of sustaining the body, it is essential that the preliminary steps of digestion be properly performed, and this cannot be accomplished unless the teeth are sound and whole.



After cleaning the teeth, a thorough search for small cavities, which might otherwise remain undiscovered, is often a useful precautionary measure. The young lady whose photograph is here reproduced may well be forgiven an unusually lengthy look at her reflection.

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1915	\$3.00
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1925	\$5.00
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1935	\$7.00
1940	\$8.00
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**BUNK WAS STRONG FOR THE MEAT BOYCOTT.**



Straws which show the way the wind of public sentiment toward the meat traffic is blowing

# The Case Against Meat as a Staple Food

By Milo Hastings

Milo Hastings, whose contribution upon "The Digestibility of Raw vs. Cooked Food," appeared in our March number, is an enthusiastic physical culturist who has made a name for himself as a writer on health-building. He promises our readers some splendid articles in future numbers. Mr. Hastings is a graduate of the Kansas Agricultural College and has served on the staff of the Experiment Station of that state and later in the Bureau of Animal Industry in the United States Department of Agriculture. We have frequently called attention to our national government's liberality in the advancement of the science of animal husbandry and its niggardliness toward the advancement of human culture. Mr. Hastings is a student of both sciences and advocates the application to human welfare of some of the results achieved in animal husbandry. Some of Mr. Hastings' literary work has been done under the name of Milton Hastings.—Bernarr Macfadden.



Milo Hastings

ONE of the effects of the anti-packing house agitation which occurred in 1906, as the result of Upton Sinclair's exposé of conditions at the Chicago stockyards, was the passing of more stringent inspection laws. Another effect

was a noticeable increase in vegetarianism which came about from the fact that many who were at first sentimentally turned against flesh foods found by experience that they were better off in health and purse, without meat, and hence made up their minds to permanently banish it from the table.

Again the fickle eye of the public has been turned toward the meat question. This time the war against meat is not based upon uncleanness nor the conditions of labor, but is being waged wholly upon the ground that the price charged to the consumer for the product of the abattoirs is excessively high as the result of a monopolistic or trust-inspired control of the market.

The boycott or strike on the part of the public against an article of food for which they felt they were being overcharged is something unique in American history. But Public Opinion is a fickle dame, fond of making a big beginning and a small ending. As in 1906 the larger proportion of those who started out to boycott the

packing trades will forget all about it in a few months. Not so with all, however, again many timid ones will discover from personal experience that the regular consumption of flesh foods is not essential to health or happiness and will thus enlist in the ever growing army of vegetarians.

To get accurate figures upon the effect of the meat boycott is well nigh impossible. The packers could hardly be expected to give out statistics showing that the strike is effective. In fact, the attitude of the packers and their sympathizers is to belittle the consumers' efforts, to declare the boycott of meat to be all newspaper talk, and to insist that the people are eating as much meat as ever. Not so the retail butchers, many of whom admit that their trade was cut by the meat strike from twenty to fifty per cent.

Because of the strike the wholesale quotations on dressed beef and pork dropped about one cent a pound. The effect on the retail quotations shows great variation; there was little or no drop in exclusive sections, but there was a drop from two to five cents a pound in districts where the clamor against excessive prices was most severe. The retailer cuts off most of his profit by such drops and of course cannot long maintain the lower rate.

The newspapers made a great hurrah about the drop in the price of eggs and butter, supposing it to be caused by the food agitation. This is the season of the year when these products suffer a natural decline, however, and the drop is chiefly a coincident.

Within two or three weeks after the

first deduction in price a tendency to climb back to the original level could be noted in the daily quotations. The permanent effect of the boycott upon prices will probably be very slight. To-day, the relation of quantity and price is not nearly so natural a one as it was a generation ago. Even when there is no actual agreement, modern tradesmen have cultivated a spirit of co-operation against the consumer and are now more inclined to raise the price and thus make room for the new dealer than to run him out with a price-cutting war.

The recent editorials in food-trade periodicals are instructive and sometimes amusing. The general tendency is for each trade to pass the blame on to the next link in the chain. Thus the organs of the grocers and retail butchers are loud in denouncing the meat trust, whereas, the packers' journals boldly affirm that the meat boycott is just to their liking, for it will result in the reduction of the farmer's prices which have made it necessary for them, the packers, to raise the price of meat to the consumer. These trade-journals assume meat to be a necessity of life, and hence insist that the boycott will have no ultimate effect upon the consumption of flesh. As a contrast with this view the *American Grocer* makes the following editorial utterance:

"Meat is not a necessary article of food. If less meat was consumed, the doctors of the country would soon be holding conventions to find out why their profession has become unprofitable."

The editor of the *American Grocer* is more courageous than most of his contemporaries either in the trade publications or the daily press. The uninformed public believe meat to be necessary to health and it is much easier for the newspaper writer to get a chorus of cheers if he howls down the trust for monopolizing the "necessities of life" than if he tells what every intelligent writer knows to be the truth, *i.e.*, that meat is not a necessity of life, but only one of the many foods that people eat simply because it tastes good and wholly without regard to either its necessity for, or effect upon life.

It is not surprising that a childish mind should reason that the muscle of an ox would supply strength to the human being who might consume it. Yet to the scientific world this theory was disproven nearly half a century ago by the classic Mount Blanc experiment.

This experiment, which has been essentially repeated scores of times since, consisted of the computation of the amount of proteid decomposed, as determined from the excreted nitrogen, and also the work performed by mountain-climbers in lifting their bodies against gravity. From these comparisons it was undisputably proven that proteid is not the source of muscular energy. Proteid is the sole food element in lean meat, and as the fat of meat is chemically duplicated by the vegetable oils, it was accepted by the scientific world that meat is not the source of man's muscular strength.

Since these pioneer investigations we have learned much more of the uses of food substances in the body. We now know that the source of muscular energy is blood sugar, or chemically speaking, glucose, which is identical with the "glucose" of corn syrup.

Glucose is the simple sugar to which all carbohydrates—starches and sugars, are reduced during digestion. This blood sugar is composed of the chemical elements, of carbon, hydrogen and oxygen, which are also the components of fat. These two materials can be formed from each other by the vital action of the body and hence used interchangeably.

Proteid is composed of a carbohydrate base or radical, as the chemists say, to which is joined the element nitrogen in combination with various other elements. The normal function of proteid is in building or rebuilding the structure of the body, for with the exception of fat, water and mineral salts, the body is entirely composed of various forms of proteid.

Proteid is sometimes put to another use in the body, for it may be decomposed (probably within the liver), forming glucose and urea. The urea is excreted by the kidneys and the glucose added to the common stock of body fuel. This indeed is the way carnivorous ani-



mals, when fed solely upon lean meat, get both their glucose (or blood sugar), which creates muscular energy, and their bodily store of fat.

All food may be roughly divided into two groups—fuel and building material. The building material may in the case of emergency be torn apart and a portion of it used for fuel. Food eaten falls into the following classes:

First, necessary proteid—for structural material.

Second, necessary fuel material.

Third, excess of proteid: *a*—part of the molecule available as fuel; *b*—part of the molecule, a refuse product to be excreted without use.

Fourth, excess of fuel food.

If the proteid of the diet were insufficient, even though the glucose-fat forming material were abundant, then starvation would occur. This is known as nitrogen starvation, and would happen only in an experimental laboratory or with a crew cast away on a rocky island with a cargo of sugar.

Were the glucose-fat deficient and the proteid abundant the latter would somewhat wastefully supply the deficiency of the former. This condition prevails in the case of the excessive flesh eater—it is natural to carnivori, unnatural, though possible, to man.

If both food groups are in excess, the nitrogen must be excreted as urea and the fuel material stored as fat or burned up forming surplus heat.

Scientists know quite accurately the amount of proteid (measured by its nitrogen), required to keep up the repair of the body. This amounts to less than ten grams of nitrogen daily, a quantity so small that it would be well nigh impossible to select a natural bill of fare that would not more than supply it.

Any great excess of this essential amount of proteid is unnecessary and there is good evidence that to have a system charged with surplus nitrogenous molecules results in actual harm. Professor Chittenden of Yale holds that the excess of flesh food increases the amount of waste nitrogen in the blood and that this increases fatigue. Certainly the endurance records of Yale gymnasium would indicate that this view is not far

from the truth. These records are as follows: Holding out arms, best flesh eater, 22 minutes; best flesh abstainer, 176 minutes; rising from squatting position, 2,400 times for vegetarians, against something less than one thousand for the best meat eater.

There is further reason to believe that there is a difference in the form in which proteid is taken as to its detrimental effects. Thus meat which contains all the waste products in process of being removed at the time of the animals' death is held to be more objectionable than proteid of milk or eggs which are especially provided for the nourishment of the young animal.

The explanation of the essential principles of food chemistry as they have here been briefly set forth may fail to make clear a few points that will rise in the reader's mind. For further illustration—milk and eggs, as many physical culturists know, are "fattening." This seems to contradict the statement that fats are more directly formed from non-proteid foods. The point is that the process which we call "fattening" would be more properly called "fleshening."

Before fat can be deposited there must be the formation of tissues to hold in place the oil or fat globules. As a matter of fact the blood of the body always contains a very definite amount of glucose. The liver stores a small reserve in the form of "glycogen," but if more food be taken into the digestive system than can thus be accommodated, the blood simply refuses to absorb it from the alimentary canal. When the deposition of fat is stimulated by the presence of an abundance of structural material of the right sort, such as milk and eggs seem to supply, glucose is extracted from one part of the circulation to create fat and the lessened "sugar pressure" in the blood opens up the gates and lets in a new supply from the liver or alimentary canal. We now understand obesity to be a disease, in which the bars are down so that all the food eaten passes in and is deposited as fat.

Let us return to the subject of the Beef Trust. We have seen that lean meat instead of being the source of energy is, so far as scientists know, about

the poorest food that could be taken for that purpose. That the people believe the contrary is to be explained by the very natural error in unscientific reasonings, backed up by a marked bias in favor of food that has a certain quality of flavor which fosters a desire that becomes fastened upon one in the form of a habit.

Meats at retail cost anywhere from fifteen to thirty cents a pound. There is usually some discard of bones, cartilage, etc., which is not edible; the weight of water runs from thirty per cent. in fat pork to seventy per cent. in lean beef or eighty-eight per cent. in oysters; there is an inevitable loss in cooking, due to the frying out of the fat and meat juices; the proteid on the exterior surface of fried and roasted meats is rendered quite indigestible; last, we have to consider that there is no occasion to add meats to the diet to supply the proteid, therefore, the nitrogen must be thrown away, taking with it twenty-nine per cent. of the carbon, hydrogen and oxygen. The final amount of energy creating material yielded by lean meat is from eight to twelve per cent. of its original weight.

Dates, rice, wheat, raisins, or any other of the non-watery vegetable foods would yield from sixty to eighty per cent. of their weight in glucose or blood sugar. Compare the cost of blood sugar from such sources with its cost of two to three dollars a pound when derived from flesh food, which is the frightful sort of economy upheld by the ignorant and bigoted pro-meat writers upon the score that the working man needs "strengthening food."

In this discussion I have said but little about the harmful effects of an excessive meat diet, nor have I attempted to give sentimental backing to vegetarianism or show biological reasons why a man is not by nature a carnivorous brute.

When he considers that scientists have for forty years known that the conception of meat as a source of human strength and energy was no more founded upon fact than the belief in the influence of the moon upon the growth of potatoes, he can feel free to class the health-arguments in favor of the necessity of meat along with the ads. of Duffy's Pure Malt Whiskey.

As a matter of social policy the writer would certainly like to see the extortionate business methods of food dealers laid low before the hand of the common good. But the individual consumer who is shaking his fist at the beef trust reminds one of a man who has just come out of a dime museum and is berating the owner of the place because the mermaid was plainly formed of the trunk of a stuffed monkey sewed on to a codfish's tail.

The butcher shop should by right be classed along with the candy store and soda fountain, and the beef trust be considered as a colossal green goods game which some people buck because they are ignorant and others because they have money that they want to spend and who enjoy getting rid of it in that way. All are schemes of "civilization" to put food materials (mixed with some materials that are not food), through various complications that greatly increase the price and hence the profit to the mixers, and that capture trade by putting out a product that has a different appearance, color, odor or taste from the same thing in a less expensive form—the entire scheme being based upon our anthropoid curiosity.

In the case of meats, for instance, the farmer takes grain worth a cent and a half a pound and feeds it to a steer who completely consumes fourteen out of fifteen pounds of it, and deposits in his carcass together with the fifteen pounds of grain, two pounds of water. Now this steer the farmer sells to the packer at a rate high enough to pay for all his feed, labor and the loss from animals that did not thrive. Next the packer turns forty per cent. of this steer into fertilizer and fusses and fixes the rest of it up and passes it on to us through the hands of a dozen storage men, wholesalers and retailers; finally, it reaches the consumer a pitifully meagre share of the original food grown on the farm, and hopelessly loaded with the product of the steers physiological economy and the packer's chemical laboratory.

When one considers the waste and folly of the whole proceeding, instead of being surprised that meats are high, he wonders that they are so low.

# Can We Suppress the Noxious Effects of the Social Evil?

SHALL THE STATE INSIST ON THE STATISTICAL REGISTRATION AND SUPERVISION OF ALL CASES OF SEXUAL DISEASE?

By John Milo Maxwell

The control and approximate suppression of vile diseases is one of the most difficult problems that the modern health officer soon will be called upon to face. It is easily understood that the hygienist can accomplish little in any disease field unless he is furnished with something like a definite survey of the extent of the disease and the identity of its victims; otherwise anything like effective preventive measures are impossible. Most of the diseases that have long preyed upon mankind are yielding satisfactorily to quarantine. It is very significant that the most eminent specialists of the world are now advocating the registration and quarantine of those infected with sexual disorders. It seems to me that Mr. Maxwell makes one very valuable suggestion in discussing remedial measures for the reduction of the social evil—the establishment of a morals police largely composed of especially trained women, whose work it shall be to combat with this form of vice. It must break in soon on the comprehension of the intelligent womanhood of the country that the amelioration of the social evil is largely a woman's work. Here would seem to be a splendid opportunity for women's clubs and organizations to perform a social service of the highest importance—the carrying on of an agitation for the establishment of a woman's corps of officers in every police department of the country. A morals police would be one of the most important constructive steps that could be taken for the control and suppression of the monstrous evil that is doing such great harm to the humanity of the present and which seriously threatens it in the future.—Bernarr Macfadden.

**A** STUD-  
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psychology could have observed a most interesting exhibition of the peculiarities of mind process had he been present on the afternoon of January 2nd, at English's Opera House, Indianapolis, Indiana, when Doctor C. S. Woods, official lecturer of the State Board of Health of Indiana, on the Social Evil, made the following announcement before an audience of one thousand six



John M. Maxwell, who favors the establishment of a morals police, largely composed of women in all large cities as a constructive step in the gradual amelioration of the social evil.

hundred men: "Within ten years sexual disorders will be just as regularly reported to and registered by local boards of health as cases of smallpox, diphtheria, scarlet fever, measles, and other infectious and contagious diseases are now reported."

Such an announcement before a great audience of men, many of whom would instantly make a personal application, might be expected to prove

a sort of oratorical bomb-shell to be succeeded by a deep chilling silence. But strangely enough just the opposite occurred—the men applauded the suggestion heartily. Can it be that Dr. Wood's hearers fully appreciated the significance of the speaker's flat assertion? Can it be that there has been such progress in social thought that men now are willing that the disease results of sexual transgression shall be carefully card-indexed by the State? Are men beginning to feel that somewhere in the social scheme, a helping hand should be stretched out to save them from themselves—that some kind of restraining moral force should be brought into being to prevent or at least to aid them in escaping the deep suffering that is so often an accompaniment of misdirection of sex life? If this big audience of men did have a comprehension of what is meant by statistically registering the diseases of immorality, then in truth there has been an advance in public opinion on the subject of the sexual responsibility of the individual and the student of psychology well may say: "Here indeed is a phenomenon—a most remarkable thing. Men are willing to be 'found out.'"

And it may be remarked dogmatically that when men are willing to be "found out" as to sexual error, then humanity will have made one of the longest steps forward in the suppression of disease, social disorder and disintegration that have ever been made in the rightful evolution of mankind.

Yet it is quite to be expected that many men will shrink instinctively at the bold proposition to report promptly for registration all cases of the sort in question; for the proposal involves the statistical recording of the immoralities of the majority of men, as the best obtainable statistics lead to the observation that eighty per cent. of males contract the most common sexual disorder before they are thirty; that a variously asserted sixty-five to eighty per cent. of the abdominal and pelvic operations on women are due to the infection that ensues; that perhaps thirty-three per cent. of blindness in the new-born is due to the same cause; that perhaps one-sixth of the population is infected with syphilis,

either acquired or hereditary. These gruesome percentages indicate not only the widespread character of these fearful ailments, but also impress the humanitarian with the serious need of supervision over diseases capable of working such appalling injury to the race.

Despite all the difficulties that naturally suggest themselves as inherent in the proposal to report these diseases, who is so bold or confident of the future as to assert that Dr. Wood's prediction may not be verified? It was but a few years ago that the proposal to report statistically cases of tuberculosis was denounced by many members of the medical profession as impracticable, impossible, a thing unsocial—a chimera, a dream that existed only in the minds of a few cranks. Among the reasons advanced against the proposal were that the field of tuberculosis was so broad and the indications (morbidity) of the disease often so obscure that it would be out of the question intelligently to classify such cases; that to assert publicly that an individual was suffering from tuberculosis often might mean family, social and business ostracism; that nothing could be done to limit tuberculosis unless there could be isolation; that isolation would mean hospitalization; that hospitalization would mean an enormous taxation burden on the state; that the state never could shoulder it—these and a large number of other sad "impossibilities" were brought forward by some despairing members of the medical profession as gloomy reasons why nothing should be attempted.

But there were a few brave men and women in every civilized country who did not permit themselves to become discouraged by the croakings of the disconsolates or by the magnitude of the task confronting them. These enthusiasts banded themselves together in anti-tuberculosis societies; they talked and agitated; they gradually attracted to their cause many helpful social agencies of one kind and another along with encouraging financial aid—and the result: a world wide war is now being conducted against tuberculosis, the disease is being officially registered in every civilized country of the world; many of the states

of the American union have voted large amounts for the education of the people and for hospitalization; the public has been taught that tuberculosis is an avoidable disease; that when contracted, often it is curable—thus the "Great White Plague" is beginning to show a statistical decline and it is confidently asserted that within a decade or two the disease relatively will be stamped out in this country. Yet—nothing could be done!

So who shall say with positive assurance that history will not repeat itself in a war against the dread sexual scourges—the "Great Black Plagues"—that maim and kill their thousands of to-day and place the stigmata of degeneracy on thousands to be born? The war against disease ever must fall short of complete success unless these fearful afflictions are brought under supervision. The sanitarians of the world are pledged to the suppression of all germ diseases. The intelligent forces of society are working in hearty accord with this determination. The sexual diseases as a potent factor in racial injury cannot be ignored by those who would see a race of men and women free from disease.

It is asserted that no malignant germ known to the bacteriologist can survive a few hours of direct sunlight. The forms of cell life most fatal to mankind thrive in darkness. Light is fatal to them. It is axiomatic that the first step in the control of disease is to enlighten the people, to bring about full publicity; that is, all the facts as to its prevalence and extent of injury of any disease must be brought into the open and carefully examined. The health officer is then prepared to initiate steps against the enemy. Without such facts, the health officer must remain largely in the dark; he cannot move with effective precision. To-day the health officer is absolutely without intelligent official clutch on the field of sexual diseases. Unofficial statistics gathered from hospital observation and private practice of physicians point to the enormous prevalence of this sort of infection. The earnest health officer is desirous of grappling with these death-dealing diseases and he believes that with the co-operation of society much

may be done to mitigate their severity and limit their extension. He makes an earnest appeal to the public to cast aside its prudery and exaggerated sense of delicacy as to such matters. He ardently hopes that the day will soon be here when the public will come to accept the sexual plagues as of little more social significance than the many other scourges that have beset mankind in its long toilsome evolutionary climb toward a more intelligent existence. The hygienist holds a deep conviction that, when the full light of publicity is thrown upon sexual infections whereby their racial malignancy can be undeniably demonstrated, many helpful social forces will come to his aid in his effort to place these infections on the shelf with other disease "has beens."

Yet it has to be admitted that the question of grappling with this question constitutes a very different problem from that presented by any other disease, since the element of personal conduct—the volition of the individual—enters into the matter of contrasting this kind of infection. That is, sexual ailments cannot be disassociated from the question of moral conduct when their causation is considered, since the individual in most cases has had the right of choice as to whether or not the infection shall be contracted. This element of human volition complicates the problem, and the hygienist is compelled to move with exceeding caution in advocating preventive measures in order that he may not harass the individual needlessly or cause society unnecessary mortification. He also must be careful not to lay himself open to a charge of aiding and abetting in prostitution "by making it safe."

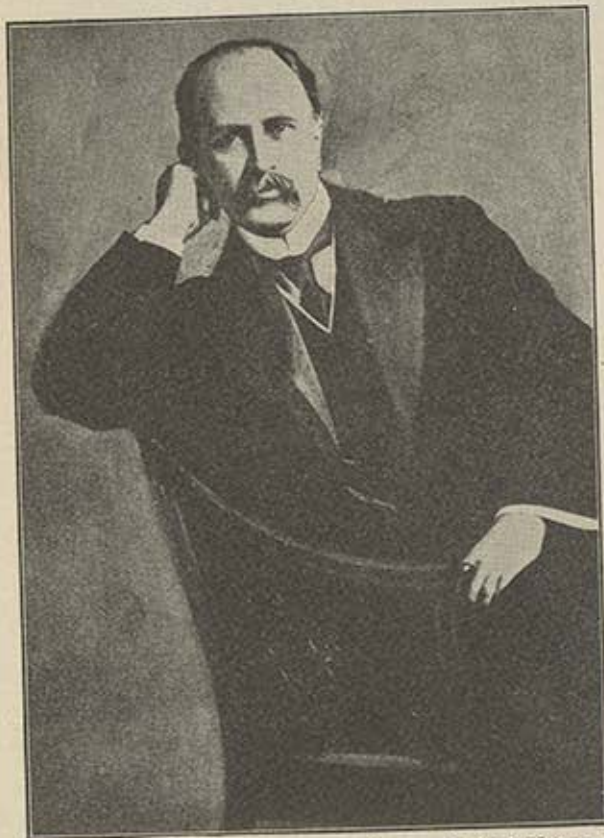
Primarily, however, the province of the hygienist is to prevent and suppress disease and not to inculcate morals; and he asks if there is not some place in this social muddle wherein he can be permitted to insert the point of the State's authority in order that he may secure a leverage, a starting point, where his knowledge and services may be of value and wherein at the same time he may not become an offensive and disturbing factor in the social organization. He has no thought of making the illicit sexual

relation safe; and yet he would save the innocent, the helpless and the weak. He would offer no encouragement to prostitution; and yet he would preserve the clean wife from the disease results of the extra-marital venture of husband; he would save the newborn child from blindness and stigmata; he would save the ignorant, weak or reckless youth from the diseased street-walker; he would save the State from a burden of delinquency and degeneracy which he knows must be assumed by future generations because of sexual error in the present. While realizing that proper instruction of the young is the chief preventive of immorality and the sexual scourges—an education that teaches knowledge of one's own organism, that teaches the possibility of successful control of sex

nature by both male and female, that presents the moral aspect of the sex relationship—yet while this education is delayed or offered imperfectly in home and school, the hygienist asks that he be given authority to combat the destructive results largely due to lack of such education.

The hygienist holds that the state has distinct and rightful jurisdiction in the suppression of contagious and infectious disease foci, a jurisdiction that necessarily need not take into specific consideration any question as to the causation of the disease. Poor housing, underfeeding and alcoholism may be potent causes for the development of tuberculosis, but these phases belong only to the broader educational work of the hygienist. In the isolation of an individual case, the hygienist cannot permit himself to be swayed by mitigating or blameworthy circumstances relating to the infection; he simply is confronted with a focus of disease dissemination which he considers it to be his duty to suppress. The State has wisely given authority to the hygienist to take possession of the bodies of citizens suffering from certain contagious and infectious diseases, and he exercises that authority promptly for the protection of the innocent. He now asks that this authority be extended to the field of the vilest and most dangerous of all diseases.

In a consideration of the problem of adopting preventive measures against sexual diseases, the intelligent health officer cannot but feel that it is stretching "morals" to the breaking point for it to be contended that he may not take possession of the body of a diseased female who is reckless disseminating her disease, on the "moral" ground that she had best be left alone since the great probability of all loose females possessing infection constitutes the best deterrent in keeping men from association



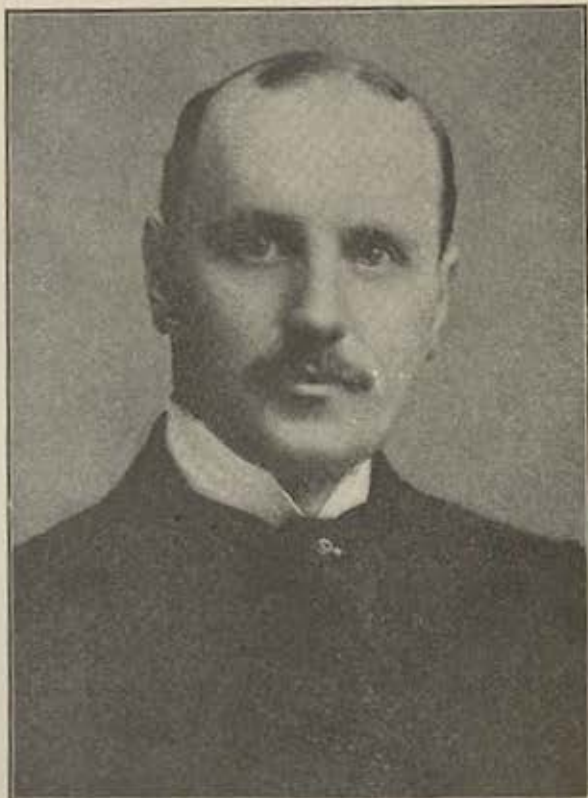
Dr. William Osler, regius professor, Oxford University, England, one of the most eminent medical authorities of the world, who strongly urges the registration of all cases of sexual disease.

with them. This old fashioned moralist view might be accepted if it "worked out;" but the enormous extent of infection which results shows that it does not. The hygienist realizes his inability to correct immediately the fundamental human and social conditions that give birth to prostitution; he simply says to society: "I realize the sadness of it all, but it is not my fault or the fault of any particular individual. The fault lies deep in the organic structure of the race. The eradication of the fault is a work for society itself—men need not to be reformed but to be regenerated. It will take a long, long time to bring that about. In the meantime let me head off some of the social misery and destructive disease results that come from a condition for which no one individual is largely responsible."

