

PHYSICAL CULTURE

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

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CONTENTS

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	PAGE
EDITORIALS	
ORIGINAL CONTRIBUTIONS	
Women Contestants in the \$1,000 Prize Competition (<i>Frontispiece</i>).....	2
Natural Waist of Modern Actresses.....By <i>H. M. Watchet</i>	19
Press Muzzled by Patent Medicine Companies.....By <i>Bernarr Macfadden</i>	24
War Maneuvers in Italian Army.....By <i>W. G. Fitzgerald</i>	28
A Delicious New Year's Menu.....By <i>Marguerite Macfadden</i>	31
Habitual Drinker a Bad Risk.....	37
Weird and Wonderful Story of Another World (continued) ...By <i>T. Currio</i>	38
Light Exercises for Entire Body.....By <i>Bernarr Macfadden</i>	49
Physical Training for Baby.....By <i>Bernarr Macfadden</i>	56
Science of Boxing.....By <i>Bernarr Macfadden</i>	60
Athletic Training.....By <i>Harry Wellington</i>	61
Body-Bending Exercises for Boys and Girls.....By <i>Bernarr Macfadden</i>	63
Natural versus Artificial Decency.....	72
Some Stories About Prudes.....By <i>H. M. Watchet</i>	76
More About the Jacksonian Optical Institute.....	86
Shall We Use Salt? If So, Why?.....	92
The Skates of Gold (Fiction).....By <i>W. M. Hundley</i>	94
The Education of the Child.....By <i>Grover Vernon</i>	96
Arthur Duffey Answers H's Critics.....	107
DEPARTMENTS	
General Question Department.....By <i>Bernarr Macfadden</i>	17
Rounding Up the Quacks.....	33
Ideal Babyhood.....By <i>Marguerite Macfadden</i>	53
Women's Question Department.....By <i>Bernarr Macfadden</i>	58
Parliament of Thought.....	65
Anti-Vaccination Department.....	70
Timely Talks.....	79
Department of Food Nutrition.....	82
Prize Menu Competition.....	90
Athletic World.....By <i>E. R. Bushnell and Arthur Duffey</i>	98
LEADING ARTICLES FOR JANUARY	
Vitality and Muscle Building Exercises.....By <i>Bernarr Macfadden</i>	3
Amateur Athletics Exposed.....By <i>Arthur Duffey</i>	7
Comstock, King of the Prudes.....By <i>Bernarr Macfadden</i>	13

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BERNARR MACFADDEN, EDITOR-IN-CHIEF

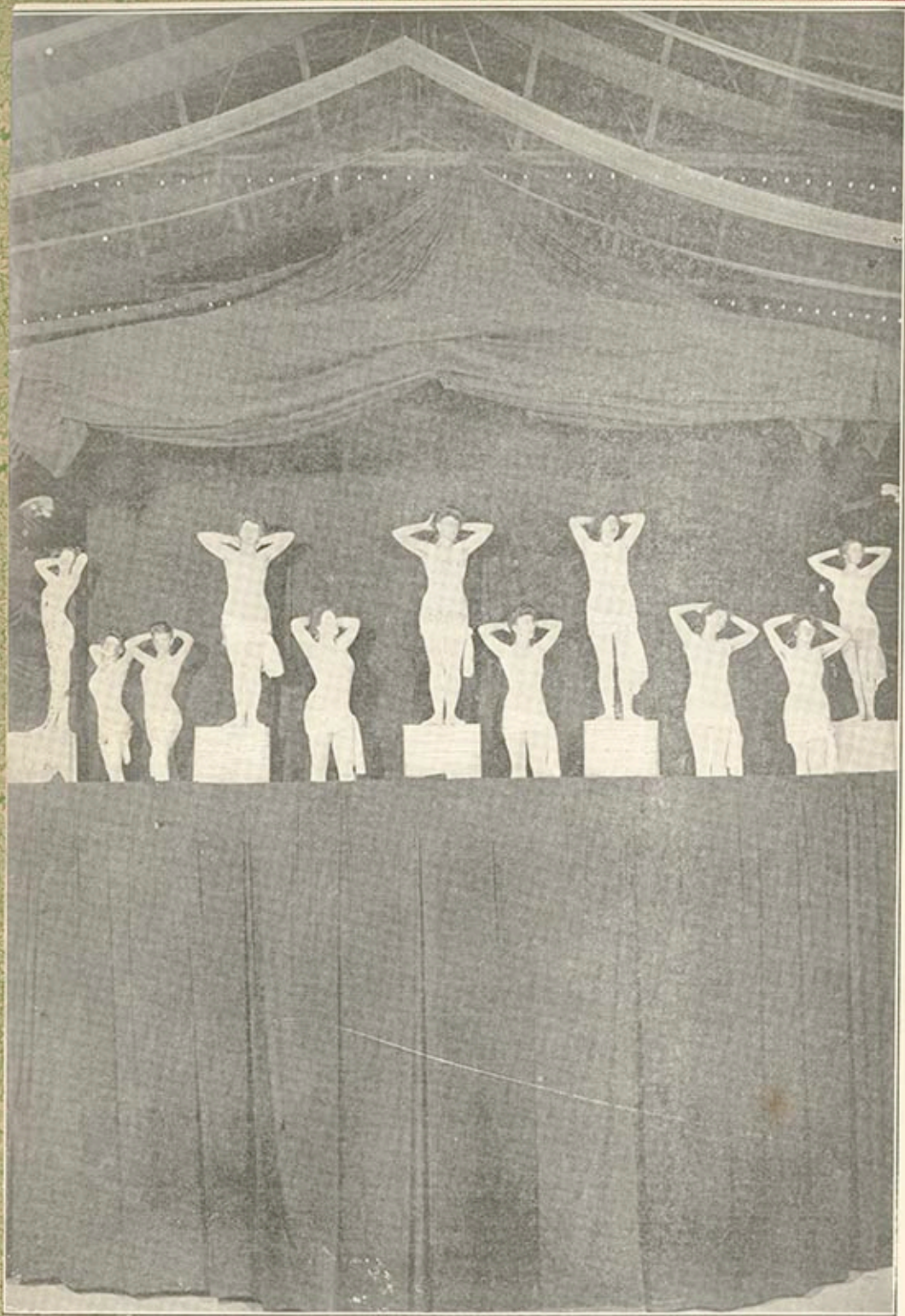
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ONE SECTION OF THE IMMENSE REVOLVING PEDESTAL AT THE PHYSICAL CULTURE EXHIBITION SHOWING SOME OF THE COMPETITORS IN THE \$1,000.00 PRIZE CONTEST TO SELECT THE MOST PERFECT WOMAN.

Vitality and Muscle Building Exercises

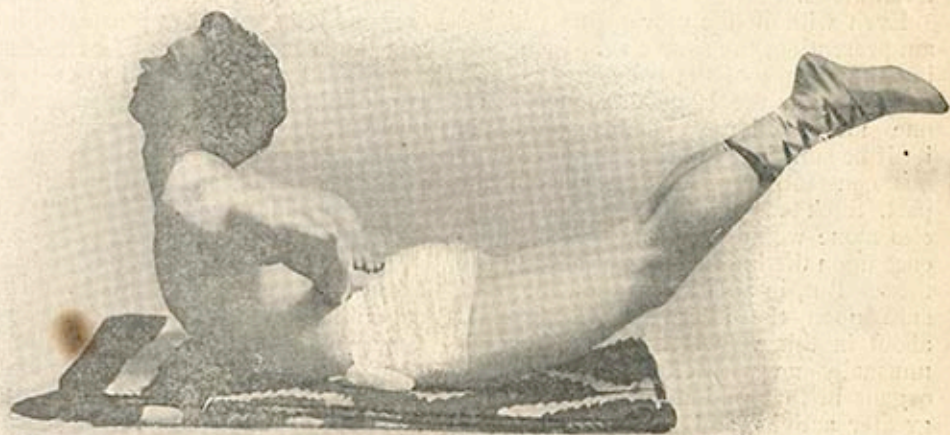
SOME ORIGINAL EXERCISES FOR STRENGTHENING THE INTERNAL ORGANS AND DEVELOPING THE EXTERNAL MUSCLES

By *Bernarr Macfadden*

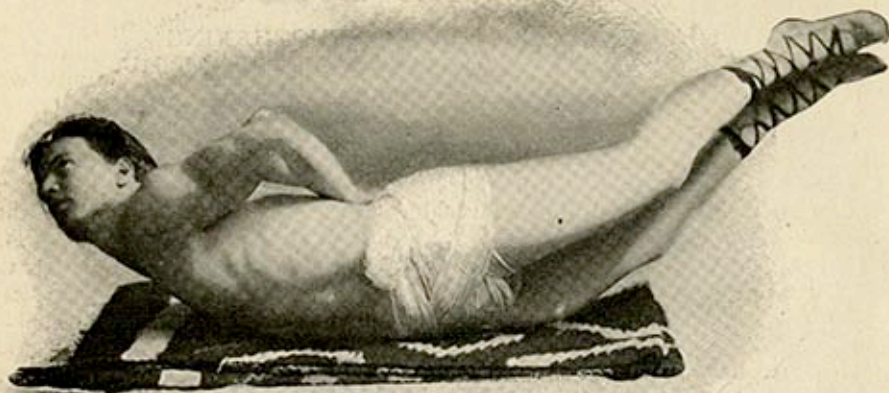
THE more I learn of physical culture the more I realize the importance of internal vital strength. External muscular power and beauty of body are, of course, of great importance. But the heart, the lungs and the various organs of assimilation are by far of greater consequence. Realizing this fully, my recent experiments have been devoted principally to those various methods of exercise which will affect for good, either directly or indirectly, the organs in question.

I have presented several systems heretofore which my readers will admit were unquestionably of great value for the development of increased vital vigor. I feel justified in saying, however, that the system that I am offering in the series of articles of which this is the first, will prove to be productive of far greater effect than any system that I have given to my readers in the past.

The various exercises in this series are to be taken in a reclining attitude; no apparatus is required outside of the furniture of the ordinary bedroom. The peculiar positions of the body, together with the various movements illustrated, bring into active use all the external muscles surrounding the great vital centers, and will not only develop and strengthen these muscles, but will directly affect the important vital organs themselves. Not only will these important functions of the body be affected through the different movements in these exercises, but, as any one can realize by glancing at the illustrations in this issue, the weight of the body resting as it does entirely upon the abdomen, the stomach, chest or side, there is a great pressure brought to bear directly upon the organs in these regions, thus accelerating their activities and affecting them much as massage would the arm or the leg. The venous blood is



EXERCISE No. 1.—Recline face downward upon the floor, placing a pillow, cushion, or, better yet, a rolled-up bed quilt underneath the stomach. Then, with hands behind the back, head and shoulders, feet and legs raised as high as possible, as shown in the illustration, roll forward and backward like a rocking-chair. At first this exercise might be attempted with nothing beneath the stomach. Later the size of the pad placed beneath the stomach might be gradually increased according to your own judgment. This is a very fine exercise for the muscles of the back in addition to the purpose for which it is primarily intended.



EXERCISE No. 2.—This is somewhat similar to Exercise No. 1. Recline directly face downward upon the stomach as in previous illustration. Now turn over partly on the right side, as shown in the illustration, and then roll far over to the left side. Raise both head and feet as high as possible, continuing to roll backward and forward until tired.

Variation of exercise when on stomach:—When you have raised feet and head apparently as high as possible, then endeavor to raise them a little higher. Relax and repeat the movement, continuing until tired.

forced to more rapid action, thus giving each organ an opportunity to supply itself with a vastly increased quantity of the life-giving and vitality-building arterial blood.

Even without the movements which I am presenting, the simple act of supporting the weight of the body in this way, resting upon the stomach alone, or on one side or on the abdomen, would in itself be sufficient to bring about a vigorous contraction of the muscles in the part. Such tensing of these external muscles alone would exert an indirect influence upon the internal organs adjacent to them. But, in addition to that, the pressure upon the internal parts brought about in this way is bound to have an unusually powerful effect upon the vital organs in that region, arousing them to greater activity and promoting a better circulation of the blood through them.

The value of massage is admitted by every one. For one unable to exercise, it can hardly be recommended too highly. In fact, it is really a substitute for exercise. It forces the venous blood out of the tissues and thus gives an opportunity for the new, rich blood from the

heart to reach every part affected in vastly increased quantities. It must be admitted, however, that massage does not build strength as does exercise, but the species of massage given to the internal organs by the exercises illustrated in this and the succeeding articles of this series could hardly be compared to that which is administered by the regular practicing masseur. Let the operator apply the most deep and powerful methods of massage at his command, and he still will be unable to produce such invigorating effects as will this system of exercise.

The average individual who has not taken up the study and practice of physical culture is actually "dopy" because of functional inactivity. He is dull and phlegmatic when not under the influence of some stimulant, and for the most part unable to comprehend the realities of life. Indeed, he is not wholly alive. He goes through his years on earth in a state of sluggish existence. The exhilarating influence of superb health, which makes every nerve pulsate with power, and which awakens activity and life and energy in every fibre of the body, has never been experienced by such individ-

uals. The average lifetime of humanity is not as much as one-half of what it should be. Men, women, boys, girls and infants die prematurely and at an alarming rate, from all manner of unnecessary diseases, while the vast majority of those who escape an early death drag out a miserable existence of physical weakness and senility.

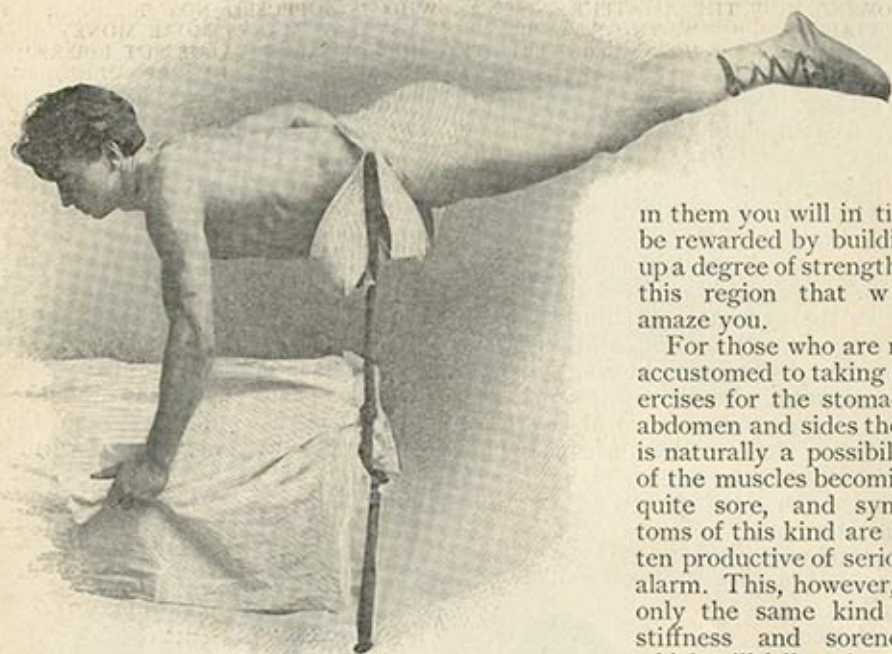
The principal object of this magazine is to emphasize the value of superb, exuberant health, and to show each reader how this may be simply and easily obtained. I want every one of my friends to give the system I am illustrating in this issue a very thorough trial. It is especially advantageous in case you are a sufferer from chronic troubles of any kind. Chronic diseases are always associated with vital weakness of some character. When you can strengthen these vital organs, bring them into a normal condition, force them to assume and perfectly perform all their various duties, then chronic diseases of every nature will soon disappear. These exercises will reach the seat of the trouble almost directly, no matter what it may be. They will stimulate greater activity of all those organs upon which depends the perfect performance of the vital functions.

They can be especially

recommended for the speedy relief of all kinds of stomach troubles. The pressure that will be brought to bear on the stomach under a condition of this kind will compel that activity which is essential to the perfect performance of its duties. Of course, I do not by any means advise that exercises as vigorous as we here illustrate should be taken immediately after a hearty meal. In fact, some hours should elapse after a hearty meal before taking exercises that so directly affect this important organ. Remember that no active exercises of any kind whatsoever should be taken on a full stomach. By taking these exercises when the stomach is empty, you so strengthen the organ and supply it with the necessary digestive fluids through the improved blood circulation that when it has



EXERCISE No. 3.—First Photo—Place a pillow or comforter over the foot of the bed and at one side. Now, facing it, lean against it so that the abdomen rests upon it, leaning just as far forward, and resting just as much weight upon the abdomen as you feel you can conveniently stand. Now stand erect again and repeat the movement. Or you can reach down with the left hand grasping the side of the bed as illustrated in the photo, and taking hold of the top of the foot of the bed with the right hand, thus supporting much of the weight of the body by the arms. You can then gradually relax the arms so as to bring as much of your weight upon the abdomen as you feel your strength will permit. Repeat the movement and continue until tired.



EXERCISE No. 4.—If you are already exceedingly strong, or as soon as you become stronger, this can be substituted for the preceding exercise. First take the position illustrated in Exercise No. 3. Now raise the feet and legs, with knees straight, as high as possible, as illustrated in the above photo. Lower them and raise again, continuing until tired. If this seems rather severe you might try to support the weight of the body upon the arms, though as you gain strength you should try to let the entire weight of the body rest upon the abdomen.

work to do it will be in a condition to perfectly perform its functions.

Doubtless many of those who are not already fairly vigorous will find it difficult to take these exercises as illustrated, at least at first. Under such circumstances great care should be taken to avoid a strain. Take the exercises in the manner illustrated as nearly as you can, and even if you do not approximate, or even approach, the correct positions, you will still be benefited. If the muscles of the abdominal region are weak, great care must be taken, for to perform these exercises exactly as illustrated requires very strong muscles in this part. It must be remembered, however, that these exercises will likewise strengthen weak abdominal muscles, and if you will persist

in them you will in time be rewarded by building up a degree of strength in this region that will amaze you.

For those who are not accustomed to taking exercises for the stomach, abdomen and sides there is naturally a possibility of the muscles becoming quite sore, and symptoms of this kind are often productive of serious alarm. This, however, is only the same kind of stiffness and soreness which will follow the vigorous exercise of any of the other muscles of the body not accustomed to severe exercise. Rubbing the affected muscles vigorously or a hot bath will usually have a beneficial effect, though it must be remembered that, if the aching muscles are very

sore, time, and time only, can bring a complete recovery. It is not necessary, however, to wait until the soreness entirely disappears before resuming exercise. By rubbing and massaging the affected muscles, mildly at first and gradually more vigorously, you will usually be able to take the soreness out to such an extent that your exercises can be taken without serious discomfort. Furthermore, if you then exercise actively and arouse a good circulation of the blood, you will probably be surprised to find at the end of your exercise that all traces of the stiffness and lameness have disappeared, although it is likely to come back a few hours later in a lesser degree, the soreness finally disappearing entirely in from two to five days.

AMATEUR ATHLETICS EXPOSED

SHOWING HOW THE AMATEUR ATHLETE WHO IS SUPPOSED NOT TO PROFIT FINAN-
CIALLY BY HIS WORK OR REPUTATION USUALLY MAKES MORE MONEY THAN
HIS PROFESSIONAL CONFRERE—TROPHIES OF SMALL VALUE BUT LIBERAL
EXPENSES—THE EVIL IS IN THE MAIN DUE TO THE PARADOXI-
CAL POSITION OF THE AMATEUR AS HE NOW IS—THE
QUESTION OF COLLEGE ATHLETICS—CLUBS VERSUS
UNIVERSITIES—A REMEDY TO BE SUGGESTED

By Arthur Duffey

(Continued *)

THE current general discussion and criticism on college athletics makes it appropriate for me to devote this article to the subject. Any one familiar with the question knows that for many years past it has strenuously exercised the mind's ingenuity, and, in some cases, the tempers of those whose business it is to regulate athletics with a due regard for college rules and regulations. Up to the present no solution of the problems involved has been obtained which shall at once satisfy the more conservative, please the sport-loving public and justify the attitude of those college officials who favor athletics, not merely for the sake of the physical good which they bring in their train, but for their moral and mental benefits also.

Like every other human institution, college athletics are never in a state of equilibrium. They are always advancing in one direction or retreating in the other. Just at present the tendency is, so many declare, to exploit them somewhat unduly, the result being that there exists in some quarters a reactionary movement, the promoters thereof believing that athletics should not occupy so prominent a place in college affairs as they have been doing. The probability is that the situation will in due season adjust itself. At all events, college athletics have come to stay, and that, too, if anything, in an even more advanced and general form, so I believe.

It goes without saying that all college-bred men desire very much to see their Alma Mater win in whatever branch of athletic sport its representatives may elect to follow. And not only does this desire permeate the very fibers of the being of

the undergraduate who is imbued with the college spirit, but we find the self-same feeling made manifest in the alumnus, who, remembering his college days, recalls also zealous loyalty to the champions of his university. It is this yearning to be victorious, to see one's college colors wave triumphantly over those of rival institutions, to win at any cost, that is the prime element in college athletics. That this feeling is most commendable, and that it breeds much of that manliness which distinguishes the athletic college youth is certain. But, on the other hand, there are cases when the "win at any cost" intention brings about situations that, to put it mildly, are not exactly praiseworthy. Yet, even in such cases, the enthusiasm of the competitors or of their followers may be blamed rather than their innate honesty questioned. Nevertheless, these more or less rare instances of unfair dealing are responsible for the criticisms to which college athletics are subjected by that portion of the public that always stands ready to declare that the educational aspects of college life are being sacrificed to the demands of the stadium.

Such individual acts, however, must not be confused with certain phases of college athletics to which some critics have applied the word "corrupt." Yet I believe that it will be found that those who do so use the term are not for the most part college men, and consequently not familiar with the requirements and methods of college life, especially that part of it that has to do with athletics. Nevertheless, and in view of the prominent place that athletics occupy in college life, the questions arising out of them can

* This series of articles began in the November issue.

neither be shelved nor ignored, but must be faced, and the problems involved answered. Hence criticism of all kinds should be welcomed. I venture to think that there will be a gradual adjustment of all the difficulties involved, by means of which adjustment the student distinguished for his athletic ability will cease to become the bone of contention that he now often is, and his place in the economy of the college, together with his actual athletic status, will be settled to the satisfaction of all parties.

Still it must be admitted that at the moment there is a basis for the outcry against the so-called "student professionals." There are some colleges in particular that have come in for what, as seems to me, is an undue share of criticism because of the presence on the college rolls of the names of this type of students. In one instance at least, the faculty has taken drastic action in regard to the question. I allude to Georgetown University, D. C., in which there has been a wholesale weeding out of athletes with results which, however "purifying" from an ethical standpoint, is to my belief disastrous from an athletic point of view. Apart from the wisdom or unwisdom of this step, it joins the issue up in a clear-cut fashion, which is that either there must be in the future a total elimination of the student of the sort named, or his admission to the college with a frank recognition of what he is and what he is expected to do—provided, of course, that he is able to make a reasonable showing in an educational sense. The courage, apart from the discretion, of the Georgetown faculty in this respect is worthy of all commendation, and that the effect of the action is sure to be far-reaching goes without saying. Coincidentally Yale has instituted a housecleaning of her own, although in her case the investigation is conducted in private, which is in direct contrast to the publicity given to the work of the Georgetown authorities. This is to be somewhat regretted because in matters of this kind publicity is demanded, inasmuch as the questions involved not only affect the good standing of one or any university, but is of supreme importance to all followers of and participants in amateur sports.

In this connection the utterances of

Mr. Sherrill, the famous ex-Yale champion, are somewhat significant. He is quoted as saying of the athlete who has made his reputation before entering college that he, the athlete, is usually "an undesirable addition to the athletic forces, and that colleges would soon find that it was no hardship to cut out all these men, or at least limit their participation as far as possible." Also that what is really desired by college men is equality of condition, and if one institution would be brave enough to become a pioneer the others could be easily induced to follow.

Presuming Mr. Sherrill is talking with a certain amount of authority, there is no getting away from the fact that Yale has received much more popular notice through the work of her athletes than she has from those of her students who stick to modern learning or ancient lore.

But has the public ever stopped to ask itself who, or what, are those parties or bodies that are primarily to blame for the conditions against which Georgetown has taken the stand in question. If any individual or individuals should bear the brunt of current criticism, it is not the athlete, the faculty or the accepted economy of colleges as they now exist, but rather the promoters of college athletics as they now are. The control of athletics in a college or university is either in the hands of a committee chosen from among the faculty, or of a student committee which usually has a faculty chairman. Everything pertaining to athletics of the institution is in the hands of this body, and the formula followed to the end of securing as "students" athletes of prominence is of no fixed method. Such an athlete may become known to the committee through a member of the alumni, or his performances may have been noted by one or a half dozen persons in touch with the committee, including, and especially, the coaches. After some preliminary work, there follows the wire-pulling necessary to transform the athlete into a full-fledged student, and it is here that the responsibility, so it seems to me, of the athletic committee comes into evidence. How often do we see a statement that such and such an amateur athlete of note, who has already made a reputation at his preparatory school, will at the completion of his studies at the latter enter

this or that university, and still later we are told that he has become a full-fledged freshman in yet another university. The inference is of an obvious nature. The wire-pulling on behalf of the first university was not as vigorous as it was in the case of the second university, and there you are. The facts emphasize the evil, as well as suggest a remedy for it.

It may be here remarked that a recent writer on the subject, who seems to be in possession of a lot of strong evidence regarding the transforming of star athletes into freshmen, as told, cites a number of individual cases that have come under his notice regarding college baseball and football stars. But he neglects to say anything about some of the star track men. Precisely why he has made this omission I cannot say, as my belief and knowledge are that some of the foremost track athletes are as open to his criticism as are those of whom he speaks so scathingly.

My belief is that the whole root of the college athletic evil is to be found in the wire-pulling in question, winked at as it is by the student element, and hoodwinked as are the faculties.

And now for a personal illustration of the foregoing. Let me tell of a case in point that came under my individual knowledge. A youth whom I knew quite well, and whom we will call X., while at a Western preparatory school, gave evidence of athletic ability of a high order. Before he left school he was the subject of some contention on the part of amateur athletic promoters, and at the same time certain individuals who were interested in college athletics had their eyes upon him. On finishing his Prep. course he began to take part in many athletic events and simultaneously discovered that there were "expenses" allowed him for so doing. Now, while exception may be taken to the conduct of amateur athletics in the East, yet in the West the whole administration of such athletics is honeycombed with methods by which the star performer is made a professional in spite of himself, so to speak. So, even in the earlier stages of his star career, the young man in question experienced the thrill of vanity which comes from one "amateur" promoter bidding against another for his services in the form of so-

called "expenses." But that is by the way. Subsequently inducements were made to him to come East. Still a lad, so to speak, the question of a three days' trip from home was a serious one, but finally he decided to try his luck on the shores of the Atlantic. One of the events in which he then entered and won was of such a star nature as to bring him into deserved prominence. Almost immediately he was approached by the representatives of three or four of the foremost universities in the country, who began to set forth to him the advantages of their respective institutions, educational and—otherwise.

The youngster was as clever with his brains as he was with his muscles, and he quickly realized that as the universities were looking after their own ends, it was his duty to look after his, and the result was that the institution which offered him the biggest inducements, educational—and otherwise—had the honor of enrolling him amongst its students. Whether under normal conditions he could have passed the examinations is, of course, a question upon which I will not venture to speak, although I may have my opinion relative thereto. Anyhow, a student he became, and until recently a student he was, and, although I have never heard of him as a luminary of the lecture-room, yet I do know that he proved to be a mighty good advertisement for his more or less beloved Alma Mater.

I simply allude to him as an illustration of the usual methods in such cases. Also does he represent one of the most difficult propositions with which the faculties of colleges were ever called upon to solve, as current events prove. Yet those who are just now protesting most virtuously against the student athletes as we find them, and who rage most virulently against the amateur who, notwithstanding that he can attract big gate money, fails to shudder at the sight or sounds of "expenses," seem to overlook the fact that their own athletic clubs offer inducements for stars to become members in precisely the same spirit and in very much the same manner as do the universities. For instance, the officials of the A. A. U. declare that an athlete who accepts a scholarship free at a university impairs, if not forfeits, his amateur

standing by so doing. Yet, at the same time, clubs affiliated with the A. A. U. will either present a membership free to a star or else they will permit him to become a member in return for a fee, which in many cases amounts to practically nothing in a financial way. The inducements in both cases are precisely similar, but the attitude assumed by the A. A. U. in regard to the clubs versus the colleges is diametrically different. Just how the clubs in question can reconcile their amateur professions to their actual acts is hard to say, but the fact remains as stated. By a strict interpretation of the A. A. U. laws, the amateur accepting a club membership in the way indicated, is unquestionably a professional from an ethical standpoint, although conforming to the paradoxical rules of the organization. This only goes to show that one question involves the other, and if the A. A. U. and its allied clubs are really in earnest about the matter, they should begin with a little house-cleaning instead of interesting themselves in the domestic athletic affairs of their neighbors, the colleges and the universities.

A striking case in point is that of the N. Y. A. C., in which an amateur athlete of repute can become a member for an annual fee of \$10, whereas an outsider would have to pay about ten times that amount in order to enjoy membership privileges. If this is not "payment to an amateur" in fact as well as in spirit, I should like to know what is. If, therefore, the A. A. U. chooses to push its principles to an extremity, what a thinning of the athletic ranks of the N. Y. A. C. there will be.

In the case of many of the minor clubs that are affiliated with the A. A. U. stars are made members without any fee whatever, and here again the A. A. U. takes no cognizance of this state of affairs.

Up to a certain stage in my athletic career I had never become a member of a club, although when the question arose of my competing in the American championship, I found that it was necessary to be a clubman in order to take part in the events. It was then that I joined the East Boston Athletic Association. Previous to that, however, a famous athletic club of New York was desirous that I

should compete under its colors in championships, believing that I was a possible winner in some of the events. As an inducement the club was prepared to offer me a membership, but it was found that owing to one of the A. A. U. rules a New England man could not compete under the colors of a club in the Metropolitan Association, and so the matter was dropped.

It seems to me, therefore, that the A. A. U., or at least the clubs which are allied with it, takes no exception to financial subsidies, but objects to educational subsidies. I confess that I cannot see the reason for the distinction. The truth of the matter is that the current false position in which the amateur athlete is placed to himself and the public is due to a lack of—well, let us say—courage, on the part of those who are responsible for it. It is an unrecognized law that the star amateur is worthy of payment in some form or other.

Furthermore, such payment does take place, but, as matters stand, in a manner that ethically is illegitimate, which gives point to my contention, as already advanced, that the sooner we change this condition of affairs and let the star college amateur who by his efforts increases the public interest in athletics, who furthers the popularity of his Alma Mater and who, at the same time, is a factor in the question of gate money, is worthy of compensation in some form or the other.

Some of the principles underlying the gladiatorial establishments of old are still in existence. The gladiators were bred, kept and trained, first, because they ministered to the debased athletic instincts of the old Romans, and, again, because they could draw big crowds to the bloody shows of which they were the features. Nowadays there is no gore shed, and instead of the howling mobs of blood-thirsty ancients, we have well-dressed flocks of the representatives of New York society attending ladies' days at the summer quarters of our leading athletic clubs. As in the case of the Coliseum, there is practically no gate money in evidence at these fashionable affairs, but nevertheless, the witnessing of athletic events, particularly those that take place by the sea, is conducive to hunger and thirst, and the club restaurant benefits

thereby. It also follows that the *raison d'être* of the popularity of these gatherings is the star athletes that take part in them. In other words, no athletes, no crowds, no thronged restaurants. In this sense, at least, the parallel between the gladiators and the amateur athletes of the clubs is evident. It is also evident that the finances of the club are directly benefited by these gatherings in the way that I have indicated, the point being that, after all is said and done, there is money in amateur athletics, although theoretically there is no money at all in them. But, of course, I will not go as far as to say that these seaside reunions are due exclusively to the itching palms of the officials of the "amateur" organizations.

The way to reform is to reform. No half-way measures will be of use in bringing about those changes that are so much needed and so much desired in amateur athletics. There must be no beating around the bush, no dodging the issue. As I have already remarked, the status of the amateur and the professional must be sharply defined, but in such a manner that both shall feel that justice has been done them. "The old order changeth, giving place to new," so the poet says. The athletic conditions, or rules, which were good enough a few years ago, are, in view of changed methods, worse than useless to-day. The times are ripe for a radical revolution, and those who seek to tinker up existing methods are only hindering the reform

that is bound to come sooner or later. Those will not be thanked who seek to put a drag on the wheels of progress, while those who are now most abused for their honesty will in the future be thanked for their courage in calling attention to the evils in question. As a prominent sporting writer has remarked in a recent publication: "The cry for relaxation of the amateur conditions has again been raised. It is pointed out with strict accuracy that the amateur athletic organizations are the only bodies who hold to the original conception and definition of 'amateurism,' despite the fact that the whole system of amateur sport has been more or less changed. Is the law of amateurism and all that it implies to remain forever as it is? Nobody, and least of all an athletic body, can remain stationary. It must change with the changing times. Progress is but the essence of everything—social, political and religious. Why not, therefore, progress in relation to athletics? Athletics is a huge system of finance, though some still allegedly refuse to believe this, and where monetary considerations are supreme, as they are in athletics, it is folly, and worse than folly, to think that the ideals of years ago can be maintained in these progressive days. My contention, in a word, is that the time is come when the amateur athletic associations must frame their rules in accordance with the exigencies of everyday and social life."

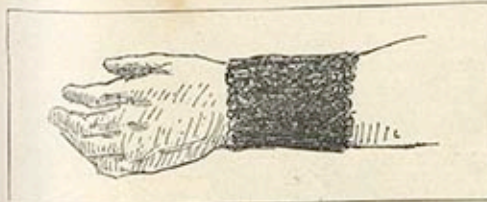
Which are my sentiments to a T.

[TO BE CONTINUED.]

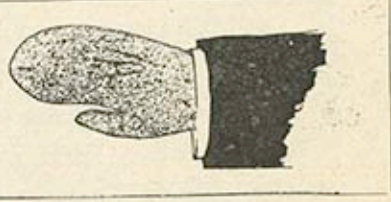
TO KEEP THE HANDS WARM

It may really be more important to protect the wrist in very cold weather than the hand itself, because of the arteries being so near

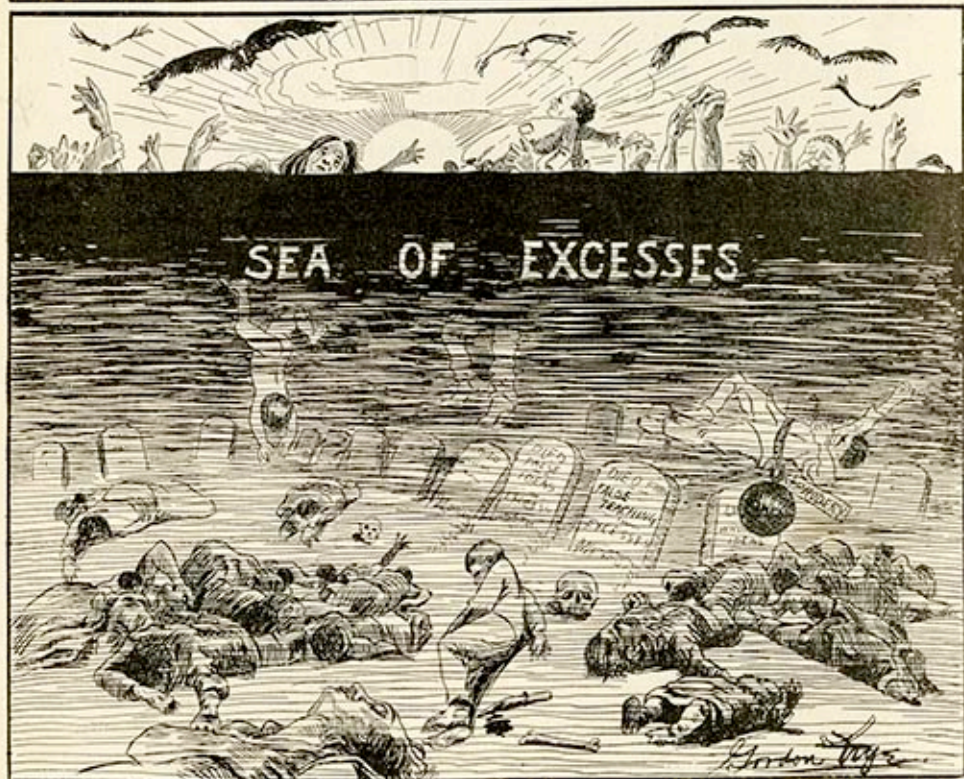
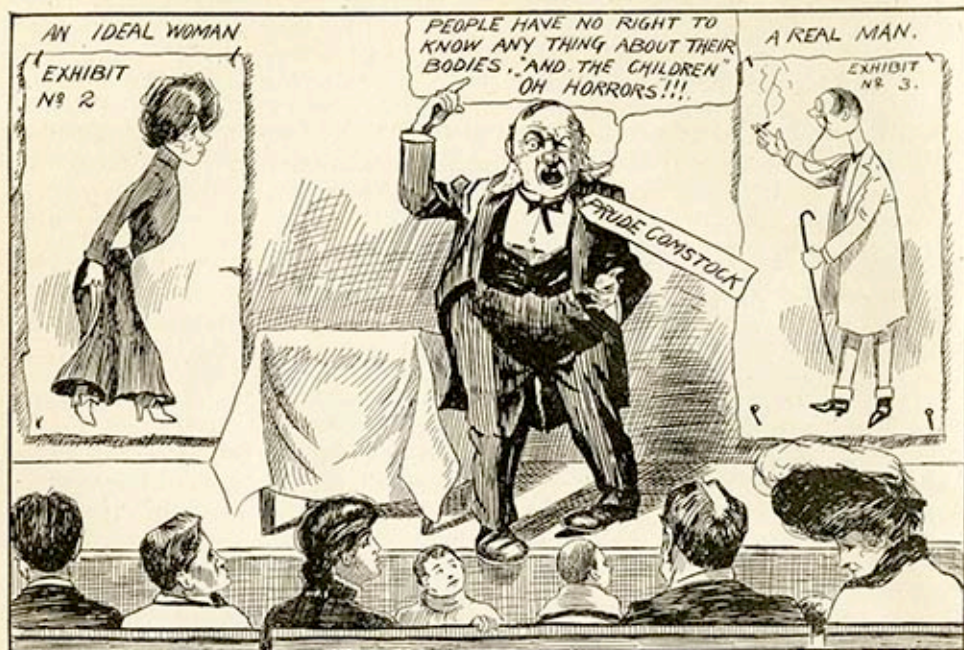
woolen cuff, and you will be surprised to learn how it adds to your comfort in severe weather. Gloves are about as good as nothing for



the surface in this part. At all events, it is equally important, if the hands are to be kept comfortable. For this reason the knitted woolen wristlet, illustrated here, is highly recommended. It is simply a tight-fitting, knitted



keeping the hands warm, since each finger is so isolated that it is easily chilled in very cold weather. For really keeping the fingers and hands warm, the old-fashioned mitten, which is also illustrated here, is recommended.



THE COMSTOCK POLICY AND ITS RESULTS

The distorted, morbid, shameful misconception of the human body which Comstock holds is responsible for more of the miseries, tragedies, and race degeneracy of our times than any other cause.

COMSTOCK, KING OF THE PRUDES

By BERNARR MACFADDEN

(Continued)

THE New York Society for the Suppression of Vice, of which Anthony Comstock is the secretary and chief agent, began a most commendable work many years ago. The general objects of the Society are of a laudable character from every standpoint. I find that Anthony Comstock published a book in 1880, entitled, "Frauds Exposed." This book shows that the Society, through his efforts, had accomplished much good. For all that, its author shows his usual frantic enmity toward all literature which talks plainly of the human body, and attacks every individual who disseminates literature or pictures which he pleases to characterize as obscene, regardless of the motives that might prompt the publishers of the same.

I do not by any means condemn the work of Mr. Comstock or his Society in the suppression of obscene literature or pictures, provided that the publisher or dealer of such expects to profit by catering to prurient minds. On examining the books to which I refer, I find that Mr. Comstock, previous to the year 1880, was very active in the suppression of frauds of all kinds. Looking over the contents I note that much attention was given by his Society to bogus bankers and brokers, to various advertisers whose object it was to rob the public, to lotteries and jewelry swindlers, and to various other humbugs and knaves. He also gives considerable attention to quack doctors. He condemns in the most scathing terms the heartlessness of these medical charlatans.

I would like to ask Mr. Comstock why he quitted the broad field of work to which he originally gave his time and labor. Why are his efforts now almost entirely confined to the suppression of so-called "obscene" pictures and literature? Does it not indicate that his mind has dwelt on this phase of his work so long, that now, everything in the form of literature or pictures which suggests the shape or certain of the functions of the human body is considered lewd, lascivious, or obscene by him? If Mr. Comstock should read the Bible in the frame of mind that he peruses other literature and views many pictures, his imagination would revel in all the mental vileness that the human mind can possibly conceive.

Why, Mr. Comstock, if you are really endeavoring to protect the boys and young men, do you not continue to give your attention to the quack doctors? They do the boys and young men a thousand times more harm than the worst pictures or written sentences have ever done, or ever can do. The advertisements of these quacks fill columns on columns of nearly every daily newspaper, they greet your eye every time you spend a cent to read the news of the day. Why, Mr. Comstock, do you neglect this mighty evil? Why do you allow these monstrous frauds to go by unnoticed and unchecked?

Thousands, yes, millions of boys and young men acquire, often unknowingly, vile debilitating habits because of the policy of mystery and secrecy that you so emphatically advocate. The penalty for their sins they pay in full with physical and mental agony. Then, naturally, the poor victims look for advice. They turn to quack "physicians." They are ashamed to go to their family doctor. The glaring sensational advertisements of these quacks immediately appeal to them. They read their so-called "guarantees to cure" and hypocritical promises, and are induced to believe that a remedy is within their reach. They fall into the hands of these medical pirates, be-

cause of the ignorance made possible only through the prudery that you are so ardently advocating.

You, Mr. Comstock, in all your career, have vehemently advocated the policy of mystery in all matters appertaining to sex. If you are a conscientious man, even if you believe in the righteousness of such a ruinous policy, you must, at least, realize the necessity for protecting the boys and young men from these monstrous scoundrels, the quacks.

WHY DON'T YOU BEGIN THIS WORK? Why don't you join hands with "Collier's Weekly," "The Ladies' Home Journal," with "PHYSICAL CULTURE" and other publications who are attempting to expose these scoundrels?

I believe that the objects of the New York Society for the Suppression of Vice are of such a nature, that they would heartily commend your every effort in the work of annihilating these medical charlatans.

I would like to make you realize, Mr. Comstock, the higher characteristics of the human body. Your view of the human body is more sacrilegious than is that of the most hardened infidel. The most beautiful painting suggests nothing to you but that which is lewd, vulgar and obscene. Beauty in the form, in the features, and in the outline is lost upon you. Your mind is so impregnated with the obscene, vile and the vulgar, that no other conception, save such, can possibly be aroused in it even when you read the works of the most brilliant intellects or contemplate the divinest products of the sculptor's chisel or the artist's brush and palette.

Anthony Comstock, the self-constituted Keeper of Public Morals, seeks to deny to the community afflicted with him, the right of free choice in questions of art and literature. That Mr. Comstock has neither a critical knowledge of the one nor a comprehensive acquaintance with the other, does not matter in the slightest. That his professional prudery often brings him into direct and disastrous conflict with the opinions of experts when the status of "obscene" pictures or books is concerned, is of no account whatever.

But even Comstock, king of the prudes, with all his beetle blindness of moral vision will hardly deny to his subjects the right of free speech. His attitude in this respect is, however, probably a matter of necessity rather than choice. If he had his way, it is easy to conceive of every man having a modified phonograph attached to his mouth, the records thereof being submitted to his majesty, to be passed upon, and if not in accord with Comstockian standards, due punishment to be meted out to the offenders.

Free speech being still in order then, not because of Comstock, but in spite of him, the editor of this magazine proposes to make a legitimate use of the fact by challenging Mr. Comstock to a joint debate, the subject to be discussed being "Ignorance of the Form and Functions of the Body is the World's Greatest Curse;" I to take the affirmative and Mr. Comstock the negative.

With all his faults, I believe Anthony Comstock to be a man of courage, although I pity him on the score of his convictions. He now has an opportunity of uniting courage and conviction by meeting me as I propose. The debate shall take place whenever and wherever he sees fit, and shall be conducted on the basis of "fair play and no favor."

Is the Secretary of the New York Society for the Suppression of Vice willing to meet me in verbal conflict? If not, why not?

(To Be Continued)

MISCELLANEOUS PARAGRAPHS

FROM EVERYWHERE

Rum and Religion Won't Mix

Bishop Potter's Subway Tavern, which caused such an intense stir among Prohibitionists about a year ago, is closed. The place had the distinction of being the only rum hole that was ever consecrated by the approval of a high and distinguished ecclesiastic. Bishop Potter opened the place with good intentions. His idea, like that of the allopaths, was similia, similibus, or fighting whiskey with whiskey. A still stronger illustration would be to say that the Bishop thought of fighting fire with fire. Fighting fire with water is, after all, the safest way, and fighting whiskey with the same element is the best method for those who would advance the temperance cause.

The rum shop was afterward signed over to a typical saloon proprietor. As soon as he gained possession of the place he posted the following notice:

"The man with the biggest thirst is my best patron.

"Rum and religion won't mix, no more than oil and water.

"You cannot follow the Lord and chase the devil at the same time.

"A saloon is a place for drink, not worship.

"Religion follows rum; it does not go with it, hand-in-hand. A man thinks of religion the morning after.

"You cannot boom drink and temperance, too. Running a saloon by telling people of the deadly effects of rum is like telling a man to please buy poison because the undertaker needs the money.

"The best patron of a saloon is the man with the biggest thirst, not the man with the most religion. That's why Bishop Potter can't dedicate my place.

"They sang the doxology when they opened the place. We'll sing, 'Here's to good old wine.'"

Is this a Case of Percussion Treatment?

Surgeons at the County Hospital, New York City, are puzzling over the recovery of Samuel Hall, an insanity patient there, who treated himself by batting his head against the wall Friday night. Since this heroic treatment, which was taken by Hall with suicidal intent, the man has been rapidly improving and is now on the high road to permanent recovery.

This is an interesting case, and we would be pleased to hear the opinions of physicians and of other readers of our magazine whether or not the head-battering treatment to which this

insane patient subjected himself had any plausible connection with his cure.

Drinks Liquozone and Dies

According to a news dispatch, Thomas N. Tharp, a resident of Aleppo township, Greene County, died last evening from the effects of drinking a bottle of liquozone. He was aged thirty-five, and leaves a widow and four children. He was a member of the Independent Order of Odd Fellows' Lodge at Aleppo, Pa.

Sound Physical Culture Advice to Young Men

In a daily paper, recently, Rev. John L. Scudder, pastor of the First Congregational Church and of the People's Palace, Jersey City, gave ten maxims suitable for young men, which follow:

1. Oblige all candidates for matrimony to undergo physical as well as moral examinations.

2. After a healthy child has been brought into the world, keep it healthy by developing its body.

3. When the child is a boy he should be taught how to box and wrestle.

4. When the child is a girl, she should be taught all the out-of-door exercises.

5. Swimming is one of the best of exercises, and it is a crime to keep children of both sexes from learning how to swim.

6. Out-of-door exercise is the healthier. But in our large cities much of it must be taken indoors.

7. I see no reason why Christian people should not dance if they dance in proper places, with proper company, at proper times, in a proper manner.

8. All kinds of indoor games are good for both sexes. They train both the mind and the eye in numerous ways.

9. Amateur theatricals are good for the young people.

10. It is the duty of every parent to see to it that the child receives a bodily development commensurate with his mental capacity. If the parent does not do so he is doing an injustice to the child for which God will call him to account.

Canadian Customs Officials Object to "Marriage a Life-Long Honeymoon" Books

"A consignment of some few dozen copies of 'Marriage a Life-Long Honeymoon' arrived at the Customs quite recently," says a Can-

dian news report, "and as soon as they were looked over were confiscated.

"The work is by Bernarr Macfadden, the well-known exponent of physical culture, and it comes from New York. The copies now confiscated by the Customs people were intended to be sold in Toronto by a local dealer.

"I believe in calling a spade a spade and not an agricultural implement," is one of Macfadden's sayings, and that's just the reason why the Canadian authorities jump on him and his works so hard. They class his productions with indecent and immoral publications, and under the provisions of the Tariff Act the officials are empowered to seize and destroy any literary importations to be included in this class."

Prudery is evidently not confined to the United States.

How New Yorkers Are Committing Suicide

They court nerve-racking contact with crowds, when needing quiet and repose, says a writer in touching upon the above subject in one of the great metropolitan newspapers.

They use the swiftest, the most nerve-straining mode of travel, when there is no pressing call for haste.

They begin the day wrong with an insufficient and hastily eaten breakfast, requiring an addition of stimulants during the morning to carry on the work of the forenoon.

They "ease their nerves"—and weaken their hearts—by smoking many cigars in the rush of business.

They eat too heavy, or too hasty, luncheon, and allow no time from the rush of work for its digestion.

They drink black coffee and smoke strong cigars after the evening meal, forcing continued mental excitement, after a day of exhaustive brain work, and spoiling the night's sleep.

They take late night dinners, after the theatre or at the club, with mixed drinks, and the few hours of sleep that follow before the next day's rush is stupor, not rest.

To gain a few unneeded minutes they travel by the Subway in the crowded rush hours, breathing the vitiated air, away from the sunlight.

They live at a rate—with automobiles, express elevators, express trains and rush hours of travel and of office work—that keeps them under constant heart strain and nervous tension.

They do not heed the rule, eight hours for work, eight hours for recreation, and eight hours for sleep.

They sacrifice pure air and sunlight to pretentiousness in their home apartments, and sleep in rooms improperly ventilated. Builders of apartment houses declare New Yorkers will not pay for air and sunlight, hence the darkened bedroom with the "air shaft."

They contribute to the nervous derangement incident to the hurried life by eye strain in habitually reading in subway and elevated trains.

With expanding business interests they work harder after they are forty-five years old than before, though the period in life has arrived that demands a lessening of the pace.

With diminishing activity from advancing years they resort to artificial stimulants to enable them to keep up with the procession.

Worry, the red flag warning signal of a fatal wreck of body and mind, is unheeded amid the confusion of the frantic struggle for "success."

The workingman makes Sunday not a day of rest but of excitement, of excessive pleasure-seeking, overeating and overdrinking.

New Hampshire Poisoned with Adulterated Foods

It seems the same pernicious adulteration of foodstuffs is practiced in New Hampshire as in the State of Pennsylvania.

The New Hampshire State Board of Health has recently issued a "Sanitary Bulletin" containing the results of analyses made of foodstuffs sold in that State. Out of 363 articles purchased, consisting of canned goods, baking powders, meat products, spices, jellies, jams, etc., more than 45 per cent. were found to contain adulterations. Of the thirty-two samples of canned fruits, jellies and jams examined, twenty-nine, or 91 per cent., were found to be in this degree defective. The raspberry and strawberry jams were colored by coal-tar dye and preserved by benzoate and salicylate of soda. Strawberry jams seem to be quite generally made of apple stock prepared with aniline dyes. The kindly regard which the preparers of these adulterated commodities have for the digestion of their customers is, in view of these facts, hardly worthy of mention.

Selling Adulterated Cream of Tartar

A. B. Ryan was fined \$25 by Judge Adams in the Boston police court for selling impure cream of tartar. The stuff was put in packages and marked "pure." State Analyst Lythgoe found that it contained calcium sulphate, calcium acid phosphate, and other matter. The analyst stated that while calcium acid phosphate mixed with soda would give off some leavening gas, and thereby mislead the user, the other ingredients were simply makeweights. Calcium sulphate is ground gypsum, which is plaster of paris. Ryan had been disposing of this mixture for cream of tartar a long while, and had been fined once before for the same offence.

A great deal of this kind of material, says the Greenfield Courier, is sold throughout New England under the name of cream of tartar, which it resembles so closely in appearance as to deceive any one who cannot analyze it. Housekeepers use it with soda to raise biscuit, cake, etc., in ignorance of the fact that it carries to the food a substance unfit for the stomach, plaster of paris, and that its leavening property is very slight.

"There can be no happy life without strenuous, unremitting work in it—work which occupies mind, body, heart, and soul"

GENERAL QUESTION DEPARTMENT

By *Bernarr Macfadden*

We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily regimen. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

Roller Skating as an Exercise

Q. Kindly give me your opinion of the value of roller skating as an exercise. Is it to be considered unhealthy when practiced indoors, on account of the dust?

A. Roller skating would doubtless be excellent exercise if it could be indulged in outside of crowded rinks. It would be excellent out of doors, and might be satisfactory if you could get to a rink early, before the crowd arrives. An exercise that is so exhilarating and enjoyable as roller skating is bound to be beneficial when practiced under proper conditions. Certainly the dust which is always to be found in a well-patronized rink is very objectionable, but perhaps even more so is the poor ventilation usual in such places. The devitalized atmosphere more than offsets the benefits of the exercise. I would suggest that you do all your skating on the ice, or, if you are so located that you cannot enjoy this sport, find some other out-of-door recreation.

How Much Bread to Eat

Q. Kindly give your opinion as to the quantity of bread necessary for the average person, providing he eats three meals a day consisting of vegetables, baked beans, rice, nuts, fruits, etc.

A. With such hearty foods, two meals should be enough each day. The question of how much bread to eat will depend upon how much other food one consumes. One could live on genuine whole wheat bread alone, and if necessary, by an intelligent selection of other foods, it could be eliminated from the diet completely. If one eats very heartily of the other foods enumerated, he will require but very little bread.

How Development May Be Retained

Q. How can one's development be retained, once it is acquired?

A. The question is very simple. One must continue to exercise in order to retain his strength and development, though it is not so hard to keep it once it is acquired as to obtain it at first. Moreover, physical exercise is absolutely necessary throughout life if one wishes to enjoy even ordinary health. Inactivity is stagnation, and ultimate disease and death.

Two Meal a Day Plan

Q. Would you advise the two meal per day plan for one who for years has been practically an invalid, as far as vitality and robustness are concerned, and who now feels the need of all possible nourishment because of low vitality? Suffer from inherited nervousness and catarrh.

A. You seem to labor under the delusion that the more one puts into the stomach the better nourished he will be. I would, therefore, emphasize the fact that it is not what you eat, but what you digest and assimilate, that gives you strength. I would also call your attention to the fact that, when a certain limited quantity of food is sufficient to supply all bodily needs, then anything in excess of that is only a burden to the system and a tax on your vitality. And if your vitality is already low you can least of all afford this. While it is, of course, possible for one to eat too sparingly, yet you are far more likely to eat too much. Moreover, an invalid would not require and could not consume more than a fraction of what a vigorous, active individual, engaged in some strenuous out-of-door work, would need daily. It would be more of a tax on your system to digest three meals than two, and you would naturally be more likely to overeat under the former regimen. I would advise the two meal plan as a general thing, especially if

you eat rather heartily. Of course, if your experience proves the three meal plan to be best suited to you, it might, perhaps, be best to follow that regimen, though each meal under those circumstances should be very light.

Treatment for Strained Knee

Q. Having strained or wrenched my knee a short time ago I am still bothered by its weakness. Kindly advise treatment.

A. In case of strains or sprains of any kind the parts affected should be given a complete rest, or as nearly so as possible, until the tissues shall have had time to heal and knit together. A cold wet cloth, wrapped around the part on retiring at night and allowed to remain until morning, is a very effective remedy. When the tissues have so healed that it does not pain you to use the part, then, and only then, you should begin mild exercises to strengthen it, slowly and gradually making these exercises more vigorous until finally the strained member regains full strength.

Exercise and Deep Breathing in Consumption

Q. I have been stopping at an out-of-door sanitarium for the cure of consumption, and have thus far gained twenty-five pounds in weight. My doctors here strongly condemn the practice of any exercises or of deep breathing, claiming that you thereby make yourself subject to hemorrhages. Kindly give your opinion.

A. I disagree with the advice given you. To begin with, I consider that one of the most important causes of consumption is to be found in the general physical stagnation due to lack of exercise, as well as to the failure to practice deep breathing. The awakening of activity in all of the organs of the body and the promotion of a better circulation of the blood, is of prime value in the cure of such diseases. Of course, you should not indulge in very violent exercises in your present condition, but some exercise should be indulged in suited to your limited strength. Walking, particularly, is invaluable in the treatment of this disease. As for deep breathing exercises,

they will unquestionably help you to build up healthy lung tissue much more quickly than stagnant, shallow breathing. These organs should be strengthened and developed by using them, the same as any muscle or any other organ. Violent efforts to fill the lungs or to exhale may in severe cases provoke a hemorrhage, but it is not necessary to go to such extremes as that. But to prohibit exercise and deep breathing entirely would be to favor the further development of the disease.

To Discontinue "Training"

Q. When one who has practiced wrestling and weight lifting for a number of years wishes to give up the strenuous part of the work called "training," how would you advise him to go about it without giving the system too radical a change, or "shock," and without lessening his strength and vitality?

A. It is impossible for you to give up hard training without also giving up some of the unusual strength which you have acquired by means of that training. You should retain ordinary, normal strength, however, by means of ordinary, light, active exercise. It would be a very bad plan to break off suddenly with your strenuous training, and the safest and only satisfactory method would be to discontinue the amount of it very, very gradually, though remember that you should make a practice of taking some exercise all your life.

Canker Sores in the Mouth

Q. Kindly suggest a remedy for canker sores in the mouth. Do you advise treating them with alum?

A. All natural means for purifying the blood are recommended. These sores are the result of imperfect digestion and impure blood. While the application of alum may seem to be of temporary benefit, yet a much better method would be to consider the cause and remove that. Very free drinking of water is especially important, and in addition to this you should give the stomach a rest. Fast for a couple of days, at least; take plenty of active exercise and be out of doors all you can. These sores are often associated with constipation, in which case the latter should be promptly remedied.

The Natural Waist of Modern Actresses

FAMOUS WOMEN OF THE STAGE WHO REALIZE THAT TO MAINTAIN THEIR HEALTH AND VOGUE THEY MUST DISPENSE WITH THE CORSET—ILLUSTRATIONS IN POINT

By H. Mitchell Watchet

STRESS has before now been laid by the writer in the pages of this magazine on the fact that the modern actor or actress of repute is of necessity a physical culturist. The strenuous demands

that the theatrical profession nowadays makes on its members necessitates the latter possessing that high degree of strength and vitality which can only be obtained by a faithful observance of the principles and practices of physical culture. The result is that no small proportion of the wearers of the "sock and buskin" are, taking them all round athletically, mentally and morally admirable.

The foregoing, mark you, applies, as stated, to stage folk of standing, by which is meant those who have either achieved success or are heading in its direction. I use the word "success" here not in the sense of fame, but rather as denoting a state or stage in which the actor possesses the confidence of his manager, hope in his own future and a cer-

tain amount of regard on the part of his public. Such actors are clean livers, wholesome minded students, and—physical culturists.

Unfortunately there are many alleged actors who are the reverse of all this, and they it is who, allied to moss-covered prejudice, are responsible for the disfavor with which the stage is regarded by many well-meaning, although mistaken, individuals. Such "actors" are usually "ham-fatters" or "barn-stormers," the insignificant, or the disreputables of the profession, playing mostly one-night stands in minor communities or backwood villages, dodging hotel bills and deputy



MISS BLANCHE RING

sheriffs, drunkards, often rowdies, etc. Now, the good people of the backwoods districts naturally think them to be typical of "play actors" in general, and the outcome of this belief we see in certain letters to the Parliament of Thought, in which are set forth misapprehensions regarding the actor which



MRS. LANGTRY

are almost as pathetic as they are amusing. One such letter I recall in particular, which stated that actors were sots and that they were in the habit of "running out between the acts to get a drink at the nearest saloon." The author of this communication was evidently sincere, but as I read there came to me a picture of Mr. John Drew, Mr. E. H. Sothorn or Mr. Richard Mansfield dodging out of the stage door of, say, the Empire Theatre or the Knickerbocker Theatre, New York, in order to quench their thirst at the "nearest saloon," and I must confess that the humor of the thought appealed to me so strongly that I was compelled to lay down my pen in order to indulge in a hearty laugh. The truth is, that those who have had an opportunity to see the actor either on or off the stage in big cities are rarely to be

numbered amongst his critics, and it is only those, as I have already said, who are unfortunate enough to know of him only as the "barnstormer" who call attention to his shortcomings, and declare that the theater is the mouth of Hades.

But to hark back to the original proposition that good actors and actresses are good physical culturists also. Now, if time served and space permitted, I could vindicate my contention in this regard to an almost indefinite extent. But I shall content myself in this instance by filing just one exhibit in evidence, as they say in the law courts, and that—the waists of some of the prominent actresses just now before the public. In so doing it will hardly be necessary to call your attention to the fact that the said waists are natural



MRS. LESLIE CARTER



EDNA WALLACE HOPPER

ones and are in consequence corsetless or practically so, and artistic, and therefore, not only a delight to the eye, but to a very great extent explanatory of the vogue which their fair owners enjoy.

Let us see. The actress to succeed must, in the first place, have a clear resonant voice that shall carry to the very fringe of her audience, that can be diminished to a mere thread of sound, or be capable of pouring forth a thrilling volume of denunciation or triumph, or what not, and shall also be capable of running the gamut between the two extremes—a voice that is under perfect control and is capable of expressing many shades of meaning and many phases of emotion. Such a voice is only possible in the presence of full lung capacity and unchecked abdominal breathing, and these in turn are dependent upon an unrestricted waist. And the actress knows it.

Again, the foundation of an actress' success is, after all is said and done, her vitality. Let it be repeated that there is hardly a profession in the world which

makes such drains on the physical and mental powers of its members as does the theatrical profession. Now, health is a question of pure blood and a full and vigorous circulation, and these two absolutely depend upon the vital fluid being freely supplied with oxygen. Deep, perfected breathing is the only way by which the blood can obtain its full quota of the life-giving gas, and such breathing is only possible where there is nothing to hinder the action of the abdomen. It goes without saying that a natural waist also permits of the organs of the abdomen doing their work as Nature intended, and it will be obviously unnecessary to add that, unless they can so act, the actress' health must suffer, her usefulness be lessened, her present hindered, and her future threatened.

Time was when Fashion—Wasp-Waisted Fashion—exercised its baneful influence even on the stage, but that period has happily passed. The stage, like the world at large, is yielding to the beneficial influences of physical culture, and one of the most obvious of the results is, as stated, the practically natural



MISS ELLIS JEFFRIES



MISS EDNA MAY

waist of the actress of to-day. The illustrations which accompany this article will give point to the foregoing, and it is to be hoped that the actress' sisters in lay-life will follow her example in this respect and profit as she has done by the experience.

Perhaps it is in order to call especial attention to some of the ladies in question in order to emphasize the point under discussion. For instance, there is Edna May, whom New Yorkers may remember a few years ago as being the possessor of a waist of the then "fashionable" sort, by which is meant a trunk encased in a deforming horror of steel and whalebone which destroyed the gracious lines of her figure. But observe her as she is, and congratulate her upon the change. Miss May was always charming, but

never more than since she has given freedom to the dainty form which Nature has dowered her with.

Anna Held when she first appeared in New York was an ultra-exponent of the corset, and the French corset at that, which represents the totality of the abomination. But even she has yielded to the dictates of physical culture and common sense, as the picture of her here given will testify.

Lillian Russell is a professed physical culturist anyhow, and as a consequence the corset is not for her except in the case of those stage rôles in which it is an absolute necessity.

The same remark stands good to a greater or less extent for Mrs. Langtry, who, by the way, is to reappear before the American public. In the picture of Mrs. Leslie Carter the full beauty of a wom-



JULIA MARLOWE AND E. H. SOTHERN

an's form unhampered and unharmed by corsets is made apparent, and as one looks upon her the absolute idiocy of the corset from an artistic standpoint is emphatically apparent.

Julia Marlowe, the famous actress, is religiously opposed to the corset both in private and public life, as the writer can vouch for. Her picture proves how much more charming woman is without "stays" than with them.

Ellis Jeffries, the popular English actress who scored such a success before American audiences, is still another exponent of the waist natural, and charmingly so at that.

Maxine Elliott, Blanche Ring, Marie Tempest and Edna Wallace Hopper are yet other proofs of the fact that woman is never so attractive on or off the stage as when she permits her body to perform its functions and assume its natural shape, unhampered by restrictions of the artificial sort; and the list might be extended indefinitely.

The actress is, indeed, doing missionary work in regard to the corset.

The intention of the stage is, as Shakespeare says, "to hold the mirror up to Nature," not only in regard to matters moral and intellectual, but in physical affairs also. And when, as in this case, the woman of the stage proves, through

the medium of her personality, how much more attractive members of her sex are as formed by Nature instead of when molded by Fashion, she is not only faithful to the purposes of her profession, but is performing vast services to the world at large. It would be an excellent thing if our actresses would deal with other stupid and harmful fashions in the same

manner as they have done with the corset. The lesson that is taught through the medium of the eye is very often more emphatic than if the appeal is made only to the ear. Herein lies the chief value of the stage as a preacher of morality, an inculcator of good manners and as a teacher of true beauty—the beauty that lies in natural forms that have not been tampered with by modistes or any of her fellow-nuisances.



MISS VIOLA ALLEN

In this wise are the women of the stage setting up a glorious example for their sisters in every other walk of life to follow—an example that will affect the coming generation in a degree undreamed of by those who do not know the possibilities of perfect motherhood, unhampered by the corset device and harmful fashions of dress. Let the good cause of physical culture enter into every woman's life, no matter what her walk of life may be.

The Press Muzzled by Patent Medicine Companies

A SO-CALLED "FREE PRESS" KNEELING BEFORE THE MIGHTY POWER OF THE COMBINATION OF QUACK DOCTORS AND VENDORS OF POISONOUS NOSTRUMS

There is one prominent publication beyond the reach of the mighty influences exerted by men at the head of the vast enterprises which supply whiskey, beer, alcohol-charged patent medicines and patent "dopes" of various descriptions to the public. The publication to which I refer is "Collier's Weekly." It is a source of much satisfaction to know that its proprietors are with me in the fight which I have started against patent medicine frauds. I have no personal acquaintance with the editors or managers of "Collier's Weekly," but they must be honest and brave men. A vast deal of courage was needed for them to fight the combination that they are now attacking. It is indeed interesting to note the policy of the various publications of to-day. Editorially, the average publication is endeavoring to benefit its readers in every conceivable manner. The good is lauded and evil condemned, but frequently on the same page you will find some "high-sounding" editorial advertisements that are intended solely to defraud the public.

"Collier's Weekly" has only recently become a factor in this great reform. It now states that it will accept no advertisements of whiskey or alcoholic liquors, or medical advertisements of any kind. I hope that its reward, financially and otherwise, for this remarkable attitude, will influence other publications to do likewise. Patent medicine companies and quack doctors are doomed, from an advertising standpoint. It will soon become popular to expose them. The dishonest schemers at the head of these companies are nothing but a pack of cowards, and when they are attacked on all sides they will soon run for "cover."

It is the duty of every subscriber to this magazine, interested in this reform, to write and encourage "Collier's" and other publications aiding in this mighty reform. I am reproducing herewith quotations from "Collier's" article, which definitely proves that the press of the United States is absolutely controlled by patent medicine trusts.—BERNARR MACFADDEN.

THE writer says in part: Would any person believe that there is any one subject upon which the newspapers of the United States, acting in concert, by prearrangement, in obedience to wires all drawn by one man, will deny full and free discussion? If such a thing is possible, it is a serious matter, for we rely upon the newspapers as at once the most forbidding preventive and the swiftest and surest corrective of evil. For the haunting possibility of newspaper exposure, men who know not at all the fear of God pause, hesitate, and turn back from contemplated rascality. For fear "it might get into the papers," more men are abstaining from crime and carouse to-night than for fear of arrest. But these are trite things—only, what if the newspapers fail us? Relying so wholly on the press to undo evil, how shall we deal with that evil with which the press itself has been seduced into captivity?

In the Lower House of the Massachusetts Legislature one day last March there was a debate which lasted one whole afternoon and engaged some twenty speakers, on a bill providing that every bottle of patent medicine sold in the State should bear a label stating the contents of the bottle. The debate at times was dramatic—a member from Salem told of a young woman of his acquaintance now in an institution for inebriates as the end of an incident which began with patent medicine dosing for a harmless ill.

The debate was interesting and important—the two qualities which invariably

ensure to any event big headlines in the daily newspapers. But that debate was not celebrated by big headlines, nor any headlines at all, as the newspapers did not print one word of it. Boston is a city, and Massachusetts is a State, where the proceedings of the Legislature figure very large in public interest, and where the newspapers respond to that interest by reporting the sessions with greater fulness and minuteness than in any other State.

Now why? Why was this one subject tabooed?

I take it if any man should assert that there is one subject upon which the newspapers of the United States, acting in concert and as a unit, will deny full and free discussion, he would be smiled at as an intemperate fanatic. He would be regarded as a man with a delusion. And yet I invite you to search the files of the daily newspapers of Massachusetts for March 16, 1905, for an account of the patent medicine debate that occurred the afternoon of March 15 in the Massachusetts Legislature. In strict accuracy it must be said that there was one exception. Any one familiar with the newspapers of the United States will already have named it—the *Springfield Republican*. That paper, on two separate occasions, gave several columns to the record of the proceedings of the Legislature on the patent medicine bill. Why the otherwise universal silence?

The patent medicine business in the United States is one of huge financial

proportions. The census of 1900 placed the value of the annual product at \$59,611,355. Allowing for the increase of half a decade of rapid growth, it must be to-day not less than seventy-five millions. That is the wholesale price. The retail price of all the patent medicines sold in the United States in one year may be very conservatively placed at one hundred million dollars. And of this one hundred millions which the people of the United States pay for patent medicines yearly, fully forty millions goes to the newspapers. It is essential to point out the intimate financial relation between the newspapers and the patent medicines.

Dr. Humphreys, one of the best known patent medicine makers, has said to his fellow-members of the Patent Medicine Association: "The twenty thousand newspapers of the United States make more money from advertising the proprietary medicines than do the proprietors of the medicines themselves. . . . Of their receipts, one-third to one-half goes to advertising." More than six years ago, Cheney, the president of the National Association of Patent Medicine Men, estimated the yearly amount paid to the newspapers by the larger patent medicine concerns at twenty million dollars.

Does this throw any light on the silence of the Massachusetts papers? But silence is too important a part of the patent medicine man's business to be left to the capricious chance of favor. Silence is the most important thing in his business. Silence as to the frauds he practices; silence as to the abominable stewings and brewings that enter into his nostrum; silence as to the deaths and sicknesses he causes; silence as to the drug fiends he makes, the inebriate asylums he fills. Silence he must have. So he makes silence a part of the contract.

Read the significant silence of the Massachusetts newspapers in the light of the following contracts for advertising that are the regular printed form used by Hood, Ayer and Munyon in making their advertising contracts with thousands of newspapers throughout the United States.

The writer here gives the contract forms in full and adds: Note these two remarkable conditions of the contract:

"First—It is agreed in case any law or laws are enacted, either State or national, harmful to the interests of the J. C. Ayer Company, that this contract may be canceled by them from date of such enactment, and the insertions made paid for pro-rata with the contract price." "Second—It is agreed that the J. C. Ayer Company may cancel this contract, pro-rata, in case advertisements are published in this paper in which their products are offered, with a view to substitution or other harmful motive, also in case any matter otherwise detrimental to the J. C. Ayer Company's interests is permitted to appear in the reading columns or elsewhere in the paper."

This agreement is signed in duplicate, one copy by the J. C. Ayer Company and the other one by the newspaper.

That is the contract of silence. That is the clause which, with forty million dollars, muzzles the press of the country.

Is it a mere coincidence that in each of these contracts of the patent medicine firm named the silence clause is framed in the same words? Is the inference fair that there is an agreement among the patent medicine men and quack doctors each to impose this contract on all the newspapers with which it deals, one reaching the newspapers which the other does not, and all combined reaching all the papers in the United States, and effecting a universal agreement among newspapers to print nothing detrimental to patent medicines? You need not take it as an inference. I shall show it later as a fact.

"In the reading columns or elsewhere in this paper." The paper must not print it itself, nor must it allow any outside party, who might wish to do so, to pay the regular advertising rates and print the truth about patent medicines in the advertising columns.

It seems incongruous, almost humorous, to speak of a national organization of quack doctors and patent medicine makers; but there is one, brought together for mutual support, for coöperation, for—but just what this organization is for, I hope to show. No other organization ever demonstrated so clearly the truth that "in union there is strength." Its official name is an innocent-seeming one—"The Proprietary Association of

America." There are annual meetings, annual reports, a constitution and by-laws.

But I prefer to discover the true object of the organization of the "Proprietary Association of America" in another document than Article II of the by-laws. Consider the annual report of the treasurer, say for 1904. The total of money paid out during the year was \$8,516.26. Of this, one thousand dollars was for the secretary's salary, leaving \$7,516.26 to be accounted for. Then there is an item of postage, one of stationery, one of printing—the little routine expenses of every organization; and finally there is this remarkable item:

"Legislative Committee, total expenses, \$6,606.95."