At the precise point the hygienist feels that he should have the right to invoke the State's authority in the difficult problem of venereal prevention. Per examples: Has a diseased prostitute whose stomach longings are much more important to her than the question of public health a right to establish herself in a community and premeditatedly to entice and seduce an indefinite number of young men and infect them with her disease? Has an unmoral, reckless male, also infected with disease, the social right to inflict his disease on any female or females who may through poverty, ignorance or weakness be brought into sexual contact with him? Has society no right to protect itself against such malignant beings? Looking at the question from a strictly hygienic standpoint, society could as well say it has no right to protect itself from a mad-dog. The hygienist takes the mad-dog view of it. He does not know how or where these malignant beings acquired their disease. He has no time to examine the into question of "morals," or disease causation, when it comes to the suppression

such creatures. He only knows that of they are foci of disease dissemination—that they are dangerous to public health—and he is insistent that somewhere in the social scheme he shall have the right to stretch forth his hand and stay their careers.

This is the exact and only question raised in the proposal to register cases of venereal infection. This is the exact question raised by Mayor William R. Niven, of Bellefontaine, Ohio, who demanded that his City Board of Health take possession of the body of a syphilitized woman who had infected sixteen of the young men of the city. The Bellefontaine Board denied its authority and declined to act. The woman fled the city to continue her career of disease dissemination in other fields. Who may number her victims in the present and of



A. H. Goddard, the vigorous Secretary of the Y. M. C. A., of Indianapolis, Indiana, who has no hesitancy in "calling a spade a spade," in addressing immense audiences of men on the social evil.

posterity? Would not the State and society have been better off if this woman had been promptly seized the instant her first victim appeared for medical treatment? What question of morals of "aiding or abetting in prostitution" is raised by the prompt isolation of such a female? Certainly the State cannot be charged with giving encouragement to prostitution by her seizure and isolation; it should be credited rather with manifesting a benevolent and protective care over public health.

It is clear that the health forces of the State can do little in an alleviation of the sexual disease situation unless it is made mandatory to report promptly all cases of such infection. The chief objections against reporting this class of infections are:

(1). That many cases of such disease are innocently acquired, as in the case of virtuous wife infected by husband, and that it would be a gross injustice to the innocent to expose the wife to public humiliation by making her disease a matter of public record; that the registration of such cases, would cause great social injury, in that many homes would be broken up by such disclosures.

(2). That physicians would not subscribe to a law demanding such reports, since the registration of the sexual infections would be a violation of the confidential relationship between physician and patient made mandatory in most states by statutory enactment; that as the laws exist to-day a physician would be legally liable for asserting that a citizen has a venereal disease, as such diseases are considered "shameful;" that a physician again would not report such cases as he would be divulging the secrets of private practice to other physicians.

(3). That if the public understood that such infections would be reported, many would suffer in silence rather than apply to a physician for treatment.

(4). That there is no possibility of effective quarantine of such infections at present owing to their wide prevalence; that where it might be advisable to isolate an infected person the State is without proper hospitalization facilities.

Of these various "reasons," the first only would seem to possess an element of

reasonable validity. Wise public policy does not ask that the innocent should be made to suffer humiliation because of the wrong doing of another; yet physicians who decry against the justice of reporting a case of a wife infected by husband on the ground of her "innocence" are insisting on the maintenance of a condition that certainly makes the innocent wife silently bear the disease consequences of the wrong doing of another. Strict justice would seem to demand that the husband suffer some degree of the anguish that he has inflicted on wife, and there would seem to be no better way to bring that about than to make his offense a matter of record. The thought is strongly impressed: If men knew that the disease results of extra-marital venture should become a matter of public record, is it not fairly to be concluded that there would be a marvelous decline in this kind of murderous evil; that there would be a stiffening of the moral spine of many a professional promiscuist that would cause him to wonder at his own regeneration? For there is one thing that all sane men have good reason to fear—a guilty conscience faced by a frowning public opinion. Again it is emphasized that in another direction publicity here would be one of the most effective steps that society could take for its own salvation, since it is infidelity and its diseases that fill the divorce courts with unhappy wives, who, while applying for freedom on statutory grounds are often the mutilated victims of venereal infection innocently acquired. Biology may hold that man is a natural polygamist and therefore that he has nature's apology for going outside the marriage relation; but enlightenment and civilization deny that man is now in the primitive stage and demand a rigorous discipline of the polygamist instinct as a supreme necessity for the preservation of the home and conservation of the race.

Yet, the object of disease registration is not punitive but preventive and corrective; and therefore the plea as to the humiliation of the innocent may be admitted as sound, and still it need not be difficult to devise a method by which the innocent victims of venereal infection can be given desired social protection



and at the same time the health officer may be furnished with such information as will enable him promptly to suppress those unmoral members of society who have no scruples as to the dissemination of their infection. It will not be necessary to expose such reports to morbid or malicious curiosity; for by special statutory enactment and by rules of a board of health made in pursuance thereof, it may be ordered that the reports are to be seen only by a special officer or committee of the board and the information set forth shall not be unofficially divulged or the reports be exposed to public gaze, under penalty.

The educational value of the physician under a registration law is also worthy of consideration. To-day the physician in office is not a moralist. He is there to alleviate—to point the way to cure. He does his moralizing at prayer meetings or on stated occasions. Likewise the patient does not come for a lecture but for relief from suffering. Yet, should the statutes insist on the registration of the sexual infections, the physician would become nilly-willy a moral and educational force of the greatest value to the State; for then it would be incumbent on him to caution a venereal patient to maintain a rigid personal quarantine until informed of the improbability of infection being longer present. State regulation also would likely provide proper printed circulars to be issued by the physician to patient in such cases. On the return slip the physician likely would be compelled to say whether he had cautioned the patient as to personal quarantine and whether the patient had been furnished with the authorized educational circulars of the State so written as to thoroughly disillusionize the victim as to the "harmless" character of his ailment. Thus it will be seen that society would derive an immense benefit from the power of suggestion, the moral pressure of the State being brought to bear on the individual to warn and caution him to exercise extreme care as to the passing of his disease.

If some time in the future, it should be made a violation of statute to infect another with sexual disease, we again would have a deterrent influence of the

greatest value. While it may be contended that such a law would not prevent some men from pursuing a malignant career of disease-dissemination, yet such a law would deter many men. The law against homicide does not restrain all men, but it does restrain the majority from the gratification of murderous impulse. So a law severely punishing one who carelessly or maliciously infects another with venereal poison would likely deter many men from inflicting such a gross injury. The enactment of such a law would certainly prove a most salutary jolt to the chronic sufferer from sexual ailment who self-satisfiedly informs his physician that his disease is much benefited (?) by relation with the opposite sex, or the "smart" youth who seems to take a sort of desperate joy in passing his infection along to as many females as possible in order that he may wreak revenge upon the opposite sex simply because one of them infected him. It is because of the existence of such remorseless individuals that diseases of this sort are perpetuated in the manner of an endless chain; and it should be borne in mind that every time such an individual is promptly suppressed, a focus of disease dissemination is stamped out and consequently a vicious link removed in the endless-chain tragedy.

The contention of the physician that he would be legally liable for asserting that another has a venereal disease is not strictly true. While statutory enactment in most states insists upon the inviolacy of the "medical secret," yet higher courts have held that while the physician may not disclose what a patient may "tell him," he has the legal right to testify to or to disclose anything relating to the physical condition of the patient "that he may have found out by examination." This judicial interpretation has effectually destroyed the sanctity of the "medical secret." Of course it would be slander and actionable offense if a physician should wrongfully charge another with having a loathsome disease; but there is little possibility of the intelligent physician ever making such an error. For that matter, a physician might be haled into court for asserting wrongfully that a citizen had

tuberculosis; but medical jurisprudence fails to show where any physician has been mulcted for such cause.

The contention that in case of registration many persons suffering from sexual infection would prefer to suffer in silence rather than go to a physician, does not carry much force. It may be that some mythical individuals would prefer to suffer in silence and die rather than that their ailment should be made a part of public record—but nature cares little for the individual, being interested only in the eventual welfare of the mass. If registration will save the mass, society need not be greatly exercised over the fate of the individual.

The argument that registration largely would be without practical benefit because the State at present makes practically no provision for those infected by sexual diseases, simply calls attention to a need, and in no sense constitutes a valid objection to the proposal. Even if the State to-day endeavors to ignore the existence of the unmoral, reckless, disease-distributing individual, yet that is an important fact that should be driven home upon those who may deplore the prevalence of venereal disease, but who are hopeless as to the possibility of remedial measures. Proper hospitalization must accompany registration; for there would be little value in such registration unless society is provided with equipment for isolation in certain cases. The need of free, expert treatment of the poor also would be emphasized.

It should be understood clearly that in the vast majority of cases, there would be no need of isolation or hospitalization. It is taken for granted that most people are sufficiently intelligent to understand the force of a warning to maintain strict personal quarantine issued by physician by mandate of the State. Diseases of this description in many instances do not seriously interfere immediately with the economic efficiency of the individual, most patients being able to attend to daily routine while under medical treatment. Isolation would be only necessary for those who could not be trusted to observe the requirements of a personal quarantine.

With registration, other constructive

steps for the mitigation of the social evil suggest themselves. Not the least valuable among them would be the establishment of a morals police in every municipality of respectable size. While a morals police might be constituted of both male and female officers, each of whom would have a sphere of usefulness, the most important thing immediately is to attach to every police force a number of women especially trained and adapted for reclamation work who would be under the joint authority of the police chief and the board of health. The social evil, being largely a question of moral outlook, should not be left entirely to the rough and unsympathetic administration of the police. While the evil is not to be coddled, society should not permit it to be utilized as a means of graft enrichment either for the police or politicians. The proper treatment of the evil is largely that of prevention; and here the work of good women could be of the utmost value in shutting off the flood of new recruits who are constantly being drawn into the social abyss because no restraining hand is stretched out to stay them. All public dance halls, skating rinks, public parks, depot stations, "clandestine" hotels, assignation houses, rooming houses in down town districts, hotel resting rooms haunted by the "married" prostitute whose speciality is the seduction and infecting of married men absent from their wives, and other public places where the prostitute, professional panderer, seducer and cadet are wont to apply their arts, should be under the supervision of the morals police.

It is not difficult to perceive the corrective value of such a police. For instance, at the public dance, the cadet perhaps need not be greatly disturbed at the presence of a blue-coated policeman with whom it is conceivable he may have established a working understanding; but such an individual certainly would have good reason to fear the presence of a shrewd, observant woman filled with the protective instinct and armed with the police power of the State. It would "make all the difference in the world."

Again, good women in every community are constantly observing things that should not be and which often could

be easily corrected were there any agency in the State that could exercise skilful tact in the premises. Such good women would be glad to communicate their observations to a morals police; but the same women are deeply reluctant to having a uniformed officer or burly detective ringing at the front door bell. Many a wrong would be corrected, many an evil nipped in the bud, many a mysterious crime unearthed, if the women of a community had some source of police communication other than the male officer.

Such a morals police also should have supervision over department stores and shops and factories where large numbers of young women are employed at small wages. The department store is a stamping ground for the professional seducer, and the shop and factory furnish thousands of recruits to the ranks of prostitution. A morals police could find a great work to do in this field through the medium of friendly talks and lectures to be given young girls, and through the distribution of official circulars bearing upon the dangers of sexual exposure. Employers in most cases undoubtedly would gladly co-operate. This is one of the methods adopted by the German Anti-venereal Society, whose branches extend to every part of the German Empire and whose work is proving productive of excellent results. It is the testimony of physicians that many a young girl falls through ignorance.

Clean wives and mothers, by gathering their skirts around them in their desire not to come into contact with their fallen sisters, pay a colossal bill of suffering and family disaster. While the "decent" woman strives diligently to avoid the virus of prostitutional contact, the husband and son often have no such delicate scruples and the prostitute thus wreaks a fearful revenge on her virtuous sister—the germs of immorality being carried from indecency to decency.

The famous Dr. William Osler, Regius Professor Oxford University, and late of Johns Hopkins University, and one of the most eminent syphilographers of the world, speaks in a far more emphatic and vigorous tone. In the *British Medical Journal*, November 27th, 1909, Dr. Osler says:

"The discovery of the cause is the first step toward successful measures for the prevention of an infectious disease. As far as venereal disease is concerned our attitude has been one of hopeless inactivity, partly owing to the inherent difficulties, partly to a lack of courage. The innate difficulty relates to the problem of controlling one of the two great primal appetites (sex and stomach hunger.) No measures yet devised have successfully restrained illicit love between the sexes. Prostitution, the blackest blot in our civilization, exacts a ghastly toll of suffering and a sacrifice annually of thousands of lives. Add to the 6,000 or 7,000 annually slain in Great Britain by syphilis, the thousands maimed and slain by less serious diseases, and the sum total debted the venereal infections reaches figures only behind those of tuberculosis, pneumonia and cancer. Too deeply entrenched in the very citadel of our social fabric for a frontal attack, the lessons of other successful campaigns must be coned and long years of training must be undergone before we can hope for a truce to say nothing of victory."

Yes, time will tell as to the whole problem. Society must soon decide whether it will co-operate and subscribe to preventive measures for the reduction of venereal disease or whether it is to continue along the ancient path of individual injury, family disaster and race deterioration; whether it is to embark on an intelligent education of the young in home and school, or whether it is to stumble in darkness and ignorance in the future as it has in the past; whether it is to authorize the removal of each malignant focus of disease as quickly as it is discovered or whether walking plagues are to be permitted to spread their infection far and wide without interference; whether we shall let things drift the same old way, the tear-drenched way, the way of physical suffering and mental anguish, the true *via doloris*, or whether we shall squarely and courageously face a mighty problem and endeavor to solve it by bringing to bear on it every preventive and corrective measure at the command of science, religious and enlightenment.

# The Jungle's Aftermath

By Upton Sinclair

This is a round, unvarnished tale which points the moral that eternal vigilance is the price of public safety against private greed. It is true that the revolt of the American public against the abuses described in "The Jungle," led to a temporary cessation of the more flagrant of Packingtown's evils. But as the cutting down of a thicket of rank and pernicious weeds but results in strengthening the second growth of useless vegetation which is certain to occur, so the temporary repression which the masters of the meat market were forced to undergo, grew gradually less as the vigilance of the public relaxed, with the result (so plainly in evidence in the recent past), that they have not only resumed on their nefarious practices, with entire disregard to the public health, but that they have strained to the breaking point the public's endurance of their financial oppression.—Bernarr Macfadden.

## PART I

IN the fall of 1904 I went to Chicago to make a study of the great meat-packing industry. It was my purpose to write a novel dealing with the conditions of the working-class in a highly-organized modern industry; and I had selected this particular one, partly because there had been a great strike there that summer and I had read things about it that had interested me, and partly because I knew that it was an industry highly specialized, and located in a place by itself, so that all its consequences could be studied, unaffected by any other influence.

I was not particularly interested in the question of meat; nor did I realize the amount of interest that the public would take in it. The dishonesty and greed that I found in the preparing of the food products of the Beef Trust was to me simply one of many forms of graft, one of the innumerable ways in which a mass of highly organized capital was engaged in exploiting the public. I had the good fortune while there to meet a representative who had been sent by the London *Lancet*, the leading medical journal of Great Britain, to make a study of the methods of the packers; this gentleman, Mr. Adolphe Smith, had made a specialty of the subject of abattoirs, and through him I was able to get a professional view of the iniquities of the Trust, and to realize more fully the monstrous nature of the evils I saw. But even so, I did not give particular attention to this side of the matter; I was far more interested in the way the packers treated their em-

ployees than in the way they treated their meat. As I have phrased it elsewhere, I aimed at the public's heart, and by accident I hit it in the stomach.

I spent seven weeks in Packingtown, living among the men, and spending all my time in the yards. Being known to the men as a socialist, I had many ways of getting into the inside of things, and I saw all that I wanted to see. I have often been asked by horrified people if it must not be that there is some exaggeration in "The Jungle;" my answer is that from first to last there is nothing in the book which is the product of my imagination—nothing which was not told me as the actual experience of some one whom I knew there. There was no need to invent anything—there was nothing to be done save to omit those things which were too horrible to be printed.

I wrote the story during the following year, and it was published serially in the *Appeal to Reason*. From first to last I suppose I must have received five thousand letters as a result of its publication there; and I was told afterwards that President Roosevelt and the department of Agriculture were bombarded in the same way. Many of my letters were from men and women who worked or had worked in the stock-yards, or in the plants of the Trust in other cities; and these corroborated the things of which I had told, and offered much new evidence, which proved useful before long.

I sent a copy of the book to President Roosevelt, and asked him to consider the revelations contained in it. In reply he

wrote me that he had already taken the matter up through the Department of Agriculture; and asked me if I had any further suggestions to make. I answered to the effect that the Department was itself involved in the charges in the book, and that I could not see that there was much to be expected from its own investigation; that if the President really wished to get at the truth about conditions in the yards, the thing for him to do was to send out some one independently, some one in whom he had confidence, and who would make a secret investigation. In reply to this the President asked me to come to Washington to consult with him; and when I arrived there I found that he had already appointed Messrs. Neill and Reynolds to make the investigation. I had a talk with the President and his representatives, and I gave them the evidence I had collected from a hundred different sources. They were very anxious for me to go to Chicago with them, but on account of other work I could not do this. I agreed, however, to send two friends who were familiar with conditions, and who would have the same means of gaining the confidence of the men in the yards that I had had. One of these was Mrs. Ella Reeve Bloor, well known as a lecturer and a student of social conditions; and to her I gave letters of introduction to most of the men who had helped me.

We were not able to do as much as we had hoped in the way of aiding the President's commission. Perhaps if I had gone myself I might have been able to do more; but as it was, the men who knew most intimately the deviltries of the Beef Trust were not willing to trust their future in the hands of any government agents. They had seen too much of the corruption and subserviency of the government representatives in the yards; and many of them wrote me letters berating me for my folly in trusting the commission. It was not long, of course, before the news of what the commission was doing leaked into the newspapers; and finally the Chicago *Tribune* appeared with a lying despatch from Washington, to the effect that the President was conducting an investigation for the purpose of discrediting "The

Jungle." On that day I received no less than seventeen telegrams from friends in Chicago, telling me that the game was up, and that I had been betrayed; and as I had not seen the *Tribune* despatch, and knew nothing of its contents, anyone may imagine my perplexity and dismay. I spent half a day getting President Roosevelt on the long-distance phone; and when I finally succeeded I got this brief but illuminating sentence: "If you believe all you read in the newspapers about this investigation, you will have an uncomfortable time before it is over."

It was, of course, as much as any man's job was worth to have it known that he had given help to me or to the commission. I learned afterwards of several men who had been "fired" for that reason; though I am happy to say that none of them were men whom I had ever met or even heard of. (Also I was amused to learn that one candidate for the state legislature was elected because of his claim that he had helped me—though he also was a person I had never met or heard of!) And it was a very dangerous thing for any workingman to venture near the commission; for when their presence became known, which was very quickly, they were besieged by newspaper reporters, and also watched by detectives. They took the ground that they would deal with nothing save what they could see with their own eyes; and that made things hard, for anyone can understand that the packers do not exhibit the "condemned meat industry" to the public. I had gone into the yards as a workingman; I had been taken about by workingmen from place to place, and shown what was going on in inaccessible and well-guarded rooms. But I could not find any way to get a couple of well-dressed and well-known friends of President Roosevelt into those same places.

However, there was so much of the horror of the Beef Trust's methods that could be seen by any one that I had no cause to worry. Messrs. Neill and Reynolds spent a couple of weeks going through the plants, and what they saw with their own eyes was enough to shock the whole civilized world. The strenu-

ous efforts which the packers made, through their attorneys and lobbyists (and their congressmen and senators), to suppress the report, was evidence enough that they had cause to be afraid. I am glad to be able to say that neither in the published report, nor in the private talks which I had with them in Washington, did the President's commission call attention to a single falsehood or exaggeration in "The Jungle." It was true that I failed in my attempt to present them with *legal* evidence of workingmen having been made into "pure leaf lard;" but I think that privately they were pretty well convinced by what they heard among the men. It seems that the packers have a custom of supplying the family of such victims of the lard-tanks with money enough to take them to parts unknown.

There was one inaccuracy to which I did have to plead guilty. The story has never been told before, but I think it may be worth telling, for the light it throws on conditions. I had seen the hogs which had died of cholera while in transit dumped out on the platforms, and then seen them loaded into other cars and taken away. The men told me that they were taken to a plant in Globe, Indiana, in order to avoid the Illinois inspection laws; and that there the dead hogs were made into lard. The reader will find this story on page 117 of "The Jungle;" and it was one of the things which the President's commission set to work to investigate. They had a detective with them, and he was sent to Globe, Indiana, to make inquiries, and came back and reported that the carcasses were not made into lard, but into "the grease of commerce." That looked like a bad fall for me; but I wrote the commission that I wanted to know what the grease of commerce" was made into—and so the detective was put on the job again. This time he reported that a portion of it was shipped to France, and there made into a fancy grade of sardine oil, to be reshipped into the United States!

This episode illustrates one of the difficulties which the President faced in trying to put an end to these iniquities; the confusion between national and

state and local authorities, and the impossibility of having uniform laws and uniform control. The federal inspectors can condemn meat intended for interstate commerce, but they have no power to do anything more than to keep it out of interstate commerce. They have to turn it over to the state and local authorities "to be disposed of;" and the state and local authorities are nearly always both incompetent and corrupt. And of course it is the easiest thing in the world for the Beef Trust people to sort out the cattle, and present the best for inspection for interstate trade, and then send the rest to other plants, or other parts of the same plant, to be killed for local trade. An interesting illustration of the possibilities of this situation is found in a legal decision by a federal judge in Kansas City, to the effect that it is no crime to bribe a federal meat inspector to keep him from destroying condemned meat. I presented all the papers in this case to President Roosevelt, and I shall never forget his dismay over it. It seems that the packers agents had "demurred"—that is, they had admitted to doing the act, but claimed that it was not an offense—they had paid the government inspector not to do something which he had had no legal right to do anyway; and the judge had sustained the demurrer, and had set the bribers free!

It must be understood that this state of affairs continues right up to the present day. That decision is still law, and will continue to be law, I suppose until the constitution is changed—or until the people and not the Beef Trust have the naming of the judges. Here is an item I cut from a New York newspaper only a short time ago:

"A proposed law authorizing federal inspection of dairy products entering inter-state trade and the necessity for state and municipal inspection of meat and meat products as a further measure of protection for the public health are two subjects discussed at length in the annual report of Dr. A. D. Melvin, chief of the bureau of animal industry in the Department of Agriculture.

"Dr. Melvin says that the federal meat inspection law which applies only to products entering interstate trade, has proved effective, but he says there is a real and serious danger to the public from uninspected meat and al-

most half of the meat consumed in the United States comes within that class.

"Dr. Melvin declares that uninspected meat is sold within states and municipalities and that the federal government therefore has no jurisdiction over it. He continues: "The federal authority does not reach the business done entirely within a state and the people must look to their station and local authorities to protect them against the danger from that source.

"One result of the federal inspection is to cause the diversion of diseased and suspicious looking animals to the uninspected establishments where they are slaughtered for the local market.

"Many cities have an inspection service, but very few have an adequate force and the inspection often consists merely in the examination of meat as offered for sale in the markets when it is usually impossible to detect disease, the evidence of which may have been removed with the viscera organs. As a rule sanitary conditions are very bad at uninspected slaughter houses. In order to provide real protection against diseased or unwholesome meat a competent veterinary and sanitary inspection at the time of slaughter is necessary, says the report."

So much for the official confession. I have to record my conviction, that even when you have provided for your "competent veterinary and sanitary inspection," you are by no means safe from diseased and tainted meats. You have to set standards of quality; and you have to maintain them—a very difficult matter. A government inspector who goes into a packing-house to examine meat and enforce a standard finds himself in a dubious position. Every pound of meat that he condemns is meat for which the owner of the business has paid good money, and which it hurts him to see destroyed; and he will find many ways of resisting the efforts of the inspector. If he is dealing with a man who cannot be bribed or cajoled, he will try to bring "influences" to bear. I have talked with men who have honestly tried to protect the public interest in this profession, and who have been quarrelled with and maligned, scolded by their superiors, shifted from place to place, and finally even discharged. Quite recently I read in the papers of a government inspector in St. Louis, who had resigned from the service because he could not stand for the things he saw; and do not think I am cynical when I express the conviction that for every

man who will go to such an extreme for the welfare of a blind and heedless public, there are ten who will look the other way, or "take what is coming to them."