Truly the Proprietary Association of America seems to have several objects, as stated in its by-laws, which cost it very little, and one object—not stated in its by-laws at all—which costs it all its annual revenue aside from the routine expenses of stationery, postage and secretary. If just a few more words of comment may be permitted upon the point, does it not seem odd that so large an item as \$6,606.95, out of a total budget of only \$8,516.26, should be put in as a lump sum, "Legislative Committee, total expenses"? And would not the annual report of the treasurer of the Proprietary Association of America be a more entertaining document if these "total expenses" of the Legislative Committee were carefully itemized?

Not that I mean to charge the direct corruption of Legislatures. The Proprietary Association of America used to do that. They used to spend, according to the statement of the present president of the organization, Mr. F. J. Cheney, as much as seventy-five thousand dollars a year. But that was before Mr. Cheney himself discovered a better way. The fighting of public health legislation is the primary object and chief activity, the very *raison d'être* of the Proprietary Association. The motive back of bringing the quack doctors and patent medicine manufacturers of the United States into a mutual organization was this: Here are some scores of men, each paying a large sum annually to the newspapers. The aggregate of these sums is forty mil-

lion dollars. By organization, the full effect of this money can be got and used as a unit in preventing the passage of laws which would compel them to tell the contents of their nostrums, and in suppressing the newspaper publicity which would drive them into oblivion. So it was no mean intellect which devised the scheme whereby every newspaper in America is made an active lobbyist for the patent medicine association. The man who did it is the present president of the organization, its executive head in the work of suppressing public knowledge, stifling public opinion, and warding off public health legislation—the Mr. Cheney already mentioned. He makes a catarrh cure which, according to the Massachusetts State Board of Health, contains fourteen and three-fourths per cent. of alcohol. As to his scheme for making the newspapers of America not only maintain silence, but actually lobby in behalf of the patent medicines, I am glad that I am not under the necessity of describing it in my own words. It would be easy to err in the direction that makes for incredulity. Fortunately I need take no responsibility. I have Mr. Cheney's own words, in which he explained his scheme to his fellow-members of the Proprietary Association of America.

Dr. V. Mott Pierce, of "Vegetable Compound" repute, was chairman of the Committee on Legislation. "Never before," said he, "in the history of the Proprietary Association were there so many bills in different State Legislatures that were vital to our interests. This was due, we think, to an effort on the part of different State Boards of Health, who have of late years held national meetings, to make an organized effort to establish what are known as 'pure food laws.'" Then the younger Pierce stated explicitly the agency responsible for the defeat of that public health legislation: "We must not forget to place the honor where due for our uniform success in defeating class legislation directed against our legitimate pursuits. The American Newspaper Publishers' Association has rendered us valued aid through their secretary's office in New York, and we can hardly overestimate the power brought to bear at Washington by individual newspapers." . . . On another occasion, Dr. Pierce,

speaking of two bills in the Illinois Legislature, said: "Two things operated to bring these bills to the danger line. In the first place, the Chicago papers were almost wholly without influence in the Legislature. . . . Had it not been for the active coöperation of the press of the State outside of Chicago, there is absolute certainty that the bill would have passed. . . . I think that a great many members do not appreciate the power that we can bring to bear upon legislation through the press." But this power, in young Dr. Pierce's opinion, must be organized and systematized. "If it is not presumptuous on the part of your chairman," he said modestly, "to outline a policy which experience seems to dictate for the future, it would be briefly as follows." The first was "the organization of a legislative bureau, with its offices in New York or Chicago. Second, a secretary, to be appointed by the chairman of the Committee on Legislation, who will receive a stated salary, sufficiently large to be in keeping with such person's ability, and to compensate him for the giving of all his time to this work." "The benefits of such a working bureau to the Proprietary Association," said Dr. Pierce, "can be foreseen: First, a systematic plan to acquire early knowledge of pending or threatened legislation could be taken up. In the past we have relied too much upon newspaper managers to acquaint us of such bills coming up. . . . Another plan would be to have the regulation formula bill, for instance, introduced by some friendly legislator, and have it referred to his own committee, where he could hold it until all danger of such another bill being introduced were over, and the Legislature had adjourned."

The plan was put in the form of a resolution, and the resolution was passed. And so the Proprietary Association of America in every State capital in the United States maintains an agent whose business it is to watch during the session of the Legislature each day's batch of new bills, and whenever a bill affecting patent medicines shows its head to telegraph the bill, verbatim, to headquarters. There some scores of printed copies of

the bill are made, and a copy is sent to every member of the association—to the Peruna people, to Dr. Pierce at Buffalo, to Kilmer at Binghamton, to Cheney at Toledo, to the Pinkham people at Lynn, and to all the others. Thereupon each manufacturer looks up the list of papers in the threatened State with which he has the contracts described above. And to each newspaper he sends a peremptory telegram calling the publisher's attention to the obligations of his contract, and commanding him to go to work to defeat the anti-patent medicine bill.

Any self-respecting newspaper must be humiliated by the attitude of the patent medicine association. They don't ask the newspapers to do it—they order it done.

The newspaper which refuses to aid the patent medicine people is marked. Some time ago Dr. V. Mott Pierce was giving his annual report to the association. "We are happy to say," said he, "that though over a dozen bills were before the different State Legislatures last winter and spring, yet we have succeeded in defeating all the bills which were prejudicial to proprietary interests without the use of money, and through the vigorous coöperation and aid of the publishers."

"What is to be done about it?" is the question that follows exposure of organized rascality. In few cases is the remedy so plain as here. For the past, the newspapers, in spite of these plain contracts of silence, must be acquitted of any grave complicity. The very existence of the machine that uses and directs them has been a carefully guarded secret. For the future, be it understood that any newspaper which carries a patent medicine advertisement knows what it is doing. The obligations of the contract are now public property. And one thing more, when next a member of a State Legislature arises and states, as I have so often heard: "Gentlemen, this label bill seems right to me, but I cannot support it; the united press of my district is opposed to it"—when that happens, let every one understand the wires that have moved "the united press of my district."

WAR MANEUVERS EXTRAORDINARY

PRECIPICE RIDING IN THE ITALIAN ARMY

By *W. G. FitzGerald*



ITALIAN ARMY OFFICERS COMING DOWN THE FIRST HILL—TOR DEL QUINTO

FROM time to time isolated military experts tell us that cavalry are becoming more and more unnecessary in modern warfare, and certainly it would seem that infantry and artillery loom large in the battles of to-day. But, on the whole, the consensus of military opinion is not only not in favor of the abolition of cavalry, but of rendering it more and more mobile and skilful, to the end of its playing an effective part in the battles of the future.

Take, for example, the Italian army. Here you will find the cavalry horses systematically educated on land and water in ways most curious to witness.

One singular regulation for the officers stationed in Rome is that they are compelled as part of their regular duty to follow the fox-hounds on the Campagna, mounted on their war-chargers. Formerly they had to do this in full war-paint, but now they hunt in simple tunics and forage caps, and carry no arms. They are splendidly mounted, for the most part on horses of Irish breed, perfect in condition and of high mettle. But by far the

most remarkable part of the Italian military riding school is that in which both soldiers and officers are trained to ride down the most precipitous declivities.

The training ground for these most remarkable maneuvers is about three miles outside Rome. The precise spot is known as the Tor del Quinto, from an ancient tower close by. At this point the country is very hilly, and divided into fields by walls built for the most part of loose stones, with a coping along the top, each being fully five feet high. Occasionally one sees barriers of stout posts and rails which make ideal jumps for the horses.

One can imagine no more gay or charming spectacle than that of the large and fashionable gathering, both Italian and foreign, that turns out to witness the precipice-riding in that picturesque spot with its green hills, backed by the vast purple Campagna stretching away to the ranges of mountains, still snow-splashed and glittering in the sunlight.

The competitors are usually divided into troops, each consisting of from twenty to thirty horses and men. It is, indeed,



COMING DOWN THE FIRST HILL—TOR DEL QUINTO

strange to see these riders galloping with apparent recklessness up and down these precipitous hills almost precisely as though they were on a level field, and yet so skilful are riders and horses alike that accidents are comparatively few, though the onlooker well might think that a false step meant certain death to both.

One sees on the summit of the steep hills a troop of officers and men cantering gracefully along the ridge, and then leaping over two walls and a very high post-and-rail fence, the effect being extremely pretty when, as sometimes happens, three or four horses and riders clear the obstacle abreast. Next they sweep down the hill at full gallop—in itself an apparently mad undertaking, and one that must put a very severe strain on the horses' legs; then round the hill's base they sweep at racing speed and off out of sight toward the Tor itself.

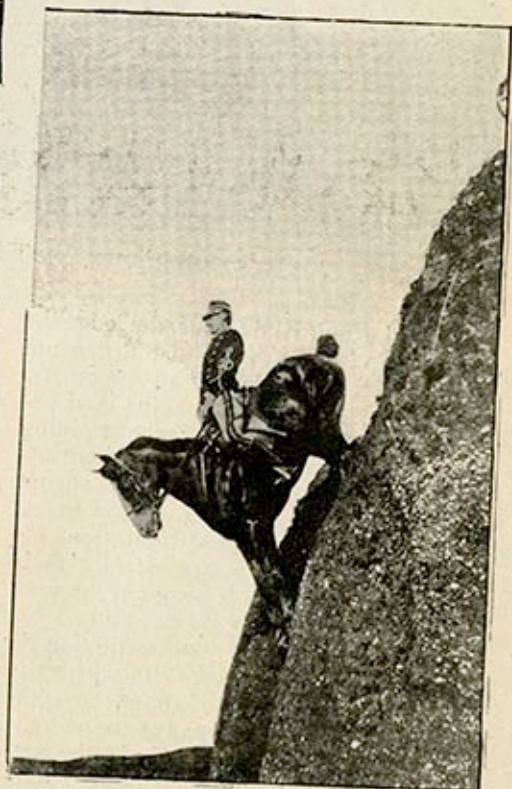
Thence the cavalry gallop up the valley toward their starting-point, taking, about

half way up, another most difficult timber jump. The leaping is always clean and admirable, scarcely one of the powerful horses so much as rattling a hoof, even when take-off and jump alike are up-hill.

When the third troop has completed its round there is a general rush on the part of the crowds to resume their vehicles and animals, and reach the place where the precipice-riding takes place.

Soon the chatter of the spectators ceases abruptly, and parties of the cavalry, both officers and men, appear on the crest, trotting along the top of the precipice. The foremost reins his horse into a walk, brings him deliberately to the brink and then—as the spectators hold their very breath, the intelligent and powerful animal plants his rigid forelegs straight down, whilst his rider rises high in the stirrups and leans far back with his shoulders almost touching the hind-quarters of his mount.

Not one moment's hesitation is there on the part of war-horse or rider, although from the top it must seem like



COMING DOWN THE SECOND HILL

falling over the edge of some terrible cliff. Most curious is it to see each horse stiffening his fore legs, tucking in his hind legs, and then, with a few kicks of his hocks that remind one of a rabbit, and a few tosses of his head, he slides down the precipice, and when level ground is reached canters calmly off.

One after another down they come, with hardly ever a tumble, and very seldom a moment's hesitation.

Occasionally a horse will refuse on the brink, trembling with fright, rearing and swerving to avoid the ordeal. But the young officer astride him will half pet, half force him, and at last he, too, will slide down the precipice, and land safely at the bottom, amid a storm of applause from the spectators.

and exceedingly steep grass-covered hill, along whose crest, a few feet from the summit, stretches a line of posts and rails.

Suddenly an officer appears, silhouetted sharply against the sky and galloping toward the rails. Again one holds one's breath, for it is obviously the intention of the rider to leap the obstacle and continue down the precipitous hill in a canter. It is, indeed, difficult to believe, without seeing it, the skill and strength of these horses, and the coolness and nerve of their riders. One after another, and sometimes two, three and four abreast, the cavalymen leap the post-and-rail fence on the summit of the precipice, and then, without breaking their stride, continue down the amazing decliv-



AFTER COMING DOWN THE SECOND HILL—TOR DEL QUINTO

Once the animal is over the edge he cannot help himself, but must stiffen out his fore legs and slide like all the others. But it is not difficult to imagine how patient and persistent must the training have been to persuade these high-spirited animals to walk calmly over the abrupt edge of a precipice apparently into space, and that without the least hesitation, for the most part. As a matter of fact, their "precipice" education is begun at the very earliest stages of their breaking in.

When this part of the exhibition is over there is a general move to where the last and cleverest part of these remarkable military maneuvers are to be witnessed. Here again one finds the on-lookers grouped along one side of a narrow valley, shut in on one side by a high

ity in so sensational a manner that one is certain they would make a fortune as professional entertainers.

After a moment's breathing space, the horses are turned and galloped up the little valley to the plateau on which the barracks stand, and as they go thundering up the incline they leap another stiff post-and-rail fence—an up-hill performance, mind you, and one which is the most striking proof of good horsemanship and endurance on the part of the animals themselves.

One may see the last troop take the timber jump at the bottom, five or six abreast, and here falls are by no means infrequent. The riders appear to be prepared, however, and they usually manage to get clear of the rolling animal.



Fruit. Grape Fruit.

Soup. Vegetable Purée, with
Toasted Educator Crackers.

Meat Substitutes. Walnut Loaf, with
Tomato Jelly.

Vegetables. Potato Soufflé,
Creamed Carrots,
Spinach.

Salad. Lettuce and Egg.

Pudding. Chocolate, with
Boiled Custard Sauce.

Cider.

Olives. Fruit and Nuts. Celery.

In choosing grape fruit it is much wiser to procure fine, large fruit, rather than the medium-sized, for several reasons. The flavor is much more delicious in the first case, the fruit more easily prepared, and half a grape fruit is ample for each plate, whereas, when serving the small fruit, half a fruit is not sufficient, and yet a whole one is an overplus. Then, too, the sinewy partitions are much more tenacious than in the larger fruit, and therefore more tedious to prepare; neither are they nearly so luscious.

Of course, before serving grape fruit one must be careful to remove all the tough parts with a sharp paring knife; I would emphasize the word "sharp," as the fruit is not appetizing if mutilated; also remove the seeds and sprinkle lightly with powdered sugar, just before serving. Should any one wish to add to the attractiveness of their dinner table at this holiday season, the grape fruit may take the form of a dainty conceit by being prepared in a basket shape, each fruit

having a tiny bow of ribbon attached to the handle. But, of course, this requires both time and patience.

SOUP

Vegetable Purée

One large carrot, scraped and quartered; one-half a turnip (preferably the yellow turnip) peeled and cut into fairly small-sized pieces, three onions, a stalk of celery and six potatoes. Boil all together until quite tender; then strain and mash; finally press all through a colander, or wire sieve. To each cup of the pulp add one cup of milk, salt to taste, a piece of butter the size of an almond and a sprig of parsley chopped fine. Served piping hot, it is an excellent purée. The little "Educator" cracker toasted is very nice if served with this soup.

MEAT SUBSTITUTE

Walnut Loaf

One cup of chopped walnuts, one cup of boiled rice, one cup of tomato (the thick part of the can), one onion chopped fine, two tablespoonsful of chopped celery, three eggs, salt, pepper and a dessert spoonful of olive oil. Beat your eggs very lightly, stir into them the rice, over which the oil has been poured, next add the tomatoes, which have been brought to the boiling point, with the chopped onion mixed in them; then celery and seasoning, and finally, when this is well blended, mix in your nuts. Mold into a loaf and place in your baking tin, with a tablespoonful of oil or butter, and bake for

forty minutes. Take the thin part of your tomatoes left over and strain them, add sufficient quantity of vegetable gelatin and season all with salt and a dash of sugar. Set away in a mold to harden and serve with the walnut loaf. This is a decided addition to your roast. It is impossible for me to give the exact quantity of gelatin to use, as it will depend upon the number of persons or quantity of jelly required, but the directions on the vegetable gelatin, if followed, will be found satisfactory, merely substituting your tomato liquor for water as in making other jellies.

POTATO SOUFFLE

Prepared according to recipe in former issue

Carrots should be scraped and cut in three strips lengthwise and thrown into boiling salt and water, just enough to

cover nicely. When tender the liquid will be almost entirely boiled away. Do not strain carrots, as by so doing most of the flavor is lost, but add to them one-half cup of milk or cream, small piece of butter and finally enough corn starch blended in a little cold milk to render the soufflé of a thick creamy consistency. Serve hot, garnished with squares of toast.

SPINACH

Spinach requires to be washed very thoroughly and also carefully drained when done, so that none of the water runs from it. Add to it just before serving a small piece of butter and slice each of lemon and hard-boiled egg.

CHOCOLATE PUDDING

One square of Baker's chocolate, one quart of milk, six eggs, sugar and flavoring to taste. Steam for forty-five minutes and serve with hot custard sauce.

A WINTER OF CONTENT

By Victor Lauriston

As far back as memory leads me I have been in a state of incipient revolt against the tyranny of heavy underclothes. Every autumn has ushered in a winter of discontent. Assurances that I would catch my death of cold if I went my wayward way and discarded the things that made me hot and irritated, have been dinned into my ears since the time of my earliest protest against them; and the fact that I was always in winter-time subject to colds and spent most of the nights in coughing was pointed to as just a slight indication of the terrible things that might have befallen. "If you are so badly off with the woolens," I was told, "just think how much worse off you'd have been without them."

Just about a year ago the awe which that terrible question first struck into my infantile soul began to wear away, and was replaced by a certain indefinable curiosity. What *would* happen to me? Winter, with its promise of stuffy woolens, was drawing near, when suddenly my incipient rebellion merged into certain and unexpected revolt. I cast off the hateful tyranny as thoroughly as did the original thirteen colonies the rule of George III.

Bad habits are hard to break. The bad habit of taking too much care of myself was pretty strong upon me. Nevertheless, this particular autumn I decided to find out just what *would* happen to me if I persisted in the obstinate course against which I had been warned. My friends, who had been taking care of themselves according to the approved methods, had too many colds of their own to look after to

bother themselves about me. They hugged their fires and piled on their wraps, and coughed and spluttered, whilst I, in my last summer's suit, oftentimes without even an overcoat, in the breezy cold of a Canadian winter, went unscathed. A reporter upon a provincial daily, as I was, is up at all hours and spends a deal of the time in the open air and a deal of his time also in stuffy meeting places; so I, going through all sorts of experiences, long drives over country roads in mid-winter and late hours in half-heated rooms, passed a winter of revolt, of freedom from cold, and of content. Through it all, unprotected as I was according to the common notion, I felt the bitterest cold less than in those previous winters when I had taken such diligent care of myself.

This item of personal experience has led me to certain conclusions:

"Colds" and cold are not the same thing. In guarding too much against cold, otherwise low temperature, you are apt to encourage colds.

It is better to become accustomed to cold than to guard against it. The average man so loads himself with underclothes that he is unable to move naturally; hence he chills readily and feels the cold more. If, by your own example, you prove these things, not once, as I did, but a thousand times, ordinary people will still persist in doing as their fathers did, and, camped amid cough syrups, emulsions, Peruna, *et al.*, to an accompaniment of coughs and sneezes, will venture the solemn warning:

"Be careful. You'll catch your death of cold."

Rounding Up the Quacks

There are, at the present day, so many quacks, medical fakers, mail-order grog sellers, and scoundrels of every kind enriching themselves at the expense of the ignorant and sick that it would be impossible for us to take up each particular fraud and deal with it at length, even if we had the space of a dozen magazines at our disposal. Here and there, we will continue, in special articles, to expose single individuals or concerns, that we deem worthy of the space, but when it is possible to point out a fraud in a brief manner, the same will be touched upon in this column. Readers are invited to send in brief items of information suitable for this purpose.—BERNARD MACFADDEN.

The Radium Cure Fake

NOT so long since two scoundrelly quacks of New York City were arrested, tried, and sentenced to a pretty long term in States Prison for swindling a man by means of a "radium cure." The victim was a carpenter suffering from a chronic disease, and the quacks before they got through with him managed to get from him the savings of a lifetime, amounting to about \$1,200. Subsequently, friends interfered in his behalf with the results as told. The "treatment" of the gull consisted in applying to his body "radium tubes" which turned out to be bits of glass pipe filled with sand.

Nevertheless and in spite of the publicity given to the matter, a rascal who hails from St. Louis and who calls himself Rupert Wells, M. D., whose brazen effrontery is only equaled by the lethargy of the police and the laxity of the laws which have to do with him and his kind, is advertising all over the country that he is effecting cures of countless diseases by his "wonderful life-giving radium." Now it is not in our province to pass upon the morality of those newspapers that make themselves a party to the crimes of criminals of the Rupert Wells type. Neither do we desire to impeach the postoffice authorities for permitting this fellow to use the mails for his nefarious purposes. The fact remains, however, that "Dr." Rupert Wells is taking advantage of the truth of that oft-repeated and cynical maxim that "A fool is born every minute." His advertisements attest this. For instance, he asserts, after a good deal of preliminary, that "many suppose it (radium) to be a direct manifestation of the supernatural, and its action on disease makes it seem so."

The "many" to which the "Doctor" alludes are without doubt the fools upon whom he preys, and there are many, in-

deed, of such; or else quacks of his sort would not flourish as they do. He goes on, "This remarkable substance is absolute quick death to the germs of cancer, tumor, consumption, malaria, blood-poisoning, ulcers, and all forms of existent disease. When it enters the system every vestige of disease is driven out, as no germ can live in its presence." The truth about the matter is that prolonged investigations on the part of famous European and American scientists have resulted in the belief that the radium may possibly be a partial cure for some cases of surface cancer, but no definite results have been arrived at in regard thereto, or any other diseases. "Dr." Wells' allegation that "it drives out every vestige of disease" is lying, pure and proper, and if any of his victims have sent him money on the basis of this statement, the writer advises that they immediately take legal steps against him, on the ground of his having obtained money under false pretences. But the most astounding lie for which this fellow is sponsor is that as follows (I again quote from his advertisement):

"Radium is very scarce and hard to obtain, but Dr. Wells, by virtue of his high scientific standing, has been able to secure a large quantity, with which he has conducted in his splendidly equipped laboratory in St. Louis the most elaborate experiments ever made, and has succeeded in perfecting several preparations of radium for use in the treatment of disease."

Yet, in spite of this statement, "Dr." Wells, in a letter which he sends to his prospective victims, asserts that "It may interest you to know that my supply of radium came direct from M. Curie, the discoverer, in France, and is the highest percentage ever sent to this country." This is not only an impudent lie, but a flat contradiction of the "Doctor's" statement just given.

The truth is that there is practically no pure radium in existence. The "radium" that the public hears about is a salt of the substance—that is to say, it is mixed with other elements, which, however, do not interfere with its characteristic qualities. Pure radium, so it is calculated, would be worth about \$1,500,000 per ounce, and, incidentally, the pitch-blende from which it is extracted is found almost exclusively in one or two places on the continent of Europe. Furthermore, the Continental powers who own this material have recently forbidden its exportation. On one or two occasions assertions have been made that radium-bearing earths or minerals had been discovered in some of the Western States of America, but investigation has proven that these statements were not founded on fact. It follows, therefore, that if the St. Louis quack has been able to secure a large quantity of radium he had better sell a few ounces and retire into private life, after he has given the world the benefit of the secret of how he has managed to succeed where famous scientists have failed.

If the ancestry of Dr. Wells could be traced to its fountain-head, the writer ventures to think that it would be found that he is a lineal descendant of Ananias, with perhaps a trace of the blood of Baron Munchausen running through his veins also, judging by the following:

"I have an absolutely certain cure for that terrible disease, cancer. Consumption, that terrible scourge, will become a thing of the past, and thousands of lesser diseases can be cured almost in a night." This kind of lying beggars description. The consummate impudence involved in the assertion surpasses belief, and yet there is no doubt that the United States has sufficient asses in human form who justify the "Doctor" paying for the huge advertisements in which the falsehood is embodied, and which, as already stated, are appearing all over the country, and in the New York dailies especially.

The benevolence and charity of the "Doctor" almost equal his economical use of the truth. For instance: "It is possible to treat sick people at a very low cost, as my private means enable me to furnish the necessary preparations

at a very low price." He is also a person of industry: "My office is crowded daily, but I manage to see each one personally. Every letter is answered by me, and every case by mail I watch as carefully as those under my constant supervision. The gratitude of thousands of cured patients is in itself sufficient reward." Admirable "Doctor" and equally admirable liar!

Some amount of space is being devoted to this special quack because he furnishes a striking illustration not only of the gullibility of the American public, but of the lethargy or weakness of the law. The man is simply a professional "confidence" man, working on lines which keep him out of prison. As already stated, he obtains money by false pretences; yet, as the laws stand, he can hardly be sent to where he belongs unless by long litigation. A certain Indianapolis judge of repute, however, delivered a speech on "Quacks and Quackery" recently, in which he stated that fellows of the Wells type were distinctly amenable to criminal prosecution, and he advised all those who had been swindled by them to cause their arrest on the charge of obtaining money under false pretences. It is to be hoped that the advice will be taken by victims of Rupert Wells, M. D., St. Louis, Mo.

**"Burnt Sugar and Alcohol" to Fortify People
Against Yellow Fever**

IT would be difficult to estimate the vast moral and material advantage done, says the Defender, by the shameless fakers who are constantly filling the columns of the newspapers with advertisements of alcoholic poisons upon pretence that they are of medical value. As an illustration of the associated wickedness and greed of the newspaper management and the piratical liquor seller, may be cited the recent doings in the South of the "Peruna" outfit. In those parts of the country where yellow fever is prevailing, or is dreaded, the manufacturers of "Peruna" are publishing newspaper paragraphs, pretended to be interviews with "eminent physicians," advising people to fortify themselves against the attacks of the dread disease by using "Peruna." Anybody who knows

anything about medical science, and knows the composition of that vile nostrum, knows that there is hardly a conceivable compound that could be taken with greater certainty that it would weaken the system and prepare the way for the attacks of fatal disease.

The advertiser who presents the drug under that pretence, and the newspaper that places his falsehoods before the public are guilty of a conspiracy against the public health. They are engaged in murdering people for money as really as if they were cutting their throats for the chance of picking their pockets. Compared with the ordinary saloonkeeper, who sails openly under the devil's flag, they are far more wicked and more dangerous.

The Meanest Quack of Them All

THE meanest combination of quacks is probably located in Bridgeport, Conn. A quack under ordinary conditions is a despicable creature enough when he seeks to poison and steal through the medium of his drummers, or the newspapers. But the venders of evil-working nostrums who use little children for their innocent tools, are—well, language almost fails to properly describe the contemptible nature of the creatures. Child labor is forbidden by law, at least in the majority of States. The selling of alcohol to youngsters is also illegal. As has already been set forth in the pages of PHYSICAL CULTURE, some States have wisely enacted that the individual who sells or gives cigarettes to boys renders himself liable to punishment, and in many other ways legislatures do what they can to protect the morals or the bodies of our young folk. But paradoxically enough there seems to be no law by which appropriate punishments can be meted out to those scoundrels who make boys and girls parties to crimes of which the quack is an exponent.

A quack concern of this type, which calls itself the Mutual Trade Co., of 100 Brewster Street, Bridgeport, Conn., is advertising in a number of minor magazines as follows:

BOYS-GIRLS

WE WILL GIVE YOU

FREE



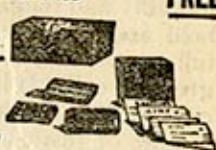
ENTER THE
FOOT-BALL
OR THE
CAMERA

For Getting only 20 Packages of our

E-Z

HEADACHE CURES.

At 10 cents a Package.



Put it in the machine. You can sell the cure in one day, and when you send us the two dollars you will receive the Foot-Ball or Camera as soon as it is made, and forward it.

To all those wanting a premium within fifteen days we will make a special interesting proposition for the future handling of our goods. We trust YOU. Come nothing to try. We take back all our old. One hour. Write us your address plainly to

MUTUAL TRADE CO., 100 Brewster St., Bridgeport, Conn.

Comment on the above is unnecessary, but if the advertisement serves no other purpose, it will point the moral in regard to the absurdity of our existing medical laws.

If you have a sick headache, and I come to you and prescribe a simple remedy—even of the dietetic sort—and you, from a sense of gratitude, pay my car-fare, I am liable to be arrested under the existing law. If I bandage your cut finger, or take a cinder out of your eye, or put a mustard poultice on your breast to cure a cold, and you give me enough to buy a morning newspaper as a token of gratitude, again I can be clapped into prison for “practicing medicine without a license.”

But any boy or girl is permitted to practically “prescribe” fake headache cures, receiving payment for them, and the law does not venture to say them “nay.” The inference is, then, that the laws are made for the benefit of “regular” physicians and quacks.

And the inference is correct.

Drug Habits Formed by Patent Medicines

NEARLY every physician who makes a specialty of treating drug habitués,” says the Druggists’ C. & C. Gazette, “asserts that the drug habit is growing among the people.” Laws have been passed in many States that seek to put a stop to the indiscriminate sale of narcotics by pharmacists. A late issue of a health journal for lay readers says: “The far-reaching effects of this evil can scarcely be imagined, much less described, and only such as have seen promising young persons of both sexes gradually lose their ambition, their char-

acter, sacrificing their virtue and all that morality and religion teaches them to uphold and maintain, can understand the full import and extent of this great and growing evil. It incapacitates the physician, defiles his sacred desk, sullies the ermine of justice, clouds the most brilliant intellects, and astens its most merciless fangs upon every class of the people."

Drug addiction is in the main confined to the use of opium or its alkaloid, morphine, and to cocaine. It is generally conceded that morphine has made more "fiends" than has any other drug. With the speed at which the cocaine habit seems to be growing, that alkaloid stands a good chance of soon becoming a close second to the older one.

Every package of secret medicine containing a narcotic poison should carry a label bearing the word "Poison" in large, red letters, with a skull and cross bones. When druggists sell these same poisons in any other form than that of a secret medicine they are compelled to label them in this manner, and take the name and address of the buyer in a poison-book. There is no reason why the pharmacists should be compelled to do this with ordinary retail sales of such goods and not be compelled to do it with nostrums. Our State boards of pharmacy owe it as a duty to American mothers to get laws passed compelling the manufacturers of Mrs. Winslow's Soothing Syrup to declare that the syrup contains morphine. These manufacturers are causing multitudes of American babies to acquire a liking for morphine, so that when they get older and accidentally or otherwise discover the pleasant and satisfying effect it has upon the nervous system they are strongly tempted to continue taking it. The habit of the infant thus becomes the ruin of man or woman. The mother who does not know its composition cannot be blamed for giving this syrup. The State should, in the way suggested, instruct her as to its composition and its nature, so that she alone would be to blame if the little one grew up a confirmed opium or morphine fiend. Any board seeking to get such a law passed should see to it that evasions of the intent could not occur, as in England.

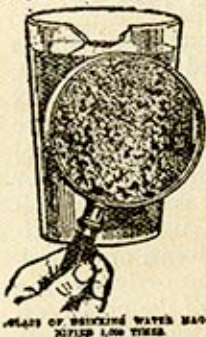
Duffy's Whisky Now Purifies Bad Water

The advertisements of men "strong and robust at one hundred and ten, thanks to Duffy's," have come to an end. The advertised lies of this character were exposed so persistently that the public was finally compelled to see the bunco game that this form of advertising represented. Something had to be done, however, to keep up the sale of the stuff, and so the "God-fearing" Duffy conceived the philanthropic project of educating the people to make use of his wonder-working whisky in connection with drinking water. For the past three or four weeks the Duffy concern has been telling the people, in advertisements couched in somewhat scientific language, just how they can be saved from the awful perils that lurk in ordinary drinking water.

IMPURE WATER

Is the Direct Cause of Typhoid, Cholera, Dysentery, Cholera Morbus, the Fatal Hot-Weather Complaints. Duffy's Pure Malt Whisky is Prescribed by Doctors Everywhere as a Sure Preventive.

If you are going to the seaside or country-side for your summer vacation don't fail to take a bottle of Duffy's with you. The greater share of the summer hotels and country farmhouses (especially almost entirely upon tongue wells and worm-itch cisterns for their water supply. True, in most cases the drinking water is filtered, but think of the millions of tiny, minute germs which escape even the finest screened filter and cause typhoid, cholera, dysentery and bowel trouble. Examine a microscopic view glass of drinking water under a powerful microscope and you will be horrified to find the water swarming with disease germs. Doctors of all schools say to put a teaspoonful of



GLASS OF DRINKING WATER MAGNIFIED 1,000 TIMES.

Duffy's Pure Malt Whisky

is every glass of water you drink. It destroys the germs, cools the blood and strengthens the system. It is the positive cure for cramps, dysentery, sunstroke, cholera morbus, congestive chills and weak stomachs. Duffy's contains no food oil, and is the only whisky recognized by the Government as a medicine. Doctors for fifty years have used it.

"Doctors of all schools," says this advertisement, "say to put a teaspoonful of Duffy's Pure Malt Whisky in every glass of water you drink. It destroys the germs, cools the blood, and strengthens the system."

Every student who knows the first principles of physiology and bacteriology knows the manner in which whisky cools the blood and strengthens the system, and, furthermore, its effect as a germ killer. In spite of this, it is reasonable to conceive nevertheless, that millions of people in this country will be "gulled in" by this clever, scientific-appearing advertisement that has taken the place of the "remarkable old age" testimonial fraud.

INSURANCE COMPANIES REPORT HABITUAL DRINKER A BAD "RISK"

THE following question was submitted to forty-two of the leading insurance companies and orders by the Insurance News: "As a rule, other things being equal, do you consider the habitual user of intoxicating beverages as good an insurance 'risk' as the total abstainer? If not, why not?" The answers are interesting, in that they show the general sentiment of the companies in regard to the alcoholic question:

- Ætna Life.—No. Drink diseases the system and shortens life.
 Alpha Life.—No. Drink ruins health.
 American Legion of Honor.—No. Statistics show them not equal risks.
 Bankers' Life.—No, for habit is liable to grow.
 Berkshire Life.—No. Drink destructive to health.
 Brooklyn Life.—No.
 Chenango Mutual Benefit.—No. More dangerous in acute diseases.
 Citizens' Mutual Life.—No. Abstainers most desirable.
 Covenant Mutual Life.—Excessive use injures system and shortens life.
 Dominion Life.—No. Weakens constitution to resist disease.
 Equal Rights Life Association.—No.
 Equitable Life and Endowment Association.—No. Drink impairs vitality. Less likely to throw off disease.
 Fidelity Mutual Life Association.—No. Less vitality and recuperative powers.
 Hartford Life.—No. Moderate use lays foundation for disease.
 Home Friendly Society.—No. Because of far greater death rate.
 Knights of the Maccabees.—No. Drink tends to destroy life.
 Knights Templar and Masons' Life Indemnity.—No. Drink lessens ability to overcome disease.
 Knights Templar and Masonic Mutual Aid Association.—No. Total abstainer the better risk.
 Manhattan Life.—Depends on quantity used.
 Manufacturers' Temperance and Gen-

eral Life.—No. Experience shows longevity of abstainers greater.

Masonic Life Association of Western New York.—No. Twenty-two years' experience shows them short-lived.

Massachusetts Mutual Life.—No. Drink causes organic changes. Reduces expectation of life nearly two-thirds.

Michigan Mutual.—No. Drink dangerous to health and longevity.

Mutual Life.—No.

New York Life.—No.

Odd Fellows' Mutual Benefit Society.—No.

Order of Scottish Clans.—No. More liable to colds, bronchial troubles, etc.

Pacific Mutual Life.—No. Predisposes to disease.

Protective Life Association.—No. Drink lessens power to resist disease.

Provident Savings Life Assurance Society.—No. Drink cuts short life expectation.

Provincial Provident Institution.—No. Less resistance to disease and more liable to accident.

Register Life and Annuity.—No.

Royal Templars of Temperance.—No. Death rate much lower among abstainers.

Royal Union Mutual Life.—No. Apt to exceed "Anstie's limit."

Security Mutual Life.—No. Drink shortens life.

Sun Life Assurance.—No. Drink injures constitution. Habit apt to grow.

Union Central Life.—No. Use tends to shorten life.

Union Life.—No.

Union Mutual Life.—No. More likely to drink to excess.

United States.—No. Use affects heart, stomach, liver and kidneys.

Washington Life.—Depends on age and amount used.

The American Temperance Life of New York was the first company in this country to provide lower rates for total abstainers. It accepts nothing but total abstinence risks. According to its books, the ratio of its death rate to that of general risks is about 26 per cent. in favor of the total abstainer.

Weird and Wonderful Story of Another World

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

By Tyman Currio

(Continued)

NEVER, while life remains, shall I forget the picture presented to my eyes when the new-comer stood in the doorway.

I knew what I was to see, having already studied his picture, and I knew, from the other pictures I had looked at, that he was in no way superior to others I might yet see; nevertheless when I think of that noble race of men, I believe it is the picture of him I saw that night that always comes to my mind.

As a fact, I know by later measurement that he stood five feet ten inches high, but at the moment I had no impression of him as either tall or short; the single impression was of physical perfection. Nor did he give any more feeling of great strength than my hostess, but like her, filled one with a thrilling sense of vitality.

He was quite nude, but, as I may well say, clothed in his utter unconsciousness. His gloriously handsome face was alight with joyousness, as, with one curious glance at me, he stepped toward my hostess and, with both hands outstretched, took her hands in his and so stood for a few moments in silence.

Her face, like his, was animated by an expression of delight, and was so different from anything it had expressed when I was under her eyes that I was miserably conscious of a failure in me to draw out from her the better part of her nature.

After the few moments of mute greeting which followed his entrance into the cottage, he spoke, and I had the oppor-

tunity to discover that his natural tones had come over the distance, so that there was no difference in respect of sound than now that he was in the room with us.

It needed no cleverness in me to know that I was the subject of the conversation which ensued; for even if I had not suspected that my hostess had asked her friend to come to see me, I should have seen it by the occasional glances toward me.

Then came a presentation which was unmistakable by her gestures, but was confirmed by his coming over to me and taking my hands as he had just taken hers, his kindly, yet searching, eyes fixed upon me as if he would not only convey his own thoughts to me, but would discover mine.

But I was thinking then only of the singular sensation which accompanied his grasping and holding my hands. It was as if I were being vitalized; as if a current of life were flowing from him into me, and I felt then that if these singular people received such effects from each other in grasping hands, then this mode of greeting was easily accounted for. But of that I will have occasion to speak later.

Turning from me again with a gracious manner that seemed to apologize for the discourtesy of discussing me in a language I could not understand, he entered into a long conversation with my hostess, in the course of which she manifestly told him how and where she had found me, how feeble I was, how I had

been covered with singular garments, how I had been ill and how finally she had administered her treatment to me.

Nothing could have been kinder or more considerate than their manner toward me all this while, but you can, perhaps, imagine how one, priding himself on his athletic qualities, must have felt under the commiserating glances which were cast upon me in view of my relative weakness. But the most humiliating thing that occurred was when my hostess stopped herself in the midst of her description of how she had removed my clothing, to run out of the cottage and return with my garments.

She carried them gingerly in one hand, held well away from her, while a slight quivering of the nostrils betrayed how unpleasantly she was affected by them. And he, too, sniffed significantly and examined them curiously and much as a scientific person on earth might a dead polecat. Then they were taken out of the cottage again.

In my shame and humiliation I remember that I broke into a perspiration all over my body, and I recalled how I had found myself affected by the too close proximity of some of the squalid negroes of Mississippi. To add to my chagrin and mortification my hostess came to me and drew aside my robe so that the flesh on my body might be seen, and its livid whiteness be compared with their own ruddy skins.

Afterwards I learned that this was not done in the wantonness of scientific investigation, but with the kind intention of helping me to recover from the terrible condition in which they believed me to be. In fact the, to them, unpleasant odor of my garments and of myself—if the truth be told—together with my feebleness and the terribly unhealthy condition of my skin, led them to believe that I must be in a very bad way.

Having made this examination of me, they turned away and, with serious faces, began a quiet discussion—much in the manner of two physicians consulting over a moribund patient; so that the cup of my humiliation seemed to overflow.

And yet, looking at those two physi-

cally perfect specimens, I was compelled to admit to myself that, by comparison, I must seem diseased—I who had been deemed so fine a man on earth.

I sank dejectedly into my seat and waited for whatever might come next. At least I was sure of kindly treatment, for tenderness and good will were the most striking characteristics of both of these persons.

After a while they turned and approached me, smiling in that gracious way which I had already found so winning in her, and our visitor spoke to me in a questioning tone as if he would elicit a response from me.

I had not uttered a word since his coming, feeling, I suppose, too dejected to do so; but something in his manner now told me so plainly that he was desirous of hearing me speak in order to determine whether or not he could comprehend my speech any better than my hostess had done.

It occurred to me that he might be more of a linguist than she, and at once I began to talk, telling him that I came from the planet Earth and speaking slowly so that he might have every opportunity to catch any word he knew, though, indeed, I had little hope that he would comprehend me at all.

I spoke in English, French, Spanish, German and Latin; and I even tried the effect of several other languages of which I had a colloquial knowledge. It was plain that he knew none of them. He understood what I had been doing, however, and smiled comprehendingly while at the same time shaking his head as if hopeless of coming to any means of mutual understanding.

Then he patted me kindly on the shoulder in quite the same way that I remember to have patted a small boy on Earth. His condescension stung me, as I suppose my condescension stung the boy; and perhaps I acted in as foolish a way as the boy on Earth might have done. I wanted to prove that I was worthy of most serious treatment; so I caught him by the hand and drew him out into the open space outside the cottage.

He looked his wonder and so did my hostess, who followed after exchanging a glance with him. I studied the heavens

until I had located Earth, when I pointed up to it and slapped myself on the breast in a manner to imply that I had come from there.

I learned afterward that they thought I was demented and was claiming the ownership of the whole heavens; at that time I only saw that they did not comprehend, so I took them back into the cottage and by signs asked permission to use a sort of pencil and some paper which I had noted on the table.

As may be supposed, I know my astronomy if nothing else; so it was not long before I had made a map of the heavens sufficiently complete to be intelligible to them. And I may say that from the moment they saw me figuring some of the constellations, they comprehended; and betrayed the liveliest interest.

Finally I located Earth, leaving it for the last touch in order to avoid confusion in their minds as to my meaning. Then, having marked it down, I tapped it several times with the point of my pencil and then patted myself on the breast. Then, while they were still staring at me with wondering looks, I led them out again and once more pointed to Earth and again patted myself on the breast.

At last they understood and gazed at each other and at me. My hostess after a short silence, undertook one of her expressive pantomimes that asked me as plainly as words could have done if I really meant to say to them that I had come from that distant planet.

I assented with an air I intended for one of dignity, but I am afraid it was more vehement than dignified, for I was anxious to be accepted as a person of more than ordinary consequence. This may have been partly due to vanity on my part, but I am sure that I was moved mainly by the feeling that if I did not do something to establish a position among these extraordinary people I might fail of my mission among them.

And I may say here, what I learned afterward, that from that moment dated a determination on their part to discover who and what I was as quickly as possible. Not that they believed my story that I had come to them from Earth, but that my assertion to that effect, coupled

with my peculiar characteristics, such as clothing, odor, feebleness, eating of putrid flesh-food, etc., made me an object of legitimate and extraordinary curiosity.

It may not be amiss to add that the intelligence I had displayed in making a map of the heavens, had much to do in bringing them to the determination they had arrived at.

We all returned to the cottage, and my hostess once more went through her pantomime of inquiry, to which I answered as before, but this time I am sure with the dignity my position demanded. Then, as if to make assurance doubly sure, he made the same inquiry, and received the same answer.

They glanced at each other without, however, betraying the doubt I knew they felt, and then fell to talking earnestly, while I took up the pictures I had already been looking at.

I did not study the pictures long, however, but, finding them so absorbed in their talk as to have forgotten me, I turned my eyes on them and studied them with a care and particularity that had not been possible before.

I would like to describe my hostess again; I would like to describe her in the minutest detail as she looked that night, standing in her perfect beauty by the side of the most magnificent-looking man I had up to that time seen; but I do not wish to weary my readers with what is purely personal to me and my feelings, and therefore I refrain.

I have already said enough of our visitor to give a general impression of him, but there are a few details which I will speak of here since they are as characteristic of the other males of Jupiter as of him.

His face was beardless. At the time I supposed he had merely been shaved with such exquisite care as to betray no sign of stubble, although my own face, no matter what care I exercised, would always show a certain darkness of shade where the beard had been cut. In his case there was no beard to shave—no more in his case than that of my beautiful hostess, whose cheeks were rounder, perhaps, but no smoother than his.

I was much surprised by this fact when

I took note of it, for I would always have supposed that so much exposure as these people evidently subjected their bodies to would have inevitably induced an exceptionally heavy growth of hair.

Of course I knew that they might resort to depilatories as some of the Oriental nations of the Earth do, but it was evident that if so they must have a marvellously effective agent. What I learned later on this subject will be mentioned further on in its proper place.

Our visitor's hair was curly and stood about his head without any appearance of having been arranged, but indeed no artifice could have made it more an ornament than it was, crowning his kingly head as nothing else could have done. I should say here that not all Jupiterians had such curly hair, but that is another of the subjects to be taken up later.

I have already alluded to the impression he gave of physical perfection, rather than of great strength. What I meant particularly was that he was not a mass of knotty muscles; that he was of the Apollo and not of the Hercules type. Later I discovered what then I only suspected, that he was endowed with a strength and endurance that would have made any athlete of Earth seem like an undeveloped child.

His chest, like my hostess', was of extraordinary capacity and his neck much larger than would conform with the Apollo type. On the other hand, my close inspection revealed the fact that if there were an exaggerated amount of room for the vital organs, there was a minimum space allowed for the whole digestive apparatus.

This fact, however, did not involve any loss of symmetry. Indeed nothing more symmetrical could have been conceived of than the body of the man I was studying. And his every movement only added to the conviction that he was master of his tiniest muscle, so instinct with grace was every undulation of his body.

His feet came in for a share of my attention for they were beautifully shaped, but I assure you I was almost startled into a cry of amazement when I saw that his toes, considerably longer than ours, were absolutely devoid of nails. Not a rudiment, not a suggestion of them!

My startled eyes leaped at once to his hands, to her hands. Nailless! Absolutely without nails! Yet beautiful as I had not dreamed hands could be. I wondered I had not noted this extraordinary peculiarity before, until I recalled how shy I had been of looking at my hostess at all since she had cast aside her clothing. And before that there had hardly been proper opportunity.

I would have supposed that in the very nature of things the skin of these people, so free in their nudity, would have been tanned to a color at least as dark as that of the Latin races, but it was not. It was, as I have said of my hostess, brown, but it was so smooth, so charged with the red blood that flowed under it, so satiny, so—alive! That is the word that describes it and distinguishes it from the livid, dead skin of us who keep ourselves so covered with clothing. This skin, as I was going to say, was so alive that it seemed a color of its own, and was of a beauty indescribable.

My hostess' eyes were brown; ah! what a brown! His were blue-gray, though his hair, like hers, was of a brown hue.

But I think I have said enough in description for this time, though I know my pen will never tire in putting down the words that will picture the beauty of her to whom I owed so much, nor even of picturing him who was the first male being I met in that marvellous world.

I was still deep in my study of them, my eyes mostly, I believe, dwelling on her, when the conversation between them ceased. It was like the cessation of music, though I had not noted the melody of their voices during the talk. He took her two hands and, as in meeting her, silently gazed into her eyes. Then he took my hands in the same way, studied me wonderingly, and strode out.

Filled with curiosity in remembering how swiftly he had come, I followed him to the door and watched him. He drew out something from within the shadow of the cottage—a sort of machine—there was a sudden whirring, and up he went into the air.

These people, then, had solved the mystery, the problem of air navigation.

CHAPTER VI

Any doubts I might at first have had of the progress of these people in civilization were certainly dissipated by this time, although I will admit that I was still not a little troubled by their disregard of what we consider the supreme indecency of nudity.

Of course I had had enough experience in life on Earth to be able to bid myself be slow in forming a judgment on the morality of these people because of their freedom in respect of nudity, but when I considered what would become of the morals of my own people if they exhibited themselves nude to each other, I shook my head. I own I was prepared for the worst.

It really was not to the point that I recalled the races of the Earth who habitually went nude. For an ignorant, uncultured savage race to dispense with clothing was one thing, for a highly educated, cultured people to do so was quite another. And these people were unquestionably a superior race.

This subject and that of the peculiar food eaten by my new acquaintances were what occupied my mind when I lay down to sleep that night; for naturally I assumed that the food I had had at the evening meal was no more peculiar to my hostess than her nudity was.

Perhaps it has occurred to my readers before this, but until bed-time came it did not occur to me that I nowhere saw anything in the nature of what I might call night furniture—that is to say, no bedsteads, couches, or anything relating to them. Therefore I looked about me in wonderment when my fair hostess indicated that she would sleep.

The first thing she did was to remove her garments, including her sandals, and she made signs to me to do the same. I know that my face flushed with shame and embarrassment, but now that I knew the attitude of her people toward nudity, I was constrained to act accordingly; so I hope no reader of this will misunderstand my conduct. I did as she did.

She now drew out from a drawer near the floor some soft, beautifully woven squares of cloth, made of vegetable fiber, and of such size as indicated the use to

which they were to be put. Two of these she gave to me, and two she took herself.

She turned out the light in the cottage and led me out to the little lawn-like open space in front, and there spread one of her bedclothes. Seeing me hesitating, she did the same for me with one of my squares. I noticed now that we were sheltered from the rays of the moon by the foliage of a huge tree.

This being done, and while I was wondering whether or not to lie down, she ran over to the porch of the cottage and returned with two towels, one of which she gave me, and then went to the brook, where she bathed her face and feet and rinsed out her mouth, I following her example through the shame of not being thought as nice in respect of cleanliness as she.

When we had returned to our beds and before we lay down, she took my hands in hers and held them a moment, smiling at the same time in so kindly a way as made me long to bend over and kiss her, though you may be sure I was very careful to do nothing remotely like it.

I don't think I ever slept better than I did that night, after I had once fallen asleep, which I was some time in doing, because of the many strange and surprising things I had to think about.

I was awakened in the morning, partly by the streaks of bright sunlight which had found me out, and partly, I think, by the fact that my hostess was studying me, for when I opened my eyes I saw her standing by me, looking down at me.

I would have liked to believe that she was looking at me for the same reason that I would have looked at her under similar circumstances. But alas! there was no excuse for my harboring any such sweet delusion as that; the expression in her brown eyes was one of scientific interest.

I may say that it was a maddening situation for me. I had gone through life up to this time practically indifferent to the charms of woman, and even regarding her mainly as a factor in the sociological problem, and here was I now resolved into a scientific specimen. I knew it, and I writhed in the consciousness.

I resented the easy assumption of this

beautiful creature that she was the superior animal and I the inferior. Nothing could have been more kind and tender, even, than her treatment of me, but quite without intention on her part, I believe, she impressed upon me her consciousness of superiority.

Of course I was quick to understand that she based her sense of superiority on her singular muscular strength, and I promised myself at the proper time to give her some evidence of an intelligence in me at least equal to if not superior to that in her or others of her race.

I recognized wonderful qualities in them, and knew they had made marvellous strides along some lines, the evidence of which was the flying machine they had in common use, the perfected telephone, color photography, the system of house lighting which simulated daylight, and no doubt other things which I was yet to see; but there was my own marvellous invention, my etheroplane, which was plainly an unthought-of thing with them since they had been so amazed at my assertion that I had come to them from Earth. And how could I be sure that they were anywhere near us in industrial progress? Manifestly my rifle was an object which my hostess, at least, did not know the use of; and her amusing horror of my canned meat was evidence enough that I had something to tell them along those lines.

Of course I did not lie there on my back thinking these things while the beautiful brown eyes of my hostess studied me; on the contrary I had hardly opened my eyes than, with a hardihood I would not have believed would come so soon, I leaped up without regard to the unconventionality of my costume—or lack of it—and accepted the two hands which she held out to me in greeting.

Perhaps I go into details too much for the pleasure of my readers, but I do not see how I am to avoid doing so if I would convey a proper idea of the wonderful race of people among whom I had come.

I liked the custom of holding hands so well that I would have held hers a long time with great comfort, but after a very brief time she released her hands from mine and caught up my bedding and,

taking it to where the morning breeze blew unobstructed, shook both squares and then hung them on a limb of a tree to air, her own having been similarly treated.

I was struck with the simplicity of this method of doing, but I could not avoid an internal comment, which I admit carried disparagement with it, that it was manifest that whatever else they might know the Jupiterians were ignorant of the possibilities of luxury which were common on Earth.

Of course the cleanliness of the proceeding was delightful. Indeed I had already come to realize that these people—if my hostess fairly represented them—were exceedingly particular in the matter of personal sweetness and cleanliness. And as soon as the bed clothes were hung up I had another demonstration of that peculiarity.

She beckoned me to follow her, and started on a run in a direction away from the cottage; then stopped as if remembering that I was not as active as she was, and when I had come up to her, took my hand in her firm, strong grasp and ran with me.

I had to admit to myself that even if I had felt my best I could not compete with her in activity, but the consciousness was galling nevertheless, and I fairly ached to discover some means of putting myself right with her. I was over head and heels in love with her, and I wanted to appear something better than a weakling to condescend to.

Perhaps my readers will think I was over swift in falling a victim to the charms of a woman I could not even exchange ideas with. Well, I do not explain and certainly do not excuse. I merely state the fact. Nor do I state it as a mere matter of interest to others, but because my feeling for my beautiful hostess had an important bearing upon my sojourn on Jupiter.

Well, I ran by her side, annoyed at my inferiority to her, but delighted to be there, and already as unconscious of our nudity as if it had not been. To my surprise, we presently came upon the beautiful lake which I had seen the day before, the bushes having theretofore hidden it, though no more than a stone's throw from the cottage.

My companion turned to me and stopped, her beautiful face irradiated with the very joy of life, so that it was certainly the most glorious thing I had ever looked upon. She made signs asking me if I felt like taking a plunge. I was glad to answer in the affirmative, for I was a fine swimmer and was glad of an opportunity to display my ability.

She looked pleased, patted me kindly on the shoulder, pointed to a sort of wharf that ran out into the water, and with a sweet laugh of pure glee, leaped from my side and, with the swiftness of a doe, darted down the path, out upon the wharf and jumped upon a spring-board, which I then saw for the first time.

High into the air she was thrown, her perfect body gleaming in the morning sunlight, and to my utter amazement turned a somersault, made a "layout" and then went into the water in what in Sweden is known as a swan dive.

Never in my life had I seen such an exhibition of acrobatics, all done so easily, so gracefully and with such verve as to rob it of any appearance of having been done for the delectation of some onlooker. And by that dignified creature!

She went into the water with the least of a splash I had ever seen under such circumstances, and came up in a few moments to shake the water from her dripping hair and to cry out to me with the joyousness of a child.

What she said I did not know, but assumed that it was an invitation to join her, so started on a run and took a simple header from the spring-board. When I came up near her I began at once to perform some of those tricks with which every good swimmer is familiar, so that she might see that I was far from being a novice.

She watched me with approving eyes, showing her white teeth in her broad smiles, treading water meanwhile. Then when I was done, showing me some other things that might be done in the water by one sufficiently an adept, her joyous laughter ringing out merrily in the abandon of the sport.

One of the things she did which astonished me greatly because of its combination of strength and agility, and which

was only a commonplace to her, was to sink herself to a very great depth in the water and then propel herself upward with such swiftness as to compel her body to shoot more than its own length out of the water. And while she was in the air she described a full circle and a half so as to dive headforemost in the water again.

I shall not attempt to describe what I saw her do that morning, as well as many other mornings, in the wanton joy of life, but I may say that I was cured of all desire to compete with her in any athletic games. On the other hand I never tired of watching her when she played; for she played as she worked, with all her heart; and was never so good to look at as when her exquisitely rounded and robust form took on a new life from the quivering of a thousand muscles under the ruddy, satiny skin.

She seemed to be at her ease about me by this time, for when we came out of the water together, she pointed toward the cottage, said something in her musical tones and darted homeward with incredible speed.

When I reached the cottage shortly after her, she was drying herself with a snowy towel, and indicated another for my use. And oh! what a picture, or rather, what a series of beautiful pictures she made as she passed from one pose to another in the process of drying her body and her hair.

When we had dried ourselves I looked to see her prepare the breakfast table, and wondered what sort of food would be set on it; but instead of that she indicated my clothing to me as it lay on the grass, and I understood that I was to hang the garments up so that the air might purify them.

This, of course, was mortifying in a way, but I had sense enough to understand that to a people so cleanly and so free from any but the sweetest body odor, garments, which like mine, had been worn for some time must be offensive. Then, too, I have always liked to be clean and sweet, so that I was ready to do whatever would make me agreeable to my new acquaintances.

I had first, however, to remove various articles from my pockets, including my watch, which I had unaccountably neg-

lected the night before, as well as my pocketknife and such other articles as one is given to carrying.

These various articles I made a heap of since my skin was not provided with pockets, and then hung my clothes in an airy place, after which I went back to my heap of personal belongings and called the attention of my hostess to them.

I know she must have been curious concerning them, but she had not betrayed it by her conduct, though she came willingly enough at a sign from me, and studied them closely and with such a puzzled look that it was evident they were novel to her in such form.

My watch excited most of her interest, and yet I discovered in asking her for a name for it that it could not be an unfamiliar object, since she gave me the word for it readily enough. Afterward I learned that it was the division of time that surprised her and not the mechanism, for in that respect as will be shown in due time, the Jupiterians had nothing to learn from me.

It will be remembered that in my desire to set myself right with my hostess, I was seeking some means of impressing her, and it was while she was inspecting these things that I was taken by the wretched idea that came near to resulting in my utter undoing.

I really wished to know more about the machine upon which our previous night's visitor had come and gone, but the real motive that prompted me to inquire about it with such pantomime as I could command was the desire to thereby lead up to an exhibition of my own cleverness.

I made signs of going up into space and even ran into the cottage and brought out the picture of our visitor, so as to connect the two ideas. She understood and very willingly went to a sort of outdoor cupboard and brought out a machine, too evidently intended for aerial use to demand explanation.

To make me comprehend its use, however, she took her place in it, made a few swift turns of some wheels, and almost instantly rose up into the air, with the contrivance under the most perfect control, as she showed by making it describe a variety of evolutions, swooping, rising,

dropping suddenly, coming to a complete stop and so on.

I may say here that as soon as I have completed a similar machine so as to demonstrate its practicability I shall give it to the United States Government, so that it may be decided how best to establish it in common use and without permitting it to be exploited by the moneyed powers at the expense of the people.

Having experimented on my own much more complicated and effective machine I was able to comprehend the really simple application of principle involved here, which principle I now refrain from describing for the reason above given.

I tried to explain to my hostess that I had made use of a much more wonderful contrivance to come to her from Earth, but nothing I could do in the way of pantomime seemed to convey my idea to her.

Nor had I expected to make her comprehend, for I was in fact leading her up to the exhibition of my vanity—I can call it nothing else. I had noted her ignorance of my rifle, as I have already stated, and I meant to show her its powers.

I went to where it had been put the night before and showed it to her, asking by signs if she knew its name and receiving a negative so promptly as to make me understand that she knew nothing of it or its use.

I had always prided myself on the accuracy of my aim, and was not averse to deriving whatever *éclat* might come from its exhibition, as well as the powers of the rifle.

Already I had decided upon the mark I would take. I had noticed ever since rising that at frequent intervals huge birds of the heron type had traversed the blue sky, evidently on their way to the shores of the lake; and it was one of these that I had determined should minister to my vanity by serving as a mark.

I called my companion's attention to one of these birds as it was coming in our direction, and being sure that she understood to what I pointed, raised my rifle and took very careful aim.

With a smile of kindly interest on her lovely face she looked from the bird to me and back again at the bird. I waited

until her eyes were on the bird and then pulled the trigger.

The report startled her so that she started back and stared at me in dismay, but I eagerly pointed upward to where the bird was tumbling over and over in its sudden descent.

As fortune would have it, the great bird fell on the greensward fairly between us, its wings moving convulsively in the throes of death. I was triumphant, for it had been a long and difficult shot.

My companion looked at me and then at the dying bird; then sank on her knees by the latter and wonderingly put out her hand as if to discover why the bird had fallen.

Her hand came in contact with some of the blood which was oozing from the wound. She drew it away and looked at it; then uttered a cry of horror and caught the bird up.

It seemed she had not understood until that moment that the bird was dying. She rose to her feet as if galvanized, letting the bird fall. She looked at me with an expression of wonder, I thought, and I, poor fool, raised the rifle again to shoot another bird that had appeared in sight.

Then I understood what her expression had meant. She leaped at me like a tigress and caught the rifle in one hand while with the other she struck me a fearful blow.

(To be continued)

THE "TOO TIRED TO EXERCISE" PLEA

"I am too tired to exercise," and "I get enough exercise throughout the day," are common answers given by thousands of people when they are advised to exercise. It is especially hard to persuade those to exercise who do a hard day's labor in mill or factory. Farmers smile when exercise is mentioned to them. They are fagged out at night. They want to eat and go to bed.

The average person is ignorant of the nature of exercise. The farmers and the laborers do not understand the first principles of physiology. Systems of exercise are not made to tire the body, but to refresh it! How many hard-working people really know this? The man who is working hard all day is getting exercise, but generally it is one-sided exercise. He is overworking one set of muscles and neglecting others. The flow of blood is being accelerated only to certain parts of the body, and this lack of blood in some parts, and crowding in others, causes the

fatigue that workingmen complain of. Exercise of the neglected parts counteracts this effect. It sets other muscles, heretofore unused, into gentle action, taking the blood from the gorged and tired muscles and nerve centres and distributing it to other parts of the body.

We don't think farmers have any particular cause to ridicule the mention of exercise as they are inclined to do. Their shuffling, crooked gait and stooping shoulders are not much credit to the exercise they claim to get. Farmers very often have a crooked development that makes them the butt for jests among city people. Our advice to them and to all laboring people is to adopt some simple system of exercise that will keep their shoulders straight, their step elastic and their lung capacity as it should be. Exercise is useful for tired people. For people who do hard, manual labor. Remember this!

Current Endorsement of Physical Culture Dietetics

THE almost daily endorsement, on the part of well-known authorities or publications, of those dietetics which have for long been advocated by the editor of this magazine is not altogether devoid of humor. This for the reason that the authorities in question place before their readers or audiences as absolutely, or nearly so, new discoveries, facts that have been for long known and consistently practiced by earnest physical culturists. However, no exception need be taken to the attitude of the gentlemen in question in this particular, unless it be that they try to secure for themselves the incidental credit which really belongs to others. Imitation has been and always will be the truest form of flattery, and hence it is that the editor of this magazine feels a sense of gratification in that his tenets have been so taken to heart by the individuals to whom allusion has been made.

Among the distinguished converts to physical culture dietetics is Thomas A. Edison, the famous inventor. Mr. Edison, during a recent interview with a representative of the New York World, among many interesting things, said:

"Yes, it's true the country is food-drunk. I'm not so much interested in the economic side of overeating at a time when the cost of living is increasing, but I have investigated the subject enough to know that a man can't do good, clear, logical brainwork with his stomach full of undigested food.

"Some time ago my stomach troubled me. I didn't know what was the matter, but I imagine now that it was the X-ray, which I had been using in an experimental way for a long time, that caused some internal constriction. It also drew my left eye out of focus, although that trouble has since disappeared. You know that the X-ray so affected one of my assistants that the doctors had to amputate one limb after another. They literally cut him to pieces and he finally died. His brother, who is

out in the laboratory there, was also affected by the X-ray.

"However, when my trouble was acute I began to experiment with my diet to see what would come of it. I had always been a light eater, but I decided to cut down my food still more.

"For two months I lived on four ounces of food for each meal. That made twelve ounces of food a day. Of course I varied my food. I would take a teaspoonful of peas, a small piece of toast and caviar, a tiny sandwich, a little bit of ham, a fragment of rye bread with Swiss cheese, and so on.

"What was the result? At the end of two months of this diet I weighed just as much as when I began, exactly one hundred and eighty-five pounds.

"I found that living on twelve ounces of food a day for four weeks had made me mentally brighter, and had neither diminished my strength nor my weight. And, mind you, I had been working just as hard as before I cut down the size of my meals.

"Now, my father lived to be ninety-four years old. My grandfather lived to be a hundred and two years old. My great-grandfather lived to be a hundred and four years old. All three were disciples of Cornaro and lived according to his ideas.

"Of course, while I was living on twelve ounces of food a day I was taking no exercise. If I had been walking about my laboratory much, or if I had been going up and down stairs a good deal, I would have added four or five ounces more of food a day to make up for the waste tissue. But there can be no doubt that twelve ounces of food a day is enough for a man who takes no physical exercise. A big eater has got to take exercise—no doubt about that; it is an absolute necessity.

"It is simply appalling to know how professional men and others who do little physical work stuff themselves. There is no sense in it. It means dullness, disease, and early death. It is an extraor-

dinary thing to observe how great business men, the lawyers, doctors and clergymen of New York, men who show the highest intelligence in ordinary matters, continue to sin against nature by over-eating.

"The slightest practical investigation of the evidence on the subject would prove to them that they are clogged up with undigested food. A short trial of scantier diet would improve their mental and physical condition and make work a pleasure to them. Yet they go right on filling themselves up simply to gratify an appetite born of habit.

"A man, after all, is simply an engine, and his stomach is a furnace. If you put too much coal in a furnace the grate bars will be clogged up, and you will get worse, instead of better work out of the engine.

"It all depends upon how much physical exertion enters into your daily life. Some years ago I read a report on the diet of the German army. The men confined to the barracks were allowed a certain small amount of food a day; the men who had to drill were allowed more food, and the men who had to march got a still greater quantity. My own investigation convinces me that this is a correct rule.

"As for sleep, that is another prevailing form of intemperance. People sleep too much. They drug themselves with sleep. The truth is that this vice of over-sleeping is a habit.

"Here I am, a man approaching sixty years, and see how strong and active I am. The greatest pleasure in my life is work. I get out of bed at five o'clock in the morning, take a walk out among the trees and birds, and wait around, reading the newspapers, until the folks get up, which is at about six-thirty o'clock. Then I take my breakfast with them and go to work. I keep at my task until about six o'clock in the afternoon. Then I go home to dinner. I generally get to the table when the dessert is being served, and I am through my meal as soon as the others."

It will be seen by this that Mr. Edison is a two-meal per day man.

One of the publications devoted to medical work, *The Hospital*, comments on the general adoption of Physical Culture dietetics thus:

"Few things can be more curious than the change which has been passing over the public mind in the course of the last few years with reference to food and feeding. Much has been made from time to time of the tendency to glorify intoxication which rollicks through the pages of Dickens, while it has to some extent escaped notice that his types of character are, as a rule, quite as much given to overeating as to overdrinking. Underlying the whole fabric of his fiction is an assured belief that to eat a great deal of food is an action not only meritorious in itself, but certain to be rewarded by good health, high moral tone, and enhanced physical vigor; and it is not too much to say that these were the prevailing convictions of the time."

The late Sir Henry Thompson, in the interesting volume upon "Food and Feeding," which has now passed through many editions, was among the first to insist forcibly upon the fact that the amount of food consumed should be much diminished in advancing life, and Prof. Clifford Allbutt has written to the *London Times*, on his return from a tour in America, to say that wholly new ideas about diet are beginning to prevail there, and that American men of science have obtained demonstration of the fact that all food in excess of the actual requirements of the body is a source of weakness instead of a source of strength, nervous force which might be better employed being consumed in partial digestion and its ultimate removal from the system. He tells us that this is especially true of nitrogenous material, adding:

"A considerable amount of evidence has lately been brought forward from one source and another tending with remarkable uniformity to show that the human body can be maintained in full vigor and activity upon a much smaller amount of food than is usually consumed, and the question is one which calls for the serious attention of physicians and physiologists."

Some men dig their graves with their teeth.—Sydney Smith

Light Exercises for the Entire Body

EASY, ALL-AROUND MOVEMENTS FOR WOMEN FOR GENERAL DEVELOPMENT

By *Bernarr Macfadden*

THE first day of the New Year is a fitting time to change for the better in one's methods of living, physical or otherwise. The very name of "New Year" is, in the mind of the average man or woman, intimately associated with the idea of reform, of turning over a new leaf, of making resolutions to do better than in the past. The word "new" is in itself significant. The day seems to mark a dividing point between the past and the future, and is, or should be, suggestive of some thought as to what that future is going to be.

There is nothing of greater or more vital importance to any one than health, and this is a splendid time of the year to inquire into one's health habits. Have they been all that they might have been in the past? Does the New Year find you enjoying as perfect health as it is possible for you to possess? Have your previous habits of life been carefully and intelligently selected, or did you just happen to fall into them simply because they were the easiest and because you did not have to think about them? If you are not enjoying a high degree of health, you have yourself and your previous carelessness to blame, and this is a very suitable time to begin a new regime, to inaugurate a systematic endeavor to build up superb health, vitality and that splendid degree of physical vigor without which no one can realize the full beauty and power of true womanhood.

The New Year is an appropriate time for me to again outline my principles, and the objects for which I am working. This article is especially for the benefit of new readers, and will serve as a summary of what my old readers have already gleaned from the pages of "Beauty and Health."

There are millions on millions of people living in so-called civilized communities who seem to be totally ignorant of the first principles of physical culture. While those who have studied and practiced rational modes of living may num-

ber hundreds of thousands, yet in the total mass of the world's population they are comparatively few. The average in-



EXERCISE No. 1.—Standing erect on both feet, bring the fists up to the shoulders, as illustrated in this photo. Then strike out with both fists straight forward on a level with the shoulders, forcibly and energetically; bring fists back to shoulders, and repeat until tired. Similar movement, striking straight upwards to arms' length overhead. Similar movement, striking out straight sideways on a level with the shoulders. For arms, chest and shoulders.

dividual little understands the true meaning of the term "physical culture," and often entertains the most absurd conceptions in reference to it. By many it is regarded as somewhat of a joke, affording a good field for the humorist, while others refer to it merely as a "fad." As a

casting discredit upon a movement in which he does not happen to be engaged. Also it is used as a refined method of expressing disapproval, even though he who adopt the term may not know anything whatever about the subject. To many the term "physical culture" is only synonymous with dumbbells and the development of tremendous biceps.

I wish to emphasize the fact that "physical culture," in its broad, true sense, means much more than that, or perhaps I might say, something entirely different. It means the cultivation of all of one's physical forces, the storing-up of vitality and nervous energy, the building-up of superior health, and the bringing into being of a sound, clean, wholesome body, not alone through exercise, but also by means of correct habits of life, including sensible clothing, the use of proper food, correct bathing habits, proper ventilation of one's living and sleeping rooms, and other rational modes of life. In fact, the scope of physical culture is so broad that it embraces everything that is inclined to improve one's general bodily condition, favor the building of increased energy, and thus add to the mental capac-



EXERCISE No. 2.—Standing erect on both feet, slowly raise the arms sideways, as shown in the illustration, until they are high overhead, inhaling a deep breath at the same time, and exhaling as the arms are brought slowly down. As the arms are raised rise on the toes as high as possible, in the manner illustrated. This is particularly valuable as a breathing exercise, though very effective also for strengthening the calves. Practice same movement, bringing hands up directly in front instead of at the sides.

matter of fact, humanity is inclined to reject anything that is out of the usual rut, in very much the same manner that a dog barks at a stranger. And that word "fad," by the way, is usually resorted to when one cannot find any better means of

ity, thereby making one fit for the duties of life. In short, "physical culture" means simply "common sense" in regard to health and health habits, as distinguished from the abject ignorance and incomprehensible stupidity in reference

to those subjects so common among the masses of the people.

I contend that health is the normal condition of humanity and that ill-health is abnormal. Beauty is normal, while ugliness is unnatural and a sin. Both ill-health and ugliness are absolutely unnecessary, and they are due to causes which can be easily ascertained and as easily removed. If I can succeed in making this one point clear to poor suffering humanity, or to a large percentage of our population, then I shall feel that I have accomplished all that I could desire. Of course this is already thoroughly understood by many of my readers, but I wish also to impress it firmly upon the minds of all others who seem to be pitifully groping in the dark in the search for health and vitality. These seem to labor under the delusion that their ills and "misfortunes" are thrust upon them in some mysterious way by some unknown outside force, when in reality it is their own misguided manner of living that is to blame. Right living is all that is necessary to secure the best of health, happiness and success.

With a clear understanding of this great truth, the poor, suffering women, as well as the weak, debilitated men of the civilized world, whom we see on every side, would soon be able to alter their present conditions, finally acquiring a degree of health and general bodily vigor that will make life a joy and progress along every line of human achievement inevitable.

However, as it is, humanity, or the larger part of it, is in a state of suffering. Under normal conditions every one should live to a ripe old age, unless death comes by accident or violence. But the rule is that men and women die many years before their time, die by the thousands through ignorance of the most simple rules of health. What people need is a realization of the simple fact that their condition of health, or ill-health, their physical appearance, whether of beauty or ugliness, depends strictly and entirely upon their habits of life. Most of their general habits are sadly perverted, and in their ultimate results, pernicious in the extreme. With correct habits of living, life would present an entirely different aspect, and the earth would seem like

another planet. All of this is as simple as that two and two added make four.