The reader must remember that to maintain a really adequate meat inspection would mean to destroy every year tens of millions of dollars of what might otherwise be sold and eaten; and in a place like Packingtown, which the lords of the Beef Trust rule with a rod of iron, does anyone believe that such an end can be attained by one hysterical spasm on the part of the public, and the signing of one emasculated law by a gentleman who is now in the wilds of Africa?

I shall have something to say next month as to some definite evidence which has led me to believe that the "condemned meat industry" is not nearly so dead as is the conscience of the public. In the mean time let the reader who puts his faith in hosts of inspectors and reams of red tape consider the recent revelations as to the frauds in the New York Customs House, where it was shown that for decades there had existed an elaborate system of defrauding the government—a system so firmly established that concerns which refused to come into the ring and tried to pay honestly the duty they owed were so harrassed and hindered that in some cases they were driven to bankruptcy; a system so firmly established that the government prosecutors, in order to get evidence against the criminals, were compelled not only to promise immunity to the customs officials who confessed, but also to agree to retain them in the service!

Or take the case of the stealing of the "Sugar Trust," which doctored the government scales and robbed the public of some thirty millions of dollars; which had influence enough to cause the discharge of honest employees who tried to interfere, and to close the mouths of government officials and cabinet members who have been among the most respected men in public life! When I reflect upon things like this, I simply refuse to put any faith in government inspection of a highly infectious and dangerous product like meat. I come back with fresh interest and thankfulness to

my nut and fruit banquets—for when it comes to nuts and fruits, every man is his own inspector, and there is no "trust!"

As I write this article the papers tell me that an association has been formed in Washington to protest against the increase in the cost of living by boycotting trust-made products; and that for a start some thirty thousand citizens of Cleveland promised themselves to give up the use of meat for a month. This is an experiment fraught with danger for the Beef Barons, for when the thirty thousand heroes have realized how well they can get along without the flesh-pots, they may be tempted to continue it for another thirty days—and even longer. Let the people make war upon the Sugar Trust and the White Flour Trust by the same means, and no one could foretell the benefit to the health of the nation that would result.

A great agitation resulted from "The Jungle's" exposure of the noisome horrors of the slaughter houses in Chicago. But I have never believed that any important change in their practices was effected by the revulsion of public sentiment. Next month I shall give some of my reasons for believing that with the gradual resumption of an apathetic attitude on the part of the press and the people there

has been a return to the wealth-creating and health-destroying practices in the handling of the greater part of what the majority is pleased to think its staple food. At the present hour the public which stood horrified and aghast at the recital of Packingtown's horrors has almost entirely forgotten the possibility of hygienic evils in its indignation against the avarice of the masters of the edifying flesh traffic.

Small wonder is it that the rapacity of the purveyors of animal diet has aroused general indignation and even rebellion. But it seems strange that the non-essentiality of meat as a factor in the feeding of the world has received so little attention from those who are looked upon as best qualified to judge humanity's needs.

The thousands and thousands of men and women who have pledged themselves to abstain from meat until in some measure the rapacity of the Meat Trust is curbed, will gain more enduring and substantial benefit than the reduction of prices. By forsaking the fetich of animal food, they will come to realize that such food is not essential to existence. And with this broadened view of the diet question will come much further mental and physical betterment.

So much for conditions in the meat packing industry as they were. In the next installment of the present series to be presented in the pages of PHYSICAL CULTURE there will appear statements—startling perhaps, but well-substantiated—which may cause those who refuse to be swayed from their love of flesh even by economic necessity to pay some attention to the abuses which the oligarchy of the abattoirs have been showering upon their unresisting heads.

## Objects to Articles Advocating the Meat Diet

TO THE EDITOR:

In the November issue of PHYSICAL CULTURE there appeared an article regarding the curing of consumption with beef and hot water, stating that vegetables caused fermentation, etc., in which there was no mention made of any drugs. A later issue also gives an article on the same subject, and concludes by giving a list of drugs as "cures" for constipation, etc.

Now, Mr. Macfadden, I have been a reader of PHYSICAL CULTURE for five years or more; have developed a wonderful amount of benefit from same, having been brought from the verge of consumption to a strong, healthy normal man, and cannot see where such articles will benefit any one. You have given us true and tried results from the effects of meats, and you were right. If we at this our

most critical period as physical culturists begin to deviate from the teachings which have been instilled in us so forcibly, I cannot see but that we will soon be classed among those who are merely existing in this "dark age." The diet as given in your magazines and books, with your advice on bathing, exercises, sleeping in the open, etc., brought many a person back to life from merely existing, and will continue to do so wherever I get the opportunity to advocate it. Let us continue to live by the resolutions which we have seen proven with such remarkable results.

Mr. Macfadden, you are on the right path, do not now be swerved. You have made too much headway to now be drawn away from the paths which you and so many others have traversed and been made happy.

Brooklyn, Md. ROBT. M. ANDERSON.



# A Remarkable Family

WHAT LIVING CLOSE TO NATURE HAS ACCOMPLISHED  
FOR RAYMOND DUNCAN, HIS WIFE AND HIS SON

By Grace Pastor

THEY are easily the most picturesque trio in all New York, Raymond Duncan, Penelope, his wife, and Menalkas, their little son. In the coldest days of January and February they were to be seen strolling in Central Park for their daily walk, clad in Greek robes which left their arms bare to the shoulder, and sandals which had no stockings underneath. Mrs. Duncan's beautifully turned ankle and carefully manicured pink toes never looked cold, and Menalkas' sturdy round legs and adorably dimpled little arms showed that exposure had given him a healthy development and hardihood which were above the average for four-year olds. Mr. Duncan, with his coal black hair loose on his shoulders, his well-developed muscles and fine lean face, looked as if he might have been one of the ancient Greeks who used to talk with Plato in the market place four hundred years before Christ.

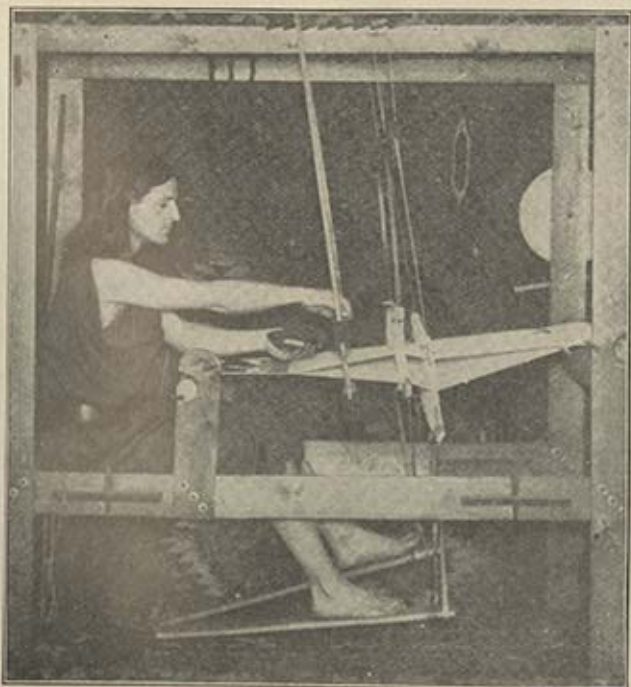
In the last issue of  
PHYSICAL

CULTURE we were told of an agent of the New York Children's Society, taking it upon himself to arrest a sister of Mrs. Duncan and a friend while they were out walking with Menalkas, and of his haling them to a police station, where they were locked up and later bailed out. The adults were charged by the scrupulous officer with being "improperly clothed and causing a minor to be improperly and cruelly clothed."

It is ludicrous when one thinks of the garb that for centuries has been identified with heroic deeds and the Golden Age of Art; that has been declared by artists, and sculptors and poets, philo-

sophers and hygienists, to be as aesthetically perfect as it was healthfully correct, being characterized as "improper."

When the case came up in court Mr. Duncan produced a certificate from a doctor at the head of one of the largest hospitals for children in New York. This doctor, after examining Menalkas, said he was in excellent health, had



Mr. Duncan at work on a loom constructed on the lines of those used by the people of the classic period. Some of the garments worn by himself and family are made of the cloth woven by this loom.



Mrs. Duncan as she is usually dressed.

a fine constitution, was well developed for a boy of his age and free from the usual catarrhal troubles. He has never been sick in his life, never had a cold even. Menalkas was his own best advocate with the court, however. No one could see his beautiful round limbs, firm flesh and laughing face and imagine that wearing few clothes had ever done him harm.

"Will your Honor direct Mr. Duncan and his wife to *properly* clothe themselves before coming to court again?" asked Agent Eald, of the Gerry Society, after giving his testimony at the hearing.

Whereupon Mr. Duncan declared emphatically that the people of his household and himself were properly clothed. The magistrate agreed with him and, turning to the accuser, added something to the effect that it would be well for sniffers after evil where it does not exist to remember:

"There is no law as to how people shall clothe themselves. You, Eald, have no right to dictate as to what the child or its parents shall or shall not wear. Your part is simply to prove, if you can, to the satisfaction of the Court that the lad is either improperly clothed or insufficiently clothed for its health. That is all."

And so the agent, who could see crime in a baby's bare legs, left the court in some embarrassment.

It is hardly necessary to add that, on the final hearing, the case was dismissed.

The Duncan family came to New York from their home in Athens, Greece, stopping, en route, at London, England, for some months. Up to eighteen years ago Mr. Duncan lived in Los Angeles and San Francisco, California. Here he trained a younger brother for the stage, developing his dramatic ability. Here too he gave to his world-famed sister her first lessons in dancing. Twelve years ago he brought her to New York, later to London, Paris and Berlin. And the popularity of Isadora Duncan was assured on her first trip. With a wish to study Greek dancing the two proceeded to Greece. From Greek vases and mural decorations in the ancient palaces and ruins they learned much that had been lost before to the modern world. When Isadora returned to the stage again she was more popular than ever. Her audiences in New York city proclaimed her dancing at the Metropolitan Opera House the most wonderful ever seen.

Raymond Duncan met his wife on one of the Ionian islands. She was a village maiden with an exquisite voice, who danced and sang at all the island festivals. She has never had any training, and therein says Mr. Duncan lies her greatest charm. She plays the lyre and sings at Mr. Duncan's lectures on Greek music. She dances at his lectures on dancing, clad only in a violet silk peplum, caught at the shoulder with a dull gold clasp. On the stage she seems to have not the least trace of self-consciousness. When surprise is expressed at this, she smiles. "Have I not danced and sung since I was two years old?" she asks. "Why should I think of my audiences?"

"But isn't it different dancing in a great opera house in New York or Lon-

don from dancing on the green in a little island of the Ionian sea?"

"Oh, yes," she agreed readily. "Very different of course! In every part of Greece they really know what good dancing is and are accustomed to seeing none but what is beautiful. So applause from them means a great deal. But here——" Mrs. Duncan paused apologetically.

Urged to go on she said simply, "Well, most of your dancing here is ugly and suggestive. Your audiences are trained to like vulgarity. Of course they naturally turn, as everyone does, to the good and beautiful when it is presented to them, but their appreciation is not that of the discriminating Greek."

Mr. and Mrs. Duncan believe that exposure of the body to the air is one of the most necessary rules of health. Mrs. Duncan wears a linen chiton as her only undergarment. Over that she wears a violet silk peplum or a soft fawn-colored wool one. Sometimes her peplum is confined at the waist with a heavy silk cord. Oftener it is left free. About her neck she wears a silver chain, holding in a curious setting some beautiful green stones from the island where she was born. Mr. Duncan's only garment is one of silk and wool, fastened at the shoulders and sometimes caught at the waist with a pearl-clasped silver belt.

For outdoor wear on very cold days a chalmys of wool is worn by both Mr. and Mrs. Duncan. This consists of a robe, thrown from behind over the right shoulder, and from in front over the same shoulder, leaving the two arms perfectly free. Menalkas, over his tiny linen chiton which is only put on in the coldest weather, wears a fawn-colored silk and wool garment, cut in two pieces and fastened under the arms with little thongs of skin and over the shoulder in the same way. All of them wear sandals of the same style. A heel-strap runs from behind to fasten at the side of the foot. Two double pairs of straps cross the foot, and these are held in place at the side of the sandal, between the two layers of the sole. A single strap, over the top of the foot, passes from the two double pairs, between the great toe to be held under the two layers of the sole. As

the straps are not more than a quarter of an inch wide nearly the whole of the foot is bare.

Not the least remarkable thing about this family is that everything they wear, from their sandals to their silk, linen and wool garments, are all made by Mr. Duncan. On their small estate in Greece, they grow silk worms. Here they get their silk. They have sheep who give them wool. They grow flax which gives them linen. All the carding and spinning and weaving Mr. Duncan learned from the Greeks first. But he has developed many original ideas in his cloths. Their texture is such that one is reminded of the Eastern kings. The silk is more beautiful than can be obtained anywhere except by a special order in the weaving. The dyeing Mr. and Mrs. Duncan do together. The



Menalkas, the son of the Professor Duncan, clad in the Greek dress that was declared "improper" and "inhuman."

colors are exquisitely soft and delicate. Mr. Duncan makes by hand his own looms. While in London to gratify the interest of some pupils there he made a loom and set it up in his studio and wove enough garments to last his family for several years. Once in a while Mr. Duncan gives away a Greek garment from silk which he has woven from the thread of his own silk worms. He never sells anything. "Make it for yourselves," he suggests to people who offer him fabulous prices for his beautiful stuffs. "I will show you how to do it." Mr. Duncan's ability seems to be almost universal. He makes the lyres upon which his wife and even the small Menalkas, play. These he will make to sell. They require the skill of a musician trained to many years of practise. He does this for recreation, when he finds himself unable to do mental work.

The Duncan family are vegetarians, with a great liking for uncooked foods. Nuts, fruits, of all kinds especially oranges, tangerines and pineapples, and salads, form a large part of their diet. Fresh air, day and night, both for breathing and to bathe their loosely clothed bodies in, they have wherever they are. Not one necessary iota of their simple life have they given up to live as they are now living in a New York apartment hotel. They have had all the stuffy furnishings of their suite of rooms removed. They keep the windows open all the time. They are on the top floor and have several windows in each room through which the light streams cheerfully all day. They go to their breakfast at a little before twelve o'clock when the dining room is empty. At this meal they have a cereal with cream, bread and butter, eggs and fruit.

At four o'clock or thereabouts, wherever they happen to be, they have a second meal which consists of almonds, walnuts, or pecans, with fresh and dried fruits.

"All that we want to eat, of the kind we like best," said Mrs. Duncan, "we never have any trouble to get. We do not give much thought to the matter of our food, as we do not consider it of sufficient importance to occupy our attention. We like to think of higher

things than the satisfaction of our bodily needs."

"That there is nothing whatever 'immodest' about our dress, is apparent to everyone except those unfortunate persons whose mental eyesight is marred by moral strabismus" said Mr. Duncan, when subsequently questioned on the subject. "The truth is, that the man who caused our arrests was the one who was not 'properly' clothed. Our undergarments are of silk; the outer of wool and linen. Both can be washed frequently. The tailor-made clothes such as the man in question wears, cannot be washed at all. So they become charged with the solid portions of the perspiration; with dirt and dust. They are unhygienic; they are not pleasant to think of from the standpoint of ordinary cleanliness or as conveyors of disease. Yet he takes on himself to become our critic and accuser!

"As to our bare arms and—in the case of the men—legs, I fail to see wherein it is immodest to expose these parts of the body to the stimulating action of the fresh air. Apart from all else, such exposure inures the limbs to the cold in exactly the same way that our faces become inured. Menalkas has never had a cold in his life, nor has he suffered from any disease. Practically the same kind of thing stands good in the cases of myself and wife, which I attribute altogether to the hygienic nature of our clothing.

"Then too, our clothing allows of free ventilation to all parts of the body—a most important matter, I assure you. The cylinders of heavy cloth in which most men encase themselves, and the usual wear of women, keep the body in an envelope of air that has little chance to renew itself as it should. As a consequence, the skin continually 'breathes' foul vapors. This cannot but have an effect for evil on the health. This too is saying nothing about the harsh and hideous lines of conventional wear as opposed to the artistic beauty of the classic garments."

Mr. Duncan was asked if his boy had ever complained of discomfort in cold weather. He laughed.

"Absolutely never," he replied em-

phatically. "But he would be decidedly uncomfortable if he were compelled to wear the clothes that some—well, let us say the Children's Society, would force upon him.

"People of old feared demons. The modern demon is cold. Oh, how the most of you fear it. If you would only transfer your fear to dirt, how much better off you would be. You wear stuffy padding from year to year that is a garner-house for dirt, but you show no fear of that. But the beneficial current of air in a room, you declare is an enemy to health, while the tonic of a frost appears to you to be sent for the express purpose of paining and harming you. What a mistaken impression you have of the things that are best for you."

Asked if he and his family wore the garb of ancient Greece habitually, or only during his lecture tours, he declared that both he and the others donned it continually. "Of course," he added, "there are times and seasons when we have to bow to conventionality; but otherwise, you will usually find us pretty much as we now are."

Menalkas is a sturdy little chap of about four years of age. In spite of his classic surroundings and his learned father, the lad is just boy in every respect. Very fetching he looks in his Greek dress and tiny sandalled feet. Young as he is, he speaks French, modern Greek and a fair amount of German. Also when he so pleases, he has manners that would do credit to a *gentilhomme* of the old régime.

"Because my son was wearing sensible, artistic clothing, my sister-in-law was placed in a vermin-infested cell" said Mr. Duncan reflectively as he looked at the lad. "And she was kept there for three hours before anyone was notified of her arrest. I also understand that she was roughly handled by the police—for what crime I do not know. And this is the Land of the Free! You may not even attempt to improve the fashion of your wearing apparel in the United States without laying yourself to arrest. Does the same condition apply to efforts

to improve your health in other ways? However, the end of this affair is not yet. I propose to see what can be done in the matter."

The right to dress as one pleases, may yet become an international question if the intentions of Mr. Duncan as hinted at by him, do not miscarry. After his arrest and discharge, he formally complained to the Greek Consul General on behalf of his sister-in-law and Devoies. The Consul made an investigation and concluded that he could do nothing. Mr. Duncan then stated that it was his intention to bring the "outrage" before the attention of the Greek Minister at Washington.

The aspect of the subject that is of interest to the physical culture public is this: is a man or woman who seeks to inaugurate a dress reform, liable to arrest at the hands of an irresponsible representative of a public or private organization? That which applies to garments applies equally to other things that have to do with the hygiene of existence. If you can be clapped into prison because you prefer a toga to an overcoat, there is no reason why you shouldn't see the inside of a cell because you dispense with a collar, prefer to take your walks abroad bareheaded; or announce your allegiance to a vegetarian dietary. The old Puritans had sumptuary laws that dictated the size of the wimple, the hood, the mantle and other articles of female wear. But these laws that meddled with the freedom of the individual, died of ridicule or disuse. There are however still in existence, self-constituted critics that are lineal descendants of sour-visaged, interfering Puritans. The Duncan incident is proof thereof. Also, such meddlers are responsible for much of the opposition that stands in the way of certain physical culture reforms. That the Children's Society fills a place in the affairs of the community, goes without saying. But when it or any other organization seeks, through its agents to decide the cut and fashion of the dress of humanity, it ceases to be useful, and becomes ridiculous and impertinent.

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Perfect health results from a just and constant equilibrium between alimentation and exercise.—Hippocrates.

# Fifty Valuable Meatless Recipes

HINTS ON ECONOMY IN FEEDING BY AN ENGLISH FOOD SCIENTIST,  
WITH SOME SPLendid RECIPES OF WHOLESOME AND NOURISHING FOODS

By Albert Broadbent, F.R.S., F.R.H.S.

The following recipes were published by their author in circular form and distributed throughout England. This circular is entitled "Life on Fourpence a Day." The reader will therefore understand that the recipes are given with a view to economy as well as for their nourishing qualities. They will furnish many splendid ideas for those who desire wholesome, cheap foods and will enable our vegetarian friends to vary their diet in a manner that will no doubt be greatly to their advantage.—Bernarr Macfadden.

1.—BREAD STEAK.—Take pieces of stale bread, place them for a few minutes in skim milk, sprinkle with pepper and salt, and fry until brown.

2.—HARICOT STEW.—Place the one and one-half pounds of haricot or other beans (this quantity meant for two days) in an earthenware jar, covered with about two inches of water. Leave them in a slow oven through the night, next morning let them cook slowly until two hours from dinner time, then divide into two parts, one to be kept for next day. To Monday's lot add a chopped carrot, turnip, a tablespoonful of vinegar and an onion and seasoning. Cook quickly for two hours and serve.

3.—GINGER PUDDING.—Take three-quarters of a pound of bread crumbs, into which two ounces of nut butter have been rubbed, add two spoonfuls ginger, and one-quarter pound of golden syrup warmed and melted. Mix with a cupful of milk, place in a bowl and steam one and one-half hours. (An egg may be added if desired.)

4.—WELSH RAREBIT.—Grate one-quarter pound of cheese, place in a saucepan with enough water to make a thick cream, add seasoning and pour over toast.

5.—STEWED PEANUTS.—Grate or bruise with a rolling pin one-quarter pound of shelled peanuts, place in a saucepan for two or three minutes, stirring all the time; add pepper and salt and water to cover them, boil for three minutes and eat with dry toast.

6.—HARICOT ROAST.—Take three-quarters of a pound of haricot or other beans cooked day before, bruise well with a spoon—or put through a mincing machine—three-quarters of a pound potato mashed, one-half pound bread crumbs; mix together with a cupful of milk, add seasoning, place in a buttered dish and bake a nice brown. (An egg and a little fried onion can be added.)

7.—RICE PUDDING.—Plain boil one-quarter pound rice in as much water as will be absorbed when it is cooked, add a pint of skim milk, sugar, and bake about twenty minutes. This pudding is easier to digest than one containing more milk.

8.—POTATO FRITTERS.—Two tablespoonfuls of cold potatoes mashed, seasoning to taste, break an egg over, mix quickly, add a

little milk if too stiff and fry in dessert spoonfuls. One egg makes six or seven.

9.—TEA CAKES.—Mix one and one-half ounces nut butter with one-half pound of flour, add a teaspoonful cream of tartar and half a teaspoonful of carbonate of soda. Mix with sweet milk and bake.

10.—OATMEAL CREAM.—Two large cupfuls of water and one of milk, bring to a boil and sprinkle in a handful of coarse oatmeal, grate in a little nutmeg and boil five minutes and it is ready. Strain if desired.

11.—DATES AND COCOANUT.—Pick over one-half pound of dates and take out the stones. Place in a dish and sprinkle over them two ounces of desiccated—or freshly grated—cocoanut. Tumble them about a little. Eat with dry bread and toast.

12.—STEWED MARROWFATS.—Stew three-quarters of a pound of peas slowly for several hours, add seasoning, the grated rind of half a lemon, the juice also, one hour before they are served.

13.—TREACLE PUDDING.—Rub well two ounces nut butter in one-half pound brown flour, add a teaspoonful baking powder, make into a paste, spread over very stiff treacle, roll up and bake in the oven, or boil or steam in a cloth.

14.—RAISIN TURNOVER.—Take one-quarter pound brown flour and one ounce nut butter and a little baking powder, make a paste, roll out. Spread over two ounces washed raisins (dry well), sprinkle over them a little sugar, fold the paste over and bake. Currants, figs (minced), and dates may all be used in place of raisins.

15.—GRATED CHEESE.—Grate cheese on a common grater or in a grating machine, place in a dish and spread bread and butter as a sandwich.

16.—LENTIL SOUP.—Wash well (after picking out any stones), three-quarters of a pound lentils, place in a pan with a chopped onion, cover with an inch of water and boil fast for half hour, add seasoning and more water for thickness of liquid desired, then simmer for half an hour and it is ready.

17.—FIG PUDDING.—Take three-quarters of a pound of bread crumbs, one ounce nut butter, one quarter pound chopped figs and two ounces sugar. Mix with milk and steam

in a bowl two hours. It can be cooked in one hour if figs are previously stewed. See Number 30.

18.—**POTTED HARICOTS.**—Take one-quarter pound small cooked haricots or other bean, place them in a bowl and mash thoroughly with a wooden spoon, add an ounce of nut butter, seasoning (some care to add mace, or sage, or thyme and marjoram). Whip it all up thoroughly, put in a small dish, and use as sandwich mixture.

19.—**DATE AND COCOANUT CAKE.**—Take one quarter pound brown flour, mix with one ounce nut butter, add two ounces desiccated coconut, the grated rind of a lemon, two ounces finely chopped dates. Mix with a little milk and bake.

20.—**SAVORY ROAST.**—Mix with six ounces brown bread crumbs, one-quarter pound brown flour, half a teaspoonful baking powder, salt and pepper and a little thyme, sage or marjoram if desired. Add one finely chopped onion, previously fried in an ounce of butter. Pour over a large cupful of boiling milk, stir well and bake in a buttered dish.

21.—**DATE PUDDING.**—Pick and stone one-quarter pound dates, chop finely, add three-quarters of a pound of bread crumbs, the rind and juice of half a lemon and two ounces sugar. Mix with a cupful of milk and steam one and one-half hours.

22.—**CHEESE AND POTATO.**—Mash well four good sized potatoes saved from dinner, add one-quarter pound grated cheese, salt and pepper. Mix with a cupful of boiling milk, stir well and pour into a buttered dish and bake until brown.

23.—**BRAISED HARICOTS.**—Take one-quarter pound of well cooked plain haricot beans. Place them in an ounce of boiling nut butter, add salt and pepper, and cook for a few minutes.