I maintain that inactivity is one of the greatest causes of ill-health in women.



EXERCISE No. 3.—First stand erect on both feet—then, bending the knees, lower the body to the squatting position shown in the photograph and simultaneously raise the arms from the sides, sideways, until, when you have reached the limits of the position as shown, the arms are high overhead. As you arise to standing position the arms are brought down to the sides again. Repeat the entire movement until tired. Principally for developing the muscles of the upper leg, though also exercising the shoulders and raising or expanding the chest.

Such work as housekeeping is usually regarded as a drudgery, and is performed as such. It is not done in an active man-



EXERCISE No. 4.—Stand firmly braced on both feet, hands on hips. Then, without moving the feet, turn or twist the body far to the left, as illustrated, and then turn back as far to the right as possible. Continue the movement back and forth until tired.

ner, does not tend to accelerate the circulation of the blood, and will not answer the purpose of active, refreshing, exhilarating exercise, scientifically designed to build up and strengthen every part of the human structure. It is true that if approached in the right spirit, one can find some beneficial exercise in housework, but as usually performed it is tedious and only fatigues, without strengthening the body.

I maintain also that much of the ill-health of which women complain could be avoided by discontinuing the use of the corset and by attention to various other phases of dress reform. Many of the conventional dietetic habits, also, are injurious. The use of stimulants of any kind is a most pernicious habit, while the neglect to properly ventilate the living and sleeping rooms is to a great extent responsible for the physical infirmities of the race. I further contend that every woman can possess superb health by simply devoting herself to rational dress, a common sense diet, air baths, dry friction baths, cold water baths, out-of-door life, the practice of deep breathing, sufficient active bodily exercise, and, in fact, all the various natural means that tend to favor the building of greater physical energy and superior health.

The exercises given in connection with this article are of a light and easy nature, designed especially for beginners, or for those who are not very vigorous. Naturally due care should be used in beginning, but in the course of a little time any one should so gain in strength as to be able to attempt exercises of a more vigorous nature.

SOME INTERESTING STATEMENTS ABOUT SOUR MILK

By EMMA M. HARBOTTLE

A GERMAN woman living in Syracuse, N. Y., has for a long time been in the habit of drinking sour milk, and that without any scientific knowledge as to its value. She has two quarts of the milk delivered to her door every morning and then set in a place convenient to the reach of her three children. These children are noticeably more healthy than other children of the neighborhood. They never have colds and have not developed any of the diseases of childhood.

A gentleman from Binghamton, N. Y., states that he has been drinking a large glass of sour milk each morning after breakfast for two years. When he began the practice he was

suffering from one of the severe colds which were common to him. His cold vanished and he has never had one since he began using the milk. Rheumatism, which for years had hung about him, also ceased to trouble him.

A New York physician traveling on the continent of Europe was surprised to see in some sections old men working beside young men. He approached one old man and inquired his age. The reply was a startling one. "One hundred and ten years of age." Upon making inquiries from local physicians he was assured that the remarkable physical condition of the old inhabitants was chiefly due to their habit of drinking freely of sour milk.

IDEAL BABYHOOD

By Marguerite Macfadden

AWAKEN, I pray you, each and every prospective wife and mother, and, indeed, each growing girl, to the wondrous responsibility that one day is to be yours, if you are to reach the highest pinnacle of earthly happiness and usefulness, which is motherhood. Now, I do not mean motherhood in the—alas! too common acceptance of the term, the giving birth to children, whose heritage has never received a thought prior to their arrival, and whose future welfare depends largely upon chance, instead of intention. But pause and ponder deeply upon the supreme honor of motherhood, and the all-embracing subject of prenatal influence. If this subject has never before been given thought by you, weigh it well now, realizing that it is your bounden duty to do so if you would have your children rise up and call you blessed. I feel that in the articles upon "Perfect Motherhood" which appeared in last year's issue of "Beauty and Health," I touched but lightly upon the all-important subject in question, so I must discuss it at greater length in this year's chats. I further feel that I dare not neglect it, for it is but justice to coming generations that it be duly weighed and applied individually. Let none within the reach of such knowledge shirk these responsibilities and shield themselves behind "I knew nothing of such things before my baby came."

Seek knowledge; it is yours for the effort. The science of life should be our all-important life study. When our ideals are high, holy and true, then, and then only, will our offspring come into the world bearing with them a blessing rather than a curse. When such a state is universally reached we need not outline any course to secure ideal babyhood or girlhood or boyhood, but the era toward which we all look longingly will have dawned, for ideal lives ours will surely be. In the words of the immortal Shakespeare,

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

Above all, be not false and unfaithful regarding the Divine mission upon which each woman has been sent; rob not your offspring of its heritage. Nora Archibald Smith, when asked to define the qualifications of an ideal kindergarten, answered: "The music of St. Cecilia, the art of Raphael, the dramatic genius of Rachel, the administrative ability of Cromwell, the strength of Samson, the wisdom of Solomon, the meekness of Moses and the patience of Job."

Surely these qualifications might be a helpful standard for the heretofore thoughtless mother, as she strives to render her little one's babyhood of an ideal sort.

Not mother alone, but father also, must cooperate, if he will but pause to ponder on all that the laws of heredity entail. Not alone do children suffer through the neglect of their parents in these matters, but the parents themselves as well. Only when a standard embracing perfect physical health and a sound mental and moral code, with patience and love untold, has been adopted by parents, will baby have received its rightful heritage. Remember it will take united effort and much enlightenment on the part of both parents to bring this about, for they are but indirect transmitters, as it were, for our ancestors had not the opportunities for acquiring knowledge along these lines that we have. If each one of us but lived our lives day by day, as though it were our last, we would have more care regarding what we did, as well as what we left undone. 'Tis

"The lives of great men that remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time."

NOTE:—Second of a valuable series of articles on babyhood. These articles are copyrighted and must not be reprinted without permission.

And who naturally treads nearly so closely in the footprints of the parents as the child, whether the tendencies of the little one are of prenatal or postnatal impress? For those who, alas! too often see in their little ones those fatal tendencies which were impressed upon them before birth, developing with their growth, there is also clear guidance:

"No star is ever lost we once have seen;
We always may be what we might have
been."

And so surely as example goes before precept, so surely can you, not by coercion, but by gentleness, firmness and honest effort, divert the feet of the weak, erring or evil tendencies into other paths of righteousness.

It, of course, is plain to all that for the first few months after birth the physical side of the child demands the greater care, yet it is well for us to draw no line, define no exact time as to when mentality awakens, as it were, but as rightly live with and for the baby from birth as we should prior to it. And the safest plan to work upon after baby's arrival is to make home surroundings and life as ideal as possible, that there may be no inharmonious impression to cast a shadow in later years over an otherwise ideal babyhood.

Apropos of this comes the "skit" on the profane farmer who one day went to his parson in utter despair over his inability to control his tendency to swear at the most trifling annoyance, try he never so hard. The parson sought by every means in his power to encourage him to break the habit, and finally hit upon a scheme to that end. He told the farmer that, perhaps, he conquered his weakness more frequently than he was aware of and suggested the farmer's driving nails all over the inside of one of the stable doors, and on each occasion that he conquered his desire to make use of an oath, he should draw out a nail, and in this way he might be greatly gratified by seeing his progress in overcoming his weakness. The parson was soon after agreeably surprised to have a visit from the farmer, with the assurance that he had followed the plan, and the nails were all removed. "Then, why so dejected?" he asked. "Ah,

the prints of the nails are there still," was the sad reply.

Let us all remember that the infant mind is open to impressions, perhaps sooner and more indelibly than we think, and so guard our words and actions. Indeed, our whole life and example should be conducted in such a manner that in after years there may be "no prints of nails" in the way of depressing impressions to mar the children's remembrance of an otherwise ideal babyhood.

It is absolutely impossible to divide baby's existence from its surroundings. In after days its earliest impressions may become dim, but are never lost. Make them a delight, so that when the shadowy evenings of life draw down, the golden light of infant days will serve through memory's lamp to illumine and cheer.

Mother and father brighten or dim the lamps of their children's lives as no other human power can.

Let us start the year 1906, therefore, with the firm resolve that at least baby's realm shall be free from shadows, and let the light of reason, common sense, God-given judgment rule our and their lives.

Suppose just here that we take a glance at our first division, or heading, namely, "Air, which is of paramount importance to baby's well-being." You may say as many a one is apt to, "Of course, we realize that after baby's arrival air is the first requirement." But have you thought for a moment that it is not only upon baby's advent that air is demanded, but before and through the medium of his mother from conception? Deprive her of air, life becomes extinct with both; give her a scanty supply, or give her vitiated air to breathe, and both she and her unborn child are gravely affected mentally, as well as physically. No one influence, unless it be that of absolute darkness, is more depressing in its effect than a foul air supply, especially during pregnancy. This we see demonstrated daily in the pale, listless, enervated infants, who are about us bearing a marked resemblance to the plants that are brought up from the cellar in the spring, after their winter's housing from the frost. Such plants have only a semblance of life in their pale foliage. No mother who suffers from air starvation during pregnancy can hope to transmit to her child a physique redo-

lent of health, any more than she can a sunny temperament when she herself was depressed through the lack of air during pregnancy. Then, too, if the parents breathe pure air, feed on it, dwell in it, that very love of fresh air will be transmitted to their offspring, as will their other qualities. Now, is there any trait which one covets more than that known as "a sunny disposition"? Yet individuals are not alone responsible for the possession of a morose or moody nature. Such natures are largely the reflections of parents and home, so that our babies are but illustrations of the power of ideal environments. The effect of sun and air starvation on the nervous system is more marked than can well be described or explained. Again, the hygienic effects of the intervention of clothing is much more marked than we usually realize. A free supply of light and air on the body will relieve nervous tension in both mother and child, when nothing else will. May we not well suppose that the air which is absolutely necessary for the perfect growth of plants is also essential to the life and best development of human beings? The added effect of air on the individual is to regulate circulation, to stimulate the eliminating glands in the skin to normal action and give general tone and strength to the entire system. It also develops to normality the nerve terminals in the skin, which regulate the production of heat in the body. The great value of the "air-bath" is now beginning to be recognized by parents who are giving a proper amount of thought to the health and strength of their offspring. If introduced into the daily life of the child, no matter at what period, it will aid in promoting such vitality as will withstand sudden changes of temperature at any time.

Air is one of the most beneficent of health-giving agencies, but is not valued as it should be. But into whatever unhealthy habits, dear parents, you may

have fallen yourselves, be wise, with a generous wisdom, in dealing with the babies and permit them and encourage them to enjoy freely that which nature has so lavishly furnished for their well-being, as well as for the well-being of humanity. The first essential of life being air, let baby have it, and that abundantly.

As I previously mentioned, the unborn babe has been breathing through the medium of its mother up to the time of birth. Consequently, her demand for air is also urgent. The very necessity for the blood being propelled to and from baby's lungs by the action of its own heart necessitates our furnishing him with an abundant supply of fresh air. Therefore, the first requirement will be well ventilated quarters. Not only should pure air be abundantly admitted to the room, but renewed continuously in order to replace that which becomes vitiated. If all of our babies are permitted to breathe a pure atmosphere from birth, by day as well as by night, even though much of their time is spent indoors, they will most assuredly grow and expand with all the strength and beauty of the things of the outdoor world. But, even when we have gained a point in the direction of free ventilation, we have too often still another popular barrier to break down, this being the erroneous impression that the lungs, through the medium of the mouth and nostrils, are the sole respiratory channels. Such, indeed, is far from correct. The entire surface of the skin has a most important part to perform in the respiratory economy. It is invariably and gravely hampered in the performance of its duty in two ways—first, by an overabundant supply of clothing, and, secondly, by lack of proper cleanliness. More babies have their health permanently injured by being overclad, rather than underclad. Give baby fresh air without stint, for as compared to this all its other needs are as nothing.

LOVE AND CONFIDENCE

"Fundamentally the questions of love and confidence between parents and children underlie the whole social system—not only underlie, but are. Our civil life in the long run will rise or sink as the average family is a success or a failure. All questions of social life will solve themselves if the children are brought up to be the highest they are capable of being, if our social and family relations are as they should be; if not, no material prosperity, no progress in literature, art, success in business or victory in war will make up for it to the nation."—Theodore Roosevelt.

PHYSICAL TRAINING FOR THE BABY

PLAY EXERCISES THE ONLY KIND THAT CAN BE RECOMMENDED

By *Bernarr Macfadden*

A great many of my readers will no doubt be very much interested to know what sort of a system I have adopted in the physical training of my own baby.

In the beginning I would say that I have used no system whatever. I don't believe in "systems" of training for chil-

instance be taken in the form of play. The child must be able to thoroughly enjoy it. And naturally the various movements which you will encourage it to perform will call for considerable patience on your part. An infant does not learn very quickly, though as it gets older and is able to more thoroughly enjoy the ex-

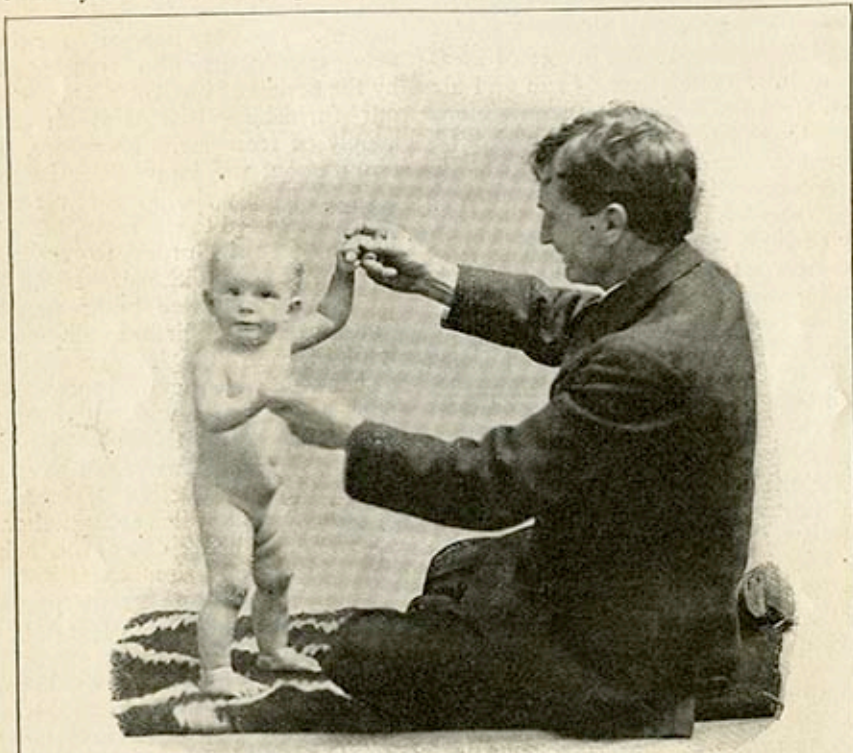


PHOTO No. 1.—Let the child stand on the carpet, supported by your hands in the way pictured. This alone will be very interesting exercise for the child at first. Then, letting much of the child's weight rest on your hands, permit it to lean or sway slightly from one side to the other, and forward and backward, like a tree in the wind. In doing this you must naturally be guided by the strength and inclinations of the child.

dren who are in the possession of ordinary health and who can enjoy all the activities connected with out-of-door games. And if "systems" of exercise are not advisable for children, they certainly are not of value for small infants.

Exercise for the baby must in every

exercise it will naturally learn considerably faster than at first.

When my baby was not more than a few days old I found that it would clutch a lead pencil and practically hold its own weight. In fact, this was one of the first exercises that I gave it, simply allowing

it to clasp its fingers firmly around the pencil, and then partially lifting its body by pulling on the pencil. But remember not to be too rash or to put too much strain on the baby's muscles or endurance. Give only such exercises as can be enjoyed by the child, and continue each one only as long as it is enjoyed. The moment it becomes weak, or the child seems fretful or peevish, then it is time to rest, or to vary the exercise.

Then, too, it is well to bear in mind that it is easy to give a child that is well supplied with nerves too much exercise. It may be so bent on the fun that it will continue for a much longer period than is really beneficial. High-strung infants, who are sometimes termed "bundles of nerves," are especially likely to be too much interested in play of this kind. They are always on the go. They keep themselves thin, and, without question, stunt their growth to a certain extent by too much activity. If a child is inclined



PHOTO No. 2.—Taking hold of both the child's ankles with one hand, and placing the other against its stomach, as illustrated, lift it to an erect, standing position, then raise and lower the child, in play. In this position, the child will naturally stiffen its body, thus exercising nearly all its muscles.



PHOTO No. 3.—Grasping both ankles of the child with the left hand, and placing the right hand under its shoulders, let the head down to the position illustrated and then raise again to a sitting posture. The child will naturally flex its little muscles and endeavor to assist in the movement.

to be phlegmatic, the conditions are entirely different. You can encourage a child of this kind far beyond the point that would be safe with one that is inclined to be nervous. Extraordinary intelligence manifested at an early age is usually a sign of what might be termed "too much nerve," and exercise in such a case should be entirely eliminated.

WOMEN'S QUESTION COLUMN

By *Bernarr Macfadden*

Too Tired to Exercise

Q. I would like to exercise, but have so many cares and worries that I lose all ambition. I feel all tired out all the time. In this condition would not exercise use up too much of what little strength I have?

A. The fact that you do not exercise is one of the causes of your tired feeling. And there is nothing in the world that will weaken you more quickly than worry. It will sap your strength and consume your nervous energy. Unquestionably, it is this worry that tires you out and not the efforts that you put forth in the performance of your daily duties, whatever they may be. You should cultivate poise, endeavor to maintain a more composed mental attitude, do the best you can with your various affairs, and then rest satisfied that you can do no more. If you will only prevail upon yourself to take some light, active exercise, in spite of your disinclination to do so, I firmly believe that you will find it refreshing and invigorating. Do not, of course, overdo the exercise, but put as much of the play spirit into them as possible. I feel quite certain that a little physical activity of this kind will greatly help you to dissipate your worry and care, make you see things in a brighter light, and probably bring back your ambition.

To Develop Chest and Bust

Q. Kindly outline exercises to develop the chest and bust.

A. The use of an elastic wall exercise is good for this purpose, although any form of exercise for the muscles of the upper chest, thus bringing to those parts an increased supply of blood, will not only develop the chest muscles, but tend to improve the bust as well. I have described and illustrated such exercises heretofore in "Beauty and Health," and will try to present others for this purpose in these columns during the coming year. It is important that you build up your general health, and, if possible, improve your digestive and assimilative powers.

Remember, however, that though I may prescribe a certain regimen, it is impossible for me to guarantee results, for everything will depend upon yourself. If you only follow directions in a half-hearted manner, as is often the case, radical results for the better cannot be expected.

How to Support the Skirts

Q. What do you consider the best method of supporting a woman's skirts without hanging them from the hips—an underwaist with buttons around the bottom or suspenders? I see many schemes advertised, but cannot decide the best.

A. I could hardly give you any definite reply, for what might suit one might not be adapted to another. Any means of supporting the skirt from the shoulders in such a way as to permit of the greatest comfort should be satisfactory. It might be best for you to experiment until you find out what is most suitable in your own case.

How to Leave Off Corset-Wearing

Q. I have determined to discontinue the use of the corset. Should I drop them at once completely, or should I take a series of exercises first? I am beginning to grow stout, and have come to depend upon my corset very much.

A. If your condition at present is such that you must depend upon the corset a great deal, then it would doubtless be a better plan to take up a series of exercises to strengthen the body about the waist line and back before leaving them off entirely. However, it would be best to immediately begin the practice of going without them for a part of the day, gradually wearing them less and less, until finally you can discard them entirely without any inconvenience or discomfort.

Hollows and Wrinkles Under the Eyes

Q. Kindly suggest the cause and the cure for hollows and wrinkles under the eyes. Is cold cream of benefit?

A. The use of cold cream might have some small temporary influence upon the

wrinkles, but nothing worth considering. The hollows under the eyes usually signify lack of sufficient sleep and a generally run down condition of the entire system. The remedy is obvious. Constitutional methods for building up the general health are necessary, and instead of consuming more vitality and energy than your system produces each day, you should for a time make a practice of building up more strength and nervous energy each day than you use. As for the wrinkles, you should try to avoid the squinting, frowning and other contortions of the face which produce wrinkles. One who habitually wears a serene expression of countenance does not acquire wrinkles until very late in life.

Artificial Coloring of Eyebrows

Q. Do you know of any preparation for darkening the eyebrows and eyelashes that is quite harmless?

A. I am not very familiar with hair dyes and am not prepared to speak of them authoritatively, although I understand that most of them are more or less injurious. At any rate, for the sake of one's own appearance, I would not consider it advisable in most cases to use anything of this kind, for it usually gives one an artificial appearance which is always noticeable to others. Those who use dyes and powders invariably deceive themselves when they think they are deceiving others, for any false coloring is almost always apparent on the first glance. The complexion, the hair, the eyebrows, eyelashes and the color of the eyes always harmonize with each other by nature, and any tampering with dyes and powders is almost sure to break the harmony of the general color scheme. The result is very unsatisfactory and unsightly.

Should One Marry a Cripple?

Q. Would you advise me to marry a young man who is a cripple? He is, however, able to walk for several miles with the aid of crutches. One limb is paralyzed, being the result of severe sickness during infancy. He is healthy and strong in every other way. His morals are beyond question, and he is good and true. He has been a very capable young man in

past years, and is now well-to-do, being "self-made." My mother is opposed to our marriage, because of his being a cripple. We think the world of each other, and he is willing to make any sacrifice to win my mother's consent, as I have refused to marry him without her consent. Is there any way he could be cured or even partially remedied?

A. This is one of the problems that one must solve for oneself. I would not advise you to marry a cripple unless you are absolutely sure of your sentiments. In such a case as yours procrastination is a virtue. Should you marry this man, you run a serious risk of coming in contact with other men after marriage who might attract you in an undesirable way. The defect that you mention might not in any way affect your progeny, but there is, nevertheless, a possibility of its being present in your children. The best policy to pursue under the circumstances is to be absolutely sure of yourself. If you have come in contact with many other men, and find that the attraction of this one is strongest, why it might ultimately be best for you to marry him.

Lack of Water for Baby

Q. Baby of eleven months is extremely constipated, and lately has developed some little white sores in the mouth. Mother uses much fruit and some nuts. Otherwise, the child is plump, strong and very active. Kindly advise natural cure. Baby is still nursing.

A. It seems strange that a strong, active baby should be troubled in such a manner, and I believe that what it needs more than anything else is some water to drink. A babe requires water as well as any one else. It might be a good plan for the mother to eat more whole wheat, preferably raw, soaked in water until it can be readily chewed and eaten with dates and cream, or with similar food. Some pure fruit juice might also with advantage be given to the child direct. Injections might be used occasionally, if necessary, but cathartics never. Very gentle massage of the child's body, together with appropriate exercises, should also be of benefit, though I believe that the use of some other food in addition to the mother's milk would bring good results.

THE SCIENCE OF BOXING.

BY BERNARR MACFADDEN.

ILLUSTRATION No. 5.—This photograph shows the boy on the right hand side leading with his left to the other's head. The boy on the left hand side, however, ducks, or steps slightly to the right so that the blow goes over his left shoulder but at the same time he strikes out with his right and lands on his opponent's body. This may be described as a "right cross-counter to body, ducking left lead to head." It is usually better to parry a blow than to duck, though there are times when it is more convenient to do the latter. Always when your opponent strikes out you should be ready to return a blow, instantly. It is much easier to land under

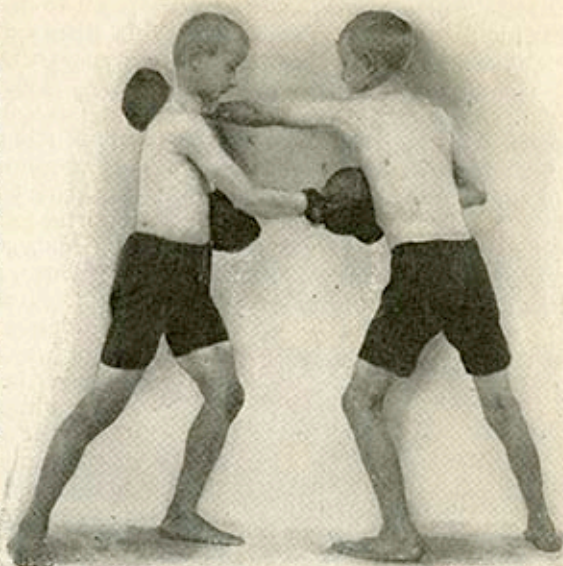


Illustration No. 5.

such circumstances than to make your attack when he is on guard ready for you.

Illustration No. 6.—This shows a good guarded position to assume when your opponent makes a sudden attack or rushes you and you are in doubt as to just where he intends to strike. Study the attitude of the boy on the left hand side carefully. The right forearm and hand is brought straight across the front of the body, thus guarding the stomach and sides, while the right forearm is held perpendicularly in front of the face, neck and upper chest in order to protect those parts. Be sure to bring the right elbow well over to the front of the chest. Practice this a great many times, and be sure that you do it quickly and with "snap."

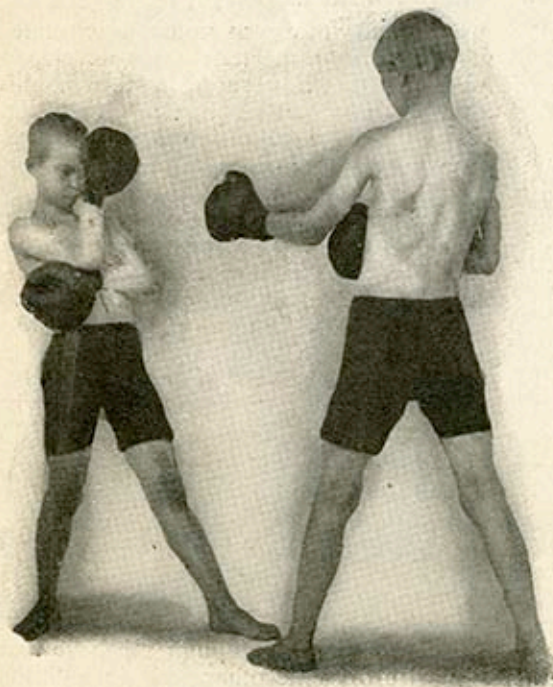


Illustration No. 6.



By Harry Wellington

WINTER SPORTS AND HEALTH

IT is only natural that at this season of the year I should find occasion to make a few remarks about the sports and pleasures of winter, and their benefits in promoting health. The cold weather conditions are such as to make it almost impossible to practice track and field athletics, at least to any extent. Of course, there are boys and girls all over the world who read this magazine, and in the climates in which some of them live the conditions are just as favorable for general athletic work now as at any other time. But I believe that the greater number of my readers live in those climates where snow and ice are the rule in winter, and for this reason I am not giving any instructions regarding track or field athletics in this issue. Still, even in the climate of the northern parts of the United States it may be possible, at times during the winter, to practice long distance or cross-country running, and I would recommend these whenever possible.

In England, the boys and girls have better opportunities to practice such sports through the winter, owing to the climate. If you have saved the last April issue of this magazine, you will find therein my hints on cross country running, which will be of help to you. However, other forms of track and field athletics are almost impossible in winter, and as a rule, most of my young friends will see a great deal of snow and ice.

Now I would strongly advise both boys and girls, to spend just as much time in the open air in winter as they

possibly can, for there is nothing but weakness to be derived from the practice of sitting indoors and "hugging" a hot stove, just because it is cold outside. Pure, fresh air is no less valuable in winter than in summer. If it seems cold outside, on first going out, then take a little run, start the blood flowing through your veins, and fill your lungs with the crisp, bracing air. As soon as you get to breathing deeply you will find that the air feels cold no longer, and you will feel as warm and comfortable as any one might wish. It is really delightful when you are thoroughly warmed by the heat from within, to feel the cold air blowing on your cheek.

Girls are more inclined to stay indoors during the winter to their great physical detriment, mainly because they are expected to be "ladylike." Of course this is a great mistake, but nevertheless such is the case in most households. A real boy, however, very seldom needs to be told to go out of doors and indulge in the sports and games of the winter season. This is one of the reasons that men are stronger than women. Almost every natural boy is anxious to be out and about, rolling in the snow, perhaps, and busying himself in all sorts of ways while his parents in many cases only urge him to be more quiet, and devote himself to books.

However, the boy is right. Books are excellent things. They serve a very good purpose, in fact, they are among the treasures of modern civilization. But while a boy is young and growing, he should remember that the building up of

a strong, manly body should be his first consideration. And the same is true of girls. It may be all right for girls to be "ladylike", whatever that word may mean to our old fashioned friends. It is a proper and most admirable thing for girls to be gentle, refined and sweet tempered, but at the same time they can never realize the full possibilities of true womanhood unless they are also healthy and strong. If you grow up like a hot house plant, weak, puny and sickly, you may die before your time and anyhow you will not be able to enjoy your book learning and education. But if you grow up into a healthy, vigorous, robust specimen of humanity, then you will live many happy years in which you can devote yourself to books and studies.

At your present age, you should not do any studying outside of the hours spent in school. Understand, you should work hard and master your lessons well, while in the school room, but you should try to spend nearly all the rest of your time out of doors. Do not try to finish a two years' course at school in one year. You will be crowding yourself too much. Remember that in your young days you are building up enough strength, vitality and nervous energy to last you through your entire life, and the more firm the foundation you build, the better it will be for you.

Then go out and romp and play. Roll in the snow if you wish. Be active, keep warm. Then if you wish to excel in track and field athletics next summer, the vigorous health, the nervous energy which you acquire now will help you

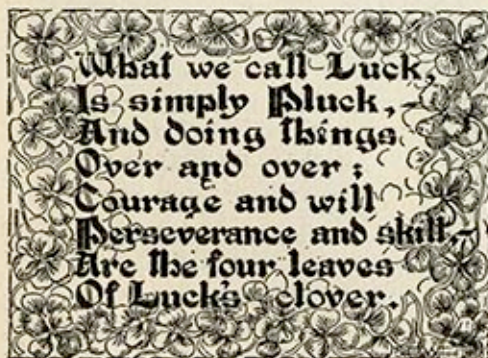
greatly in every other form of out of door sport.

I admit that it is not very pleasant for your mothers if you come home with your good clothes all soaked and covered with snow, but rest assured that if you do not feel uncomfortable, it will do you no harm, and you will not take cold in any such way. I would strongly advise that you put on some old clothes however, when you go out to play in which you can feel absolutely free to roll in the snow to your heart's content if you choose, knowing that it does not matter if you do get these clothes wet. Make up your mind before you go out that you are probably going to get a snow bath, and be dressed accordingly. For every boy and every girl has some old clothes that they do not mind wetting.

Don't be afraid of catching cold in this way. No matter how wet you may be, as long as you keep warm it will never do you any harm. It is as good as a bath. Wet feet are not detrimental as long as they are warm, but you should not let them get cold. Keep moving and you will keep warm, wet or dry. It is the boy who sits indoors all day trying to keep the fire warm and eating all he can without doing anything to use up the food he eats, who is liable to what is known as a "cold."

Skating, coasting and snowballing (with soft snowballs) are all great sport and very fine exercise. They will make you strong and healthy and happy. It would not even hurt you to have your face washed in the snow whether you are a boy or a girl, provided you are not smothered. In fact, this will do you good, for a snow bath can be strongly recommended for the complexion.

Then run and breathe the winter air, and play. Joy and happiness will help to make you grow. Sorrow and unhappiness tend to stunt one's growth and bring ill health. Play all you can, and out in the open air. At some future day, when you are grown up and have to attend to the serious duties of life, you may not have time for play. At the same time, I believe that every grown up person should try to play at least a little each day, in order to keep young, vigorous, healthy, happy.



BODY BENDING EXERCISES FOR BOYS AND GIRLS

By BERNARR MACFADDEN

PERHAPS the movements illustrated here present as simple a form of exercise as can be imagined. Nevertheless, I believe you will find them as valuable and beneficial as most of the more complicated movements, and doubtless even more valuable than some of the latter.

They are especially valuable because they strengthen and develop certain muscles that you do not use very much in every-day life or even in some forms of exercise. Of course, the most noticeable muscles of the body are those of the arms and legs, but the development of the muscles of the sides, back, chest, stomach and abdomen is, if anything, more important than those of the limbs. The healthful condition of the internal vital organs, the heart, lungs, liver, kidneys, stomach and entire digestive organism, is dependent to a great extent upon the strength and activity of the great muscles of the body which surround these parts. Bending exercises will make the blood flow faster through these muscles, strengthening and building them up, and at the same time, an increased supply of blood is brought to the important internal organs which are adjacent to them, thus making these organs more active and vigorous.

Photo No. 1 illustrates the first movement. Bend far back, with hands stretched to arms'



Photo No. 2.



Photo No. 1.

length overhead, throwing the head back at the same time, as shown in the photograph. Many of you may be able to bend back still farther than the girl in the photo. Try it. Holding the hands above the head in this way is made a splendid exercise for raising and expanding the chest, although it is designed principally for the muscles of the stomach, abdomen and back.

Photo No. 2 illustrates the next movement, which might really be called a continuation of the first. After bending far backwards as in the first photo, bend far forwards as in the second illustration. Keep the knees straight in doing this and it would not be a bad plan to bend still farther downward and forward, and touch the floor. This is particularly good for the muscles of the back. Bend far

backwards again, and repeat the entire movement until tired.

Photo No. 3.—Stand with feet firmly braced several inches apart and with hands high overhead; bend far to one side as shown in the photograph. Bend over to one side as far as you possibly can, then bend over to the other side in a similar manner, repeating the movement back and forth until tired. For all the muscles on the sides of the body.

Of course it is very pleasant to have elaborate apparatus with which to exercise, and a big gymnasium for the purpose together with an instructor to direct you in the forms of exercise most suitable and beneficial to you. But if you are not fortunate enough to possess these advantages, it is nevertheless a very easy and simple matter to take exercise at home without any apparatus. Even such simple movements as those illustrated here will surely bring you strength and superior health accompanied by if not actual beauty of body and face, yet at least a very much improved appearance. These exercises are particularly valuable for strengthening the muscles about the waist line, and in fact, giving the entire trunk of the body a more shapely appearance. Consequently, as you grow up to womanhood you will find yourself possessed of a much more shapely and graceful waist than could possibly have been obtained through the wearing of corsets, tight girdles, and other similar devices which foolish women of civilized countries use in the vain attempt to "improve" their figures. The corset will spoil the natural lines and beauty of a woman's figure, to say nothing of the great injury to her health. Of course it is not hard to understand why women should wish to wear such an uncomfortable, injurious thing, when we consider that many of them are foolish enough to suffer a great deal of pain and discomfort if they think that they can thereby make themselves more attractive and beautiful. Probably most

women do consider themselves sufficiently beautiful by nature. But if they are not it is because they are in a poor state of health, and all they need is to adopt physical culture methods to make them strong and healthy and attractive. Most women, however, do not seem to be able to understand this, and they think that a false shape, which they can buy at the dry goods store for a few dollars, will improve their appearance. Every true physical culture girl knows better than this.

Moreover, the wearing of a framework like a corset, to "improve" a woman's figure, or in other words to make her look different than she would if she did not wear it, is really a form of hypocrisy. It is an effort to deceive people, it is dishonest, and a girl of good, strong character and high principles would not



Photo. No. 3.

wish to do it. Furthermore, you must remember that a girl or a woman, in a natural, healthy condition, does not need to wear a corset any more than a man.

PARLIAMENT OF THOUGHT

If, at any time, there are any statements in *PHYSICAL CULTURE* that you believe to be erroneous or misleading, or any subject discussed regarding which you take issue or upon which you can throw additional light, write to us, addressing letters to this department. We intend to make this a parliament for free discussion. Problems that you would like to see debated, interesting personal experiences, criticisms, reminiscences, odd happenings, etc., are invited. We shall not be able to publish all letters, but will use those of greatest interest to the majority of readers. For every letter published we will present the writer, as a mark of our appreciation, with a subscription to *PHYSICAL CULTURE OF BEAUTY AND HEALTH*, to be sent to the writer or to any friend the writer may designate.—BERNARR MACFADDEN

TO THE EDITOR:

PICTURES OF WELL DEVELOPED MEN INSTEAD OF THEATRICAL DEPARTMENT

DEAR EDITOR:

I have been reading some of the arguments for the past few months on the publication of the stage in your most valuable magazine. As I have not written you anything on any of these subjects I thought I would give my opinion on the subject. I have discussed it with a physical culture friend of mine and found it a good idea to write you a few lines. We thought if you would print a few pictures of strong, well developed men on the pages you devote to the stage, and how they acquired their strength, it would be more satisfactory to readers of your magazine. I think it a better article to print than the stage. Hoping this will find its way to your office.

I remain,

CHAS. KUMEROW.

Cleveland, O.

WOULD ENCOURAGE THEATRICAL PROFESSION

EDITOR *PHYSICAL CULTURE*:

Dear Sir: I would like to ask the persons who have written articles in your magazine in opposition to the Theatrical Department, what their objections are. In my opinion, any person who condemns the theatrical world, is condemning one of the noblest professions of the present age and I agree most heartily with one of your contributors, Mr. Duffield, who says, that the man who sees a first-class drama and does not carry a sermon home with him, is not at all likely to carry one home from church.

To be sure, there are immoral as well as moral plays, for every profession has its evil side, but the so-called Christian world need not give their patronage to this class of plays, but only to those that are in strict accord with the highest moral standard.

He who has an evil mind sees evil in every-

thing, and if these so-called professing Christians would cleanse their own minds from the filth of bigotry and prejudice, they possibly would be more ready to admire the beauties of the stage. It is also well known that there are truly immoral characters who take part in these performances, but what is that to us, are we to set ourselves as judges over these our brethren and condemn those, who like ourselves are all equal sinners in the sight of God. Would it not be better for us (I profess to be a Christian) to help build up the morality of the stage and while thus encouraging the production of high class moral plays, also cause the profession to feel that the Christian world has an interest in their welfare and in this way clean our theaters and playhouses of all that is evil?

And so I would advise the narrow-minded people, who are forever condemning those things not strictly in accord with their own views, to broaden their horizon and be more liberal in their treatment of their fellowmen and in this way cause the unduly criticised theatrical profession to feel that as long as they present that which is good, they have our mutual fellowship and regard, so for my part, I would say by all means have a theatrical department, that the readers of your magazine may be kept in constant touch with all the good plays.

F. A. HAWLEY.

Poughkeepsie.

NEITHER STAGE OR PULPIT YET PERFECT

TO THE EDITOR:

A Physical Culture magazine should exist for the purpose of teaching Nature's law of physical, mental, and moral health to the greatest possible number of readers. With a purpose so broad it could not attain to its highest stage of success if it published only the good that it saw in the people of any particular class, race, or religion.

Physical Culture is too big a movement to be kept in anybody's private pasture.

The fact that evil is sometimes found among theatrical people but makes the noble members of the profession stand forth with greater brilliancy.

Should the lily despise the rose because it has not yet outgrown its thorns?

Should the world be deprived of the lessons taught by the lives of such noble men and women as Patti, the divine Sarah, Joe Jefferson, and a host of others?

Let us not pass final judgment upon either the stage or the pulpit; for they are not yet finished.

Perhaps the readers of *PHYSICAL CULTURE* have as often felt the spirit of The Master come forth from the stage, as from the pulpit.

The story of noble manhood and virtuous womanhood never grows old; and the world will continue to listen to it—even from the lips of the unorthodox.

Just a word to pessimistic ministers: When you have to ring the church bell to wake up your congregation in time for the collection; just patronize a high class theatrical performance, and learn the secret of personal magnetism. Learn to paint your message in living colors, instead of only repeating it. Learn to pray your prayers instead of to say them. And remember that while the Pharisee had much to be thankful for; he was not the whole show; for the Man of Galilee saw some good even in publicans and sinners.

ED. B. WARREN.

Garnet, Mont.

SCARCITY OF PRUDES IN THEATRICAL PROFESSION

NILES, MICHIGAN.

September 4, '05.

TO THE EDITOR:

I cannot refrain from writing to you on the subject of the Theatrical Department. I must say I entirely agree with Mr. Wilson and Mr. Duffield, and I am glad to know there are two strong characters to uphold it. After the Physical Culture talk and exercises it is most interesting.

I have often wondered why people on the stage were not considered as good as people off the stage. Actors and actresses are like lots of others, there are some bad among them, but perhaps everyone knows the fact that there are some bad found nearly everywhere.

I certainly do not believe there are as many prudes among the show people, and they are more attentive to their bodies than some off the stage.

Why cannot some of those who are running down the theatrical department help make it better?

Mr. Wilson uses good judgment and strong feeling, and I hope our theatrical department may be retained.

Please pardon the liberty I have taken, Mr. Editor, but I could not help giving my opinion, as I am interested in everything that is in the book I value highest—*PHYSICAL CULTURE*.

Yours truly,

R. L. M.

ENOUGH THEATRICAL NEWS IN DAILY PAPERS AND MAGAZINES

Speaking in the name of many friends and myself I congratulate you to have done away with the Theatrical Department. We have quite enough of theatrical portraits in the dailies, not mentioning the magazines.

What we want in *PHYSICAL CULTURE* is hygiene, exercises, food advice, sports, and matters pertaining to them. I would suggest you, Mr. Editor, to replace the Theatrical Department by a series of illustrated articles on national sports of all countries, for instance. This would be undoubtedly interesting for everyone.

MAX SURCOUF.

Montreal.

MORAL IN ALL GOOD PLAYS

TO THE EDITOR:

Dear sir, as a subscriber to *PHYSICAL CULTURE* I take great interest in the "Parliament of Thought" department.

In the September number I was much pleased with Geo. H. Wilson's letter defending the stage. He hit the nail on the head when he said, "In the theater you become enraptured. In the church you go to sleep." I agree with him in all he says. It is the actor and not the profession that is rotten.

There may be some actors who do not let their children go upon the stage, but look at the hundreds who do train them from mere babies for the profession which they themselves have been following.

Of course there are plays of an immoral nature but people need not attend unless they wish, it is not compulsory. But it is noticeable that such plays invariably have crowded houses. It seems the people have a hunger for such stuff.

There is a moral in all good plays and the good *always* overcome the bad. The villain always comes to defeat. What better lesson can be taught than that? And it is firmly impressed on one's mind. The villain may be a fine looking person, well educated, cultivated and very bright. He may, by his strategy and cunning, win out for a long time, but, he has his reckoning in the end. To use Chas. E. Duffield's entreaty, "Let us retain this department by all means, and give us more of it if possible."

CARL R. STEINER.

TO THE EDITOR:

Sir: In your recent discussion of the question of divorce I have seen no reference to one class of causes. I refer to the failure of husbands to share their incomes with their wives. To appreciate the full meaning of this, we must remember that most women of to-day are in possession of an income before their marriages. They are clerks, stenographers, teachers, or other useful factors of society. When they get married, most of them relinquish their separate incomes and depend

upon receiving a share of the income of their husbands. In too many cases, this share never comes. They find themselves suddenly and forcibly deprived of their many little luxuries and pleasures—books, music, travel, recreation, gifts for their family and friends, trinkets for the adornment of dress or room—because they are deprived of the money with which to buy these things.

Admitting that ordinary housekeeping expenses should be paid out of a joint fund, yet the husband might share the residue. In many cases—probably in most cases—he insists on keeping this residue and handling it himself exclusively, treating his wife's wants and wishes as mere childish whims. These are cases of the better class. In worse ones, the husband squanders in vice and foolishness the income which he does not permit his wife to share. In still worse cases he spends that income upon other women who have no right to it. Such a course on the part of a husband is a great trial and disappointment to the wife. It is worse than being cheated of her pay by an ordinary employer, because love is expected to be more liberal than mere business equity. Such a marriage is only a form of slavery. The woman, with cares of maternity and housekeeping upon her, toils harder than ever before, and her labor is financially unrequited. Her husband treats her, in money matters, as he would not dream of treating his humblest menial. The toil and self-denial are hard to bear, but harder yet is the self-evident fact that the husband is indifferent and unappreciative toward her.

I have heard men high in church and society declare positively that a woman's work has no money value, meaning by inference that a married woman should not aspire to handle money. What wonder that a woman so viewed and treated should desire a return to her former state, or, more likely, to a new marriage in which she will be treated as a partner rather than an unsalaried servant? I have known very bad men who made very good husbands simply by attention to this point of sharing their incomes, and who kept the unwavering love and confidence of women much better than themselves.

Moral—Matrimony should have a foundation of business fair dealing.

M. H. MORRILL.

Duluth, Minn.

DEAR SIR:

The statement of Governor Elrod, in your Symposium on Divorce, that "there are those who might consider your views a little too radical," expresses so widespread and I believe, so erroneous an opinion, that I cannot refrain from saying something in criticism.

There are far too many people who affirm that the physical side is, alas! only too evident in the marriage relation, and that the remedy for the divorce evil lies in the education of young people to the belief that the physical should be wholly ignored, and the intellectual and spiritual made supreme in the marriage choice. This is a survival of the stupid mediæval philosophy which taught that growth

of mind and soul are fostered by "mortification of the flesh," forsooth, by sticking pins into the body, cutting it with knives, or shutting one's self up in a monastic cell for months at a time. This is the conservative principle underlying this remedy!

Closely allied to such people are a great multitude who, through prudishness, refuse to admit that there is a physical side to the marriage or divorce question. They would have us believe that marriage is essentially an intellectual and spiritual union, and therefore divorce should not be treated from the coarse (?) physical standpoint. While I thoroughly believe that the physical side of marriage ought never to be disregarded, I will readily grant that there are some few examples, yes, noble examples, of the purely platonic union of heart, mind, and soul, such as that of Robert Browning and his wife. But does it not border upon the ridiculous to adapt a divorce remedy to such natures, who never care to be divorced? A certain scientist has estimated that seven-eighths of the marriages are determined by physical attraction. If our prudish brethren were to hear a few divorce proceedings in court, I do not think it would take them long to decide that there is such a larger class, and that it is the one which furnishes us with the divorce problem. At least, they would find little evidence for their millennial creed of spiritual unions.

How preposterous, then, of the prudes to offer a remedy which ignores the determining factor of those marriages—physical attraction! It is insane and foolish to try to annihilate that factor, for that would be annihilating human nature, and, for that matter, the race. What logical remedy is left but the guiding aright of that physical relation?

A READER.

TO THE EDITOR:

Do you think that you might do something to place your readers in a position to employ Physical Culture Doctors and Midwives? Your school of thought is growing and I believe many doctors are in agreement with you, but, the majority of the population, still being very foolish, they, the physicians, cannot prescribe physical culture remedies. They could not be sure that exercises were being taken or diet adhered to and the mere suggestion would, in many cases, result in their instant dismissal. Under such circumstances they have to do what they can, but I believe there are many who, if they knew that their patient was willing to follow a rational régime for the recovery of health, would be glad to prescribe along these lines.

How are such patients and such doctors to be brought into communication? Doctors may not advertise, but they may have their names printed in a directory. If you are willing to print this letter you might soon, I think, be in possession of the names of fully qualified doctors in many cities and towns who would be willing to treat Physical Culturists and their families on proper lines.

REV. H. WALKER BLOTT.

Bath, England.

TO THE EDITOR:

I realize what an undertaking yours is; to educate the masses to the "Gospel of Good Health." I have been reading your magazine for a year or more, and look forward to it now, as a pleasure. When first I used to read it, I thought you were quite cranky. But I am slowly changing my ideas of life. Formerly, I could never miss a meal, without feelings of faintness, weakness, and chill. This followed by headache. I can now go without a meal with no discomfort. I agree with your ideas, more and more. I am changing from the American to the European style of hotels, so I can better live as I wish. I have been in the habit of buying your magazine, and giving it to the bell boys, at hotels.

E. S. R.

TO THE EDITOR:

For four years I attended one of the best universities in America. While there, my natural athletic temperament found expression in fencing, hockey, tennis, basketball, canoeing, tramping, regular gymnasium work, etc. Not a small benefit was the reading up of physical culture problems along the lines of food, hygiene, etc., and a good fortune above all was the acquaintance of people who had become strong-bodied, high-minded souls, through the culture of the physical.

The past year I remained home in a diminutive Canadian village, hundreds of miles from a gymnasium. No woman in this locality had ever had an opportunity to cultivate her physical self, and but one or two had ever heard or thought of the possibility of doing so. I got together some forty of them, and for an hour of their lives at least, they heard of the existence of Physical Culture Ideals. Then a class was formed and with a piano and the good floor of a fair-sized hall, two and sometimes four lessons a week were *enjoyed* by some thirty women, ranging from fifteen to sixty, with my humble young self sincerely leading them. I gave the Emerson exercises with music, free play movements and a variety of miscellaneous exercises gathered mostly from PHYSICAL CULTURE and BEAUTY AND HEALTH. Every day I emphasized some topic such as food, air, water, beauty, dress, etc.—and I am gratified to know that a number continue to interest themselves in exercise and in the literature on the subject. Personal circumstances prevented my continuing this class, but a large proportion of the class have been started upon the road and will continue in the direction of Physical Culture. Some thought, some questioning was aroused, and this I considered would be of greater result than the mere actual exercises. This little experiment of itself is unimportant, but does it not show up the fact that *everywhere*, women especially, are ready and waiting to be taught? After all, indifference may be but a bugbear for physical culture workers. Is not the greatest trouble the fact that the harvest is great and the laborers few?

As one result of this experiment, PHYSICAL CULTURE is now for sale in the village, and

already there has been a subscription or two for it and for BEAUTY AND HEALTH. Almost daily I am reminded by the words and acts of these women that they are not only themselves being influenced, but they in turn spread the glad tidings.

The point that I wish to make *significant* is this: If there is this much response to the gospel of Physical Culture in an isolated locality, where one can least expect quick appreciation of any culture, and where thrives a sentiment against a woman's being anything but a household drudge and semi-invalid; if there is this eagerness for improved physical conditions in an environment that tends away from all culture rather than towards it: if all this be so, what then may we not hope for Physical Culture to accomplish in broader fields? When the dawn breaks forth even over the remotest corners, may not all humane, physical culturists give a cheer, and work forward, believing and trusting, as did the good old poet and prophet, Walt Whitman, that presently there comes that glorious day, "achieving the entire redemption of woman out of these incredible holds and webs of silliness, millinery, and every kind of dyspeptic depletion—and thus insuring to the States a strong and sweet Female Race—a race of perfect Mothers—is what is needed."

CANADIAN GIRL.

THE CORSET EVIL CAN BE REMEDIED BY EDUCATING THE YOUNG

TO THE EDITOR:

So many good articles and facts have been brought forward against the corset that many have been convinced and have been willing to lay aside the corset, believing that it would bring about better health. But this is only the first step toward the desired end—strong muscles, strong nerves and perfect health. My appeal is to parents, not alone to women. I am a practical Physical Culture worker and enthusiast and I feel that the fight is really not so much against the corset, as against the abuse of the corset. If the ribs are strong and perfect, if the muscles that protect and support the soft region between the short ribs and the pelvic bones, are developed and strong, how can wearing a corset injure the health of the wearer?

I am not making a plea for the corset, but I realize this: that as long as the styles and ideas of dress are as they are, and are likely to be, we must meet the corset-wearers, and help and benefit them, and this will not be done by arguing with them to lay aside their corsets.

Health can be universal and regardless of the corset! It can come in only one way—full, deep breathing, hygienic living, and intelligent exercises. Begin with the coming generation; teach the *child* correct and healthful habits of living; to abhor physical uncleanness: to use the lungs full and free: to use the muscles of the back, stomach, and abdomen: to eat nutritious food and masticate it

well. Will that *child* be able to lace in the strong chest walls and the firm resisting waist muscles with a corset?

The mother teaches her child nursery rhymes, little songs and clever speeches as soon as it can speak; and long before it is old enough to be sent to school, the child is poring over books, puzzling out letters and even words. It is sent to school, and because the child knows no way of sitting and has been taught nothing of its body and how to use it, the habit is formed of bending in the seat, sinking the weight of the body on the abdomen, and compressing the chest.

How much better equipped would that daughter be, if she knew only one way to sit—erect, and with the back supported by muscles, taking all weight from the abdomen: only one way to breathe,—deep and full and with chest high, and if she was taught that health and strength are a thousand times more valuable than accomplishments. What are the years of study and superficial attainments, when they sum up a frail, neglected physique and a nervous, wrecked constitution, unfitted for the duties that should be part of her existence? How can the physically wrecked women keep from blaming her parents that taught her nothing of herself?

It will come to be and ought to be a disgrace for a woman to be flat-chested, stoop-shouldered and to resort to a corset to support a miserable undeveloped body.

MRS. C. THOMPSON.

Athens, Ohio.

TO THE EDITOR:

Your cure for ingrowing nails is not of the best, as I have proved to my sorrow. The scraping on top caused nail to grow so thick the boot pressed it, and the cutting notch in end caused flesh to be pressed so it cut in there.

Here is what cured me when I had suffered for years so as to be unable to wear boots, only slippers with toes cut out. I burned a piece of alum on the stove and powdered it with a knife, then I pressed back the flesh so as to put the powder well down in the wound. It hardens the flesh so the nail cannot cut it and gradually it grows out to its proper place, the powder also kills off the proud flesh. This has proved successful in dozens of cases to my knowledge.

Yours, GEO. B. SEEDS.

TO THE EDITOR:

Permit me to say a word on the subject of "table topics." People are at last beginning to realize the effect of thought on the physical body.

Nearly all of us can recall a time when an otherwise enjoyable meal has been spoiled by the discussion of some unpleasant subject or some unlovely thing.

This is bad for one's digestion, and parents should know this and teach their children accordingly. If you must speak of unpleasant things pray don't do it at the table.

I would like to see the subject of prenatal influence discussed in these columns.

ITALY HEMPERLY.

College Park, Ga.

TO THE EDITOR:

Though I have never voiced my sentiments to you personally of the good or evil influence of your work through the magazines, *PHYSICAL CULTURE* and *BEAUTY AND HEALTH*, yet I have been a deeply interested advocate, not only silently in sympathy but I have interested many with whom I have come in personal contact, also have done so by correspondence. I have gloried in your noble work, as it is an original work of a lifelong ambitious dream of my own idea of reformation and philanthropy. I have watched with almost jealous care the strength or lack of enthusiasm of your purpose to hold to your soul's convictions that your work is a noble and God-given call to you, and I have waited for such a time as this that I might, if possible, speak some word that will strengthen, renew, or inspire new determination. All the subjects under discussion in both magazines have been thoughts and subjects of vital interest and influence to our *nation* as well as the *individual*, but the influence must first bear *directly* on the individual, to influence the nation indirectly. If I were asked which subject to my mind was the most important and vital, and merited the deepest attention, as throwing out the strongest and purest powers of reforming and purifying results, I would say, just such subjects as the Divorce question, the "Double standard of morality," "At the Shrine of Love." The want of knowledge on just these subjects is the *immediate* cause of the decline and degeneracy of our nation, and individual.

A. D. S.

"The men in cities who are the centers of energy, the driving-wheels of trade, politics, or practical arts, and the women of beauty and genius, are the children or grandchildren of farmers, and are spending the energies which their fathers' hardy, silent life accumulated in frosty furrows, in poverty, necessity, and darkness."

—EMERSON.

"Steadiness of national character goes with firmness of foothold on the soil."

—DAVID STARR JORDAN.

Anti-Vaccination Department

Transvaal Anti-Vaccination League Formed

A strong anti-vaccination league has been formed in Johannesburg, having for its object the fighting of the present stringent vaccination laws prevailing there, and the education of the people regarding the dangers that exist in this contemptible money-making practice of poisoning human bodies by pus obtained from diseased animals.

Mr. Mackie Niven, one of the leading organizers of the society, proposed that the meeting held to consider the evil resolve to form itself into an Anti-Compulsory Vaccination League for the Transvaal. In doing so, he referred to the great interest taken in this movement in England and to its progress. He also referred to what had been done in political circles at home, by the formation of strong anti-vaccination leagues. The encouragement one would get on the subject, he said, in Johannesburg was considerable. Recent and most extreme clauses put forward by the Health Committee were carried only by something like two votes. These was no doubt a strong league could be formed in Johannesburg, which, by means of lectures, discussions, and the publication of pamphlets, would rapidly become a powerful political influence.

The outcome of the meeting was as stated.

No Law in Michigan Upholding Vaccination

A correspondent wrote the following letter to one of the local newspapers of Michigan:

"To the Editor:

"Please inform me if there is a law in Michigan compelling parents to have their children vaccinated or remain away from school.

"(MRS.) I. N. PADGETT."

There is no such State law in Michigan, and the rules that the boards of education make, making vaccination compulsory, are of their own formation. The right of a board to do this was questioned for the first time in Michigan in 1901 by George R. Mathews, a Christian Scientist of Kalamazoo, whose three children were refused admission to the public schools because he would not have them vaccinated.

The Supreme Court of Michigan, waiving aside the question of his religious belief, held that a school board, by virtue of the authority conferred on it by statute to enact rules for the management of the schools, has no power to adopt a general, continuing rule, operative without regard to varying conditions, excluding from the schools all pupils who have not been vaccinated. The court issued a mandamus compelling the Kalamazoo school board to ad-

mit the Mathews children, intimating, however, that in time of an epidemic the question might be different.

Whereases and Asses

The superintendent of the public schools of Detroit has been courageous enough to disregard the illegal vaccination law and has issued an order to the principals of the various schools directing them to admit pupils regardless of the rule that all applicants must present a certificate of vaccination. The coterie of narrow-minded M. D.'s who form the medical trust of Wayne County immediately became incensed at this, and, following the usual custom of asses, drew up whereases as a protest and sent them to the school board of the city. We print a few extracts from the resolution for the edification of our readers who can appreciate the medical bluff contained in them:

"Whereas, The superintendent of public schools of the city of Detroit, on September 16, issued an order to the principals of all the public schools in this city directing them to admit pupils applying for admission to the public schools, whether they had been vaccinated or not; and

"Whereas, This action throws down all legal safeguards for protecting the public school children from the remarkably contagious disease, smallpox, and is directly contrary to a standing order of the school board still unrepealed; and

"Whereas, Smallpox has been continually prevalent in the State of Michigan for the last four years; and

"Whereas, The Supreme Court of the United States has held legal the right of the State to impose compulsory vaccination;

"Resolved, That the Wayne County Medical Society considers this action on the part of the superintendent of Detroit's public schools an assumption of authority not belonging to his office, a dangerous and indefensible action and a serious menace to the city of Detroit, and, etc."

Revolt in Bellingham, Wash

Medical asses can be found as far up even as the State of Washington. But so also can citizens, jealous of their rights, be found there. Out of a total enrollment of 3,531 pupils in the public schools, more than 1,664 are being kept at home by parents who refuse to allow their children to be inoculated by virus. Bellingham is made up of citizens above the average in intelligence, and the sentiment against vaccination is as strong, if not stronger, than in any other town in the country. The situation bids fair to become warm for the money-scheming, or else ignorant, M. D.'s who are trying to foist the vaccination practice upon the citizens.

Doctors Trying to Fleeced Pennies Out of Summerhill and Windber, Pa., People

When the schools opened recently at the two places mentioned above, the order was given that every pupil before being admitted would have to show a certificate of successful vaccination. Out of a total of 168 scholars, 124 were turned away because the indignant parents of the children refused to comply with the order of the principal. The order was issued at the instigation of the State Commissioner of Health, a fellow by the name of Dixon. What the influence is that is standing behind Dixon in pushing this measure we do not know. Money-scheming doctors who see the profit that is contained in keeping alive the vaccination farce, work in mysterious ways.

There is good promise that the people of these towns will make a vigorous fight against the ruling out of unvaccinated children, and the situation is best described by one of the prominent residents of Summerhill, who said:

"It looks to me as though there were blood upon the moon. I for one will not permit my children to be vaccinated. If all of the parents of the place will stick with me the case will be fought to the bitter end. It is a rank injustice that children who have been vaccinated, some of them by physicians now dead, should be compelled to submit to the trial again. When my daughter was vaccinated she nearly died. My wife and I were by her bedside almost night and day for two weeks and we are not going through such an affair again. I do

not feel that the people of this place have received decent consideration in the matter. It is all very well for the teachers to obey orders, but it seems to me that an attempt has been made to bulldoze this matter through and the people of this place will not stand for any such attitude."

Forced to Admit Pupil Into Detroit School

Frank Schulz's nine-year-old daughter is pursuing her studies in the Jefferson public school in Detroit, according to a news report. She has not been vaccinated and will not be, yet the Board of Education, through its representative, Superintendent Martindale, has decided that a mild "fracture" of the vaccination rule is better than wholesale court action for mandamus.

Objection to vaccination resulted in the child being refused admittance when the school term opened, and her father took steps to secure the educational advantages for her which he believed the law guaranteed and required.

The Board of Education discussed the matter and because of sentiment expressed at that meeting Mr. Schulz decided to make a last effort to secure entrance in school for his daughter before taking legal action. He went to the Jefferson school with the child and again asked that she be received as a pupil. Principal Moe called up Superintendent Martindale by telephone and was instructed to receive the girl.

Now the sky is clear again, and the formation of the proposed "Anti-Vaccination Society" has been suspended.

BRANCHES OF PROPOSED INTERNATIONAL SOCIETY OF PHYSICAL CULTURE

Manhattan, N. Y.—Max Berkowitz, secretary, 134 Carlton Ave., Brooklyn, N. Y.

Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.

Pittsburg, Pa.—J. Walter Rhea, 1608 Buena Vista St., Allegheny, Pa.

Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.

Cleveland, O.—Miss C. J. Lowerie, 229 Arcade.

Chicago, Ill.—Mr. C. R. Peterson, Reaper Block, Chicago.

St. Louis, Mo.—Mr. Edgar C. Perkins, 923 Chouteau Ave.

Buffalo, N. Y.—Mr. Alfred F. Borschel, 241 Bristol St.

Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.

Detroit, Mich.—Mrs. Amy E. Alkire, Central Apartments.

Denver, Col.—Miss A. Reed, 1648 St. Paul St.

Cody, Wyo.—Mr. Chas. A. Evans, Cor. Sec. New Haven, Conn.—Miss M. E. Andrus,

Cor. Sec., 14 Center St.

Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.

Indianapolis, Ind.—W. C. Grigsby, 7 E. Market St.

Nashville, Tenn.—J. H. Ullrick, 70 University St.

Minneapolis, Minn.—Mrs. Lora C. Little, 1114 21st St., N.

THE IGNORANCE WHICH PREVAILS IN REGARD TO THE SIMPLEST PHYSIOLOGICAL FACTS IS ASTONISHING. NOR IS THIS IGNORANCE CONFINED TO THE CLASS OF PEOPLE COMMONLY REGARDED AS IGNORANT.—*Dr. Keightley.*

Natural versus Artificial Decency

OUR present notions of sexual decency belong more to art than to nature, and may be divided into artificial and artful decencies.

Artificial decencies are illustrated in the habits of various nations. They have their origin in cold countries, where clothing is necessary, and where a deviation from the degree of mode of clothing constitutes indecency. They could not exist in hot climates, where clothing is scarcely possible.

In hot climates natural decency can alone exist, and there is not, I believe, one traveler in such countries whose works do not prove that natural decency there exists as much as in cold countries. In exemplification of this, I make a single quotation; it would be easy to make thousands.

Burchell, speaking of the Bushmen Hottentots, says: The natural bashful reserve of youth and innocence is to be seen as much among these savages as in more polished nations, and the young girls, though wanting but little of being perfectly naked, evinced as just a sense of modesty as the most rigid and careful education could have given them.

In mild climates the half-clothed or slightly-clothed people appear to be somewhat at a loss what to do. Fond of decorations, like all savage or half-civilized people, they seem to be divided between the tattooing and painting of hot climates, and the clothing of cold ones; and when they adopt the latter, they do not rightly know what to conceal.

The works of all travelers afford the same illustrations to this fact. I quote one. Kotzebue describes the custom among the Tartar women of Kasan of flying or of concealing their countenance from the sight of a stranger. The necessity of conforming to this custom threw into great embarrassment a young woman who was obliged to pass several times before the German traveler. She at first concealed her face with her hands, but, soon embarrassed by that attitude, she removed the veil which covered her bosom and threw it over her face. "That," adds Kotzebue, "was, as we say,

uncovering Paul to cover Jacques—the bosom remained naked."

In colder or more uncertain climates the greatest degree of covering constitutes the greatest degree of artificial decency: fashion and decency are confounded. Among old-fashioned people, of whom a good example may still be found in old countrywomen of the middle class in England, it is almost indecent to be seen with the head unclothed; such a woman is terrified at the chance of being seen in that condition, and if intruded on at such a time she flies to conceal herself. In the equally polished dandy of the metropolis, it is indecent to be seen without gloves. Which of these respectable creatures is the most enlightened, I do not take upon myself to say; but I believe that the majority of the suffrages would be in favor of the old woman.

So entirely are these decencies artificial that any number of them can easily be created, not merely with regard to man or woman, but even with regard to domesticated animals. If it would please some persons partially to clothe horses, cows or dogs, it would ere long be felt that their appearing in the streets without trowsers or aprons was grossly indecent. We might thus create a real feeling of indecency, the perception of a new impurity, which would take the place of the former absence of all impure thought, and, once established, the evil would be as real as our whims have made it in other respects.

Moral feeling is deeply injured by this substitution of impure thoughts, however fancifully founded, for pure ones, or rather for the entire absence of thought about worthless things. Artificial crimes are thus made, which are not the less real because artificial; for if aught of this kind is believed to be right, there is weakness or wrong in its violation. But violated it must be, if it were but accidentally.

To corrupt minds this very violation of artificial decency in the case of woman affords the zest, for the sake of which many of these decencies seem to have

been instituted, and thus are created the artful decencies.

The purpose and the zest of artful decency are well illustrated by coquetry. Coquetry adopts a general concealment, which it well knows can alone give a sensual and seductive power to momentary exposure. Coquetry eschews permanent exposure as the bane of sensuality and seduction, and where these are great, as among the women of Spain, the concealment of dress is increased, even in warm climates. Nothing can throw greater light than this does on the nature of these decencies.

That the coquette has well calculated her procedure does not admit of a doubt. She appeals to imagination, which she knows will spread charms over even ugly forms; she seeks the concealment under which sensuality and lust are engendered; and, in marriage, she at last lifts the veil which gratifies, only to disgust, and repays a sensual hallucination by years of misery.

Ought religion to claim the right of saying grace to such unveiling of concealment and the nuptial rites that follow it? Such profane and profitable sanctions have nothing to do with primitive Christianity; they are abhorrent to its letter as well as to its spirit. But worldly and profitable religion is connected in business with government, under the firm of Church and State, and drives a thriving trade, in which the junior partner is contented with the profit arising from the common nets of life, while the senior one draws much of his living from other rites.

What is said here is no argument for living nudity; that, our climate and our customs forbid; and, in so doing, we can only regret that they are unfavorable to

natural purity; for perfect familiarity with the human figure ensures that feeling in the highest degree.

A distinguished artist informs me that greater modesty is nowhere to be seen than at the Life Academy; and it was an observation of the great Flaxman, that "the students, in entering the academy, seemed to hang up their passions with their hats." I can, from personal experience, give the same testimony in behalf of medical students in the dissecting-rooms. The familiarity of both these classes with natural beauty leads them only to seek to inform their minds and to purify their taste.

Those who cannot make this experiment will, perhaps, be satisfied with the assurance of Hogarth, who says: "The rest of the body, not having advantages in common with the face, would soon satiate the eye, were it to be constantly exposed, nor would it have more effect on the mind of the spectator than a marble statue." Surely this is decisive enough in its way! Now let them mark what follows. "But," he continues, "when it is artfully clothed and decorated, the mind at every turn resumes its imaginary pursuits concerning it. Thus, if I may be allowed a simile, the angler chooses not to see the fish he angles for until it is fairly caught." He meant, of course, "the fish chooses not to see the angler until it is fairly caught!"

Be it known, then, to all, even the most aristocratic as to sexual association—I say the most aristocratic, and not the most religious, because religion is in some countries made the pander to aristocracy—be it known that the critical judgment and pure taste for beauty are the sole protection against low and degrading imaginings.

GERMS, BEDBUGS, VERMIN AND FLEAS

There is a close family relationship between germs, bedbugs, vermin and fleas. Bedbugs are the result of uncleanness. So are fleas and germs. The first two are the result of external filth; the last of internal filth. Bedbugs do not spring into being from some mysterious source, or develop in the crevices of the bedstead! They are the legitimate offspring of unclean, unwashed bodies and filthy furniture. Given a

well-bathed body and clean bed clothes and bedbugs will not be born. An unwashed, unclean or diseased head will produce vermin in the same manner. Likewise will a body internally unclean produce germs. Keep your body clean and wholesome, external as well as internal, and you will not become acquainted with germs or bedbugs or any other kind of vermin.

SOME JIU-JITSU JOLTS

OR

JOTTINGS FROM THE JOURNAL OF A JAPANESE TRAVELER

By O. Y.

REDEEMING HABITS

Opinions of national character are, indeed, apt to be modified by experience. Orientals and Westlanders agree that Earth is a vale of tears, fit only to be renounced, and it seemed rather inconsistent that Americans try to avert the doom of this planet by tree-plantations. Upon inquiry I was, however, relieved to ascertain that they merely play at tree-planting for one day—"Arbor Day," as they call it—and work at tree-felling for the rest of the year.

PHYSICAL IMMORTALITY

Undertakers do not advertise their business in this country. Considering the number of infallible patent remedies for every ailment of the human organism, they may hesitate to hint at the possibility of physical death. For similar reasons American educators perhaps deem it superfluous to teach the science of health in the public schools.

RIVAL TONICS

The American Government never wearies in its efforts to purge Chinese ghettos from the plague of the opium habit. The import duties on crude opium have been raised to 150 per cent. of the market value. Smuggling is discouraged by ruinous fines. Opium dens are raided again and again, till the smokers take refuge in cellar-traps and baffle espionage by a double cordon of pickets. Yet opium, after all, induces nothing much worse than day-dreams and a gradually loss of energy, while brandy results in mental aberrations and often in a delirium of fury, involving quarrels, murder, suicide, and the ruin of whole families. Of this beverage, this elixir of mischief and death, some 200,000,000 gallons are sold every year with the full consent of a paternal gov-

ernment,—sold publicly and with numerous tricks of enticement. It seems a mystery, beyond the fathoming power of a modest stranger. For all I can know, the alcohol habit may be a blessing in disguise. It possibly tends to break down the resisting power of the lawless classes, and may thus help to facilitate the enforcement of the Sabbath laws.

THE CURFEW PROBLEM

In the cities of the Atlantic coast-plain, summer heat often lingers till the twilight fades into night. Cooling breezes then generally make outdoor sports pleasant; but at that very time moralists propose to drive youngsters from their playgrounds to the sweltering dormitories of crowded tenements. It looks like cruelty to factory children who have no other chance for outdoor exercise, and the family doctor ought to protest, but his conscience possibly tells him that he, too, has driven a good many people to bed before their time.

AIDS TO VIRTUE

Over-eating is less common in Japan than in America, but, to be quite candid: We have less to eat. The New World, on the other hand, does not waste much time on the footraces that attract thousands of our islanders, both in cities and villages. American friends of mine often wondered how they can resist the temptation, but were frank enough to admit that they have no footrace tracks.

HIDDEN MERIT

A petition with numerous signatures urges the suppression of football on college playgrounds. Two of a hundred players, state the would-be reformers, are usually hurt, and two of a thousand killed or crippled for life.

Strange that these philanthropists do not think it necessary to meddle with factories where starved children are toiling in misery and dust, and where at least twenty of a thousand are worked to death or stunted for life. Moreover, the casual victims of football have a habit of swift recovery; but the petition, possibly, has the incidental merit of aiming at the suppression of a popular past-time.

A MATTER OF TASTE

Poison-factories of half a dozen varieties notoriously shorten the lives of their employees one-half. Japan, under certain conditions, legalizes suicide. Caucasia seems to legalize homicide.

THE UNPARDONABLE SIN

Is poverty a crime? A man was arrested for picking up grains of corn near the track of a freight-train. He had made the mistake of pleading guilty to hunger.

A TEST OF MODESTY

Our Chinese neighbors complain of Caucasian exorbitance, but should revise their estimates in some respects. The honors attached to old age induce countless Buddhists to pose as centenarians, and in the Yunan village of Tong-Foo a toothless spinster was feasted at the expense of the parish, day after day, till accident revealed the fact that she had overstated her antiquity by nearly forty years. Caucasians are too highminded for such artifices, so much so, indeed, that many venerable females go to the other extreme and carefully conceal the true extent of their claims to public honors.

A DRYGOODS PRECAUTION.

For many a month it puzzled me greatly why the citizens of this free country load themselves with broadcloth in midsummer. But I have now discovered the key to the mystery of that custom. In America nakedness is punished as a crime. A man in his natural condition risks being jailed as a malefactor, and millions wisely shroud themselves in triple garments to avert the sus-

picion that they have any nudity concealed about them.