24.—**LENTIL ROAST.**—Pick and wash one pound lentils, cook with two finely chopped onions in an earthenware jar in the oven, or in a saucepan over a gas jet. Add when cooked seasoning, three-quarters of a pound bread crumbs, one-half pound cold mashed potatoes. Bake to a nice brown.

25.—**GINGER BREAD.**—One cupful golden syrup, melted, a teaspoonful baking soda, two teaspoonfuls ground ginger, one tablespoonful nut butter. Mix well, and pour on a half cupful of boiling water, next stir in one pound of flour. Bake one and one-quarter hours in a moderate oven.

26.—**OAT CAKES.**—Take one-half pound of fine ground oatmeal. Place in a bowl, add a little salt. Melt a small teaspoonful of nut butter in a small cupful of boiling water, pour it over the oatmeal, mix at once, roll out, cut into shapes and bake.

27.—**CHEESE BALLS.**—One large cupful each mashed potato, grated cheese, and freshly made bread crumbs. Add seasoning, shape into balls, roll in dry bread crumbs, and fry or bake in a buttered tin.

28.—**BROWN GRAVY.**—Brown on ounce of nut butter in a frying pan, blend with a dessertspoonful of white flour, which also stir

until it browns. Add seasoning, pour over it boiling water to thickness desired, and it is ready.

29.—**PRESERVE PUDDING.**—Make a paste with one-half pound flour, spoonful of baking powder, and two ounces nut butter. Roll out the paste, spread jam over, and bake or steam it.

30.—**TO STEW FIGS, RAISINS, PRUNES, OR OTHER DRIED FRUITS.**—Wash the fruit well and place it in an earthenware dish (which should have a lid), cover with one or two inches of water. Stand it in the oven through the night or during the day. Only a very gentle heat is required to cook them very slowly. No sugar need be added. Lemon rind is a great improvement.

31.—**OTHER METHODS** are: To place the fruit in a double boiler, or in an enameled saucepan, and let it cook long and slowly. Fierce cooking spoils the delicate flavor that is developed by a slow method.

32.—**COCOANUT CAKE.**—One-half pound white flour, rub in one ounce nut butter, add a half teaspoonful baking powder, three ounces desiccated coconut, and the egg, well beaten, mix with a little milk and bake.

33.—When mushrooms are cheap or obtainable in the fields they are delicious if stewed (after picking over, of course), in enough milk to cover them, seasoned, and eaten with bread.

34.—**OATMEAL HAGGIS.**—Put half an ounce of nut butter in a small saucepan, make it very hot, stir in it for two or three minutes two dessert spoonfuls coarse oat meal, or fine would do. Add seasoning, cover with boiling water and boil for two or three minutes. Eat with dry toast.

35.—**FRIED TOMATOES.**—When tomatoes are cheap they may be fried in a little nut butter, and eaten as a relish with bread and butter.

36.—**CREAMED NUT.**—Brown an ounce or two of grated nut in a small frying pan two minutes, stir all the time. Add boiling water to cover them and seasoning; boil three minutes and eat with toast.

37.—**TOMATO AND RICE; TOMATO AND MACARONI.**—When tomatoes are cheap they are very nice sliced and fried in a little nut butter until brown. They can then be mixed with seasoning; one-quarter pound of either macaroni or rice previously cooked as in recipe.

38.—**GERMAN OR GREEN LENTILS.**—These lentils should be cooked the same way as haricots, are flat and the color of green peas. They cannot be obtained at all grocers, but should be asked for repeatedly until kept. They are one of the richest foods known. One pound costs about three and a half cents a pound, contains five and a half ounces protein and in addition about ten ounces of heat and energy (iving food); a pound of beef steak, costing about two or three times as much, contains only two and three quarter ounces of protein, and about two ounces fat for heat and energy.

39.—**HOT POT.**—Peel and slice four large potatoes and one onion. Place in alternate

layers, and in the middle spread a teacupful of red lentils, previously steeped in water, fill up with potatoes and water, place one or two ounces of butter on the top and bake. It cooks more quickly if covered with a plate.

40.—RICE AND LENTIL SAVORY.—Cook one-quarter pound each of rice and lentils with a finely chopped onion, in a saucepan, cover with an inch of water, cook quickly for forty minutes, put into a buttered dish and stand aside to cool.

41.—STEWED LEEKS WITH CHEESE.—Clean thoroughly a quantity of leeks, cut into inch pieces, stew until tender in a saucepan; add seasoning and one-half pound of shredded cheese and a little milk. Cook for a few minutes longer and it is ready.

42.—RICE FRITTERS.—Wash and cook half a teacupful of rice until soft and all the water is absorbed. Stir an egg into the rice while warm. Season to taste. Fry dessertspoonful in very hot fat until a nice brown.

43.—CHEESE FRITTERS.—Two tablespoonfuls each mashed potato and grated cheese, add an egg and seasoning. Mix well and fry dessertspoonfuls.

44.—RICE DELICIOUS.—Cut up very finely a small onion; fry in an ounce of nut butter to a delicate brown. Place in a saucepan with two ounces of rice and a breakfast cupful of

water; add seasoning, simmer slowly for thirty-five minutes.

45.—RICE DELICIOUS.—Fry a large tomato in an ounce of nut butter until brown, cook with two ounces of rice as above.

46.—FRUIT TURNOVERS.—These are made in the same way as recipe Number 14. Currants, Sultana raisins, Valencia raisins, chopped figs, and chopped dates are used. The paste is rolled out, the fruit laid in the middle, a little sugar sprinkled on it, and a little lemon juice if dates are used. Fold the ends of paste over, roll out and bake.

47.—STEWED FRUITS.—In spring when rhubarb and gooseberries are cheap, they are both very nice stewed with an equal quantity of dates or figs. When rhubarb or gooseberries are stewed with figs, the figs should be stewed alone for a time and the fresh fruit added afterwards with sugar to sweeten them.

49.—DRY RICE.—To two ounces washed rice put a pint of boiling water, boil sharply twenty to thirty minutes, add salt as it begins to soften.

50.—TO COOK MACARONI.—Wash macaroni and boil in salted water thirty minutes. Take out of water, which can be saved for soup. Pour a sauce over the macaroni or eat with grated cheese.

## Interesting Facts Concerning Peanuts

### TO THE EDITOR:

The article in a recent number of *PHYSICAL CULTURE*, by Charles Merriles entitled, "The Peanut Diet for Strength Building," is very interesting, but it contains one or two statements, to which I take exception.

The author says that "the fertility of soils depends upon the nitrogenous elements in them." This statement is apt to be misleading, for while it is true that nitrogen is essential to the growth of plants, there are a number of other elements equally essential, all of which must be in a fertile soil—or any soil that is not absolutely barren. Potassium and phosphorus, for example in many soils become exhausted as quickly as nitrogen. Indeed, the peanut crop tends to exhaust the supply of these very elements in a soil, while adding nitrogen. Peanuts do enrich the soil to the extent of adding nitrogen, but remove the other equally important elements just as any other crop does.

The author also says that the peanut "seems to have the faculty of drawing nitrogen from the air to its roots and from thence distributing it to the adjacent earth." As a matter of fact, the peanut does nothing of the sort. The nitrogen is not distributed to the adjacent earth, but remains in the nodules on the roots, except that part which is used directly by the peanut plant. (The photograph on page 526 shows the nodules plainly.)

The peanut plant does not draw nitrogen from the air to its roots. A certain bacterium,

living upon the roots of the plant, converts the nitrogen of the air in the soil into compounds which are available for the peanut plant during its growth, and for other plants after the nodules are decomposed. This is one of the bacteria which are acknowledged by everyone to be beneficial to man.

It would be inferred from the author's statements that the peanut is about the only crop which has this "faculty." In reality, there are a number of important crops which have this property. All the members of the peanut family, whose botanical name is Leguminosae, commonly called legumes, add nitrogen to the soil in the same way as the peanut does. Included in this family are the beans, peas, clovers, alfalfa, vetch and others of lesser importance. The seeds of all these plants, as well as of the peanut, are rich in protein or nitrogenous compounds.

Speaking of the composition of peanuts, I notice that the figures quoted by the author are incorrect, the sum of the percentages being more than 100. Also, there is no free nitrogen in peanuts, the percentage of which the author gives as 10.33. About the only place free nitrogen occurs is in the air.

One very interesting fact about the peanut which the author did not mention is that the blossoms after being fertilized bend down and bury themselves in the soil where the pea or "nut" develops, the "nuts" not being borne upon the roots at all.

Pocomoke City, Md. C. W. STRICKLAND.





Igorrote chief and warriors. Note their strong, lithe, sinewy bodies

## The Igorrotes, a Hardy, Vigorous People

EXCELLENT PHYSICAL DEVELOPMENT OF THESE STURDY FILIPINOS, WHOSE HABITS OF LIFE GIVE THEM PLENTY OF SUNSHINE AND EXERCISE

By Wesley Atkins

There are not a few races of half-savage people that have habits and characteristics that should be of interest to all who are striving for physical excellence. The Igorrotes always attracted a great deal of attention at fairs and exhibitions in America, and their superior physical development indicates that their habits of life must at least partially conform to natural laws. The following contributions should therefore be of interest.—Bernarr Macfadden.

IN recent years, visitors to our great expositions, have been greatly interested in the products and people exhibited from the Philippine Islands. Capitalists and politicians have also been greatly interested for a long time in these same people and these same products, but in a different sense. Which has the broader, less selfish view, the seeker after sensational amusement or the schemer for commercial exploitation, the writer will not now venture to assert. The fact that these aboriginal inhabitants of our Philippine possessions provide a wide field for study and amusement is

sufficient for present consideration. Of course, it is fortunate that these island children, left orphans by the death of Spanish power, and philanthropically adopted by generous Uncle Sam, do not realize their importance; for they have already given our War Department a terrific lot of trouble. They surely possess a prominent place in two of the foremost factors of American life, politics and pleasure. In the one realm, in the glorious United States Senate, they have aroused debates often acquiring a temperature far higher than that of the hottest spot in this whole Philippine

Archipelago. In the other, at our gorgeous expositions, they have excited more interest than the most violent typhoon of the tropics. Verily, these head-hunting tribes who idolized Aguinaldo and indirectly made Funston famous have been sufficiently clothed with popularity to far more than compensate for their extremely non-Comstockian style of dress.

The most interesting and entertaining of all these people, and perhaps also the wildest and weirdest, are the Igorrotes, the head-hunters of Luzon. The admiration excited by the singing, dancing, hut-building, spear-throwing, and dog-eating of these lithe copper-colored, Eden-clad savages is truly marvelous. In fact, the civilized crowds occasionally become rather barbarous in their enthusiasm concerning the various performances of their dusky brethren. Perhaps, too, many of the practices of the civilized are highly amusing to the uncivilized.

Of course, the patrons of "sideshows" do not always look at things from a physical culture standpoint. They pronounce something as absurd or barbarous, not because it actually is such in itself, but because it is barbarous or absurd according to the standards prescribed by their own conventionality. The fact is, the "uncivilized," the "pagan," the "heathen," are even closer followers of custom, stronger worshippers of fashion, than we are. The difference lies in their having customs and styles different from our own. For instance, to the enlightened American or European, the Chinese custom of foot-binding is heathenish; to the sensible Chinaman, the Western custom of waist-



Two rugged Igorrote children, unhampered by needless clothing.

binding is equally heathenish. Both are customs; both are harmful; both are senseless. We ought to be fair enough to let the heathen criticize us once in a while, and wise enough to learn something from their criticisms. As long as we are lords of enlightenment, however, we shall continue to deceive ourselves with the conceited assumption that our own special brand of conventionality is it.

Another illustration of this profound piece of nonsense of establishing custom, instead of reason, as our guide, is the habit of inseparably associating morals with clothes. We insist upon making prudery a test of purity. Of course, it is no more logical for us to assume that savages are immoral merely because they wear little or no clothing than it would be for them to assume that we are immoral simply because we consider it necessary to conceal our bodies from view. Genuine logic, however, is not one of the possessions of the slave of prudish, perverse fashions.

Now, as already suggested in the allusion to Saint Anthony Comstock's ideas of dress, and as shown in the accompanying photographs, the Igorrotes do not adorn themselves with much more clothing than we permit on the part of police-disturbing vaudeville actresses whom we, through our civilized consistency, hire to make disgraceful displays of their physical charms in response to the clamoring of a depraved public. The Igorrotes don't need clothes when they are at home. They don't need them for either their physical health or their moral welfare. In fact, they are better off without them. Their manner of dress permits freer movement of the

body, and also healthful contact of the skin with air and sunshine. Perhaps there is some relation between their health and their morality. At any rate, they are not in the habit of looking upon the human body as something vile. Nevertheless, they have such a sense of decency that they would probably see evil in many of the impure practices in this country.

No, this is no attempt to argue that everybody ought to go without clothes. A sudden change of this kind would inevitably work disaster; for the people of civilized nations have degenerated too far from primitive purity. Some day, however, we shall possibly "get back to Nature" to a sufficient extent to insure the safety of those who care to wear clothes made according to Filipino fashions.

About the most interesting characteristic of the Igorrotes is their dog-eating propensity. Their canine cookery is a tribal art of highest distinction. They eat dog as dog, too, and not under the name of potted ham, veal loaf, pressed chicken, or some other delicacy, as people of advanced civilization do at times.

Of course, this is not an exceedingly pleasing subject, especially as viewed by physical culturists. That this dietary topic is a popular part of the average person's knowledge of these particular

Filipinos, however, is a far-famed fact. So, feeling that the majority of his readers are expecting some sort of discussion of this unpalatable subject, and wishing to make use of it while disserting upon customs, the writer thinks that this is as good a place as any to call in Towser.

Whether or not the difference between dog-diet and hog-diet is principally a matter of spelling, I shall not make bold to declare. Let it suffice to say that absolute, unconditional, teetotal vegetarians are not the only people who prefer neither. It is possible, too, that scientific research, if directed into the course of a comparative study of the dietetic value of pigs and pups, might discover a few points of superiority in favor of the barkers. At any rate, in addition to the fact that the digestion of roast pork requires five hours and fifteen minutes, there is abundant scientific evidence that swine meat is not the most wholesome article of food yet honored with a high price. Multitudes of people who are neither physical culturists nor vegetarians in a strict sense, leave pork off their list of gastronomic articles. Furthermore, according to Mr. Upton Sinclair, who has made several statements rather uncomplimentary to pork and pork packers, our noble meat magnates have once or twice grown so careless as to sell



Igorrote pipe-maker using native bellows.



Igorrotes in various styles of native garb, ready to begin one of their ceremonial dances.

the beloved, confiding public really less desirable material for food than would be young, well-fed, well-cooked, and tender poodle or pug. Too bad that such renowned philanthropists allow their self-sacrificing spirit to lead them to overtax their strength so as to neglect important details of their business! Of course, however, even if broiled canine is dietically superior to pork chops at eighteen cents per pound, we look upon dogs in this country as so much more valuable for other purposes that we shrink from using them to fill alimentary space. Then, too, a certain class of society folk, though flesharians to a rheumatic extent, could not knowingly partake of roast Rover or fried Fido without feeling like cannibals. Among the Igorrotes, the dog does not have such a high social standing.

Before taking up some of the more healthful habits of these unique people, it may be well to take a moment to suggest that their splendid physical development is not due to the use of dog meat as food. Rather do they gain their strong physiques in spite of this particular practice, and on account of many health-building habits which they follow. There are people in this world whose cranial cavity contains such a high proportion of mud that they are eternally arguing that alcohol, tobacco, drugs, tea, coffee,

meat, bleached flour, corsets, and other abominations are not harmless but even healthful, simply because they happen to know a few people who, in spite of violating many of the laws of health, have reached an age deserving mention in an advertisement of Duffy's Pure Malt. Well, there are fairly healthy hoboes who never take a bath; people getting along reasonably well who have suffered the loss of an arm, leg, lung, or kidney; and even a few who have had a portion of the brain removed, and who are still able to do clearer thinking than is evidenced by this worn-out, moss-covered argument that a thing is harmless merely because it does not produce instant death. The fact that the effects of an acid poison can be counteracted by the immediate application of an alkali antidote in proper quantity does not prove that the acid is not dangerous. A rule is not necessarily false just because it is known to have, or seems to have, a few exceptions.

The Filipinos in general, and the Igorrotes in particular, live a vigorous, outdoor life. Both the men and the women enjoy the benefits of an abundance of fresh air, sunshine, and muscular activity. In farming, fishing, hunting, building huts, and making boats, as well as in making weapons of war, these people get plenty of exercise. The boat-making is not confined to the building of

small canoes, but includes the constructing of ships of considerable tonnage.

In some of their occupations, these islanders demonstrate not only skillful workmanship but also artistic taste. They weave various textile fabrics, many of them of beautiful design, from cotton, silk, and abaca. From pineapple leaves, they make very fine and costly shawls and handkerchiefs. These are called *pinas*, and often sell for somewhat extravagant prices. The very choicest are known as *pinilians*, and are made only to order. One of these of the finest sort, made for the Queen of Spain, cost five hundred dollars. The Filipinos also carve many kinds of ornaments from horn, and make fine hats and fancy cigar cases from fibres of native plants. In addition, they make beautiful mats of different colors, and ornament them with gold and silver. They also use silver and gold for manufacturing expensive chains of various designs.

Although their opportunities for procuring food without much work are not highly conducive to industry, the natives cultivate the soil to a noteworthy extent. They raise rice, wheat, corn, sweet potatoes, and several other vegetable products. Of course, the land is so fertile that it furnishes abundant returns for the labor put forth. Nevertheless, the crudeness of the farm implements and methods, and also the unfavorable conditions produced by the terrible storms and floods, tend to make necessary at least a little work for the

production of crops. Even gathering fruits and other products which grow without cultivation requires some effort. The Philippines furnish an abundance of these. Among them are oranges, bananas, pineapples, mangoes, citrons, roseapples, tamarinds, cocoanuts, and breadfruit. These, together with the vegetables and cereals mentioned before, form a large part of the Filipino food-list. After all, the diet of these people is vegetarian to a great extent, far more so than suggested by some of the outlandish exhibitions which they provide when they entertain meat-eating amusement-seekers in America.

Their houses, by the way, are as interesting as they are simple. They are made from the wood, bark, and leaves of the nipa palm, with the addition of long grasses to the other materials used for roofing. In fact, these houses are principally roof.

Of all the Filipinos, the Igorrote tribes are said to exhibit the most splendid specimens of physical development. The men have powerful chests, broad shoulders, and well developed muscles, and possess remarkable strength and endurance. The women are well-formed, erect, lithe, and graceful. According to the opinions of scientists, these people are also capable of a high state of intellectual development. Given proper training, therefore, of both body and mind, the Igorrottes will probably some day become a peaceful, industrious, progressive, useful people.



Dinner time. As a general thing, the Filipino meal is a simple affair.



The wholesome companionships of childhood afford many of the sweetest memories of life.

## The Value of Play as a Tonic

By Wilson Greene

THINGS WHICH CONTRIBUTE TO THE HAPPINESS AND HEALTH OF CHILDREN—IMPORTANT INFLUENCES WHICH OLDER PEOPLE SHOULD UNDERSTAND AND BY WHICH THEY SHOULD PROFIT

Childhood, with its freedom, its enthusiasm, its delightful anticipations, is perhaps the most joyous period of life. It is play time. Play is then a duty—or should be—and the exuberant spirits that are aroused by bubbling vitality are contagious. If you desire to remain young join a happy throng of wholesome, healthy youngsters pleasure bound. It's good for what ails you. The author presents some splendid thoughts on this important subject.—Bernarr Macfadden.

IT is the intention of Nature that children be both healthy and happy. Such ought to be the intention of man. Unfortunately, however, the majority of people fail to work in harmony with the purposes and laws of Nature. Many who have worthy intentions, too, are not able to use their efforts intelligently. So, instead of bringing about the most favorable conditions for the normal development of children, we often actually assist in maintaining—or even aggravating—conditions highly injurious. Nevertheless, in spite of all the past and present blunders of our civilization of

perversion and oppression, we are gradually laying hold upon vital principles of true economy and skillfully applying them for the uplift of all humanity.

We are in the habit of looking upon childhood as the playtime of life. A great many of us, however, are wont to consider play as unimportant and even frivolous. The fact is, that play is a very valuable factor not only in childhood but also in later life. Parents and teachers ought to take more interest in play, both for the good of the children whose lives they are influencing and also for their own best development. A



Radiant health and accompanying cheerfulness.

proper proportion of play tends to improve the quality of study and work. One tremendous defect in our educational system has been its failure to provide a sensible balance of activities and thus better promote the all-around growth of boys and girls.

Healthy children at play furnish a study which is both interesting and inspiring. The nature of the games they like best, the degree of enthusiasm with which they enter into their sports, the spirit they show toward one another, and so forth, all afford valuable suggestions concerning their different tastes and various characteristics. Sometimes these suggestions are complimentary to parents, and sometimes they are not. Of course, the training which a child receives at home does not have everything to do with his conduct when away from home; but it has a great deal to do with it. What is true of the deportment of a child when away from the immediate influence of parental supervision is probably true to the greatest extent of his be-

havior when engaged in unrestrained play with other children. The average child is more fully himself on the playground than in the school-room or the nursery. Wise are those parents who use play as a prominent factor in the training of their children; and fortunate are those children who are not denied the privilege of play.

In addition to the ordinary games and contests in which they engage with one another, children take pleasure in various forms of imitative play. These are carried on both with and without toys. Girls keep house, teach school, sew, "dress up," and imitate other occupations and customs of their elders, while boys play soldier, build barns, farm, break horses, and carry on many business enterprises.

Then there are coasting, skating, sleighing, parties, picnics, boating, wading, swimming, fishing, and other kindred amusements, which many carry from childhood into youth, and which a few take on with them into mature life and even old age. All of these forms of exercise and play, and all other kinds of true recreation, tend to produce the smiles and cheerful spirits which ought to accompany exhilarating health and genuine happiness.

A very good way to help keep from growing old rapidly is to take an interest



A valuable package of possibilities deserving the most careful and intelligent handling.

in the various activities of child life, especially play. The smiling, ruddy faces, the cheery voices, and other expressions of vigor and enjoyment noticeable among children engaged in wholesome play, all serve as a most excellent illustration of the value of play as a tonic.

As we study the youthful enthusiasm of the little ones and note the freedom from worry, the spirit of fairness, the desire to achieve, we, too, get needed relaxation, increased ambition, renewed strength and determination. In memory, we stroll back to the happy experiences of our own childhood, and with the mind's eye, we see the old home, the old schoolhouse, the "ole swimmin' hole," and other cherished spots of the long ago. We mingle with our home folk and playmates, tell again our favorite bear stories, tease the cats and go hunting with the dogs, and perhaps play a few pranks bringing consternation to our loving teachers and sacrificing parents. We forget for a few moments the terrific struggles of making a living honestly under the unjust conditions of our dollar-sign civilization. We enjoy seeing others enjoy themselves.

Why should not play be considered as an important element in the life of every child? Is not play a prominent factor in the activities of the animal

kingdom in general? Study animals, from mice to elephants, and you will find all of them giving a great deal of time to play. Fortunately, we are beginning to recognize the value of this natural tendency, and to use and direct it sensibly in our efforts to prevent disease and crime. Let the child have plenty of play, and encourage him to have a genuinely good time.

No, this is not any advocacy of the nonsensical, satanical theory that it is necessary for a young man to "sow his wild oats." Far, far from it. Sowing seeds of impurity is not having a good time in the true sense of the term. It is having a decidedly bad time. It is producing disease and sorrow instead of happiness and health. What we need to do is to banish our abominable prudery to an uninhabited island, live and teach the principles of health-building, instill in the unfolding mind of every child a deep sense of the sacredness of the human body, and help to promote wholesome amusement and recreation as valuable aids to the development of character. To be sure, "boys will be boys, and girls will be girls." Nature so intended. They ought to be clean, strong, intelligent boys and girls, however, not physical or moral weaklings.

As a general thing, children have a marked fondness for animals and



An inspiring picture of pure and happy childhood.



birds, especially those well suited to become pets. Evidently, too, animals and birds have a strong liking for children who treat them kindly—and also for other folk who really need a course of training at the hands of the Humane Society. Cats, dogs, chickens, lambs, colts, calves, ponies, pigs, goats, rabbits, squirrels, coons, crows, blue-jays, robins, etc., occupy a prominent place in the realm of childhood. I have known some boys to make a specialty of taming snakes; and their parents were not Hindoos or sideshow attractions, either.

It is not to be inferred that the writer of this bit of commentary, either because he never worked or studied or because he did not have a fair opportunity for proper play, imagines that all the joys of childhood come from toys, games, pets, and other sources of mere amusement. Either extreme, that of no-play or that of nothing-but-play, tends to produce very harmful results. Either one is liable to interfere seriously with normal development. While sorry that I was denied to a considerable extent wholesome recreation which I ought to have had, I am very glad that I early learned to enjoy both study and work. I am acquainted with many others who have had similar experiences in this respect. I have also carefully observed multitudes of cases in which conditions were far less favorable, some in the direction of one of the extremes just mentioned, and some toward the other.

Simply because a child fails to get along well in school, many people quickly assume that he is either lazy or stupid, or both. Blinded by standards established by custom, they often mistake foolishness for wisdom, thus forming conclusions both unjust and injurious. Frequently, the fault lies in the course of study, the method of teaching, or the physical condition of the pupil. Just recently, scientific search for the causes of this lack of ability to learn rapidly has brought forth some startling facts. Many of the results of this practical system of investigation have been strongly condemnatory of educational methods long popular. A very pleasing and beneficial outcome has been a general awakening to the need of reforming our school

system. Numerous changes have already been made, and more are being planned. In addition, special courses of training are being prepared and special schools established for the education of children whom the regular system of study does not fit.

Now, the fact is, the normal child wants to learn, likes to study. Practical direction is what he needs. The successful teacher does not need to coerce his pupils into studying. He provides intelligent guidance of their desire for knowledge, strives to make every branch interesting, and seeks to assign a reasonable amount of work. To be sure, he finds it necessary to administer somewhat strong stimulation to a few; but he does not resort to clubbing and crowding even these.

What is true in respect to study is true also in relation to work. The average child, if given sensible encouragement, will soon learn to enjoy work. Furthermore, he will learn to take an interest in healthful, honorable employment, and will gain great good from the work he does. He will not need to be coaxed or kicked in order to put forth reasonable effort. Of course, he will expect and appreciate fair treatment; but he will not likely strive merely for material reward. He will be ambitious to produce something worth while. He will wish to work in such a way as to learn something, too.

Many parents, although they desire to give their children the best advantages, make very grievous mistakes in trying to train them to work. They make such unreasonable demands that they influence the children to look upon work as a burden, and actually to grow to hate labor. Others, equally foolish, either because they have been compelled to work too hard themselves or because they have come into possession of too much money, imagine that the best thing they can do for their cherished offspring will be to give them such an education that they will not need to work—that is, with their hands.

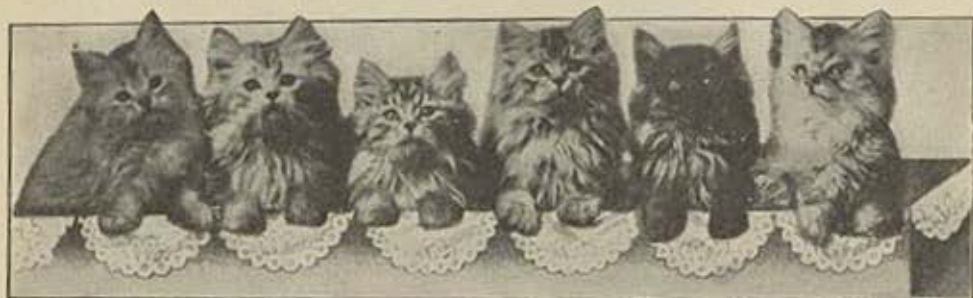
A few, just about as cruel as the monstrous drivers of the industrial slaves of to-day, spend a great deal of their own time compelling their children to waste both time and energy. They remind one

of the henpecked Teuton who, when asked why he was pounding his hogs, replied, "Yooost to show mine at'ority." I have seen a few such fools in the business world. They assume that all those placed under their supervision are either ignoramuses or rascals, or both combined, and then proceed to carry on a continuous vaudeville in issuing voluminous and ridiculous edicts. Of course, such people are seldom at the head of a respectable business enterprise, if at the head of any enterprise at all. They generally have some subordinate position of far less importance than they imagine, and they try to fill it by puffing up like so many toy-balloons. They do not practice any of the principles of true success. The manner in which they treat the employees under their rule is outlandish. An intelligent farmer wouldn't present such an absurd and atrocious attitude to his stock—not even to an ordinary mule. Fortunately, the business world has progressed so far that such preposterous persons are rapidly losing prestige. They are looked upon with extreme contempt by competent employees, fair-minded patrons, and successful business men of genuine ability. Fortunately also, parents are fast growing away from such a monstrous method of training their children.

Please permit me to repeat that a child, if rightly guided, will grow to love productive labor, both physical and mental. He will want to be able to do work which will entitle him to feel that he is really a useful part of the world. Some of the most interesting and pleasing experiences I have ever had have come to me through contact with boys who en-

joyed work, and who took pride in doing things fairly and well. There are such boys in both country and city, who enjoy having worthy employment during vacations and spare hours, and who grow up to be honorable, useful, industrious men. Some of us who had the fortune to spend our boyhood where there was an abundance of maple timber are able to recall how enthusiastically we worked in the sugar camp mornings, evenings, and Saturdays, and how anxiously we hoped that our spring vacation would come before the "sugar-making" was over. Sometimes, too, we managed to stay out of school a day or two once in a while in order to work in the camp. There are several kinds of work, especially in the country, which are a source of pleasure to boys—yes, and girls, too. I have seen many girls get far greater enjoyment out of different forms of house-work than the average woman in the fashionable, high-flying society set finds in all her frills and frivolous functions.

All of us, men and women, boys and girls, need to see more joy, genuine, wholesome joy, in this short life on earth. We need to appreciate more keenly the value of work and study and play. We need to put forth greater and more efficient efforts to make childhood a happy time; and we ought to strive to carry with us all through life many of the joys of childhood. Then, when we reach our golden wedding day, we shall still be youthful enough and cheerful enough to find happiness for ourselves and to produce happiness for others. We shall feel like driving "through fields of clover" and singing, "Put On Your Old Gray Bonnet."



It is natural for both kittens and children to be playful, companionable, happy, and industrious.

# Some Details of the Fasting Cure

ONE OF THE MOST VALUABLE REMEDIES OF PHYSULTOPATHY FOR RELIEVING THE BODY OF POISONS WHICH CLOG FUNCTIONAL ACTIVITY AND CAUSE DISEASE

By Bernarr Macfadden

In this series of lectures upon the science of Physcultopathy, I am presenting a thorough exposition of the fundamental principles upon which this new science of healing is founded. If you become thoroughly familiar with the information found herein, you need never thereafter have the slightest fear of disease. You will know what it is and how to treat it whenever it may appear. This series of lectures has been given in an institution with which I am connected, and I want each reader to feel that I am standing before him and emphasizing each statement that is found herein. These lectures will be weighted with practical and valuable truths. As nearly as possible they are given here just as they were taken down by the stenographer at the time they were delivered.—Bernarr Macfadden.

IN the lecture last published, I presented the various details of the fundamental principles of physcultopathy in the cure of various complaints, and attempted therein to give a brief outline of the various methods that can be used effectively in the treatment and cure of disease. I paid some attention to the subject of fasting in that lecture, but it would take an elaborate book to cover such an important theme. Of all the various curative methods furnished by nature, fasting is unquestionably the most valuable. If there is such a thing as a cure-all, then fasting can be justly so-called, for it stands far ahead of any of the various natural methods as a means of cleansing the system of poisons which are, in most cases, the actual cause of weakness and disease. You will, of course, say that fasting is simple and easy, and so far as the fasting is concerned this statement is accurate, providing you are mentally satisfied, and providing your stomach appears satisfied.

The chief difficulty is to satisfy the mind. You must first of all be thoroughly convinced that while fasting you are not starving yourself, and that there is no danger of dropping dead at short notice. For instance, the conventional fear of fasting is alone sufficient to cause death if the fast is continued for any period. A seven- or ten-day fast, on the part of one who knows nothing about fasting, frequently *does* cause death, simply because the mind is convinced that if one fasts for that period he is absolutely sure to die. This indicates the

great power of the mind over the body. It shows that you can actually kill yourself, even destroy life, by your mental attitude, by merely believing that you are going to die. Let me especially emphasize at this point that the mind has just as great a power in the other direction and if you will recognize and use this mental influence you can often recover from a serious complaint through the aid of the mind alone. Another power evidenced by the mind is that which is shown in a determination to get well. If you simply determine that health and strength shall be yours, that you are going to get them; if you vow to yourself day after day that you will secure health and strength, no matter what the cost may be, you can readily realize that an attitude of this kind will be a tremendous force.

In the fasting cure you must first of all eliminate all fear of a fast. One cannot be benefited by fasting in all cases. The average healthy person would not be benefited by fasting unless he has been eating too heartily. Then there are cases where a long fast is required.

It is true that many who are not properly nourished are following an impoverishing diet and are naturally, as a result, literally starving to death, but even in such cases a short fast of a day or two is often of advantage. Some men and women compel the digestive organs to seek nourishment from all sorts of noxious stuff, from materials that can hardly be called foods, such as white flour, which is really only a partial

food. The life germ of the wheat has been eliminated from it, the best part of the wheat is fed to the cows and horses and pigs, and the human geese eat the rest. Many have been eating this because it is white. It would be just as reasonable to buy chaff. You might think this is a far-fetched statement, and yet, I really believe you could live as long on chaff as on white flour products. At least I know you could live as long on nothing as you could live on white flour. The accuracy of this statement has been proven in the columns of this publication.

Now there is a delusion that you must eat to keep up your strength under any and all conditions. If you go to the average physician of these days when you are in a run-down condition, with your vitality below par, he will usually tell you to eat more beefsteak, that you are not eating enough. He will give you an appetizer. He will give you strychnine or iron and, in many cases, as a result you will actually starve yourself to death by overeating. You will eat so much that your digestive organs cannot assimilate what you eat. In other words, your organs cannot absorb the vitality-building elements necessary for the development of strength.

I would like to engrave upon every human mind the statement that it is not what you eat that gives you strength. It is what you digest and assimilate, that is, the particular elements that are converted into the tissues of the body really give strength. Now, when you are eating more than you can digest, in practically every instance there are poisons thrown into the circulation from this partially digested food, and is it not definite and plain that, under such circumstances you are actually injuring yourself, lessening your vitality, slowly but surely destroying health and strength? Is it not plain that it would be better for you to eat less than the average individual who actually digs his grave with his teeth, actually eats himself to death? That statement is an actual fact and I venture to say that if everyone would eat half of what he is in the habit of consuming he would extend his years of life fifty per cent.

Many may have heard the story of Cornaro, the famous Italian, who lived several centuries ago. He studied the science of eating, even at that period, and a book was written by him that has been handed down to this age, to our own time. He firmly believed in many of the theories that we are expounding. There is nothing new in the fasting cure. There is really nothing new in the natural cure of disease. It is as old as the earth. The only reason why it is not practiced more is because it is not financially as profitable as other methods. This is said to be a business age. Everybody is desirous of making more money and still more money, and when you cannot confuse people with your proposition, and when you cannot enwrap your theories with mysteries of some kind it is much more difficult to satisfy your patrons, and naturally there is not so much money in a profession or business of this kind. Fasting has therefore probably fallen into disuse largely because of its self-evident value and its inexpensiveness, combined with the ignorance with which most of us are afflicted.

Now, Cornaro, this famous Italian, had led a dissipated life. His vitality was all gone and at the age of forty his physicians informed him he could live but a short time. He was apparently gifted with more than ordinary intelligence and an unusually strong will and he determined to live. He began searching for some means to prolong his life, and in his struggle for health and strength he acquired the idea that if he would eat a very small amount of food, just enough to keep life in his body, and if he would cease overworking his digestive organs that finally he would be rewarded by health. Through following out a theory of this kind he not only recovered his health, but lived to be over one hundred years of age. Though a dissipated wreck, with his life thrown away, and his vitality gone at forty, he was enabled through a scientific dietetic regimen to prolong life to this remarkable age.

In carrying out his idea of abstemiousness in diet you might say his bill of fare was almost unbelievable. For instance, one egg with him was a hearty meal.

This did not include a cup of coffee, two or three slices of bread and perhaps a mutton chop on the side. It was nothing more than one egg. Many of us would consider three to six eggs a very moderate sized meal, even if there were various side dishes included. Yes, he prolonged his life simply by scientific eating.

In his book we read that he was very fond of the juice of the grape, but he stated that just awhile before the arrival of the new grape wine, meaning the unfermented grape juice, no doubt, he lost his appetite. Apparently the fermented grape juice did not agree with him and perhaps the grape juice of the previous year had commenced to ferment by this time. For nearly two months before the arrival of this new grape wine from the grape crop he would grow weak and decrepit, but as soon as the new grape juice came he would revive, acquired more health and strength, and it was quite apparent from the general description of this man's life that for a month or two each year he was partially or entirely fasting, and I am firmly of the opinion that if each one of us were compelled to fast at frequent intervals or at least once each year our lives would be materially prolonged thereby.

Fasting cleanses the body, clears it of impurities. We have very startling evidence of this in the coated tongue, the foul breath that often accompanies the fast and the very fact that your tongue is coated, that your breath foul and that you have an acrid taste in the mouth simply indicates that you need a fast, that the entire digestive organism which had previously given its attention to absorbing and assimilating the food taken into the stomach and distributing the nourishing elements therein throughout the body, now reverses its functional duties. In other words, instead of assimilating the nourishment, it is eliminating poison and it has begun what might be termed one of the curative processes. It might be said that this is the principle reason why fasting cures disease. This process reverses the natural functional activities of the digestive organism. The alimentary canal, instead of absorbing nourishment, begins to throw out poisons and the bad taste and

coated tongue, indicate the truth of this conclusion. The breath of an ordinary individual should not have an unpleasant odor. When the breath gives off a foul odor it is a sign of disease, and when these indications of disease appear and you pay no attention to them you can rest assured that the time will come when there will appear an acute ailment that is likely to mean death, or a chronic disease that will be difficult and, in some cases impossible to cure. Especially will an acute ailment promise death if you follow the ordinary methods of treatment which permit feeding during the acute ailments.

You are actually committing a crime against your stomach when you eat while suffering from acute disease. I defy any student or scientist to disprove this statement. When you suffer from acute disease, pneumonia, fevers, etc., the principal object of which is simply the cleansing of the blood, every particle of food you take into your stomach retards recovery. I have heard the statement made by hygienists as a result of careful experimentation that a typhoid fever patient will lose weight and strength faster when being fed than when no food is given. In other words, he will lose less strength and recover far more quickly when no food is given. When the digestive organs do not require food and you persist in putting food into the stomach you are poisoning yourself and adding to the disease. You are actually making it more serious. If these statements do not impress you as being reliable, a little experimenting on your own account will soon prove their truth. What is needed in disease is to give the human body, that marvelous mystery that each and every one of us possesses, a chance to cleanse itself; a chance to eliminate the poisons that are clogging functional activity. There is no need of fear, no need of any one dying of an acute ailment unless vitality has been very greatly retarded through dissipation, through prolonged use of alcohol or some other similar cause.

I had an extended conversation not so long ago with a very prominent physician who uses rational methods, and out of considerably over one hundred cases of

pneumonia he had not lost a single case. But take the ordinary routine of the medical treatment and the mortality record will frequently range from twenty to thirty per cent.

When the fasting cure is definitely understood the use of medicine as a means of curing and subverting and perverting disease, will have ceased. When the natural instincts of the normal human body are given sway, then disease will cease to be so serious in character and its cure will be simple, speedy and certain. Remember that what I am contending for is the following of the natural instincts that are unperverted by foods or drugs. If you will follow your God-given instincts and follow them to the end you can depend upon being right. If your instincts are normal you are sure to be right.

If you will notice a common, everyday cur-dog when he is sick from any cause you will see that he loses his appetite. He stops eating; he has no desire to eat, but in the case of the allegedly superior animal, man, when he is sick, when his stomach does not desire food, his advisers and relatives usually insist upon his eating to keep up his strength, and all sorts of delectable dishes, broths of various kinds, appetizing combinations, are brought in by friends and neighbors and frequently the poor abused stomach is compelled to rid itself of this noxious stuff in order to secure definite recovery. Is it to be wondered at that death is not infrequently the result, especially when we realize that medical dope benumbs and in some cases partially paralyzes the functions of stomach and bowels? When the digestive organism is striving with might and main to get rid of the load that has been placed upon it, along comes some indigestible combination that naturally adds to its difficulties. It adds more poison to the system that is already overloaded.

On various occasions I have noticed the treatment that has been used in the serious ailments of many prominent men who carried a large amount of surplus weight. Men of this kind, as a rule, possess enormous vitality. When symptoms appear they usually dope with drugs and when their normal instincts

are destroyed they do not know what they want. They take what they are told to take; a little toast and tea, sometimes a little potatoes and meat. This prolongs disease, prolongs the ailment and greatly increases the tendency of death.

Let me say it over and over again, there is no excuse for any human being dying of acute ailments. You can not die of a disease of this character if the treatment is begun in time and if it is scientific and in accordance with natural law.

One valuable method of using the fasting cure is a series of short fasts, taking one, two or three four days at a time. Under such circumstances there is an eating period two or three times as long as the first period of fasting, after which the fast period is repeated. On ordinary occasions, however, you should fast until you have a keen appetite; until the stomach demands food; until the symptoms of disease are abated. Then you can begin eating with safety, using of course, easily digested food; but in chronic ailments if you feel you have not the ability or the mental strength to take a long fast, several short fasts, continued until you have purified the stomach, will frequently accomplish the same result. If one has the mental determination the long fast is usually the best in the treatment of chronic ailments. If you are suffering from chronic ailments and strongly desire to recover health you should begin a fast and continue until the symptoms of your disease have disappeared. After you have fasted for a few days your tongue will become coated, your breath will frequently have a foul odor, and there may be a nasty taste in your mouth, but after the fast is continued two or three weeks your tongue will usually begin to clear up; it will become red around the edges; day by day the coating will disappear and the red surface will increase. Day by day you will also find your mind becoming clearer, and if you continue long enough your tongue will ultimately become clean of its coating and then there should appear a natural desire for food. The stomach will have been awakened. The sense of taste will then begin to be felt.

The demand for food will not be ravenous but there will be a clear indication on the part of the instinct of the stomach that you want some particular article of food and that appetite may usually be satisfied, at least to a limited degree.

Fasting is a most efficient cure for a dilated or prolapsed stomach. In fact, one might say that in nearly all diseases there is a prolapsed condition of the tissues, for when the tissues are weakened there is, of course, a certain amount of prolapsus.

As you continue your fast the stomach will grow smaller day by day until in many instances it will not be larger than the closed hand and that explains very clearly why you cannot eat very much after a long fast. The capacity of your stomach has been greatly reduced. After you have fasted six days or more, if you were to try to eat a hearty meal you would find the task impossible. Of course, after you have resumed your eating habits, your stomach will gradually grow larger and if you do not again commit errors that bring about disease it will finally acquire its normal size.

When you are suffering from disease that causes a general decline of the vital powers you might say that every organ is prolapsed to a certain extent. The ligaments and tissues are often weak and cannot hold the organs in their proper places. Now if a fast can tone up and strengthen the walls of the stomach why will it not perform the same service for every organ of the body? And that is the reason why fasting is such an important process. It tones up and strengthens every part of the organism, providing the fast is not continued too long and proper food in proper quantities is used thereafter.

The most difficult part of the fasting cure appears at the time when one is breaking the fast. So many go through the mental suffering that often accompanies a fast, and I can assure you that it is not specially easy, and then after they have denied themselves in this manner they make mistakes in their diet that really entirely obliterate all the benefits they may have secured from the fast. Naturally, if you are fasting among people who are in sympathy with what

you are trying to do, who believe in the value of the process, it is not so difficult, but if you have become convinced that fasting is essential in your particular case and proceed to carry out your theories, notwithstanding the adverse opinions of your relatives and friends, you can rest assured you will encounter difficulties that will perhaps be really serious in nature. At frequent intervals you will be told that you are starving yourself to death, that you will be likely to drop dead at any moment. Many such comforting (?) suggestions will come to you, and under the circumstances you can hardly be blamed if the fast is broken long before any benefit can be expected from it.

But the most serious results often follow through lack of knowledge in adapting the diet to individual needs following a fast. I have known cases where death has resulted from giving free rein to the appetite under such circumstances. After a fast, if you do not follow a proper regimen, you often acquire an enormous appetite; you frequently have the impression that you can eat almost anything. "Your eyes are bigger than your stomach." You cannot eat a great deal, because your stomach will not hold much, but when you eat too much and continue that practice you might as well have not fasted at all so far as the benefits are concerned.

Considerably over twenty-five years have elapsed since I became interested in this propaganda and I can definitely say that I have not been confined to a sick bed during that period. I have not known what it is to be seriously ill. I have never been so ill as to be away from business. I consider that a remarkable record and I have that record because I have studied my own physical organism. I cannot say that I have never been attacked by the various ills with which most people have been afflicted. Perhaps I have had the beginning of nearly all these ailments with which to contend, but I have attacked them immediately and intelligently. I have adopted these rules which are essential to prevent their processes or make them unnecessary, and many of these complaints which might have been so serious as to cause death

were "nipped in the bud." I believe it is the duty of every individual to study his or her own particular condition. One ought to be able to look forward so that, one might say, he can "feel the pulse" of his own physical health. He should have within his intelligence and instincts a "barometer" that will enable him to a certain extent to read the future from a physical standpoint. Various signs should tell him of the coming of a serious illness. There is no need of being "down and out" before you are aware of its presence. Learn these various signs, learn the warning that they bring to you and when you see them you should begin the fasting process then and there. This one remedy will at least ward off attacks of some of the most serious complaints and when combined with the various purifying and cleansing processes that we have recommended from time to time in this publication you can rest assured that illness will be an unusual experience with you.

During my life time I remember being attacked by all the symptoms of pneumonia on several different occasions. But when I felt it coming on I began to treat it before it fully arrived and instead of going to bed and suffering from four to six weeks the complaint was at an end in from three to five days. You might say the same of nearly all acute ailments. When you are feeling tired and lopy, when your vital functions are inactive, when your kidneys do not seem to perform their functional duties, when there is an apparently serious inflammation in any part of the body, it is your duty right then and there to do something. Do not wait until you are in the grasp of the disease, until it has the best of you. If you will follow these suggestions you will not only save yourself hundreds of dollars in doctor bills, but a vast amount of physical suffering and inconvenience and probably you will prolong your life many years.

The knowledge that you can acquire in studying this fasting theory will be worth to you more than a vast sum of money. I have stated on former occasions, and I firmly believe it to be true, that the rigid dietetic regimen that I began nearly twenty years ago, especially

the habit of eating only two meals a day, has had a great deal to do with my success in life. When your brain is doped with food, when your entire functional system is continually overworked, and under such circumstances the reserve forces of the body are used to rid the system of surplus food, you have no reserve vitality, no excess of nervous vigor. You go through life to a certain extent like an oyster. (You know that the oyster is practically all stomach.) You convert yourself into a digesting machine.

I shall never forget my experience when I began the two-meal a day regimen. At that time I had developed considerable strength and was doing some wrestling and after the very first experience with this regimen for about a week I was absolutely amazed at the change in my physical condition. My endurance greatly increased, I had more vitality and for the first time I began to acquire what I would call a normal appetite. If you rise in the morning and eat before you have taken any exercise you are not really prompted by a normal appetite. Of course, you may have a burning craving in the stomach, but if you will go out and take some exercise, walk a few miles, or go about your natural duties this burning and craving will soon disappear, that is, if incited by a false appetite, and when your appetite really appears it will be normal.

I will therefore say that nearly every individual can be benefited by an entire abstinence from food when the functions of his body indicate the possibility of acute ailments of any kind, and by following the suggestions contained in this lecture you can rest assured that you will have a clear brain, a better insight into the great problems of life and a stronger and more normal body. You will then possess a knowledge which I consider worth more than all the financial resources of the world. Money cannot in all cases prevent suffering. It often actually inflicts it. Money does not prevent the pain and sorrow that comes from pitiful ignorance, and when you are seeking the health and happiness that should be within your reach, you should at all times keep in mind just what can be attained by the fasting cure.





Columbia Varsity Basketball Team, Intercollegiate champions. Top row: C. Hall, Manager, G. Schnepf, B. Mahon, H. Fischer, coach. Bottom row: S. Melitzer, H. Kimball, J. J. Ryan, captain. P. Cerusse, T. Klendl.

## Physical Development Through Basketball

AN INDOOR GAME WHICH FURNISHES SPLENDID ALL-AROUND EXERCISE AND AN EXCELLENT MEANS OF DEVELOPING BODILY VIGOR

By Sam Miller

Within the last few years basketball has grown greatly in favor. It is a game that deserves all the interest which it has aroused. It will develop a hardy, vigorous physique and will assist in preparing one for almost any athletic contest, and is an all around exercise of very great value. The author of the following article presents some remarkable proofs of the value of this game in attaining physical development.—Bernarr Macfadden.

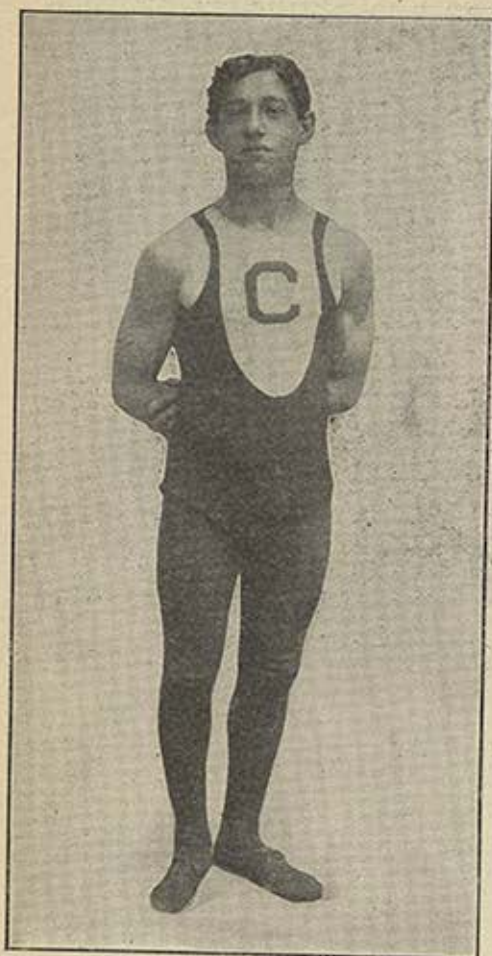
**F**EW lovers of outdoor sports realize to what heights the indoor sport of basketball has risen, and its possibilities as a factor in the development of the body. There are few indoor sports on the calendar which so favorably affect the various parts of the body as does basketball.

Some twelve years ago Professor Naismith, now of the University of Kansas, but at that time an instructor at Springfield Training School, invented the game as a sort of gymnasium exercise for the students, and very little

thought was given to it. To-day the game is played all over the country, and is one of the leading sports at many of the great colleges, where the game is played to perfection.