MORALITY ON WHEELS.

Trolley cars in which are collected the fares of a hundred passengers, while there are seats for only half a hundred. The other half are obliged to clutch straps resembling the leather nooses of a Chinese executioner. They cannot sit down, and groan in spirit; but it is perhaps necessary that taxpaying citizens should be trained in the exercise of self-denial.

A WATER FAMINE.

The enormous ravages of forest-destruction have lessened the rainfall of the Mississippi Valley, and it has been predicted that water will at last become very scarce in the New World. Judging from the increase of the brewery business, America seems to be preparing for an eventuality of that sort.

EDUCATIONAL ENIGMAS.

Not two of a hundred American cities have thought it worth while to devote a portion of their school-funds to the establishment of a free public gymnasium. Physical education, reformers are told, ought to be left to private enterprise. Parents must know what is best for the bodily welfare of their children. Then why not trust mental education to the same providence? Is it because many families cannot afford the expense of a private tutor, or have no leisure for home instruction? Then why burden them with the cost of a home gymnasium? Is a spellingbook more expensive than a horizontal bar? Or is book-lore more important than bodily vigor? Erudition more valuable than health? Imperfect dress attracts the attention of law-and-order societies; neglect of drygoods is punished as a misdemeanor. Muscles and sinews can be totally neglected with total impunity. Is the envelopment of our bodies a matter of greater importance than their development? I do not presume to explain riddles of that magnitude. A poor heathen can only mention and marvel.

Some Stories About Prudes

By H. M. Watchet

PRUDERY, according to the dictionary, is "affected scrupulousness." A prude is described as a person "who affects superfinely modesty." It will be noticed that in both cases the word "affect" is used, and "affect" is in turn the "apparent or claimed possession of a quality not actually owned by a person."

It follows that a prude is an individual who pretends or "affects" to be the owner of a modesty that he or she really does not have. Therefore, the prude is not only a hypocrite, but logically an immodest person. There is no getting away from this reasoning. The prude is precisely the opposite to that which he pretends to be—vile instead of clean, prurient instead of pure, evil rather than good, and obscene instead of innocent. The keynote of his character is a love of that which he pretends to detest, and as out of the fullness of the heart the mouth speaketh, we consequently find that the prude is persistently calling attention to evil odors where normal people can recognize nothing but fragrance, and detecting filth where others see but cleanliness. He must, perforce, talk of or call attention to that which lies nearest to him and his nature. This he can do the more readily if he exhibits a pretended abhorrence of it, than if he came out with a bold and flat-footed confession of his innate affection for impurity and vileness.

The little stories that I shall here relate are illustrative of the traits of the prude of which I have just spoken.

Lord Byron, the famous English poet, was once showing a party of ladies and gentlemen over his ancestral home at Newstead, England. Finally the picture gallery was reached, in which, among others, was an oil painting of a battle between the Greeks and the Trojans. In the foreground was the life-size figure of a dead, nude warrior. The painting, which, by the way, was by a famous master, was being duly admired, when an

elderly woman, a typical prude, said: "Oh, my Lord, what an indecent painting!"

"Madam," said the poet, "the indecency is in your mind and not in the picture."

The late Sir Henry Irving, the actor-manager, had a profound contempt for prudery, and many are the anecdotes told of the delight that he took in meeting and overcoming the creatures with their own weapons. Once upon a time he was attending a social function in the west end of London, during which he gave a reading from Shakespeare. At the close of the reading an austere woman, whose features were cast in the typical prude mold, joined in the conversation which followed, and said, with a sniff:

"But, oh, Sir Henry, isn't Shakespeare full of dreadfully improper passages?"

"I see," replied the actor, drily, "that you have been looking them up, madam."

Bernard Shaw, the playwright, the products of whose pen and brain have caused such a recent furor, is, as those who have witnessed the presentation of any of his pieces can easily understand, by no means a prude. Indeed, he is quite the contrary, and takes a keen delight in taking a "rise" out of one of them.

Not long since Mr. Shaw was tackled by a self-constituted critic of the prude order, who criticized the playwright on the score of some of his work. Mr. Shaw heard him through without comment, even when the speaker made a whole heap of statements that were not founded on fact. Finally, when the critic's tongue halted for a moment through sheer weariness, Mr. Shaw said:

"Say, you hate nudity of thought or sentiment so much that you won't even talk the naked truth—you put a kimona of lies on her."

Mr. Anthony Comstock, the prince-ling of prudes, whose nose has become tip-tilted through sniffing out evil, was at one time the victim of a joke, the inception of which was in his virulent prudism. The conspirators in the case caused an advertisement to be inserted in a certain New York weekly publication which was to the effect that "a book giving in the plainest language, and at length, the secrets of life and sex, etc.," would be mailed to anybody who would send \$1.00 to a certain address in New Jersey, and that the book would be so wrapped up that there would be no suspicion as to its contents when passing through the mails. The wording of the ad. was so couched as to make the reader of it think that the book in question was one of the "raciest" possible. The next step in the conspiracy was to mail a copy of the ad. to Mr. Comstock together with a note to the effect that the writer was somewhat surprised that such a work could be purchased by new York residents, and that it was manifestly his duty to take immediate steps to suppress the "vile publication." Mr. Comstock, with that rapidity of action and mistaken zeal for which he is distinguished, promptly sent a dollar for the book to the New Jersey city address, and received in return—a Bible.

The present Archbishop of Canterbury, England, is a man of liberal views and broad horizons. It is told of him that on one occasion when he was but a rector, a woman parishioner came to him and made unkind comments regarding the conduct of a young woman of independent means who had recently taken up her residence in the parish, and who held unconventional views in regard to dress, exercise, and speech. In other words, she costumed herself in sensible and physical culture fashion, was practically a vegetarian, and she ran, walked, rode, and otherwise exercised in a garb suited to the purpose. Also, she did not hesitate to express herself in regard to the relation of sexes in a manner that curdled the blood of the prudes of the neighborhood. But she was noted for her practical benevolence, her readiness to aid those in distress, and her missionary work in trying to teach girls to act

as she did, as far as the well-being of their bodies was concerned. She was a member of the rector's church in good standing, but for all that, was the target of much criticism.

The young man of God listened patiently to his visitor, and then said:

"My dear madam, the Bible says of the graces—the greatest of these is charity."

"But——" began the other.

"Madam" was the reply, "there are some people so constituted that they prefer to think of the rotting root of the lily rather than the pure fragrance of its flower. Such people are apt to criticise the unconstitutional actions of Miss —— and overlook her good works. That is all; good-bye."

One of the most striking exhibitions of the machinery of the perverted mind of the prude was made manifest some years ago in Brooklyn, N. Y. Certain evil-minded members of the Board of Education of that city offered a resolution at a meeting of that body that Longfellow's "Launching of the Ship" should not be used in the public schools because the poem contained a line which compared the ship at the moment of her launching to a bride going to the arms of her husband. Every one who knows anything about Longfellow knows too that he was a poet of the highest and purest ideals, and that the key-note of his character was a clean nobility that was as beautiful as it was admirable. Stress, therefore, need not be laid on the innate rottenness of those mentalities that sought to extract from the lines of the poem in question, a meaning that "endangered the morals of school children." The Brooklyn prudes, however, were astonished and dismayed by the rain of ridicule that descended upon them, and to-day the "Launching of the Ship" is still used as a reading piece in the schools of Brooklyn.

There is in New York an organization of prudes of the most ludicrous type, whose purpose is allegedly "for the promotion of social purity." One Mrs. Elizabeth Grannis is the head of the organization and personally and mentally a striking example of the prude in petticoats. Some time ago the writer had occasion to call on Mrs. Grannis, who had

been out on her bicycle garbed in bloomers. But when she sat down in her parlor the first thing she did was to carefully cover up her stockinged legs with a rug.

"Madam," said the writer, "if it is not improper to expose your legs in public, why is it improper for you to expose them in private?"

And Mrs. Grannis could not reply, which is the way of prudes when you corner them.

On another occasion, the writer was told by a member of the same organization that she had spent nearly all the afternoon in watching the actions of a gang of laborers who were working on an excavation near Broadway.

"And," she added, "they repeatedly behaved in a most disgraceful manner!"

The rejoinder was: "And that, I pre-

sume, was the reason why you were watching them."

This reminds one of the story of a prude who was staying at a Catskill Mountain resort. From the cupola of the hotel, a view could be obtained of a lake about a mile distant. A lady of uncertain years and of vinegary aspect, who had constituted herself during the summer the censor of the morals of the rest of the guests, was observed one day with a pair of powerful binoculars scanning the lake for an hour or more. Finally she turned to some one who approached her and said:

"This is most disgusting. A number of men are bathing there in an absolutely nude condition."

Your prude at heart revels in that which he or she pretends to abhor.

GOOD-BY TO THE "DRINK WARM BLOOD" AND COD-LIVER OIL THEORIES

Every minute sees a baby born into the world. New medical theories are born at about the same rate of time. The only difference is that while a certain percentage of babies live, the medical theories die almost as quickly as they come into being. It is only a matter of a few years ago that some doctors recommended drinking warm ox-blood or cod-liver oil, or eating raw meat in cases of consumption. "You must get strength," they told their patients, "and raw meat and fresh, warm blood is the easiest way to get it." The result was that many consumptives were to be found in slaughter houses. Some of the poor wretches swallowed more germs of tuberculosis from animals affected with the disease. All those that managed to live in spite of the treatment became afflicted with intestinal parasites and no cures were effected. If there is a patient living who survived the

treatment, we would like to hear from him.

The "cod-liver oil" treatment is of ancient lineage and is still believed in by some people. It is less disgusting than the "cure" just described, but is repulsive enough at that. The livers of codfish are squeezed for the oil that they contain, and the repulsive taste and odor of the stuff is disguised by so-called "emulsions." "Emulsified cod-liver oil" for consumptives was, and still is, prescribed by a good many doctors.

But these and similar theories of curing disease are dying or dead. We feel sorry for those who happened to be "lungers" at an age now nearly past, when medical fads were rampant and medical ignorance, regarding the treatment of consumption, at its deepest and densest.

"Innocence is not purity, but knowledge with restraint is. The sexual nature, a measure of the Divine creative energy, is essentially pure, only its misuse is dishonorable."



FAMILY SECRETS

Pleasant Memories

The last tent that formed a part of the summer camp at Physical Culture City is down. The campers are all gone and with them, until another season arrives, have passed the merry hay-rides, the long walks, the camp-fire gatherings and the moonlight evenings on the lake. In no place in the land, perhaps, could be found so fine an assemblage of clean-cut young men and young women as those who came to spend their vacations at the Physical Culture City.

Those who remain, the employes and permanent residents, have either built rough cabins in which to spend the winter and secure outdoor sleeping, or else have made themselves comfortable indoors in the cottages and among the villagers.

Our New Home

Physical Culture City is conveniently located between the villages of Helmetta and Spotswood, two small, picturesque settlements that date back to the days before the Revolution. We like the place, we like the people in the villages near us—that is, most of them—and we are gradually being understood by them. At one time our "eccentricities" were the talk of the farmers as far as talk could carry our doings. But now these conservative people are becoming accustomed to our lack of collars and ties, hatless heads, sandaled feet and rolled-up sleeves, and are ceasing to wonder why we don't wear overcoats in winter.

Like all small communities, the people of the neighboring towns are sticklers for conventionality and propriety. The shining celluloid collar and the small bow with cardboard backing, or the flowing four-in-hand, are as much an essential

to a house party in the average country towns as the uncomfortable boiled shirt and high collar are in city society.

Farmers and Good Health

We used to think that country people as a rule were healthy and strong. Whenever we tried to preach the cause of proper diet we were confronted with an argument somewhat along these lines: "Take the farmers for instance! Aren't they strong? And these fellows eat pork and white bread and anything else that comes along the pike." While we were in the city we did not know much about farmers and we were somewhat disconcerted whenever this point was brought up to us. We began to cherish a sneaking veneration for these fellows who disregarded every known rule of diet and yet were accredited with possessing strength and vigor to a remarkable degree. We wanted to get out among them. We wanted to live the life that they lived. We have come out among the country people, we have watched their habits of life, and now we don't want to live as they live.

Farmers Are Not Healthy

After six months' study of farmers and their habits of life, we unhesitatingly make the statement that the majority of them, as well as those living in small villages, are not healthy. We do not hesitate to make the statement that, owing to their unintelligent methods of living, most of these people need physical culture, and need it badly. They need it more, perhaps, than do city people. Farmers, as a rule, make away with more bottles of "Swamp Root," "Perma" and other forms of alcoholic dope than do the anemic office clerks of the large cities. If

a farmer is not possessed of a chronic ailment he imagines that he is afflicted with one, which is just the same in its effects, since imagination creates what was supposed only to be, but did not really exist.

Farmers in Winter Very few farmers take daily baths. It is a question if they take them semi-annually. During the winter they hug their fireplaces. They are afraid of the cold. They dread cold air more than a thin girl dreads getting out of bed on a cold morning. A farmer and a well-greased strip of red flannel are associated as one, and the same thing occurs during the winter months. A farmer laid up with a cold gives more trouble than does a baby.

Farmers in Summer Our opinion of the daily habits of most farmers was not enhanced very much during the months when we had the pleasure of studying them in the fields and at their work. The erroneous diet that the average farmer lives upon and his unhygienic personal habits are best proved by the amount and the odor of the perspiration that emanates from his body.

Diet of Farmers When first we came out here farmers thought it "the best thing ever" to crack little witticisms at the expense of "the culture people," particularly on the subject of diet. As a matter of fact, the diet of the average farmer is that which a little child would choose who does not know the first essentials regarding the needs of the body. He must have his heavy home-made loggy cake on Sundays and his white bread and sugar buns during the week.

We used to wonder how farmers could remain healthy upon a diet that turned a city person's stomach. We have come to the conclusion that the moderate amount of health that the average farmer is able to maintain is not due to his diet, but in spite of it. The outdoor life, the breath of the trees and fields, the open-air exercise and the freedom from excitement are the aids that help the farmer to digest and extract some amount of nutriment from a food that is soaked and twice-soaked in grease before it is eaten.

The farmer, better than any other man, could adhere to a natural diet if he chose to do so. He has in plenty the sun-kissed fruits of the orchard, yet he seldom deigns to pick up a rosy apple or a luscious peach from the ground to make a luncheon of it. He has fresh vegetables, yet he carts these to the city markets and makes his own meals out of cured pork, Chili sauce and horrible concoctions of mustard pickles and spices. Pale looking, alcohol-steeped preserves that have been standing in the cellar in bottles and jars for months or years are a part of the dessert at every meal. The farmer usually can have milk and dairy products in abundance, but he stints himself in these, for the sake of selling them, and poisons himself with tea and coffee. The farm yields to him everything that is pure and wholesome, and yet he eats everything that is injurious and unwholesome.

The Make-up of the Farmer As a result of this diet most farmers become rusty at an age when they should still be as limber and supple as in early youth. Their bones begin creaking and their marrow is in an advanced state of drying up when they reach what should be the prime of life. Malnutrition, at an early age, reveals itself in their drawn, fleshless features and scrawny bodies. If the average farmer stripped he would present a more effective scarecrow than the stick of wood that stands in his grain field.

Of course, we speak now of the average farmer. There are exceptions and many of them, we presume, if we had the time and inclination to hunt them up. But we believe that the average extravagant claims which are made regarding the strength and vigor of the farmer are fairy tales, reinforced by long-haired city poets who never rubbed elbows with a farmer in their lives. Distance lends enchantment in this, as in every other instance.

Bernard Shaw on Comstockery George Bernard Shaw, the Irish wit and dramatist, is worrying the prudens in New York. His books, in which he attacks the unbridled license to be found frequently in the married state, have been placed upon the restricted list by the Public Librarian of New York.

Says Shaw: "Comstockery is the world's standing joke at the expense of the United States. Europe likes to hear such things.

"Before you undertake to choose between evil and good in a public library, or anywhere else, it is desirable that you should first learn to distinguish one from the other. The moment you do that, say after forty years' study of social problems, you realize that you cannot make omelettes without breaking the eggs; that is, you cannot have an advance in morality until you shake the prevailing sense of right and wrong sufficiently to compel a readjustment."

Epigrams by
Shaw

"Man and Superman," the book that has caused such a great stir among the prudes who stand in back of Comstock in New York, abounds in delightful epigrams—that is, delightful to those people who have a sense of humor and who possess a physical culture education. Some of these epigrams are:

Civilization is a disease produced by the practice of building societies with rotten material.

The imagination cannot conceive a viler criminal than he who should build another London like the present one, nor a greater benefactor than he who should destroy it.

We are told that when Jehovah created the world He saw that it was good. What would He say now?

The conversion of a savage to Christianity is the conversion of Christianity to savagery.

Decadence can find agents only when it wears the mask of progress.

Decency is Indecency's Conspiracy of Silence.

Virtue consists, not in abstaining from vice, but in not desiring it.

Self-denial is not a virtue; it is only the effect of prudence or rascality.

Marriage is popular because it combines the maximum of temptation with the maximum of opportunity.

The essential function of marriage is the continuance of the race, as stated in the Book of Common Prayer.

The accidental function of marriage is the gratification of the amoristic sentiment of mankind.

The artificial sterilization of marriage makes it possible for marriage to fulfil its accidental function whilst neglecting its essential one.

Marriage, or any other form of promiscuous amoristic monogamy, is fatal to large states because it puts its ban on the deliberate breeding of man as a political animal.

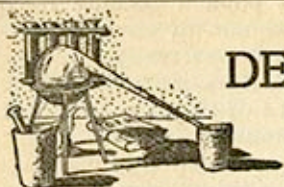
Shaw on
Athletics

Bernard Shaw once gave his opinion on athletics in the following words:

"Athletics are nothing but a spurious substitute for the manual and bodily labor which our athletic amateurs are forbidden to perform by the laziness, greed, snobbery and rapacity of their class. I could keep myself in perfectly good condition and temper if I might do a couple of hours' work every day as a navvy without 'doing a poor man out of his job.' As it is, I have to weary myself and waste my energy in bicycling and walking to places where I have no business, over roads which I have tramped until I am tired of them. I have to drudge through 'exercises' to keep myself from becoming a human pig. I have even pulled at india-rubber ropes until I could not bear the revolting absurdity of it, even without an audience to laugh at me. The whole business is too sickening for public discussion. Half the population lives miserably and breaks down prematurely from excess of bodily toil. The other half does the same because there is no bodily work left for it to do. That is what is called civilization."

Physical Culture Lecture Bureau

The Lecture Bureau is now open for Fall and Winter lectures. We are willing to furnish lecturers on Physical Culture to churches, religious societies, literary societies, clubs, and other bodies. Proficient debaters on the theories and principles we advocate will be furnished also. Persons with the ability to lecture and who are interested enough in the cause to render their services gratis, with traveling expenses paid, are requested to communicate with LECTURE BUREAU, Physical Culture Publishing Company.



DEPARTMENT OF FOOD NUTRITION

VALUE OF DRINKING WATER

FEW people recognize water as a very important food element, yet three-quarters to nine-tenths of almost every article of food used by man is made up of water. It is the medium through which the body receives its nourishment. We can live without food for a period of anywhere from thirty to sixty days and not experience much suffering, but if we were to attempt to do without water in some form or other for a period of six to ten days we would suffer agony and, perhaps, death.

The following analysis, compiled under the direction of the Department of Agriculture, indicates the large percentage of water to be found in foodstuffs:

	Water	Albumen	Starch, Fat and Sugar	Salts
MEATS				
Ox (lean).....	76.7	20.7	1.5	1.2
Mutton	76.0	17.1	5.7	1.3
Chicken	76.2	19.7	1.4	1.3
Mackerel	71.2	19.4	8.0	1.3
Salmon	64.3	21.6	12.7	1.3
CEREALS				
Buckwheat flour..	13.5	8.9	75.9	1.0
Corn flour.....	14.2	9.7	73.3	1.8
Graham flour....	13.0	11.7	71.6	1.8
Oat flour.....	7.7	15.1	74.3	2.0
Rice	12.6	6.7	79.4	1.5
Rye bread.....	42.3	6.1	49.6	1.5
Whole wh. bread..	45.1	5.3	48.11	0.5
VEGETABLES				
White bean.....	15.0	26.9	51.8	3.5
String bean.....	88.7	2.7	6.7	0.6
Carrot	86.8	1.2	0.3	0.1
Cauliflower	90.9	2.5	1.5	0.8
Lettuce	94.3	1.4	0.3	1.0
Green pea.....	12.7	21.7	59.6	2.8
Potato	75.0	2.2	0.2	1.0
Tomato	92.4	1.6	4.4	0.6
Sweet potato.....	71.8	1.0	2.0	0.7

The body of man is itself made up of about four-fifths water. The muscles are made up of three-quarters water, the blood four-fifths. Gastric juice is about 97 per cent., perspiration 98 per cent., saliva 99 per cent. and the teeth 10 per cent.

The great majority of people do not drink a sufficient daily amount of water. Many have an aversion to it. Especially is this so among alcoholic tipplers and tea and coffee drinkers. In this respect a noted doctor has written: "Whoever cannot drink water is sick and stays sick until he has a liking for it and until he enjoys the taste of this Godly drink. If normal, you can drink water when not thirsty. Any man to whom good water and pure air is offensive is not a natural man, but is a miserable being."

If you are not in the habit of drinking freely of water, cultivate a desire for it by taking a small sip at frequent intervals, say an hour apart. Gradually increase the quantity until you can take from two to four quarts daily. It is said that the average Japanese drinks as much as a gallon of water daily, and to this is attributed much of the good, sound health that he enjoys.

Water is necessary to flush the system and to keep it clean and wholesome, and its usefulness in this respect should be generally recognized. The gastro-intestinal canal of most people would present a horrible sight if it were to be exposed to view. This is because of the failure on their part to take copious draughts of pure water frequently to effect internal cleanliness. Water rids the body of poisons the retention of which is the cause of the majority of diseases among people. It enters the body clean and makes its exit charged with deadly poisons, from the skin as sweat, from the lungs in the

form of vapor mixed with carbon dioxide, and from the kidneys as urine. Many of the diseases such as rheumatism, kidney disease, biliousness, headache, etc., could be relieved and cured by washing out the poisons in the body with water. The water cure internally is quite as effective as when applied to the external body.

In treating of the advantages of water, the question is naturally raised regarding the relative merits of hard and soft water for drinking purposes. As in many other things, authorities differ on this subject. In our reference we have read the most contradictory opinions possible. These contradictions result largely, no doubt, from the fact that both the proprietors of mineral springs and the manufacturers of distilled water have their literary hacks who, for the sake of pecuniary gain, work up arguments for the use of their respective employers.

We present herewith the opinion of an English physician of long experience who claims to have especially studied the effects of various waters upon metabolism and upon certain diseases.

"Pure water," he writes, "does not exist in nature. Owing to its solvent and absorbent properties it more or less readily takes up whatever it comes in contact with, and is thus no longer pure in the chemical sense. Even rain-water falling in mountainous districts has impurities which it takes from the air. The impurities found in water are organic or inorganic. The former may be either dead organic or living organized matter. The dangers arising from the use of water so contaminated are well understood and need not be further dealt with. But when we have obtained a water free from excretal pollution, many of us forget that it may contain saline impurity (mineral matter) in character and amount which renders it injurious. Quite apart from any medicinal effect which the ingestion of these saline impurities may exert upon health, most of them interfere more or less with the solvent properties of water which are so necessary. The common mineral constituents chiefly found in drinking water are the carbonates of lime and magnesia, the sulphates of lime, soda and magnesia, together with common salt; and it is the presence of these min-

eral salts which gives 'hardness' either 'temporary and removable' or 'permanent and irremovable,' or 'fixed.' The first is due to carbonate of lime, because the carbonates can be thrown out of solution by boiling. The hardness remaining is chiefly due to sulphates of lime and magnesia, and cannot be removed by boiling. There is great variety in the amount of mineral matter left as total solids after incineration, amongst the water supplies of this country. The water supplied to Glasgow has only two grains per gallon of total solids with one degree of total hardness. But the report of the Royal Commission on Domestic Water Supplies shows a number of results giving over 200 grains of total solids per gallon. One, taken from a well in gravel in London clay, gave 277 grains, with a total hardness of 134 degrees. What is the effect upon health from the use of these highly mineralized waters as compared with those that are soft and comparatively free from mineral matter? The evidence before the Royal Commission showed that in the British Islands the tallest and most stalwart men were to be found in Cumberland and the Scottish Highlands, where the water is almost invariably soft. The late Sir B. Ward Richardson drew attention to the use of hard water in certain fashionable watering-places, and attributed to it injurious effects upon the health of visitors. The first few days of quiet and change are beneficial; then dyspeptic symptoms set in—flatulence, constipation, pain in the stomach, sleeplessness, etc.; the person then becomes low-spirited, and possibly somewhat hysterical, the kidneys get out of order, etc. The insoluble lime-soap formed when washing in hard water being difficult to remove, clogs the pores of the skin and outlets of the sweat-glands, and thus gives rise to troubles of various kinds. All animals are known to prefer soft to hard water, and horse-trainers find the latter produces what they call a 'staring' coat, which is not indicative of good health. In changing our air for the better we may change our drinking water for the worse. The effect of hard water upon the health was inquired into some years ago by the National Board of Health of the United States, and the summary of their conclusions is as follows: 'If the

sample contains 70 grains of solid matter per gallon, it may unhesitatingly be condemned as unfit for use, no matter what may be the itemized list of its salts. The use of such water may not be followed by strikingly evil effects such as intestinal fluxes and diuresis, but ingestion necessitates elimination, and this cannot be accomplished without a call on the vital organs which may in time become impaired.' If distilled water acts as a solvent of the waste products, might not this account for a little headache on first using it, though I have never noticed nor heard of such an effect.

"Any ill effects from the use of distilled water must have made themselves felt long ere now in the naval service where it is much used, not only at sea but also in harbor, where there is the least reason to suspect the quality of shore supplies either as to water-borne disease or excess of salinity. Naval medical officers have far more experience of the use of distilled water than any other medical men, and the unanimity of their opinion in its favor affords ample testimony to its health-giving qualities. In the distilling apparatus now in use in the navy the water always comes away aerated, which not only renders it more palatable, but also less likely to give rise to indigestion in weak people who do not even do well with any of the natural waters, more especially when they are hard. Nature, indeed, appears to pronounce against waters charged with inorganic salts beyond a small degree. Thus, animals prefer the most impure soft water to the purest hard, and will show their preference by drinking at a dirty pond instead of a clear spring. It has, for instance, been observed that the sea-gull, when it cannot quench its thirst from the rain, will fly hundreds of miles for a drink of soft water. In such matters it is better to follow the simple lessons of nature and common experience than to run the risk of being misguided by theoretical considerations."

Dr. S. Marcus Rothschild, Lt.D., H.D., writes:

"Water exists in nature in three forms, in the solid, as ice; in the liquid, as water; in the gaseous, as steam. The greater part of the water existing in nature is undergoing a slow but constant process

of distillation, condensation and redistillation. It rises from the evaporation of the waters of the earth in the form of steam to become clouds. These again condense and fall as rain, sleet, snow or hail.

"Rain water is the purest form of water occurring in nature. But directly it touches the earth it begins to dissolve and cause to enter into its composition matter with which it comes into contact while resting upon the surface or percolating through the strata. The solid matter in solution in water is deposited when the water is again evaporated. In order to obtain pure water, it is, therefore, necessary to distill it—that is, boil it—and collect the water produced by the condensation of steam.

"So great are the solvent properties of distilled water that when it is distilled in glass or earthenware vessels it dissolves small quantities of the substance of the vessel in which it is condensed; and if the retorts be so arranged that distillation and redistillation from one vessel to the other can be carried on, and further, if this process is often repeated, a sediment will be found at the bottom of each vessel.

"The idea which was held centuries ago, that dew water collected from the mountains and used as a drink would prolong life is a correct one. It is a distilled water of nature, and, whether it is charged with electricity, as was at one time supposed, or not, is very invigorating.

"Distilled water, used as a drink, is absorbed directly into the blood, the solvent properties of which it increases to an extent that it will keep salts already existing in the blood in solution, prevent their undue deposition in the various organs and structures, and favors their elimination by the different excretæ. If it is taken in large quantities it will, in time, tend to remove those earthy compounds which have accumulated in the system, the effects of which usually become more manifest as the age of forty or fifty years is attained."

W. N. Hull, A.M., writes:

"Pure water is composed of two gases, hydrogen and oxygen, in the volumes of two of H. to one of O., nothing more. If anything else has crept into the water

it is accidental and should be expelled. The more nearly we obtain these elements in this proportion or volume the purer and nearer to nature is the water. Water is pure as it is formed in the clouds, but in its fall to the earth as rain it may absorb from the air dust, smoke, soot, floating germs, etc.

"Rain water is soft and being free from all impregnations, at once dissolves everything soluble with which it comes in contact. When it enters the earth it may be filtered of much that it receives from the air, but, being a powerful solvent, it readily dissolves and absorbs minerals, vegetable and animal poisons and disease germs in the course of its percolation through the soil, and when it emerges again in spring, well or stream, it may be clear and sparkling, but loaded with poisons and death. Typhoid and other bacteria, themselves transparent, may swarm in it, and, if it could be magnified, every drop would be seen to sustain ugly looking monsters, able to consume the body and multiply into millions every hour.

"Minerals are also held in solution in the water just as sugar is in tea. Neither boiling nor filtration will remove both of the most dangerous elements—disease

germs and lime. Lime makes water hard, and when drunk for many years produces paralysis, wrinkles, white hair and old age. The body becomes encrusted with lime, just like the teakettles, when hard water is used. No person past middle life should drink hard water.

"Filtration strains only—clarifies but does not purify. Fire is the great purifier. To distill is to boil water and condense the steam. In this process the hydrogen and oxygen are driven off and form pure water and the refuse is left in the teakettle.

"As water only is desired, this process is strictly in accordance with nature's plan. The condensed steam is pure H₂O, exactly like the water in the clouds."

The opinions of Dr. Kellogg and other physicians of prominence lean toward the use of soft or distilled water for drinking purposes. We would like the opinions of our readers on this highly interesting subject. Contribute your views regarding the merits of distilled or common drinking water, or, if you have read or heard opinions on the subject, send them in and we will publish them. We want to arrive at a correct solution of the question, if that is possible.

SOME DIETETIC NUGGETS

"Generous feeding" ought not to but generally does mean gormandizing.

There is often more depending on how one eats than upon what he eats.

"Acute indigestion" is the fashionable or at least the polite name for over-feeding—for which the unpolished English is GLUTTONY.

The punishment of dietetic sins is not always swift, but it is remarkably certain to put in its appearance. Pepsin is a cowardly prop.

So live that when the summons comes to join the hungry caravan that moves to the inviting spread in the dining-room you may be quite competent to secrete your own pepsin.

Time is the essence of all contracts; every meal is a new contract with one's stomach; therefore, be on time. In other words, eat regularly. There are many important dietetic rules; none more important than this. The man who eats one meal to-day and four to-morrow, or who dines at any convenient hour, all the way from 5 p. m. to midnight, is on the direct road to digestive purgatory.

The fashionable black coffee after dinner hasn't a redeeming feature in its favor. It is neither food nor drink. It is merely a popular form of taking a two-grain dose of a narcotic—caffein.

If taken for its several effects on the nervous system, it is neither more nor less than a tipple. The best stomachs, livers and nerves in the world cannot very long withstand such constant nagging.

If you "have no appetite," no unmistakable desire for a meal when ready, keep away from the table. To do otherwise is to choke with more fuel a fire that has gone out.

A piece of pie is not necessarily a death-warrant. It depends on what it is made of and how made. Pie proper should represent an unobjectionable combination of fruit and bread.

The word "pastry," however, covers a multitude of dietetic sins. Flour and fat rolled into a couple of soggy layers, between which spiced meats chopped with more fat, mingled with raisins and other fruits, and moistened with cognac—this may be pastry, but it is a libel on pie.

A crust made reasonably tender with sweet cream, olive oil, or fresh butter, with sufficient baking powder to make it light and porous, filled with good, wholesome fruit or berries—this is pie; and it is quite as digestible and harmless as the ordinary baker's loaf.

—Selected.

More About the Jacksonian Optical College

LETTER OF PROTEST REGARDING OUR RECENTLY PUBLISHED ARTICLE WHICH DEALT WITH THE METHODS OF THIS INSTITUTION BRINGS SOME UNLOOKED-FOR RESULTS—HIGH AUTHORITIES TESTIFY AS TO THE SOUNDNESS OF THE CRITICISMS ON THE COLLEGE AND ITS "OPTICIANS" AS MADE IN THIS MAGAZINE

By J. K. Creighton

THE following communication has reached our offices:

"Physical Culture Pub. Co.,
New York City.

"Gentlemen—In your August issue you did a serious injustice to the Jacksonian Optical College of Jackson, Mich.

"You were doubtless misled by assuming from literature of this company that this institution taught students to become oculists, who treat of the diseases of the eye, while the fact is that this institution simply teaches its students to become opticians, who deal in the mechanical science of fitting glasses.

"California has the most stringent laws governing opticians, and the Jacksonian Optical College has a larger percentage of successful students from California than any other State.

"Will you kindly publish this, not only as an act of justice to the Jacksonian Optical College, but also to the Mahin Advertising Company, for we would not handle the account of any advertiser who did not conduct his business on strictly business principles, and who failed to satisfactorily fulfil all promises made.

"Very truly yours,

"MAHIN ADVERTISING COMPANY,
John Lee Mahin, President."

WE publish the above letter not because we believe that the article on the Jacksonian Optical College which appeared in the August issue of this magazine was not justified or anything but what it purported to be—an exposure of what we look upon as a menace to the physical well-being of the community—but only because we consider that the communication will strengthen the position already taken by us in regard to the institution in question.

As will be noted, Mr. Mahin, the author of the letter, states that, "You were doubtless misled by assuming from the literature of this company that this institution taught students to become oculists," etc. While Mr. Mahin's statement is not correct, in this particular, it will be seen then that the "literature" is admittedly of a misleading sort, although we will not say that it is intentionally so. As to Mr. Mahin's contention that we wrongly use the word "oculist" as against "optician," we have but to remark that an individual who undertakes the treatment of the eye, whether such treatment consists of a surgical operation at one end or the "fitting" of glasses at the other, is for all practical purposes undertaking the duties of an oculist. Our position in this connection is sustained by the statements of authorities on the subject which follow. But even admitting that we made a technical misuse of the word "oculist" in the article in question, our so doing does not interfere with the main point of the contention, which is that "graduates" of "optical colleges" who peddle and "fit" the very cheapest form of eye-glasses, and this, too, without any knowledge whatever of those principles upon which the oculist proper works, are on the same plane as other dangerous nuisances, and that they and those who are responsible for them should be suppressed by law. In this respect also we are amply sustained by experts.

The article to which exception is taken by Mr. Mahin was not written until we had consulted prominent authorities, and in each and every instance these spoke in scathing terms of the "optician" of the type in question. In an article entitled "Wholesale Destruction of Eyesight," the author being A. Wilbur Jackson, M.D., which appeared in the June issue

of this magazine, the writer said that it seemed incredible that such a state of affairs could exist—viz., the wholesale and irresponsible manufacture of alleged opticians—while the barber, plumber, druggist and dentist were each compelled to pass a rigid examination, and Dr. Jackson added that the "optician" of the sort named is permitted without hindrance to, in a great many cases, actually deprive his victims of that most precious of all the senses, the vision. Also, that even if complete blindness does not follow the optician's ministrations, the person treated is pretty sure to have his eyesight partially or wholly ruined.

But, even supposing that, as Mr. Mahin says in his letter, the Jacksonian Optical College "simply teaches its students to become opticians, who deal in the mechanical science of fitting glasses," there is another and most important aspect of the subject, this being the quality, to say nothing of the special fitness, of the lenses which the college supplies to its "graduates" to be sold by the latter to their patrons. The published price list of the lenses, as given in the August issue of *PHYSICAL CULTURE*, shows that the "finest quality" of the lenses furnished by the college costs a trifle over seven cents each! In regard to this question of cost, E. B. Meyrowitz, one of the foremost opticians of New York, says:

"The distinction between a fine lens and a common one lies in the quality of the glass of the lens and the accurate grinding of the latter. A lens of the highest quality is one in which the focal point is correctly placed, and if it has not this characteristic it is defective and is certain to work injury to the eyesight. If the use of a defective lens is persisted in permanent harm is sure to result. Hence the obvious necessity for the wearing of glasses only which are correctly ground as stated. When the lens is completed it is examined by experts, and if the focal point is even slightly misplaced it is thrown out as a 'second,' and when very defective it becomes a 'third.'