Besides the college teams there are any number of athletic clubs, and Young Men's Christian Associations that have teams in the field, and it can readily be seen that the game has progressed materially. In the last two years the game has drawn as many as five thousand spectators at one contest.

Unlike many of the other sports



Samuel Melitzer, of the Clark Neighborhood House Basketball Team—a splendid all around athlete.

basketball does not tend to develop any particular part of the body, but acts as a general up-builder. The arms are exercised by throwing the ball, and passing from team-mate to team-mate; the legs are developed by their continuous action in running up and down the court, and the condition of the chest and lungs, is improved by the active work required of them and the unintentional breathing exercises that one takes in the game.

A large part of the game, in fact the success of a team depends upon the brainy work of the players, who should take advantage of every opportunity presented to cage the ball. In this man-

ner the mental processes are to a certain extent accelerated.

Accuracy is one of the requisites of a player, and the eyes receive good training in the basket shooting practice. Many a man sound in mind and body, but with poor eyesight, has been benefited to a great extent by this practice.

The game is played by ten men, five on each side, and the time of play is divided into two periods of twenty minutes each, with a rest of fifteen minutes between both halves. During the twenty minutes play in both halves, the players are allowed but three rests of five minutes each, if necessary, so that they are practically on the go all of the time.

Two baskets and a ball make up the paraphernalia of the game. The ball is a little larger than a soccer football, and weighs more. The idea is to cage the ball in the baskets, which are suspended from the ceiling or are placed on stands.

Some of the results obtained by men playing the game are noteworthy and many cases might be cited. One of the finest athletes, and one of the best developed collegians in the country is Samuel Melitzer, who was a member of the basketball team of Columbia University for four years. He is an East Side boy, and when he took up the game he was a rather puny little fellow.

His first knowledge of the game was gained under the tuition of Director Warner, of the Clark Neighborhood House, on Rivington street, and by the time he entered Columbia he had broadened out a bit through his playing at the down-town gymnasium.

At Columbia, under the tuition of Harry Fisher, who is considered by many the best basketball coach in America, and who knows more about the game than any man in the country, Melitzer developed in a wonderful manner. His chest became larger, while his biceps increased in circumference, to such a degree that he could cope with the best athletes in the college in any sport.

His basketball training enabled him to gain a place on the varsity lacrosse team, while his natural agility, sharpened by the basketball playing gave him a place on the gymnastic team. He has a medal for every sport, including base-

ball, football, track, basketball, swimming and wrestling, and has never gone into any of them extensively with the exception of basketball. This latter sport fitted him for the others.

When Pennsylvania looked for a quarterback two years ago to fill the place left vacant by Lawrence, and Stevenson, who did the coaches induce to come out for the position? Charles Keinath, one of the best basketball players in the country was asked to come out, and although he had never played football before he made good right away. Being quick on his feet through playing the indoor game, and being able to catch and pass the ball well—qualities which every basketball player must have—he had no trouble proving that he was a star of the first order.

Another instance where the development by playing the game served a college, was presented at City College of New York two years ago, when the management arranged a lacrosse schedule, and found that most of the players had quit school or were ineligible to play. The management and coach hit upon the plan of calling on the varsity basketball men to help out the team, and although green they made such an impression against their opponents, that the team was considered one of the best in the east.

At the last named college there is a student by the name of Heskowitz who has a wonderful development. He was a chubby youngster when he entered college. He went out and joined the squad, and in a year's time every bit of superfluous flesh had disappeared from his body, and he was considered one of the best developed men in the college. At the present time he is known as the appolo of the institution.

Another athlete who is a model of physical development is now captain of the Columbia basketball team, is Ted Kiendl, who is rated as the fastest man playing the game this year, and who is a veritable young giant. In spite of his size and weight, which is one hundred and seventy-five pounds, he is as quick as lightning, and once the ball gets into his possession, he is well-nigh sure to carry it down to the basket.

As a freshman at Columbia when he first started to play the game Kiendl was rather slim, and a little slow. Harry Fisher, however, soon remedied these defects, and the opening of the intercollegiate season the next year found him heavier by ten pounds, and a good deal

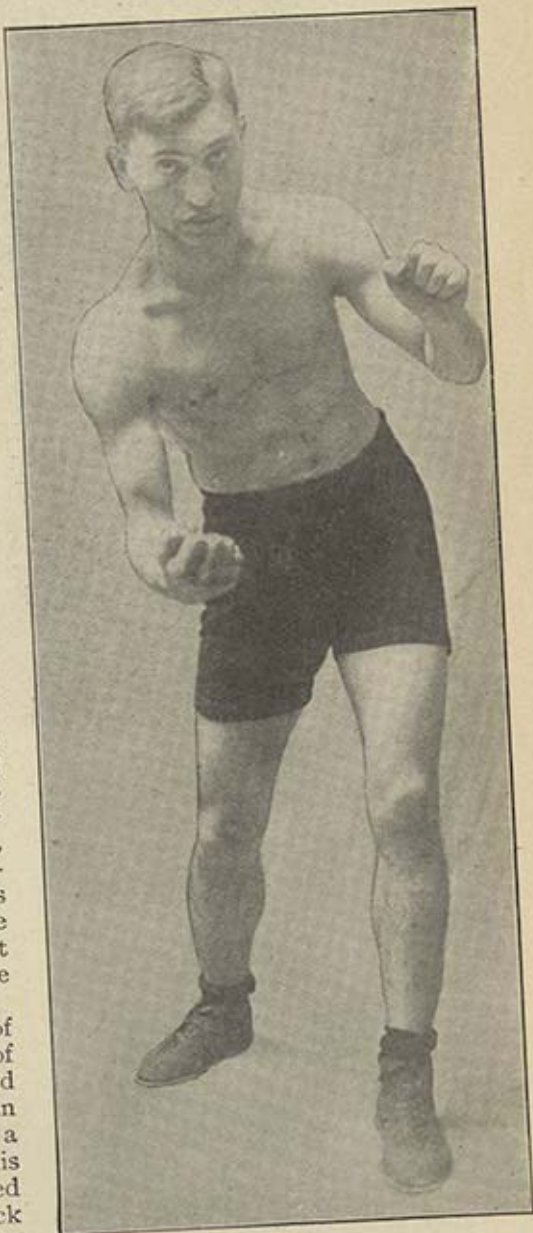


Photo by Gullman, New York

Leach Cross, a prominent pugilist, whose favorite training stunt is basketball.



Mathewson, New York's premier pitcher, who plays basketball during the winter.

faster. Each year he increased, until now he has gained a total of forty pounds and has absolutely no superfluous flesh on his body.

Kiendl is one of the most accurate goal throwers in the country, and last season he led the Intercollegiate League in the number of points scored. He is a marvelously sure shot, and can cage the ball from any part of the field.

Among the many college athletes who might be mentioned as being developed by the game, are Schildmiller, the great Dartmouth football player and strong man, and Fred. Murphy, of Yale. Both men were primarily basketball players, and gained all their athletic ability through playing the game. Dan Bom-

eisler, the man who won the strength test, and prize for the best developed freshman at Yale with a large total, is captain of the freshman basketball team at that college, and earned his way to athletic fame by playing basketball with the Poly Prep team of Brooklyn for four years.

Leaving the collegians out of the question, and taking up the work of the settlements, we can find that the youths of the east side, and populated sections of other cities are benefited to a great extent by playing basketball. Since the game was first introduced into the settlements and recreation centres, it has become the rage, and is played by all.

In former years it was hard to find a downtown boy on any of the athletic teams of the high schools of the city or the various colleges attended by men from the downtown section. What a difference now! In New York most of the High School athletic stars are East Siders, while many college athletes come from the settlement districts. What has caused this change is the natural question? Basketball.

Playing the game has made athletes out of these boys, and the energy with which they are taking up the sport, will in a few years make them the undisputed leaders of the game.

At the University Settlement in New York where Harry Baum, a Columbia graduate, had charge of the basketball department, under his guidance the sport became a veritable rage, and many of the boys neglect all other work to play the game. Mr. Baum has had great success with his teams and won a number of A. A. U. championships in various divisions.

Out of this same settlement a modern freak was developed by the game. Louis Sugarman, known far and wide as the swiftest man in the game, who was a member of the teams of the University of Notre Dame, and Syracuse, first played at the Rivington Street House. The queerest fact about Sugarman is, that although he weighs but one hundred and forty pounds, no man, big or little with the possible exception of Melitzer, who is a freak himself, has been able to cope with him in a game.

Further down on Rivington street is the Clark Neighborhood House, and a visitor would find instead of the puny young men and boys that are usually found in overcrowded districts, a collection of as fine a set of young fellows as could be found anywhere. All of these athletes were developed through basketball, and there are about twenty teams in the house, which compete in a regular tournament. Some time ago the older boys formed a track team, and were unusually successful for runners who had no coach, and practically no training except basketball.

One of the most remarkable lightweight pugilists of recent years did most of his training by playing basketball. Leach Cross, the East Side champion, developed himself as a member of the team called the "Bright Stars" at the Clark House. Cross whose proper name is Dr. Louis Wallach, is still a member of the downtown club house, and trains for all his fights by playing basketball at least three times a week. According to the dentist-pugilist, the game increases his staying powers, betters his footwork, and trains his eyes, so that he can be more accurate. Cross's brother Phil, who is making rapid strides to the fore as a fighter, is also a basketball player.

To emphasize the value of basketball as a conditioner, and preserver of the arms, we can take the cases of the baseball players, professional and amateur, who play the game in the winter time, to keep in condition. The great Hans Wagner, of the Pittsburg club, developed much of his lightning-like abilities as a base runner by playing the indoor game, while such players as Mathewson, of New York; Brown, of Chicago; Lennox, of Brooklyn; Miller and Powell, of the Pittsburg team, are all great basketball players.

Among the college baseball players, Eddie Van Vleck, the Yale pitcher, and Murray Lee, the Columbia twirler, play basketball to keep in condition during the off season, and they claim that the sport does them a world of good, as the throwing of the basketball keeps their arms in good condition, while the running up and down the court prevents the formation of any superfluous flesh.

Out West the game has taken a great hold on the general public, especially in the smaller towns of Ohio, Indiana and Illinois. In the East, New York State and Pennsylvania have hundreds of colleges, athletic clubs and other associations playing the game. In the last three years the professional athlete has heard the call of the game, and there are now three leagues in existence and all are making money. The oldest, and the one that pays the highest salaries is the Central League, composed of towns in Ohio and Pennsylvania, and its circuit consists of Pittsburg, Homestead, Greenburg, East Liverpool, McKeesport and Johnstown. The salaries paid in this league for a playing season in some cases equals those drawn by baseball players. Harry Hough, captain of the South Side team of Pittsburg, last year drew a salary of \$300 a month, while other salaries were \$250 and \$200. The smallest stipend in this league is \$100 per month.



Hans Wagner, the champion batsman of the National League, the crack of whose bat will soon be heard by baseball "fans"—an enthusiastic basketball player.

A man who plays baseball in the summer time, and is a good basketball player, can earn a splendid income by playing the two games.

In the East two Leagues were formed this year, called the Hudson River League, and the Eastern Basketball League. The former league has a circuit of New York State towns, while the Eastern League has a mixed circuit of

large towns in Pennsylvania and New Jersey.

A rough estimate of the number of teams playing the game throughout the country would place the figure far up in the thousands. As the game is gaining in popularity every year, this number should be increased next season, especially when the benefits derived from playing the game become known.



University Settlement Basketball Team. Top row: H. Baum, coach. S. Harrowitz, B. Sedrowsky, H. Heskovitz. Bottom row: H. Friedman, M. Friedman, S. Kanzel.

## World's Most Symmetrical Woman Retains Her Health and Beauty through Physical Culture

TO THE EDITOR:

I recently had the pleasure of meeting Miss Newkirk, the winner of the first Physical Culture Contest for the most perfectly formed woman (and man), in the world, you held in New York City.

Now, several years after that memorable event, she is more enthusiastic than ever as to the soundness of the principles you advocate. Cheerful, handsome, debonair, ladylike, and with the grace given by constant adherence to

and practice of exercises that have given her the mental and physical attainments she possesses, she is a grateful and enthusiastic supporter of yourself.

Though a stranger, I at once perceived the pleasure it gave her to speak so strongly as she could of the persons most intimately connected with that exhibition.

A. L. FOWLER, Advertising.

Los Angeles, Cal.

# Prince Hagen

A Phantasy

By Upton Sinclair

Author of "The Jungle," "King Midas," Etc.

**SYNOPSIS.**—While camping out in the mountains, the narrator spends a warm summer afternoon in company with the score of Wagner's "Das Rheingold," and is startled by hearing a growing volume of music, and by the onset of a number of the dwarf-like characters of the "Nibelung Ring." By these, he is conducted to the bowels of the earth, and presented to King Alberich, king of the Nibelungs. Alberich exhibits to him some of the vast hoard of gold he possesses, and offers to reward him to remain in Nibelheim, and train his grandson, Prince Hagen, who is descended from a self-willed and uncontrollable father, and who is a child of violence and crime. The author declines, but suggests that Prince Hagen accompany him to the earth, to be reformed by contact with our Christian civilization. Subsequently, Prince Hagen arrives at the author's cabin and is conducted by him to a school for young men, in charge of a clergyman. Prince Hagen proves himself an eager and apt pupil, but entirely disregards the discipline of the school, and after physically conquering every one of his schoolmates, becomes their leader. Hagen refuses to attend school longer, and goes to New York with the avowed intention of making politics his profession. He gains much prominence as a Tammany politician and as a campaign orator. Meanwhile the author receives a message from Nibelheim, announcing the death of King Alberich. Traveling to New York, he imparts the tidings to Hagen, after suffering of the poor. Far from being affected with grief at the news of Alberich's death, Hagen surprises the author by his hysterical joy at the prospect of gaining control of the wealth of the Nibelungs. He deserts the party whose cause he has espoused, and hastens to the National headquarters of the Republican party's Campaign Committee, where he presents a note of introduction written by himself, and accompanied by a check for \$100,000. Hagen's entry into New York's most exclusive social circles, is attended by a display of luxury and splendor that causes comment on every hand. He has many of the richest treasures of Nibelheim transported to his magnificent mansion to serve as decorations which astonish the world by their magnificence. He becomes a power in the realm of finance and is regarded by the press as a world-figure. The author chances to pass the Hagen mansion and meets its princely owner, bound for a drive behind a magnificent span of Persian steeds.

## FIFTH INSTALLMENT.

### CHAPTER VII.

OUR unpremeditated meeting seemed to please Prince Hagen mightily. He was apparently in high spirits, and as he hailed me in a tone that was cordial—withal bantering—his eyes fairly twinkled.

"My Idealist!" he exclaimed, catching me by the hand. "Why have I not seen you?"

"I feared you were too busy," I said, hesitatingly, "and too—"

"Oh, I understand," laughed Hagen; "but there never was a man with less of the pride of wealth than I. Come, take a drive with me. I was going into the park, and I'm all alone."

After a little hesitation I consented. I own that I was curious to hear more about him. We sprang into the carriage, which by this time had become the object of admiration of a small assemblage; it rattled off up the avenue, the horses making a magnificent show, and Prince Hagen bowing to all the notabilities, and telling me their names.

"You would feel very much honored," he said, laughing, "if you were not an Idealist. Do you know that, if the

papers noted the fact that you were driving with me, you would become a literary celebrity in an hour?"

"Fortunately no one knows me," I said, "so pray keep the secret." And Prince Hagen laughed. I heard him still chuckling the word "Idealist" to himself occasionally, and seeming to derive from it a great deal of amusement.

"We must exchange ideas again on the great questions of life," he said, after a time, looking at me quizzically. "There is quite a deal of new data to consider."

"There is one thing I have noticed, at any rate," responded I, "the test of society that you once proposed to me you can no longer claim you are making. You said that every one should know what you thought; but now you make pretences. You must know that you do."

"Yes," he said, reflectively, "I know it. Did you ever know any one to make them better?"

"I don't believe I ever did," I said; "but why is it?"

"I do it," he answered, "because pretences are the one thing I have learned from society,—the one lesson in the art of life I found I had yet to learn."

"I am glad your visit profited you something," I said, gravely.

"It profited me that," said Hagen, "for I tell you, pretences are an invention so sublime that, when I think of what society does with them, I am simply dumb with awe."

"How do you mean?" I asked, with interest.

Prince Hagen was thoughtful for a moment. "You know," he said, "when I first met you, your talk about virtue was a thing absolutely incomprehensible to me; it seemed something quite apart from life, a fantastic creation of your own mind; but now that I have come to understand it, I have a deep respect for it, a deeper one than I can tell you. These pretences of mine you speak of are not hypocrisy at all. I believe in them; I have come to see that it is they alone which make possible the system in which we live."

"Explain yourself," I said.

"In the first place," said he, "I found this civilization of yours simply appalling in its vastness. When I first saw the countless millions of your people, the unthinkable masses of wealth you had piled up, the cities you had built, it seemed to me almost a madness—it seemed to me a huge bubble that must burst; when I perceived that it was *real*, that its values were not mere fancies, but stakes for which a man might play, I tell you I was drunk with it. You will, therefore, understand my interest in finding out how it was done, and my respect for the means when I discovered them."

"And they are?" I said, inquiringly.

"The means," he answered, "are pretences."

He paused; I waited in silence until he chose to continue.

"For instance," he began, suddenly, "look at Nibelheim. They have down there what they call a society, but it is like a society of wild animals. No man dares expose his wealth, no man dares enjoy it; all his forces are spent in guarding it in terror. And every half-century some poor devil gets old and weak, and they fall upon him and divide the spoil. They live like rabbits in a burrow; there is no splendor, no beauty,

no education in their lives. And all that is because they have no morality, because brute force is the law of their being."

That sounded like a discourse of my own; I was perplexed. "And pray," I asked, "are you going to reform the Nibelungs?"

"One of the first of my plans that I hope to carry out," he answered, gravely, "is the introducing of Christianity into Nibelheim. I could never live there happily until the people were made moral."

I started.

"Life," said Prince Hagen, "is the survival of the strong. I care not if it be in a jungle, or in a city, it is a warfare of each against all; but in the former case the means is brute force, and in the latter it is power of mind. And do you not see that the ingenious device which brings this about, which makes possible cities and railroads and books and beauty, the force which makes the savage animal a docile slave of the man who can outwit him, is this Morality,—this absolutely sublimest invention,—this most daring conception that ever flashed across the mind of man?"

"Oh!" I said, taking a long breath.

"Just think of it," went on Prince Hagen, "just see it, this society of yours! There are in this city, I suppose, one thousand rich men, and one million poor men, whose business it is to do what the rich command. And the rich men live in these palaces you see about you, and absolutely everything in the world they want they have; and for your poor you build great stacks of boxes, each big enough to hold his body, and admitting air enough to keep him alive. Because these wretches are hideous and filthy, you crowd them away from your sight into quarters where they swarm like vermin in a carcass, and there you let them feed upon what garbage they can pick up, until they die and rot in the ground. And the number of those creatures is a thousand to your one, and the best that is might be theirs if they would take it; but there is Morality! And the poorest of them would starve and die in his tracks before he would touch a bit of bread that was not his own,



and he struts about and boasts of it, and calls it his 'virtue!' And so the rich man may have what he will, in perfect peace and indifference! By heaven, if that be not a wondrous achievement, I, at least, have never seen one in my life."

I was silent in thought. "Then you believe," I asked, finally, "that this morality was invented by the rich for their own advantage?"

"I don't know how it came to exist," was the reply; "it seems too deeply rooted to be an invention; it seems to be a congenital disease."

"Some people," I said, gravely, "have believed that it was implanted in men by a God."

"Perhaps," said Hagen, "or perhaps by a devil. Men might have lived in holes like woodchucks, and been fat and happy, but now they have morality, and toil and die for some other man's delight."

"And you believe that the rich all think thus of the matter?" I asked.

"The rich never think at all," said Hagen. "What business have the rich with thinking? They simply take things as they are and enjoy them. What I do say is that such is the fundamental principle upon which all the world acts. I say that you make a universal covenant, all but the criminals, of honesty, love, and unselfishness; that you then set to work to beat and hoodwink each other with the ferocity and remorselessness of the hyena; and that the covenant is then taken to mean that those who lose will not resort to violence. I say that if you look at society, any phase of it, that is what you will see; I say that the capitalist seeks to outwit the working man, the storekeeper to outwit his customer, the lawyer to outwit his client—that everything living outwits or is outwitted—that, in short, the very essence of the word 'business' is that; and yet so much is the importance of the other principle felt, so much is the use of morality understood, that you may seek where you will, among the vilest, and you will find all due pretence. I say, for instance, and I know what I am talking about in this case, that there is not in the jungles of Africa to-day a herd of wild beasts as essentially predatory, and as ruthless, as

Tammany Hall; there is not a man who belongs to it who does not live by blackmail and corruption, or who has any thought in the world except to fasten his claws on what he can; and yet to hear it talk, you would think it was a philanthropic society. The head of it is the most virtuous of all, and declares that no one can ever prove that he took a dishonest dollar—a great tribute to his management; he chose not to state the other truth, that he could not prove he ever took an honest one. And as I tell you, I have yet to find the part of this big earth where the same proceeding does not prevail."

"You have certainly perceived," I protested, "that Tammany is not considered respectable."

"Oh, respectability!" laughed the other. "Of course; its leader is simply a half-varnished thug; but that is not in the least because he is selfish, but because he is vulgar, because he has to make his money by fooling the masses, and by blackmailing the shady members of society. If you want respectability, there is Mr. Weazel, who is considerably more virtuous,—a gentleman and a member of a church. The business of one is done in the tenement-houses, while that of the other is with men of substance. I am not at liberty to say just now what I think of Mr. Weazel, but he and I understand each other very well."

Prince Hagen paused a moment, and then added, reflectively: "That distinction I have just made is, I think, the essence of the word vulgarity; the difference between the Jew-trader and any of these society ladies who bow to me, is not in the least that there is less of money-getting or less of the sham I speak of. It is simply that one haggles for a few cents, and the other scatters largesses of banquets and balls."

And just then my companion raised his hat to an elegant personage who whirled by. "That was my friend Mrs. Miner-Gold," said he, "a lady of great consequence, as you know." And then he cracked his whip, and we rolled out into sight of the park.

"You know," he added, smiling, "that vulgarity is just why I left politics; some of it is inevitable in a republic. A

kingdom is a far more pleasant arrangement, but for the fact that you may not happen to be king."

He laughed; I, meanwhile, was thinking deeply. Finally he went on: "You know, I should think you could see how absurd is all the fuss you make about this struggling, when it is the very essence and soul of life. Is it not a plain law that most men have to work? And surely it is easy enough for anybody to see that there are ten times as many people in the world as the world can comfortably support. It is like a barrel full of rats—there is only a certain number that can keep on top, and the rest must sweat for it till they die. All that a man can do, that I see, is to take care that he comes out on top."

"And it does not ever trouble you about the rest?" I asked, with a shudder.

"No, of course not; why should it? It is just the spice of danger that gives zest to the combat. Does that seem so dreadful to you?"

"It does," I said, "it is not a pleasant description of being rich."

"Oh," said Hagen, "don't imagine that the rich folks think of it so. They simply find themselves on top, and they stay there and enjoy the view; they never see the rats underneath, so why should they fret about them? I happen to have seen it all, and so perhaps that makes you think me a little worse."

"Assuredly," I said. "It makes me think you a fiend."

He looked at me in amusement. "Well," he replied, "perhaps I am; but I manage to cut a pretty good figure, don't you think? I am an eminently respectable person." (He raised his hat.) "That was the great Mrs. Dyemandust who just went by." And my companion laughed again and then relapsed into silence. I watched him.

"You know," he said, finally, "I still wonder at your blindness. Put aside what I say, that is of no consequence; only see what I *do*, and tell me how my life is different from any of the people I meet. I have money, and I invest it cleverly and make an income; I spend that in getting pleasure and prestige. I murder no man, I break no laws, I stoop

to no dishonesty; I simply ask no favors and show no mercy,—which is business. It happens, of course, that I have thought more than others and am not a dupe; that I am virtuous because I see the use of it, and not from blind tradition. I have seen that if you once do away with morality, if you once let all men know that selfishness is the law of life, the mob will rise, and then any one of your servants is your master. But why do you think I'd be any better if I were really a dupe of my pretences—and still lived on like a fiend, and like every one else?"

I did not answer, and Prince Hagen continued, after a pause:

"As a matter of fact, you know," he said, "a man is at a disadvantage just in so far as he is a dupe of morality, just in so far as he is moved by prejudice and not by wisdom. It is the plain truth that the strongest will always rule, and that morality makes their rule enjoyable. It is only in a high civilization that great wealth and luxury can exist; and a man who sees this plainly can drive at his goal as straight as an arrow, can be stopped by nothing, can be neither affected by passion nor blinded by delusion. Take me, for instance; I love nothing, and I hate nothing. I never lose my temper—you sat there and called me a fiend, and still you amuse me as much as ever; and that is the reason that I stand where I am, and the reason that I shall be master of this world of yours before I stop. To put it in a word, I can *think*, and I have seen the truth; to have done that is to be no longer a slave of men, but a god. Look at all the religions, for instance, and all the political parties; they serve the purpose I have explained, they fool the *mob*. But what have they to do with *me*. It's just like the worthy Tammany gentleman we spoke of; he goes to England and owns thoroughbreds; and the poor devils who stay at home,—he lets each one of them wear a badge, and call himself a *regular Democrat*, and hurrah all night for the victory! That is the kind of thing you call morality and devotion."

There was one time when I was happy listening to Prince Hagen, and that was when he got after Tammany. But he did not continue the subject. For awhile

we threaded our way in silence through the crowded carriages, stared at by every one, and bowed to by all the notabilities. Then at last my companion began speaking once more.

"I have observed," he declared, "one way in which a man can see pretty clearly what are the real motives of humanity; that is by watching a nation. I don't know just why it is, but virtue seems not yet to have spread that far; nations have no morality, and hence no shams, and we can therefore learn the whole truth from them. And while we are using illustrations, a perfect type of a nation is its representative, a war-ship; did you ever really think about a war-ship? A war-ship is a thing which no one can possibly misunderstand; it is a thing that is built to say, 'Do as I command, or be hurled out of existence.' There is a people that you hate, or that will not give you three feet of territory that you demand; and straightway you get out your war-ships, and you pound, and you rend, and you tear, and you smash,—cities and buildings, human flesh and human souls, men, women, and children,—just as much as ever you need to accomplish your purpose; nor does it make the slightest difference how trivial the purpose may be. I could show you where millions were killed for a harlot's whim. To mention a thought of mercy, or even of justice, in connection with nations, big or little, is to raise a laugh anywhere Europe to-day is one huge cage full of wild animals that glare at each other and snarl. And the sentiment of the nation is, of course, the sentiment of the men who compose it, and a perfect *resume* of civilization stripped naked."

"There is a sentiment," I suggested, weakly, I own,—“called patriotism—”

Prince Hagen laughed. “My country right or wrong!” he said. “And what is a man's country but a macrocosm of himself? What is France but a magnified Frenchman; what is its ‘glory’ but a sublimation of his own diseased conceit? Patriotism! Has each one of your nations a separate God?”

I answered nothing; Prince Hagen laughed again.

“I don't blame you,” he said. “Pretences, pretences! You do not like to see

this self of yours naked; everything must be veiled, and made beautiful and pleasant. I think quite the most wonderful thing about this society of yours, next to its existing at all, is the way in which the ugliness doesn't show. Every man of you gratifies his lust whenever he pleases; but your women are all serene, and your books are all decorous. You converse of the holiness of love and the divineness of the sex, and, if one did not know of the foul sties where you pen your human flesh, he might really think that you were men of sternness and truth. And see the wives of your rich men! Down in Nibelheim, when we wish things done, we drive the people to it with out whips; but your society woman, if she lashes any one, even with her tongue, she does it in her boudoir. But is any master in Nibelheim better served than she? She has a thousand at her beck and call, to prepare her gowns, and her banquets, and her mansions, and she never stirs a finger! All this, you know, is what I find the wonder of your civilization. Before it there was an age of militarism, when the master was the robber-baron who trained himself in brute strength, and killed those who did not obey him. But now we have industrialism; this blessed morality has done away with force, and we barons train our brains, and command men by the power of our wealth,—which means to say that, instead of killing them, we starve them to obedience. And only see how wonder fully it works! For I find myself lord as never was an Alexander; I can hand down my empire to my children, something which no Alexander could do. And I have no music and no body-guard, but I tell you, sir, what I want done is done, and done quickly, and there is no man who dares defy my will.”

He paused. “It is not quite as bad as that,” I ventured, mildly.

“Oh, I know what you mean!” laughed he. “You say that a man is free to work where he will. But that is only your bad economics; if I command the labor of society, I command the labor of every man *in* society. Of course, I don't deny that a body can go off in the wilderness, like you, and live off birds' eggs and fish; but what I do say is, that if you

want to live in society, it is *I* you must pay for the privilege; for the food is mine, and the clothing is mine, and, if you want it, you must serve *me*. A man calls himself an artist, and prattles about his sublime ideals; but if he paints a picture, it is *I* who buys it, and I put it in one of my hall bedrooms. He calls himself a musician, and labors for art; but he comes to my house and plays when I bid him. He writes his books, and he wears out his soul in making them beautiful; but if he doesn't make them to suit the rich people, where is he?"

Prince Hagen paused again; he had gotten down to personal matters. "Where is he?" he repeated, vehemently; and I answered, "About where I am now."

Then I added: "At least, however, I can be sure no rich person will ever get much pleasure from *my* writings!"

"Don't boast," smiled the other; "we like to see sometimes how jealous people are."

There was a silence, in which I inwardly resolved to attempt no more retorts; then my companion went on. "Don't suppose," said he, "that I'm denying that any individual may get free; you might, for instance, if you weren't so obstreperous, write a clever book, and become a capitalist yourself. But what I do say is that the vast mass of men obey their masters; I say that the very lawmakers obey them, if they want money to be elected again. If they do *not* obey, we have only to bribe the voters to choose others; for nothing in the world is easier than to bribe any man to cheat society, and therefore himself. You see this new power of which I am speaking has your civilization riveted in chains of steel; there is only one way you can overthrow it, and that is to overthrow society; the reason being that the foundation-stone of the social system is this beautiful morality, this right of every man to keep all that he can get."

Prince Hagen must have felt that I shuddered at those last words of his; he laughed. "There is not the slightest need of thinking it dreadful," he remarked, "for what I am laying down is really the fundamental principle of life,—that the weak are the natural prey of the strong; there is no power on God's

earth that can prevent that. Once it was the law of the galleys, and now it is the law of the sweat-shop, that the victims are given just food and shelter enough to keep them alive, in exchange for the labor of every instant they can stand and see." And then he paused for a moment, and gazed at me smiling.

"There is one way of escape," he went on, finally, "one way of overcoming these strong men and preventing their rule; that is by having one stronger yet. First there were the barons, and then there was a king; and, if you watch, I can promise you that you shall see history repeat itself. I am going to set out, you know, to be a capitalist of the capitalists."

I looked at him with interest. "You are going in for finances?" I asked.

He laughed. "What did you expect?" he inquired. "Do you suppose that I am going to content myself with this society imbecility? Do you imagine I have no higher aims in the world than being stared at by wax dolls?"

"You are just amusing yourself, then?" I demanded.

"Partly," said Prince Hagen, laughing, "and partly I want to look around me and get myself established. I don't want to be regarded as a public nuisance, you know, when I do get to work; I must be a respected member of society. I shall have to endow a few colleges, so that the newspapers won't call me names. And besides that, of course, there is the real reason—that I am getting my funds together, cashing in my chips, so to speak. I have to be very careful about that."

"How do you mean?" I inquired.

"If you have ever thought about it," replied my companion, "you know that wealth stands for services rendered. All these capitalists that we are talking about have done something for society, or pretended to, and have been paid for it; or, if they did not, some one else did it for them. Mr. Snob, let us say, plays at being a gentleman, and considers that his own country isn't good enough for him to inhabit; but his grandfather carried a peddler's pack, you know, and made the money. Do you understand what I am driving at?"

"I am not sure," I replied, "that I do."

"Well," said the other, "ask yourself what I have done. It simply happens, by chance, you see, that I have a store of what society, in its ignorance, has made its standard of value; and of course, therefore, I have to move very quietly while I'm getting rid of it. It is likely there is a great deal more gold in Nibelheim than there is on the whole earth's surface to-day; and, if that was once known, why the price of gold would simply go down like lead."

"Sure enough," I said, not without wonder; then afterward I added: "But tell me, hasn't it ever occurred to you that I might tell on you?"

"You?" laughed Prince Hagen, beaming on me. "Bless my soul, no."

"But why not?"

"Who would pay any attention to you, you goose? The story is obviously impossible, in the first place; and then, who are *you*.. I have not been in the world as long as I have without observing how much attention it pays to its authors."

I answered nothing; after awhile my companion added, with a genial laugh, "No, I'm not afraid of telling my plans to you. I'd even advise you to invest in railroad stock, my good friend, only I know you have no money."

"You intend to go in for railroads?" I asked, not heeding his jest.

"I intend to go in for everything," answered Hagen. "Why should I care what it is? Perhaps it would be difficult for me to make you realize my plans, because your imagination is timid; but I can merely tell you that, when I once start in at business, I mean simply to buy everything that's for sale. There is but one thing that keeps a man from being master of this society of yours, and doing just what he pleases with it; and that is competition. When I set out, it will be with the simple intention of putting an end to competition. You look puzzled, as I tell you that; and no doubt it seems to you a wild fancy. But what can be the meaning of all this specializing and incorporating, except that the world needs not many masters, but one master? All that is wanted, you

know, is money; any man who had the brains and the nerve, and whose financial power was unlimited, might do to-day just what I mean to do—make a close corporation of this planet—might make himself lord and master of the whole system of society, and charge for his services just exactly whatever he chose. I think of that, you know, when I meet all these strutting turkeys who come to my parties. It is only that that makes it possible to bear them,—that I know I can twist their necks whenever I wish, and let them know to whom the barn-yard belongs."

Prince Hagen cracked his whip, and his eyes flashed. I watched him for some time in silence. "But you are sure you can do it?" I asked at last. "You have made no mistake in your plans?"

"Mistake?" asked he. "Shall I not be beating them at their own game? Do not these people glory in their commercial era? Is it not they themselves who have declared that wealth shall be the power in the world? How is it that they make men serve *them*, except just as I have told you, by the power of starvation? They allow men just enough to keep them alive and able to work; and why should not I do the same thing in my turn? I am perfectly safe, you know; they cannot break the rules of the game; if they take my wealth from me by force, they pull the corner-stone out of the system they have built, and crush themselves as well as me. Is not that all clear as day?"

"But," I objected, "it is not true that you have *all* the wealth."

Prince Hagen laughed grimly. "I have so nearly all," he replied, "that the rest is not worth mentioning. I have thousands of those little Nibelung creatures digging away, and willing to dig for ever; and there is down in Nibelheim already the gold that they have stored up in the Lord only knows how many thousands of years."

"But it is not all yours, Prince Hagen," I put in. He laughed. "I'll attend to that by and bye," he said, and his eyes shone.

He touched the wonderful horses with his whip, and the carriage swept out of the park and began threading the

labyrinth of vehicles on Fifth Avenue. "We are almost home now," he said. "There is no time for me to tell you all my plans. But you are not an imaginative person. You would not believe me, anyway. You must wait and see how things happen."

I did not say anything; I watched my companion's mouth twitching, as he guided the horses. "Just think," he exclaimed, breaking at last into laughter, "only a few months ago I was a school-boy, and you were trying to make an Idealist out of me! And telling me that I could rise in the world only by my virtue! Wasn't it funny?"

Again I did not reply; he went on grimly: "I am rising not altogether badly, on the whole. By the way, there'll be some news in this afternoon's papers that I fancy may interest you. Have you seen it?"

"No," I said. "What is it?"

"Read it and see," he replied, smiling. "It's a long story, and there's no time now."

We were then just approaching the "palatial mansion;" as the horses drew up, attendants came out, and a crowd began gathering in an instant. Prince Hagen sprang from the wagon without appearing to notice the excitement.

"You must come in and see me some day," he said, pleasantly. "Perhaps you might like to see some of my playthings."

"I will come," I replied, as he turned to ascend the great stone steps. And then as he vanished, I hurried down the street, stared at by the crowd. From the first newsboy I met I bought a paper, and on the front page I read this:

**"PRINCE HAGEN ENGAGED!**

*Announcement of his Betrothal to Miss Golden Kidd.*

*Tremendous Excitement in Society!*

"An announcement was made this morning, which completely electrified so-

(To be Continued.)

cial circles in New York, that Prince Hagen, the now world-famous millionaire and society leader, was engaged to marry Miss Golden Kidd, daughter of the late Captain Kidd. This announcement was made by the Kidd family, but no details could be obtained from either of the parties concerned, except that the statement was positive and authentic. The news came as an entire surprise to every one in society. It is considered the most important of the social season, capping as it does the climax of the meteoric career of the dazzling Prince Hagen," etc., etc., etc.

And I thought that it capped the climax, too.

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It was about this time that noticeably panicky conditions which prevailed in the stock market were vaguely linked with the name of Prince Hagen. Mysterious rumors of a stupendous bull movements, which had been agitating Wall street for some time, were more generally accepted than at their first appearance.

The cause of the movement was the continuous buying of half a dozen firms, who seemed to be provided with inexhaustible resources, and who forced prices steadily up in spite of the most strenuous efforts of a strong bear party, whose offers were accepted in all cases without a moment's hesitation. These circumstances lent strength to the strange rumor which has been terrifying Wall street for several days, that Prince Hagen was about to begin operations with his tremendous resources; evidence for this, except the continuous purchasing of the broker firms, there was none, but the rumor gained currency more and more.

What would be the effect of the entrance into Wall street of Prince Hagen's untold wealth, at this hour it is not easy to tell; but one can easily understand the alarm which the report excited.

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We may say, with great truth, that the material glory, permanence, and power of any community consists in the physical vigor of the individual men and women who compose it; for physical perfection gives mental energy and mental health.—Dr. W. W. Hall.



The shelter tent at the two-hour rest period.



A group of the pupils enjoying fresh air and sunshine.

## An Outdoor School for Tuberculous Children

AN INSTITUTION GREATLY BENEFITING UNFORTUNATE CHILDREN—NATURAL METHODS OF PROMOTING HEALTH, INSTILLING HYGIENIC KNOWLEDGE, AND PRODUCING HEALTHFUL HABITS

By Harry G. Hedden

Here is a type of school that is needed everywhere. The poor little tuberculous children found in the ordinary school room grow up in illy-ventilated homes, and one might say they literally die off like flies in a trap. Not only will a school of this kind be of great benefit to the children themselves, but as a lesson to parents it will be of almost as much value. I am sure the description of the school will not only prove interesting to our readers, but will give hints to any school boards who might care to adopt a similar project.—Bernarr Macfadden.

**T**HERE are various methods of acquiring good health, useful education, or stable character. Even though the fundamental principles may be unchangeable, the application of these principles must be highly variable in order to meet the needs of widely different individuals. Conditions which may influence one person very favorably may have a most unwholesome effect upon another. Thus it happens that a system of schooling which is generally helpful to children having a certain temperament or possessing special advantages in home conditions, often becomes unquestionably and extremely harmful to children having some other temperament or lacking these home advantages. To be sure, there are some features of our present methods of education which are probably injurious to all the pupils: but there are

other features which doubtless benefit many and yet harm others.

Such a situation is especially prominent in the problem of providing suitable schooling for children infected with tuberculosis or whose health is impaired in some other manner. The branches taught in our public schools are of little or no value to a person who dies in youth or who does not have sufficient health to use the knowledge he has acquired. The solution of this problem demands not only the establishment of schools scientifically adapted to the individual needs of defective children, but also a radical and yet intelligent modification of our educational system in general such as to prevent the present evil effects of poor ventilation, over-study, lack of exercise, ignorance of the laws of health, and so forth. Constantly increasing realization

of the tremendous importance of giving greater consideration to promoting public health is helping to bring about many long-needed reforms in our educational methods. At the same time it is wonderfully augmenting our progress in educating both young and old along the lines of curing disease by natural methods of the treatment and prevention of disease through sensible habits of living.

The tuberculosis plague, which is yearly robbing thousands of homes of fathers, mothers, and children, is accomplishing some good both in arousing an earnest study of its own causes, cure, and prevention, and in awakening a greater appreciation of the value of health. Within the last few years, there has been a marvellous spreading of information concerning the terrible dangers of this disease, and also concerning the importance and simplicity of principles of prevention. Besides, there have grown up numerous and costly sanitariums for the exclusive treatment of the various forms of this destroyer of life, and in addition, educational institutions for the special treatment and training of children having tubercular infection.

Last summer, a very interesting school for tuberculous children was operated in the city of Chicago. It was an outdoor school. It proved very beneficial to the pupils, and also highly instructive to the teachers and to all others who have become acquainted with its principles and its results.

This school was made possible through the admirable co-operation of the Board of Education and the Chicago Tuberculosis Institute. For some time, Dr. Alfred Kohn had been endeavoring to induce the School Board to establish a similar school for children debilitated in various ways. Although the School Board approved of the suggestions which Dr. Kohn presented, inability to secure funds to provide for the proper feeding of the children made it necessary to give up opening such a school as originally planned. To gain financial support for needed and sensible institutions is extremely hard work. The people are being gradually educated, however, to appreciate the true economy of preventive methods of dealing with disease and crime.

Even prior to the announcement of the plans for this school—which the city most seriously needed but imagined it could not afford to maintain—the Tuberculosis Institute had been advocating an outdoor school for tuberculous children. Taking advantage of the interest aroused by the proposal of this other school, the people of this worthy organization offered to co-operate with the School Board for the maintenance of a suitable outdoor school during the summer months. The Board of Education furnished the building, grounds, equipment, and teaching staff, while the Institute provided for the selection of the children, the food supply, transportation, cook, nurse, and necessary medical service.

A regular school building, favorably located, was selected and equipped for the experiment—which was an experiment: but proved a most successful one. It demonstrated that our school buildings can be used for a far greater service than that of teaching the ordinary branches of our present system of education.

When equipped for this new enterprise, the building and grounds closely resembled a picnicking place. A large shelter tent was put up on the lawn and provided with chairs, and a range, cooking utensils, dishes, dining tables, and an ice box were installed in the basement of the building. The large assembly hall, piano, toilets, and shower baths were placed at the disposal of the pupils. Everything possible was done to make the place pleasant and healthful.

The thirty children chosen for pupils were afflicted with tuberculosis of the first stage, or with strongly tubercular tendencies. At the time of admission, two-thirds of the children had temperatures ranging from 99 to 100.2. All had very unfavorable surroundings at home, one being a member of a family of seven living in two rooms.

The pupils came from eighteen different homes, and represented thirteen different schools. None had been regular in school attendance during the year, however, and several had been kept at home for months at a time. Naturally, the majority ranked below the normal grade for children of their ages.





Noting temperatures and pulse beats.

In spite of the fact, however, that many were far below their proper school standing, they were given very little teaching of the regular kind. Some purely class work was done in the first half of the forenoon, and a few were given individual teaching: but nearly all the time was devoted to exercise, play, rest, gardening, and other work. The daily schedule made provision for washing hands and faces, brushing the teeth, singing, marching, various exercises especially valuable, and regular, careful bathing. "While it was called an 'Outdoor School'", says Mr. Frank E. Wing, Superintendent of the Institute, "the greater part of the daily program was devoted to what might be called vacation rather than school activities, with a generous allowance of rest and sleep."

One very important feature of the course was the diet, which was looked after very carefully. It was simple, wholesome, and well prepared, and contained liberal proportions of milk, eggs, and fruit. The children were not only furnished nourishing food, but were also taught to eat it in a healthful way.

A two-hour rest period served to prevent the children from overdoing in either work or play, and also helped to

give the diet the best opportunities to bring about favorable results. This regular practice of relaxation also greatly remedied nervous disorders noticeable among many of the children. Although at first many were very restless at this period, in a short time all grew to enjoy not only relaxation but also at least a little sleep.

The daily session began at 8:30 in the morning, half an hour before breakfast, and closed at 5:30, just after dinner. The day was not long enough for some, however, who were ambitious to come at seven o'clock or earlier, and who did come this early until the opening hour was definitely established.

One generous and especially interested member of the School Board provided a hospital scale, which was put into very practical service. Twice every week the children were weighed. A careful record of weights, along with temperatures and pulse, was kept for the purpose of determining the effects of the method employed. This weighing was very interesting to the children, who were anxious and enthusiastic about gaining an increase in weight.

Here is a brief summary or results, based upon accurate records kept by



At work in the school garden.



Breathing exercises on the front lawn.

those in charge of this experimental school, and concisely stated by Mr. Wing. "The total gain in weight for the thirty children was 113½ pounds, the range being from one to seven pounds. Twenty-two gained three pounds or more each, while the average gain was 3.8 pounds. As has already been stated, two-thirds of the children showed a temperature ranging from 99 to 100.2 on admission. On discharge only two showed a temperature above 99, while the rest were practically normal. The general condition of all was improved."

The attendance was remarkably regular, only once falling as low as eighteen; and on that occasion there was a very heavy storm lasting all day. There was no "playing hookey." Neither truant officers nor penalties for being absent or tardy were needed. The children were having a good time, and they were also learning many valuable things. They were not compelled to cram; but they were helped to gain such health as would make study a pleasure, and were taught to enjoy life.

At first, the children did not show very strong inclination toward activity of any kind: they did not have sufficient strength or ambition. They did not even care to play. There is something pathetic about the idea of having to teach children to play: but there are thousands of children in our cities who live under such abnormal conditions that their play instincts is crushed. In a few days, how-

ever, these particular children were enjoying various games and forms of exercise: and a few of them had become so normal as to be mischievous to a troublesome extent. At the close of the summer session, they seemed to be in a far different world from the one in which they lived at the beginning of the summer. These children had learned many of the blessings of cleanliness, fresh air, sunshine, wholesome food, proper eating, exercise, bathing, play, and healthful work. They had acquired hygienic and industrial habits, and had gained much useful knowledge. They had been living a physical culture life, and were enjoying health and happiness as a result.

Nor have the benefits of this unique but sensible experiment been confined to the thirty children who were given the privilege of attending this outdoor school. Practical follow-up work, systematically carried

into the homes of the children, made it possible to secure such intelligent co-operation of the parents as to prevent the undoing in the home at night of whatever gains the children might make at school during the day. Thus other members of these eighteen families received valuable, simple instructions concerning principles of right living. Such a system of teaching parents might be a very good thing in connection with our regular schools: for parents very frequently prevent their children from practically applying the principles of physiology and hygiene which they



One of the children benefited by this outdoor school. A careful record is kept of the weights when entering and leaving the school.

learn in the ordinary course at school. Moreover, the nurses and teachers in charge of these tuberculous pupils gained much valuable experience for their use in benefitting others. In addition, the successful results of this experiment serve as excellent help in educating the public, through literature and lectures regarding the simple but important laws of health.

Even still further, the facts concerning the condition of these children, their relation to the regular schools, and the effects upon them of the methods employed in this outdoor training, all tend

toward bringing about the establishment of many schools of a similar nature, the provision of far better methods of ventilation in school buildings, and the radical revision of our present system of education.

It is most gratifying to know that more and more attention is being given to the physical welfare in connection with intellectual training, and that many outdoor schools are being maintained in both the United States and foreign countries. Physical culture principles of living and learning are rapidly gaining worthy favor and intelligent support.

## A Prominent Educator Arraigns Prudery

### TO THE EDITOR:

In view of the reluctance, or blunt refusal, of boards of health and school boards in New York State, to take any initiative or any active part in the righteous campaign against prudery, that monster of evils, it is interesting and encouraging to note any new break in the ice of superstition which separates humanity from the well of purity and truth. Especially gratifying and encouraging is it to know a man, who is not only a successful medical practitioner, but a leader among educators of his profession in the State, who will come out boldly in his stand for social purity and demand proper education of our children in these matters.

Dr. John L. Heffron, Dean of the Medical College, of Syracuse University, made quite a crack in the "ice," when, before a large audience of clubwomen and citizens, he "talked on the necessity and moral value of the teaching of physiology and hygiene of sex in the public schools." To quote further from the account

published in a conservative college paper: "Dean Heffron said that this subject had so long been suppressed by false ideas of modesty that it would be difficult to speak freely and plainly upon it without running the risk of offending some sensitive persons."

Knowing that Dr. Heffron has much influence, and his opinion considerable weight, in the community, I would predict the realization of his hopes by the introduction of careful instruction in physiology and hygiene of sex into the schools of his city, and in the near future. Great will be its benefits to the cause of morality in the Empire State. But greater will be the power of the leaven in the lump, when the University of that city follows the example of the University of Wisconsin and establishes a compulsory course dealing with the all-important subject—as I believe it will, for it already has a course in hygiene, made compulsory to freshmen.

May the good work proceed.  
New York.

S. F. P.

## A Nineteen Year Old Giant

### TO THE EDITOR:

Your November number was fine, the article on hand balancing was fine also. Once you furnished a series of articles by Warren Travis. If an article by some one or other strong man were published from time to time, they would add much to the magazine. The article about the Saxon's and Max Unger's challenge were interesting. Many athletes read your publication and such things are not only interesting to athletes but also to general public. Articles

about the strength and powers of strong men do more for interesting young men than anything else, I first became interested in PHYSICAL CULTURE when I read an article about Sam Kramer in your magazine. Later I had the pleasure of meeting Kramer at the Cleveland Hippodrome, and as a result, although but nineteen years old, while lying on my back, I can support above my head with hands alone 250 pounds.

Hiram, Ohio.

O. R. COULTER.

# The Treatment of Diseases of Children

SIMPLE SUGGESTIONS FOR THE ALLEVIATION AND CURE OF  
THE VARIOUS COMPLAINTS THAT ARE FREQUENT IN YOUTH

By Bernarr Macfadden

**A**LTHOUGH drugs are baneful in their influence at all times, to the delicately constructed organism of a child, they are many times more dangerous.

*Drugs are dangerous at all times.* That sentence should be so emphatically impressed upon the mind of every intelligent person that it would ever be before him. Drugs are inimical to life and health. One might say that they are factors of disease, not factors of health. In other words, the poisonous elements that accumulate in the circulation when one is suffering from disease might be termed a species of medication, and it is just as reasonable to think that you could pour additional poison into a vessel of poisoned water and purify it as that the taking of additional poison into the system in the form of drugs will eliminate the poisons that are already depleting vitality and destroying health and life.

The thought should be ever kept in mind that when a disease of any kind attacks a child there is something wrong with the functional organism. The purifying organs have not been able to properly perform their offices. The blood is filled with effete or poisonous material of various kinds. Now when the child is attacked by symptoms that indicate disease, then the first query for you to make is "what is the source of complaint?" In other words, does the disease affect the stomach or intestines or any of the organs lying in the abdominal region? Does it affect the lungs, the throat or the heart? If you listen carefully and note that the heart is beating strong and regular and there seems to be no pain or pressure in that region you will probably be safe in stating that it has nothing to do with the heart. If pressure upon the chest does not cause pain, then you are fairly safe in concluding that there is no inflammation of the

lungs or of the pleural lining. Inflammation of the lungs and the bronchial tubes, however, will frequently result in difficulty in breathing, and there may also be severe coughing which in many instances assumes the form of bronchitis, whooping cough or croup. During a bad cold catarrh of the nasal passages will often be so severe as to prevent breathing through the nose.

Children's disorders very often exhibit symptoms of this character, and the foregoing hints will be valuable to assist in a diagnosis. But in nearly every instance defects of indigestion or assimilation or in the blood making processes are located in what we term the abdominal region. It is well also to remember that when the symptoms assume the form of croup, whooping cough, diphtheria, pneumonia, bronchitis, or any other complaint which affects only the organs of the upper part of the body, they have been brought about largely through the defects of the blood-making organs to which I have previously referred. In other words, the poisons or effete matter that find their way into the circulation and which are the direct cause of the symptoms in these various complaints that affect the throat or lungs, come largely from defective digestion or assimilation. Therefore, you must look first of all for means that will accelerate the activities of these important organs.

You can take it for granted in nearly all acute diseases of the lungs, bronchial tubes and larynx that constipation is present. There may be some exceptions, but this is the rule and the first thing to do under such circumstances is to remedy this particular defect. It should be made an invariable rule that the bowels should, first of all, be made to act properly, for it is from inactive bowels that the blood is poisoned, and

diseases of various kinds finally emanate. Now there are various ways of cleansing the bowels. Perhaps the quickest and most effective method is what is called the colon flushing treatment. In order to be effective sufficient water should be given in this treatment to very thoroughly flush the lower bowel, so that the colon will be cleansed throughout its entire length. This organ might be called the great sewer of the body. It is the outlet not only for the debris or various elements that are not absorbed by the body for nourishment, but also for a vast amount of poisons that are at all times being eliminated from the system. The truth of this statement can be proved very emphatically by the continued activity of the bowels for several days and in some cases several weeks after one has begun fasting. In other words, you may cease eating entirely and a considerable portion of fecal matter will be evacuated at regular intervals, thus proving absolutely that various poisons are being drawn to the alimentary canal and eliminated from the body through the outlet of the colon.

Of course, if the child cannot retain a large enough quantity of water to properly cleanse the colon, a small amount will be sufficient to give beneficial results. Often it is advisable to give one or two tablespoonsful of olive oil and if this is followed by drinking freely of hot water, the activity of the bowels, which is essential when acute disease is being treated, will usually result. In fact, it is well to remember that the entire cleansing of the colon does not necessarily remedy the sluggishness of the small intestines in all cases. Of course, it will open the outlet of the colon and make it easier for the contents to pass on into this organ but, at the same time, there might be sluggishness of the upper part of the alimentary canal that needs some radical stimulation and this could be furnished in a very satisfactory way by olive oil and the free use of hot water, though if there is much fever present, water of a low temperature can be recommended in some instances. As a rule, however, a larger quantity of hot water could be taken. I do not mean water so hot that it can

not be sipped, but rather of such a temperature that it can be comfortably swallowed. It should be more than luke-warm, because at this temperature it would be inclined to act as an emetic, which is not desirable under such circumstances. What is wanted at this time is to flush the alimentary canal with a large quantity of water so that it may wash out the foul and effete matter that is lingering therein and poisoning the entire body.

It will thus be made clear that when your child is attacked by an ailment of any kind, you should first cleanse the lower bowel with an injection of water, taking sufficient to thoroughly cleanse the colon. Then begin the free drinking of hot water of a temperature that can be drunk readily. Encourage the child to drink all of this hot water he can. If for any reason it is difficult to give the water enema then try, if possible, to give an oil enema. In fact, in some cases where there is serious pain of any kind in the region of the appendix or any part of the bowels, it is often a good plan to inject three or four ounces of oil before giving the water enema. You will then force the oil far up into the colon and give greater relief than would result if water alone were used. After the water has passed this oil will lubricate the parts and assist in additional movement of the bowels. Now if the pain seems to be located in the abdominal region, or if the cause of the symptoms is located in this part of the body, which is the case in nearly all children's complaints, wrap the body from the armpits to the hips in a towel dipped in hot water and then wrung. This wet towel should be as hot as the child can possibly bear it. The application of the hot towel will, in most cases, bring on almost immediate relief and the patient frequently goes to sleep. When this result ensues the child should be thoroughly wrapped in blankets or comfortables and allowed to remain in this wet pack until it awakens, after which the towel should be removed and the body rubbed dry with the palms of the hands. As a rule, the symptoms will have abated by this time and there will be no need of additional treatment. In case, however, they have not abated,

additional hot towels should be used. In fact, if the child does not promptly go to sleep and the pain continues, the towels should be changed, each time making them a little hotter, as this moist heat contains the stimulating properties which open the pores and draw a large amount of poison from the body, and at the same time greatly accelerate the circulation throughout the entire organism in the abdominal region.

Please note that under no circumstances should food of any kind, either solid or liquid, be given a child when it is suffering from symptoms of acute disease. Under such conditions food is poison, and it will simply add to the poisonous matter in the blood and prolong the disease. To be sure, after the symptoms abate and the child expresses a keen desire for food, in other words, when it is very hungry, then, of course, some food might be allowed, although it is far safer to confine the diet to acid fruits for a day or two, providing food of this kind is craved. Milk may be used where there is a strong desire for it. For a few days, if the dietetic regimen were confined to sweet and acid fruits combined with olive oil, giving milk as desired, the process of recovery would be safer and speedier in nearly all cases.

Should there be severe coughing of any kind, such as found in whooping cough, bronchitis, or should there be difficulty in breathing as in diphtheria, the hot towels should be placed around the neck, chest and throat, as well as around the abdominal region. In some cases, where the symptoms are very severe, hot and cold applications may be used advantageously. In other words, place a hot wet towel on the affected part and allow it to remain there for a few minutes and immediately thereafter place on a towel wet in cold water, allowing it to remain two or three minutes, then replace with a hot towel and continue changes in this manner until relief is secured. As a rule, however, the application of the hot towel will bring almost immediate relief, especially if accompanied with the drinking of hot water, to which I have previously referred.

In order to treat disease in accordance with the theories we are advocating it

will be necessary for you to eliminate from your mind first of all the idea that disease is other than a curative process. In other words, it is nothing more than a means used by the system to right a wrong. If, for instance, by over-eating or improper eating various poisons have been taken into the body, then you can well understand that the first duty under such circumstances is to assist the body in the process of elimination—throwing out these elements which are foreign to and poisonous to the system. The various symptoms that occur in the numerous complaints of children come for this purpose alone. They are eliminative. They are purifying. They become a means of cleansing the body of foul matter which, if allowed to remain, would probably cause death. You should remember, therefore, that the symptoms of these various complaints represent simply an effort on the part of the system to protect the life of the body. These diseases might be termed the last line of protection put forth by the body to protect life.

For instance, there are four great purifying sources located within the body; the lower bowel, the kidneys, the lungs and the skin. Impurities of various kinds, of course, are eliminated at all times from these organs. But let us suppose that the poisons accumulate so rapidly that these organs are unable to properly eliminate them, then there will be protest. There is often sluggishness in the functional processes of the various organs and ultimately there will appear the danger signals. This line of watchmen, this last line of defense, calls for help and help comes in the form of an acute disease. If this acute disease proceeds with the various symptoms that are essential under the circumstances, first of all you will lose your appetite, the stomach refuses to take food. The entire powers of the body are devoted to curing the system. There is no surplus energy at this time to digest food. At this time food is worse than needless—it is a poison. It is actually a crime to force it upon the body at this time. Any one who will tell you that at this time you must have food to keep up the strength of the body does not understand the first

principle of the cause or cure of disease. He is a veritable ignoramus in the healing art. No nourishment of any kind, not even milk, should be allowed to pass the lips when one is suffering from an acute disease. Thousands of poor little ones have passed over into the other world simply and solely because of this habit of feeding which the representatives of the healing art seem to consider so essential. (The reader is referred to my lecture on "Some Details of the Fasting Cure," published in this issue for additional information on this phase of the subject.)

As previously stated, one's first duty is to help the body in the process of renovation. Therefore, you must stimulate the activities of the bowels first of all; next, the kidneys, then we proceed to force greater activity of the pores of the skin and this, of course, to a certain extent, accelerates breathing and increases the activities of the lungs. When you bring these great changes to bear upon a body suffering with an acute disease those poison-eliminating organs that may previously have been exceedingly sluggish, now become extraordinarily active; the bowels that may previously have been carrying the poison into the blood begin now to absorb it and the process of recovery is at hand almost before you begin to realize it. In fact, under this system of treatment where the indisposition of a child is recognized early the disease is frequently not even able to develop. In other words, the very beginning of the treatment starts the process of recovery and instead of the disease developing as it was inclined originally to do, its development immediately ceases and—in some instances—in from two to four days all signs of the coming complaint will have disappeared and health will have fully returned.

According to ordinary medical treatment, diphtheria, measles and scarlet fever, frequently require weeks for their development and final cure. Under these methods the record of mortality is high. Thousands of little ones pass into the other world while going through the torturing experience of the ordinary drug treatment. Under the treatments I am recommending in these pages these

complaints will entirely disappear in from three to ten days, as a rule in from three to four days without the slightest possibility of death, that is, providing you begin this treatment early enough in the disease. Do not expect such quick results if you try the drug treatment for awhile and then turn to these methods, for under such circumstances you have, first of all, to eliminate the drugs before having an opportunity to act upon the organs themselves, and this process is sometimes slow. Remember, also, that children should not be put to bed, excepting during the times they are being treated. They should be encouraged to get up and walk around. They should not be confined to their room. They should be encouraged to go out of doors, no matter how cold or damp the air may be, even a short walk out of doors will be of benefit to them provided they are properly clothed.

Do not be afraid of the outside air. Oxygen is just as important to a child suffering from measles or scarlet fever as it is to one suffering from pneumonia or consumption. The more nearly your child can secure the outside atmosphere while being treated for an acute ailment the more quickly it will recover.

To be sure, the body should be kept warm and comfortable, but the windows can be kept wide open and enough cover be used to maintain warmth. If necessary, hot water bottles also may be applied to the body to keep it comfortably warm. In fact, in cases where cold wet cloths are called for it is often a good plan to place hot water bottles at the feet to insure warmth at all times.

It is not necessary for a child to go to bed when he is sick. It is a mistake to force a child to go to bed. He will recover more quickly if he walks around. The less you encourage a child in the idea of sickness the more to his advantage. Try to convince him that the symptoms are merely temporary and that he will be all right in a short time, providing he will assist you in the treatment that may be necessary in his particular case.

If a child goes to bed in a wet pack, such as I have described, and wakes up somewhat improved and desires to get

up and play around in the room or out of doors, so much the better. There is no danger of additional cold, there is no possibility of his acquiring pneumonia simply from breathing outside air. Pure air will accelerate functional activity, which means far more activity and strength for the body and effects a recovery much faster than if the child were compelled to remain in a reclining position. Of course, if his free instinct makes the reclining position preferable, if he does not want to rise or walk around then it is better for the child to remain in bed. In many instances, however, the desire of a child is to remain in bed because of the mental attitude produced by the idea that has been impressed upon him that he is seriously sick, but if he is encouraged to get out of bed and take a few steps he will be inclined to repeat the experiment.

If you will carefully review the advice and suggestions found in this article, you will discover that they are founded, first of all, upon scientific common sense, that they are built upon principles that come from absolute faith in the far seeing intelligence of the Omnipotent Power that created human life. In other words, the Intelligence that guides the affairs of this world is beneficent and is at all times working for our good, and disease

when it comes, has a definite purpose that is friendly, and our duty, under such circumstances, is to assist the body to bring about the results that are so emphatically needed when the symptoms of various diseases appear.

Do not be afraid of a limited abstinence from food. Do not be afraid of the outside air. Banish from your mind the delusion that one must go to bed every time one has a slight pain or a symptom that may possibly indicate a serious disease. Remember the necessity for maintaining proper activity of the bowels, and by all means remember that symptoms of disease are a warning that is distinct and definite, and if you will quickly and intelligently apply the remedies indicated by these symptoms you can depend upon a definite and permanent change for the better within a very short time. There is really no excuse for the advanced development of diseases of children if they are quickly taken in hand and treated in accordance with the suggestions made in this article.

In succeeding issues I will present detailed descriptions of the symptoms, causes and treatment of the various children's diseases, including diphtheria, measles, scarlet fever, whooping cough, croup, bowel and other complaints.

## The Danger of High Altitudes

### TO THE EDITOR:

Since it is not generally known even here in Colorado, and similar countries the peculiar effects of high altitude living, I feel it will be interesting as well as profitable to say a few words about the same. I acknowledge I am not as big as my subject.

It is noticeable in high altitude countries, that the air is dry, thin and light. Denver people are talking about establishing an airship experimental station here, and while it is a little off my subject, yet will say that the air is almost too light to carry a bird or turn a wind mill, much less to be navigable for a ship.

Life here is self-stimulating, caused by the high elevation, and woe be unto those who employ artificial stimulants, such as tea, coffee and alcoholic liquors.

People who live temperately, avoiding all stimulants, can stand a longer term of life in this high altitude than those who use stimulants. Five years is as long as the average can stand life so high above the sea with any degree of success and comfort.

While it is true there are people here that

have not been away for years, such people are usually walking around dead, with no life nor enthusiasm. Their convictions are not strong, they have no ambitions. In fact some of them need guardians.

Studying the country life here, one finds people well situated. Here near the mountain ranges everything seems favorable. The crystal waters from the brooks, the pure air off the snow capped peaks, and good fresh foods of the farmers, the outdoor life, sunshine and exercise, would seem to make this a life of perpetual youth. But not so. We find many of these people with nerves shattered, and victims of the evils of which I mentioned.

The tobacco user finds here his tobacco gets dry and strong. The dram drinker finds he cannot consume so much and the effects are far worse. The student finds an uplift and an inspiration, but a reaction soon.

I must say that Macfaddenism works well here, better than anything else I have witnessed, but the only complete cure is to reverse the process and go to a low altitude.

Denver, Colo.

HARRY A. SHIRES.



# Menus and Recipes for Three Days

## Cooked Foods

Readers will please note that all the foods embraced in these 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.

Stewed Dried Peaches  
Puffed Rice with Cream  
Egg Omelet  
Whole Wheat Bread Toast  
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#### Dinner.

Squash Soup  
Cherry and Nut Salad  
Escalloped Corn Baked Onions  
Whole Wheat Pop-overs Butter  
Peach Pudding  
Nuts Lemonade

### SECOND DAY.

#### Breakfast.

Raisins Oranges  
Cream of Lima Beans  
Corn Flakes with Cream  
Toast Cocoa

#### Dinner.

Apple Salad  
Spanish Beans Cream Cabbage  
Mashed Potatoes  
Brown Bread Date Jam  
Bread and Prune Pudding  
Grape Juice

### THIRD DAY.

#### Breakfast.

Grape Fruit Pulled Figs  
Flaked Rice with Cream  
Soft Cooked Eggs  
Toast Butter

#### Dinner.

Asparagus Soup  
Cabbage Salad Nut Loaf  
Creamed Cauliflower  
Candied Sweet Potatoes  
Brown Betty Roasted Almonds

## RECIPES

### Egg Omelet.

Beat the whites of four eggs to a froth; to the four yolks add one tablespoonful of cold milk or water, salt to taste, and beat until light.

Mix the beaten whites and yolks together with a spoon. Put a spoonful of butter in an omelet pan, let the butter get hot but not brown, then put the eggs in, and be sure to cover with a lid. Take the pan immediately off the fire and set it on the top of a hot stove. In four or five minutes, when sufficiently done, loosen the omelet around the edge of the pan with a palette knife, fold one-half of the omelet over the other half and serve hot on a warm dish.

To make omelets light and delicious, strictly fresh eggs must be used, and the skillet in which they are made should be used exclusively for that purpose.

In making savory omelets, the savory ingredients should always be beaten in with the yolks.

The savory ingredients may be grated cheese or raw apples; or finely chopped onions, one heaping teaspoonful to each egg; or the amount may be varied to suit.

### Squash Soup.

Three-fourths cup cooked squash; one quart milk; one slice onion; two tablespoonfuls butter; one teaspoonful salt; one-fourth teaspoonful celery salt.

Mix the dry ingredients with the squash, and the minced onion, then the milk and butter. Cook until it is all well blended, and serve.

#### *Cherry and Nut Salad.*

Drain the juice off of canned red or black cherries, mix the fruit with an equal quantity of nuts. Place on a lettuce leaf and pour over a salad dressing. Chill and serve.

#### *Escalloped Corn.*

Use canned corn for this. Put a layer of corn into a well-buttered bake dish. Then put a thick layer of cracker or bread crumbs, and salt to taste. Continue this until dish is full, ending with crumbs. Dot the top with butter, pour one cup of rich milk over the top and bake until a delicate brown in a moderate oven.

#### *Baked Onions.*

Peel the onions and cook in boiling salted water twenty minutes, drain, put in a baking dish, cover with fresh boiling water and bake one hour. Take up and pour over them a sauce made of the water they were baked in, which should be about one cup; if there is not enough to fill a cup, add milk, let boil and add the yolk of one egg beaten and the hot milk poured on it, then return to the fire until it thickens.

#### *Whole-Wheat Pop-Overs.*

One and one-half cups entire-wheat flour, one-half cup white flour, one tablespoonful sugar, one teaspoonful salt, one tablespoonful melted butter, three eggs, beaten separately. Beat batter well and bake in buttered stoneware cups for twenty minutes in hot oven, then reduce the heat and bake twenty minutes more. They will rise to three or four times their height.

#### *Peach Pudding.*

Fill a pudding dish with whole peeled peaches, and pour over them two cups water. Cover closely, and bake until peaches are tender, then drain off the juice from the peaches, and let it stand until cool. Add to the juice one pint sweet milk, four well-beaten eggs, a small cup flour with one teaspoonful baking powder mixed in it, one cup sugar, one tablespoonful melted butter and a little salt. Beat well three or four minutes, and pour over peaches in dish. Bake until a rich brown, and serve with cream.

#### *Asparagus Soup.*

Wash a bunch of asparagus and put it on to boil gently three-quarters of an hour. Take out and cut off the tips and set aside. Press the stalks through a colander, and add one pint of rich milk or cream, one pint of the water in which the asparagus boiled, salt to taste, and one tablespoonful butter rubbed smooth in two of flour. Stir until it boils; add the tips and serve with squares of toast.

#### *Cabbage Salad.*

Two large raw eggs well beaten, six tablespoonfuls of cream, one-half teaspoonful salt, six teaspoonfuls of vinegar and a small piece of butter. Put on the fire and cook, stirring constantly until quite thick. Have a half head of cabbage chopped fine, sprinkled with salt. Add to the dressing when cold, two tablespoonfuls of cream and pour over the cabbage.

#### *Creamed Cauliflower.*

Cauliflower should be placed head down in well salted water for a while to remove insects; trim off outside leaves and boil in salted water for thirty or forty minutes. Serve with butter or pour a cream sauce over it.

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### Editor's Note

Owing to the pressure of many important contributions previously announced for publication in this issue, we are obliged to omit the "Comment, Counsel and Criticism" department, and the matter usually published under the caption "Virtues of Our Methods

Proven." We are aware that many physical culturists look forward with interest to the publication of the letters from our readers appearing under these heads, and we will take precautions to insure against their failure to appear in future issues of PHYSICAL CULTURE.

# Menus and Recipes for Three Days

## Uncooked Foods

### FIRST DAY.

#### Breakfast.

Breakfast Fruit Hash  
Triscuit Butter  
Ripe Olives  
American Cheese Figs  
Lillied Tangerine Oranges  
Banana Eggnog

#### Dinner.

Rye Bread  
Butter Blanched Almond Butter  
Medley Cream Salad  
English Walnuts Bananas  
Ambrosia Date Coffee

### SECOND DAY.

#### Breakfast.

Cereal and Fruit Custard  
Shelled Pecans Raisins  
Apples  
Cheese Salad Fruit Contrast  
Fruit Juice

#### Dinner.

Wheat Flakes with Cheese Dressing  
Unfired Bread Creamery Butter  
Carrot and Nut Salad  
Filberts Sultanas  
Fruit Fluff Prune Tea

### THIRD DAY.

#### Breakfast.

Shredded Wheat with  
Banana Cream  
Almonds Oranges Dates  
Nut and Cereal Salad  
Pound Cake and Cream  
Cocoa

#### Dinner.

Graham Bread  
Butter Pecan Nut Butter  
Olive and Cabbage Salad  
Brazilian Nuts Malaga Grapes  
Fruit and Nut Salad with  
Banana Dressing  
Sumik

## RECIPES

### Breakfast Fruit Hash.

Prepare this in a large bowl just in time to serve. Cut three figs, ten dates and one apple into small pieces. Add one sliced banana, three large spoonfuls of nut-meats, one large spoonful of olive oil and the juice of two oranges. Mix thoroughly.

### Lillied Tangerine Oranges.

Select good, solid tangerines. Draw a line with the point of a fruit knife around the orange, so that you begin and end, nearly but not quite, at the stem pit. Now turn the orange around and repeat so that the second line crosses the first. Repeat twice more and it will now be found that if you draw away the skin at the point from where all the lines cross each other, it will resemble the petals of a water-lily. Be careful not to remove the skin from the lower part of

the orange. Now open at the top, very carefully, and separate the quarters for some distance down. The total effect of the orange thus treated, will be that of a water-lily. Serve on a large, flat glass dish with garnishing of whatever foliage is convenient.

### Medley Cream Salad.

Peel several tart eating apples, cut into eighths and slice crosswise. Have enough of the apples to fill a pint measure. Add to this one-half pint of minced cabbage, one large onion chopped very fine, and one-half pine of grated cheese. Mix thoroughly together. Then make a salad dressing by taking one pint of sour cream, whipped until it is quite stiff and add the juice of one lemon and two tablespoonfuls of honey or sugar. After stirring the dressing well, pour it over the salad mixture and stir again thor-

oughly. Serve on a lettuce leaf and garnish each portion with five ripe olives, nicely arranged on top.

*Ambrosia.*

Pare five oranges, removing all the tough, white skin, cut through twice and then slice thin. Next take a good sized cup of grated or shredded cocoanut and moisten with milk or cream. Fill a glass bowl with alternate layers of orange and cocoanut, finish with orange, then put on a thick layer of whipped cream. Sprinkle with ground nuts and decorate with candied cherries.

*Cereal and Fruit Custard.*

Take one cup of corn flakes, one-half cup rolled oat flakes, one-third cup grated cocoanut and one apple minced fine. Mix this well together and place in a cereal bowl. Just before serving make a custard sauce by beating the yolk and white of an egg separately; then pour together and add one-fourth cup cream, one-fourth cup of milk and enough honey or sugar to sweeten slightly.

*Cheese Salad.*

Use one pint of minced apples, one pint of cottage cheese and one half cup of raw peanuts. Mix well and serve with the mayonnaise dressing, on a garnished salad dish.

*Fruit Contrast.*

Take an equal quantity of figs, dates and raisins minced real fine and mixed well together. Spread a thick, smooth layer in a dessert dish. Then cut a banana into slices of about one-fourth inch in thickness and roll in shredded cocoanut until well covered. Daintly arrange these slices on top of the fruit mixture, by placing one in the center and three or more around the outside, according to size of dish used.

*Wheat Flakes with Cheese Dressing.*

Put about one-half cup of rolled wheat flakes in a cereal bowl and eight or ten pitted dates. Next take one-half cup of cottage cheese and mix well with equal portions of cream and milk, until of the desired consistency, then pour over the cereal and serve.

*Carrot and Nut Salad.*

Take one cup of grated carrots and one-half cup of ground nuts, any kind desired, but English walnuts seem to

make the best combination. Mix well together with a generous quantity of mayonnaise dressing and serve on a garnished salad dish.

*Shredded Wheat with Banana Cream.*

Crumble one shredded wheat biscuit in a cereal bowl. Then take two very ripe bananas and after mashing to a jelly with a fork, stir in one-fourth cup of cream and one-half cup of milk. Pour this mixture over the cereal and serve.

*Nut and Cereal Salad.*

Allow one cup of rolled oats, or wheat flakes, to soak about two hours in milk enough to cover them. Mix thoroughly with one-half cup of ground mixed nuts, one onion minced fine and one cup of chopped vegetables, any kind desired. Serve with mayonnaise dressing.

*Pound Cake with Cream.*

Take one-half pint seeded dates, one dozen figs, one-half pint English walnuts meats, or any favorite kind of nuts may be used, and one pint of rolled wheat flakes. Put the dates, figs and nuts through any ordinary vegetable or food chopper. Moisten the flakes slightly with milk or cream; then mix all the ingredients well together. Press the mixture in a square pan and allow it to stand several hours, in order to have the flavors mingle. Then cut into squares and serve with a generous quantity of whipped cream.

*Olive and Cabbage Salad.*

One-half cup of seeded, ripe olives, about one pint of chopped cabbage and one small onion. Mix well with the mayonnaise dressing, or use the simple French dressing.

*Fruit and Nut Salad with Banana Dressing.*

Slice two oranges and two apples into very small pieces, cut six figs and a dozen dates in small chunks, mix this all together and add one-half cup of raisins and one-half cup of nut meats minced rather fine. The addition of pineapple or any fruit desired makes it very fine. Next select three very ripe bananas and after mashing to a jelly, stir in an equal quantity of whipped cream. Serve a liberal amount of the fruit mixture and pour the banana dressing over it.