"While the conscientious optician purchases first-class quality lenses only, he is even then careful not to make use of them until they have undergone a final test at his hands, and when such testing takes place it not infrequently happens, as in

the case of our own business, that lenses are found which are a trifle off focus, and these are immediately discarded. Here, then, you will see what makes the difference in the price of the cheap lens and the first-class lens, which is the comparatively small percentage of flawless lenses as compared with the large percentage of defective or indifferent ones. I am omitting the question of the actual quality and cost of the glass, which varies greatly in the good as compared with the bad lenses.

"It follows, then, that it is a commercial impossibility for any firm or college to supply perfect lenses at from seven to ten cents each. The inference is obvious and the unhappy victim who buys glasses fitted with these cheap and defective lenses is bound to suffer for so doing.

"Then, too, the mere fact that a person requires glasses shows that he has something wrong with his eyes. Now, the main end and aim of eye-glasses is to correct visual defects that either exist at birth or are produced subsequently by a variety of causes. Unless the exact nature of these defects is ascertained and the lenses are so ground as to correct them, it stands to reason that the latter will be worse than useless. But just what these defects are and from what they arise is obviously a matter that calls for the scientific knowledge of an oculist. How can an optical college graduate who knows nothing whatever of optics or the diseases which affect the eye except what he has gleaned through the medium of his course, treat the defects of the mechanism of the eye or the underlying causes of the same?

"In our business, which, as you know, is chiefly of the retail kind, if any one comes to us and asks to be fitted with glasses, we almost invariably suggest that, unless he has a prescription, he, as a preliminary, consult an oculist of repute, knowing as we do the danger of haphazard fitting of glasses. Of course, if a man insists upon purchasing a pair offhand we have to defer to his wishes, but we always refuse to guarantee the continued value of the glasses or their effect upon the vision. This, it will be remembered, after giving him fair warning.

"I feel that you cannot speak in strong enough terms of the reckless and harmful work of the so-called 'opticians.' For

many years there has been an attempt to have legislation in New York State to the end of sharply defining the lines between the work of the optician and the oculist on the lines indicated, but so far without success. Interested parties are at work to prevent the passage of the laws.

"Those retail opticians of any note in New York who profess to fit glasses accurately have, however, in almost all cases a properly diplomaed oculist in their employ who attends to the patrons before the fitting process takes place. This shows how alive they are to the riskiness of fitting glasses in an unscientific fashion."

Hausetter, another of New York's most prominent opticians, held similar views to Mr. Meyrowitz, and added:

"As showing the harm that may be done by 'graduates' of the type in question, I would call your attention to the fact that in a great many cases defective eyesight arises from a diseased condition of the body. The true facts of the case, therefore, can only be determined by a medical man who is an oculist, and in such instance it is his function to get rid of the basic evil, and not merely prescribe a pair of glasses which shall give temporary relief. For instance, Bright's disease of the kidneys is pretty sure to result in failing or defective eyesight. Now, if a victim of the disease purchased a pair of cheap lenses from one of the 'graduates' in question it is obvious that his—the patient's—eyesight would continue to fail because the predisposing cause was not suspected or treated. This, too, to the continued harm of the patient.

"I cannot too strongly endorse the statement that the use of cheap lenses, which are always defective because they are cheap, must of necessity work havoc with such a delicate organ as the eye. Then, too, one eye may call for a special form of lens and the other eye for yet another form. Such a condition can only be detected by the trained oculist, one who can prescribe the proper and differing lenses that the condition calls for. It is obvious, then, that in such an instance, if the patient is given a pair of glasses in which the lenses are of the same quality, that one or both of the eyes must feel the effects of the mistreatment. The eye, above all other organs of the body, is of

a most exquisitely delicate construction, and any tampering with it by the unskilled is sure to breed evils which can easily be made permanent. I only regret that there are lacking laws to check the irresponsible flooding of the country with so-called 'opticians.'

"The person who examines eyes in order to allegedly fit them with glasses is in a sense usurping the office of the oculist. Therein lies the danger to the community when the 'optician' is as unskilled as the 'graduates' of these colleges necessarily must be."

In the work entitled "Perfect Eyes," the author of which is Benjamin F. Stevens, of New York, an authority on the subject of eyes, these sentences appear:

"To the general danger and folly of the eye-glass habit must now be added a new terror. The fitting of glasses, which should be the exclusive prerogative of oculists, has fallen into the hands of itinerant opticians who are mere sellers of spectacles and who, ignorant of the first ideas of the anatomy and philosophy of the eye, recommend and 'fit' glasses in a purely mechanical manner. The eye being a delicate organ, demands the care of a most skilled physician and should not be fitted with glasses as a foot is fitted with shoes by persons of no greater scientific knowledge than a shoemaker."

John Browning, F. R. A. S., an English authority, says:

"It is often thought that anyone may attend to a person who requires spectacles. The system of making spectacles or eye-glasses by the gross should come to an end. Sight troubles are increasing every day, and this system is the main cause of them. The eyes are not mere optical instruments, but are the most delicate and sensitive physiological contrivances, possessing as many peculiarities as their owner, and requiring the same skilled care when diseased."

Speaking of the reckless work of so-called "opticians," Dr. Louis H. Matthez, of New York, recently stated through the medium of the *New York Herald* that:

"More eyes are injured by the injurious use of glasses and the haphazard methods employed in getting them than by any other known cause. Still people go ahead, heedlessly and recklessly tampering with the precious gift of sight,

buying spectacles and wearing them just as they would their hats, boots or clothes. To-day people for the most part either fall into the hands of some inexperienced eye 'specialist' who has taken up the adjustment of glasses, or, perhaps, those of the so-called 'graduate optician.' To these two we are indebted for the coming race of spectacled people. The opticians established a factory-ground system of men called 'graduate opticians.' If a country jeweler would buy a bill of goods of them or take up a course, they would make him a 'Doctor of Refraction,' diploma included, and said jeweler, returning to his country town a 'graduate,' he would fit the whole community with spectacles. I had one of these men bring me a letter several months ago. He has taken his thirty or sixty days' course, and no doubt by this time all the farmers in his vicinity are plowing crooked furrows with misfitted glasses."

Dr. E. Gruening, of New York City, who is one of the most widely known and accomplished oculists of the United States, states:

"When people feel an impairment of vision it is more a result of some disease of the eye and not from mere optical error. It may also result from some disease not of the eye, as diabetes, Bright's disease, or from various affections of the brain which often show themselves by changes in the interior of the eye, and in such cases when the disease is cured, the trouble with the eye will or may disap-

pear. But if a person having some disease of the eye or some of the other diseases which affect the eyes takes glasses from an 'optician' upon the strength of the so-called 'optician's test' the glasses may apparently give relief for a time, but the disease keeps making progress and before medical advice is obtained it may have arrived at an incurable state. In fitting the glasses to the eyes no one but an oculist is competent to distinguish between disease and optical error. There are no opticians who are oculists, and those who say they can distinguish between disease and optical error are pretenders. *Testing or allegedly examining the eyes and furnishing glasses in accordance with the test made is treating the eyes, and 'opticians' are no more competent to treat the eyes than a man who is simply a graduate of pharmacy is to treat diseases of the throat, heart, lungs or other parts of the body.*"

It will be seen by the foregoing, therefore, that, notwithstanding Mr. Mahin's disclaimer, the alleged opticians of the Jacksonian Optical College not only trespass on the domain of the oculist, but on the basis of the foregoing expert testimony, such "opticians" are a bane and menace to the health and well-being of the public of the United States. Mr. Mahin's zeal, in behalf of his clients, must be commended, but his communication, as will be seen, does not for an instant invalidate the truth or strength of our assertions regarding the college.

A SUGGESTED REMEDY FOR CONSUMPTION

To the Editor: A workman in my employ told me a story some time ago which I have given considerable thought.

Many years ago, he states, near his home in Scotland, located on the seashore, was a family all of whom died of consumption except one. This one, in his early manhood had been told by the local physicians that he could not last a great while. The young man, as a means of livelihood, took a position on a fishing vessel. One day a storm came up, they pulled quickly in to shore, but just before reaching it the boat capsized. After much difficulty he was rescued and most of his associates concluded he was dead, but after working over him for something over two hours, they finally brought back the small spark of life, and thereafter he gradually began to recover and within a couple of years' time developed into a strong, robust man, and when my friend last saw him, he weighed something like 300 pounds. Since coming to America he has not heard of the consumptive,

but since he had enjoyed excellent health for four or five years after this accident, my friend suggested that the thorough saturation of his lungs with salt water had effectively killed the microbes, thereby effecting a permanent cure of consumption.

He is a very reliable man and vouches for the authenticity of the above statement, and asks in a suggestive way if science could not find a way by which the lungs could be as thoroughly saturated with salt water in the treatment as they were in this one instance, which resulted in the cure.

I suggested to him that his life on the open sea, affording as it did, plenty of good pure air, was the remedial cause. He states this could not be true, as the home of these people was on the bluff overlooking the sea, and yet every other member of the family, consisting of his parents and eight brothers and sisters, had died of consumption.

Chicago, Ill.

JOHN MARTIN.

PRIZE MENU COMPETITION

The Prize Menu Competition has been closed and the awards will probably be printed in the succeeding issue of the magazine. As most of our readers are aware, our endeavor was to get novel and original menus, suitable for all. Owing to the fact that a great many of our readers are not yet sufficiently well versed in physical culture to accept the broader theories of the food question as advocated by us, or else are bound down by conditions that will not permit of their adoption of the physical culture diet, we permitted menus to be entered that included meat, oysters, fish, white flour, coffee, tea, and other articles of food not advised for use by this magazine. We concluded that readers who are familiar with and follow our theories, would be able to judge what are worth accepting and what are well to reject in the case of the menus that have been and are yet to be printed in these columns. We have a number of excellent menus that were entered in the competition, but could not be printed, owing to lack of space. These will be given in succeeding issues. Space rates will be paid for same in every instance. We thank all of those who contributed to make this competition a success.—BERNARD MACFADDEE.

MR. HUTCHINSON and I have followed the two meal a day plan for over two years and feel infinitely better than when eating three meals a day. If any lunch at all is required at first about two cents' worth of roasted peanuts is all that is necessary to take away the hungry feeling. In a short time no lunch at all will be needed.

When cream is called for it means half cream and half milk. These menus can be varied to suit conditions. When a man rides to and from his office a lighter breakfast is preferable and the eggs and such extra dishes may be omitted. My husband walks about three and one-half miles to and from his office and likes a rather substantial breakfast.

Meats or fish may be omitted where mentioned, as all the meals are sufficiently nourishing without the meat.

For our cracked wheat we go direct to a flour mill and get the wheat after it has been crushed but once, paying but two and one-half cents per pound for it.

SUNDAY

Breakfast.

Steamed Cracked Wheat. Cream.
Beaten Eggs with Lemon Juice.
Whole Wheat Bread.

Raw Wheat Cakes. Butter. Cocoa.

Dinner.

Oyster Stew with Milk.
Raw Wheat Crackers.
Cabbage and Celery Salad. Mayonnaise.
Whole Wheat Bread. Peanut Butter.
Baked Rice Pudding.
Grape Juice, or Cider, or Cambric Tea.

MONDAY

Breakfast.

Baked Apples.
Corn Meal Mush, Salt and Milk.
(No Sugar.)
Scrambled Eggs. Jelly.
Toasted Whole Wheat Bread.
Cereal Coffee.

Dinner.

Baked Macaroni and Cheese.
Raw Chopped Vegetable Salad.
Mayonnaise.
Whole Wheat Bread. Peanut Butter.
Apple Tapioca. Cream.
Cambric Tea.

TUESDAY

Breakfast.

Rolled Oat Porridge. Cream.
Rice Pudding. Whole Wheat Bread.
Steamed Prunes. Cereal Coffee.

Dinner.

Fried Corn Meal Mush. Syrup.
Scalloped Potatoes.
Whole Wheat Bread and Butter.
Fruit and Nut Salad.
Home-made Preserves and Cream.
Crackers. Cambric Tea.

WEDNESDAY

Breakfast.

Raw Apples.
Ralston Whole Wheat Porridge. Cream.
Creamed Codfish.
Whole Wheat Bread. Jelly.
Cereal Coffee.

Dinner.

Boiled Navy Beans.
Corn Bread and Butter. Cabbage Salad.
Cottage Pudding. Cambric Tea.

THURSDAY

Breakfast.

Raw Cracked Wheat. Cream.
 (Soaked over night in milk.)
 Boiled Eggs. Whole Wheat Bread.
 Fresh Canned or Stewed Fruit.

Dinner.

Cold Sliced Beans. Lemon Juice.
 Escaloped Tomatoes.
 Whole Wheat Bread and Butter.
 Steamed Plum Pudding.
 Cambric Tea.

FRIDAY

Breakfast.

Rollod Oat Porridge. Cream.
 Poached Eggs on Whole Wheat Toast.
 Stewed Peaches.
 Raw Wheat Crackers.
 Cereal Coffee.

Dinner.

Cheesed Eggs. Mashed Potatoes.
 Lettuce. Whole Wheat Bread.
 Soft Custard over Sliced Oranges.
 Cambric Tea.

SATURDAY

Breakfast.

Steamed Cracked Wheat. Cream.
 Beaten Eggs.
 Toasted Whole Wheat Bread.
 Jelly. Cocoa.

Dinner.

Lentil Soup.
 Chopped Apple and Nut Salad.
 Whole Wheat Bread.
 Cold Cracked Wheat—Moulded in Cup.
 Cream. Cambric Tea.

IS CHILD CULTURE AS IMPORTANT AS THE CULTURE OF ROSES?

LUTHER BURBANK, the famous California horticulturist, declares that the great object of his life is to apply to children the scientific ideas which he has so successfully employed in working miracles of beauty and usefulness in plant life. His ambition in this respect is most laudable, if, perhaps, not quite practicable in its entirety. To my mind, there is no work into which human effort enters which is one-tenth part as important as that of child culture. The marvelous power that is vested in parents of the building of bodies of their children is not realized by one-hundredth part of its responsibility and importance. Every boy should grow into a magnificent man; every girl into a strong, superb woman. Where the results are of an opposite character, our so-called "civilized conditions," as they are supposed to exist, must bear the blame.

The average child of to-day grows up in unhygienic conditions. He must combat all sorts of dietetic and other evils; must, in other words, actually fight for his life, while, if even a moderate amount of intelligence was used, he would be growing and developing under influences

that would aid him from every standpoint. It is to be hoped that Mr. Burbank will be able to carry out his experiments. The need for knowledge along this line is pitiful. Such a need exists in almost every home. It stares you in the face as you gaze on the form and features of nearly every child of a school age.

Here is a field for the rich in which to spend some of their money. If they would cut out their racing stables, their dog kennels and the fancy stock with which they are experimenting, and in their stead build a home for orphan children, and would give them the same care that they do their finely bred race horses, the result would be a source of lifelong satisfaction, instead of the momentary pleasure that might come from the winning of a race, or other fleeting pleasures of that nature. Some day I hope to be able to open a home of this character, a home where boys and girls from babyhood to childhood can be taken care of and developed in a scientific manner.

Now that we are situated in the country, I may be able to make an experiment of this kind some time in the near future.

SHALL WE USE SALT? IF SO, WHY?

By A. Ziegler, B.D.

It is to be understood that the Editor is not responsible for opinions expressed in contributed articles. However, as I have often stated, these columns are open to the discussion of any subjects which have an important bearing upon health, strength and vitality. This article is, therefore, presented to you for what it is worth. Theoretically, I have for a long time considered the use of mineral salt as injurious. It seems quite evident that inorganic matter cannot be utilized by the body as food, but every substance must be converted, through plant life, into living, organic tissue before the human body can profit by it. All salts which we need are supplied in organic form by the foods which we secure from the vegetable world, but, at the same time, in the process of cooking, and especially in boiling, there is no doubt that much of this natural salt is removed. And irrespective of all theories upon the subject, in practical, every-day life, it is very difficult to discontinue entirely the use of salt. I have tried this on several occasions, but have always returned to it after a time, using it moderately, however. Some raw food dietists claim to use no salt with their foods, while, again, others among them use considerable of it. It may be that the practice of eating salt simply becomes a habit, as in the case of any other stimulant, and that its habitual use creates a craving similar to that of alcohol and other well-known stimulants. In any event, the following article may prove of interest to those who are giving this question some attention.—BERNARD MACFADDEN.

THE other day a Board of Health physician remarked to me: "Chloride of sodium is not found in the composition of the human body. Therefore it must be supplied along with our food." I replied: "Not so, doctor; because salt is *not* native in our bodies it should not be supplied, for we naturally have no need of it. And, besides, what the body does not need is a burden or a danger to it. Why not say, 'Alcohol and nicotine are not found in the system. Therefore supply them.'" Fallacious argument!

Common salt (NaCl) is composed of two active poisons—chlorine, a heavy yellow gas, irritating the air passages when inhaled and very destructive to color and fabrics, which is seen in the action of chloride of lime, as used in laundries, and sodium, which is a metallic element. Together they form a salt of an earthy character.

I believe the following statements about salt are exact and reliable:

1. Unorganized minerals (salt, iron, lime, etc.) cannot be assimilated by and used in rebuilding the body. Only when organized into living grains, fruits, nuts and other foods, can these minerals become a vital part of our organism.

2. On the other hand, we cannot long live, perhaps only a few weeks, unless the exhausted salts of our systems are renewed. This is a vitally important necessity, though the amount needed is small. All the minerals which the body can utilize to any advantage are abundantly supplied in natural foods.

Hutchinson's Physiology says: "Salt is usually taken into the system in suffi-

cient quantities in our food. Even the water we drink has traces of it. The habitual use of much salt in cooking or as a seasoning at the table is a bad habit in itself and leads to the desire for other and more injurious condiments."

M. René Laufer, in "Revue Scientifique," writes that, "The taste for salt is not innate or instinctive; it is acquired. The mother's milk contains very little salt. Cow's milk has at least four times as much, but even with this amount the adult who should live on milk alone—say three quarts a day—would take more chlorides than he needs. Man in a state of nature does not salt his food. Primitive peoples who lead a pastoral and nomadic life do not add salt to what they eat. The same is true of animals. Dogs and cats do not like salt. Even the domestic herbivores get along very well if salt is not added to their food. The tales of disease resulting from lack of salt are not trustworthy." (From translation in *Literary Digest*.)

3. Salt destroys the natural delicacy of taste, as does alcohol. The palate becomes so dulled that no food seems to have any taste without high seasoning. This entails the loss of much real pleasure in eating, for the divinely imparted flavors are perfectly delicious, but the salt or pepper depraved tongue is too numb to enjoy or even detect them.

4. The use of salt with food tends strongly to overeating. More food is eaten because it is "salted to taste" than the system requires or would be eaten otherwise.

5. Salt has a specially harmful effect upon the blood and its circulation. On a

damp day observe the moisture on the metal cap of your salt-shaker. Witness, too, how a brick of salted butter will "sweat." Salt has the property of drawing the moisture from the air to the perforated cap; out of the butter to the surface of the mass, and it draws the moisture from your blood, and leaves it far too thick to circulate freely through the infinitely small capillaries that connect the arteries with the veins. These capillaries are so minute that it takes 335 of them to make an inch. They are finer than baby's softest hair, and hollow, too. The blood flows through the arteries to the capillaries, but it must be thin enough to go through easily. Then it goes back to the heart by the venous circulation. But the blood is too thick. It does not pass from artery to vein readily. The hands and feet grow cold. The heart wearies of trying to force it through, and the whole being, clogged and impure, cries out Water, water! That is exactly why you are so thirsty after eating heartily of salt fish.

Try this experiment: Take the brightest red piece of beefsteak you can buy. Salt it thoroughly. Now look at it in three days. Where has all the redness gone? Precisely where the rosy complexion of your childhood has gone, my dear salt-seasoner. It takes the healthy redness from the beef-blood and from yours, too.

6. Salt interferes with digestive processes. Vinegar and salt are good embalmers—the first of vegetables, the other of dead carcasses. A piece of meat salted so that it will keep is simply embalmed. It keeps well out of the stomach. It keeps better inside of it than were it unseasoned. Any food treated to a fixation of its condition is thereby made less digestible. It is preserved, pickled, cured, embalmed (or anything you please) against the atmosphere and against the gastric juice.

Now let me tell you of some experiences I have had with animated salt-cellars:

Case First—Miss W. wished me to visit her sister, a chronic invalid unhelped by any treatment. I went to take dinner with the family and observed the sister's symptoms across the table. White chalky skin, dull eyes, blue finger nails, a listless manner in general, poor breathing, etc.

In a moment she calls for salt. In passing it is spilled. After the usual jokes about "bad luck," I asked her if she used much salt. "Yes," she replied; "I can eat nothing unless smothered with it." Then, much to her surprise, I informed the ladies that the sickness was wholly due to ruination of the circulation owing to salt-eating. She gave it up, and now I hear that she enjoys almost perfect health.

Case Second.—A mother spoke to me about her daughter's ghastly complexion and the strange coolness of her skin in any weather. The hands and feet were always cold. "Yet," said her mother, "Jennie's appetite is good, but she is so nervous and irritable and too weak to exercise either body or mind." I asked about salt. Yes, she craved it continually. The mother became afraid of her eating so much, and it was hidden in the barn. Jennie searched for it. Perhaps she found it soon. Anyway, she died.

Case Third.—A 16-year-old boy returns home from skating nearly perished with cold. The other youths are perspiring. He eats an apple, and with it a teaspoonful of salt. The same old story. He also wore woolen socks in bed—his feet were so cold. The salt did for him what it does for the ice-cream freezer—lowers the temperature of the blood by evaporation and destroys the cold-resisting power of the body.

Reader, you may be incredulous of these facts and say, "I don't eat enough to hurt me." I thought so, too. But do as I did, try this experiment—live all next fall and winter abstaining wholly from salt. All this winter I have not touched it. I have worn lighter clothing, used lighter bedding, slept in a room with open windows and no heat, and have felt no need of stimulants or even warm meals all winter. My heart action is more positive than ever before. For the first time in my life I have gone through the cold weather without suffering from the bugbear of cold feet.

If you are given to overeating, avoid salt.

If you are anæmic, avoid salt.

If you have weak heart, poor circulation or cold extremities, avoid salt.

If your hands chap and break open, avoid salt.

THE SKATES OF GOLD

HOW THE BUTT OF A CROWD OF JOKERS TURNED THE TABLES ON THOSE WHO KNEW
NOT WHO HE WAS

By *Will M. Hundley*

(Fiction)

IT was one of those uncommon occasions, some sixty years ago, when the Ohio river at Cincinnati was covered with a thick sheet of ice. The wind-swept surface was like glass, and for miles it was thronged with skaters. At the extreme eastern end of the throng was a large group of the fashionable and rich class of the city, gay in spirits, furs and colors.

About noon a tall, slouchy individual approached the group and stood in gaping, open-mouthed wonder, watching the gay skaters as they executed fancy and difficult feats.

He was dressed in homespun of butter-nut color. A coonskin cap, adorned with a squirrel tail, covered straw-colored hair. His face was large, bony, homely and red. Around his neck, wrapped twice, was a large red comforter, the ends streaming behind in the wind. Reaching to his knees were immense cowhide boots. He looked to be about nineteen years old, and from general appearance to be a native of the mountain regions of Eastern Kentucky.

It was not long before he became, by his oddity of dress, his uncouth and unsophisticated manner, the cynosure of all eyes, and in a veiled way the butt of jokes and remarks. Presently he was approached by a young man and asked if he could skate.

"No; kain't skate a lick," in an embarrassed way.

"Try. Put on my skates. I am sure you are welcome to their use," chuckled the other. "All are skating but you. Put them on," he persisted; "you can't help but skate with these skates," and the young ladies and their escorts crowded around the now thoroughly abashed countryman and added their urgings.

"Put them on, put them on, and I will warrant you will go along like a bird," urged the young man.

"I kain't, I say. I'd break m' fool neck

'fore I'd go 'a rod. 'Scuse me," and he began to edge out of the crowd.

Just at this juncture a newcomer came upon the scene. He was dandyism personified. Strikingly handsome, tall, graceful, well-formed, dressed in knee breeches of blue velvet, with buckles of gold at the knees, a short, close-fitting coat of the same material, trimmed in fur, and a sealskin cap—his feet bore a revelation in the way of skates. They were of the Swedish style, of the finest workmanship, with rosewood base, striped in lines of silver and gold, and having high, long runners that curled gracefully up over the toe. The runners, together with the heel guard and other metallic parts, were heavily mounted in gold. Even the buckles on the straps were of gold, adorned with bows of purple ribbon. Taken together with his rich dress and graceful bearing, they made him a most conspicuous figure, and, judging from the hearty and cordial greeting he received on all sides, he was a prominent social personage.

"What's the show?" he asked, taking in at a glance the tall mountaineer and the crowd with their amused and expectant faces.

"Oh, we are trying to get our rural friend to try skating," answered the young man first mentioned; "but he seems to fear he will hurt himself. See what you can do, Don," with a wink. "Maybe he will consent to venture with your gold skates."

"Yes, please try," voiced several young ladies, ready for fun, because their escorts desired it.

Don moved forward and accosted the embarrassed mountaineer.

"Would you like to try my skates?" the dandy asked.

"No; don't keer to."

"Nothing in the way of sport is more delightful. You are built for a good skater. Just try; it won't do any harm."

Don's voice was pleasant and encouraging. "What is your name, and where do you live?" he asked.

"My name's Silas Grimes; I live over yonder," jerking his closed left hand with his thumb extended over his shoulder toward the eastern hills of Kentucky.

"Did you ever try skating?"

"Yas, once las' month, an' I mos' broke m' head. Don't want eny mo' uv it," answered Silas.

"Oh, that was because you had poor skates. Try mine—you can't fall with mine," said the dandy, holding out the gleaming gold skates. "Let me put them on. Sit down," and he commenced to fasten the skates to Silas' boots.

The skates on, Silas was helped upright and gently pushed forward. His feet seemed to want to go in opposite directions. He came down with a thud and a groan.

Some expressed sympathy, a few laughed, and all encouraged.

He got up only to fall again.

"Take 'em off, take 'em off," he pleaded.

They picked him up and he tried again, shoving out his right foot and dragging his left, as all beginners do, until his ankles turned and he fell again. With remarkable submissiveness and gentleness of temper, he begged them to take off the "blarsted things."

Again they urged him on; now with peals of laughter, as he came down once more as if in an effort to crack the ice. He tried hard and persistently, and by stroking with the right foot managed to slide out a rod or so and back to the highly amused crowd. He seemed to be improving, and the fact appeared to please him, for a sickly smile parted his wide mouth and wrinkled his cheeks when he heard the applause of the spectators.

"Hain't th' straps t' slack?" he inquired timidly. "Make 'em tighter; mebby I kin do better."

They did. He seemed to improve with the operation. He went out farther than before, was less awkward, though awkward enough. Then he went out a hundred yards or so, and came back in swift, straddling strides, only to tumble headlong into the crowd, upsetting several, among them two ladies.

He was called a lout by the unfortunate ones, but he hastily extricated himself, looking scared and bewildered. He skated out farther than before. He looked back. They were watching him. He bent forward, and, losing all his blundering awkwardness, dashed away up the river. A shout of dismay reached his ears. He looked back again. A score of the best skaters were in hot pursuit. They shouted dire threats, and one fired a pistol after him, but he answered with derision and taunting laughter. With long, powerful strides he drew easily away from the swiftest of his pursuers, and was soon lost to sight behind the veil of snow that had begun to fall. But those behind could hear his defiant shouts and the ring of the gold skates as they struck the ice with swift and regular strokes.

There was not a sicker man in that crestfallen crowd than the original owner of the gold skates, for they had been a Christmas gift from his idolizing mother.

The would-be jokers found out in the course of time that the gawky mountaineer had skated from the Big Sandy that morning, a hundred and forty miles, and that in his coat pockets was a pair of blacksmith-made skates that had carried him to many a victory when his competitors were the best skaters of the Big Sandy.

GEMS OF HUMOR

Poor Feebles (about to be operated on for appendicitis)—"Doctor, before you begin, I wish you would send and have our pastor, Rev. Mr. Harps, come over."

Dr. Cutter—"Certainly, if you wish it; but why?"

"I'd like to be opened with prayer."—*Clipped.*

"I can't cure you," said Dr. Fox, "unless you promise to do exactly what I tell you. Do you solemnly promise?" "I do," replied the patient. "All right; pay me that old account that has been standing so long."—*Selected.*

THE EDUCATION OF THE CHILD

By Grace Vernon

THE history of a child may be properly divided into two parts: the physical and mental. This is not saying that the child has no spiritual nature, but that comes in later life when the child is a child no longer but has reached maturity. If the order of life proceeds in the order of the physical, mental or intellectual and moral or spiritual, then it would seem that the child at birth is merely a physical being with latent mental and moral powers.

Therefore the baby only a few days old is merely a bundle of muscles, bones, tendons, etc. The muscles are given power to flex themselves without any government or exercise of will on the part of the child. In fact, it cannot use its muscles for any purpose other than those which are guided by the mother in her care of it. The child has no knowledge of why it kicks out its little legs or why it attempts to turn over. In fact its first few weeks of life are given over to adjusting itself to its new surroundings by unconsciously observing them and moving its body. These all form a part of its first impressions and being entirely unfamiliar with them, has no knowledge of what they are or mean.

By its association with its mother it soon becomes able to distinguish her from others. Therefore it would seem that the first lessons of the infant are learned by association. As the mother and child are associated so much it becomes conscious of the relations its mother bears to it by virtue of such associations.

Therefore the law of association, as it may now properly be called, governs the whole existence of the infant, and its knowledge is limited to those things with which it comes in contact in its daily life. It soon recognizes its cradle, the stove from which it gets a sensation of warmth, and the clothing by which it is covered. And thus the development proceeds until it has a developed mind of its own with which to study out for itself the relations that different articles and people bear to each other

The growth of a child is an interesting part of its life. By what means does it gain strength? Notice how the little one kicks and throws its arms in every conceivable direction and in what positions it places itself.

If a dwelling be built of poor timber the whole building will be defective. Therefore it is necessary that the child be given wholesome, nutritious food. And food may be divided into three classes, as follows: air, water, or liquids, and solid foods. These must be of first quality to insure the child's having flesh of the first quality. Ordinarily a sufficient amount of food is given, but many children suffer for the lack of sufficient pure air and water.

Many will question whether the charge that children do not have sufficient water is true or not. But the fact that in many instances the only medicine that can be administered with immediate results is a few swallows of water, would indicate that many children, before they are old enough to talk, suffer much agony because they are not given sufficient water. We should not bathe the outside to the entire neglect of the inside, even though the order is entirely reversed when full growth is attained.

Do growing children need more exercise than they get ordinarily in play? The normal child usually does not need any stimulation to secure a great deal of exercise in playing. But there are cases where stimulation is necessary and, in fact, the whole régime of the child's life needs stimulation, for when a child does not voluntarily take lots of exercise there is something fundamentally wrong. The very nature of a boy or girl leads him to run and jump, but from observations of children that have been brought up with a view toward a harmonious physical development, the writer has found that some light exercise is essential and in some cases very necessary.

Almost all people are created with a weak spot in some portion of their body. For instance, one has a tendency to be hollow chested, thereby causing weak

lungs and, as a result, limited heart action. The heart action depends upon the size and strength of the lungs in a given individual and it is impossible to have a vigorous heart without correspondingly vigorous lungs. Others have a tendency toward weak digestive organs, and there are a host of exercises to help develop the abdominal walls and the organs contained in them.

But the physical life is not all that demands the attention of parents and teachers. How often we hear the parent say: "I wish I could have a change,"—but do you ever think that the children want one two? The humdrum life in many homes, especially among the poorer classes, results in the permanent dwarfing of the finer sensibilities. The plastic state of the mind can be made receptive to many good influences and, if that is true, can also be dulled by the lack of good influences. I argue that when father comes home he should have or take time for play with the little ones, and time to give diversity to their thoughts and amusements. And it takes time and patience to produce a variety, but with judgment it can be done and good will result from it.

In the physical world we observe that the farmer does not put the young colt to work until he is sufficiently strong to carry the loads thrust upon him. And we would think anyone foolish were they to hitch a young colt to a heavy load. But in our schools the case is different. As soon as possible the tots are sent off to school to be put at mental tasks of varying degrees of difficulty, when as a matter of fact the time could and ought to be better used in running and romping in the open air and being in company with their mothers. In many cases it is not to be wondered at that children have no respect for their parents, for they are not at home long enough during their babyhood to become well acquainted. And who will say that a mother and child ought to be separated as soon as the little one begins to walk. And it is also just beginning to feel in a powerful way just what mother is and it should not have forced upon it duties which were not intended. It seems to be fundamentally true that when physical

development is in progress everything else is of secondary importance, and the child is almost entirely a physical being.

How many of the youngest children who go to school are taught by competent teachers? All honor to those who teach in primary grades and conscientiously direct the minds of the little pupils; but the opposite can truthfully be said of those who, merely for money, spend one, two or three years in the primary grades, then either marry or assume some other avocation, for, with almost all teachers, teaching is an avocation and not a vocation.

The country is full of children with stunted minds and bodies. But someone will say that if they had had proper food and care they would not be stunted. This may be and often is the case, but in a multitude of cases the drain upon the vitality is too great, even with the best of care and food. Cannot the fact of weak eyes, weak hearts, and undeveloped bodies be traced to a too early use of the student faculties and not giving the physical life time enough to become well matured?

If we look about us in the animal world we find that the mother has entire charge of the young, with exceptional instances, until prepared to battle with life for themselves. Does not the mother hen carefully watch over her chicks until they are able to conduct themselves as good chickens? And does not the horse give the most careful attention to her colt until it is old enough to care for itself? That is almost universally true in the dumb world, but in the human world the mother sends the youngster away to receive instruction from someone else. Can a mother so lead a child during the first five or six years of its life that she can safely let it go among strangers? The writer does not believe so. According to the dumb world the teacher of the young is its mother, but in the human world again it is different. The mother is by nature the teacher of its young. Thus the schoolhouse and teacher are artificial productions of civilization and, like many artificial productions, are adulterated with spurious articles that are a great detriment.

THE ATHLETIC WORLD

By E. R. Bushnell and Arthur Duffey

IF the athletic year of 1906 expects to surpass that of its immediate predecessor it will have to be a record-breaker indeed. No matter what branch of sport is considered, 1905 was indeed a notable year for it. The baseball season was the most successful in the history of the game, not only in the matter of attendance, but in the quality of ball played. Football was lifted to a higher plane than ever before because the sport kept scrupulously free from foul play in the championship games, and the leading teams also were better than in 1904. The same statements apply with equal force to the other branches of athletics, both amateur and professional. The successful end of this season is a good omen for 1906.

Will Football Be Abolished? The entire athletic world was considerably startled just at the close of the football season by the announcement that football had been barred from Columbia College. The great college game has received more hostile criticism during the past few months than at any time in its past history, and early in the season it was apparent that great efforts would be made by some to either have the game eliminated entirely from the list of college sports, or to so revise the rules and reform the style of play as to abolish its objectionable features. About the middle of November the students of Nebraska Central College voted to discontinue the game at that institution, but even then no one expected that football would be barred from any of the big universities of the East, least of all from one of the so-called "Big Six."

The Columbia team played a poor game of football throughout practically the entire season of 1905, and it is probable that this fact had considerable to do with the action of the authorities in placing the game under the ban at that school. Had Columbia possessed a winning team, like that of Yale, for instance, it is ex-

ceedingly doubtful if any such action would ever have been taken. Of course, there was an unusual amount of complaint about the foul play practiced by the members of the Columbia team, especially in the big games, all of which naturally reflected upon the fair name of the institution. Still, it must be remembered that this brutality and foul play were partly due to the poor playing of the team, for there is no doubt a stronger temptation to resort to these unfair methods when the opposing team has proven itself the superior in straight playing.

And, perhaps, it is only natural that Columbia should try to secure whatever advantage she can by posing as an institution of superior moral character, as against the greater prestige secured by other universities through their success in football.

On the whole, football will not be abolished. Neither is it likely that it will be reformed to any very great extent. The criticisms of President Roosevelt, of President Eliot of Harvard, and of all the others who have raised their voices in protest against the present methods of playing the game, have simply called attention to evils which have repeatedly been pointed out in previous years, but which, notwithstanding, have never yet been eliminated from the game, as expected, and probably will not this year, although at the close of the past season there seemed to be many indications of such reform. The action of Columbia is generally considered to be of a rather hysterical nature, or, at the least, exceedingly hasty.

Football is the game that collegians want. They enjoy it. They love it. And they want it to be played just as it is played to-day. For that simple reason it will continue in its present form. We can talk about it as much as we like, condemn it or defend it as we may choose, but the fact remains that football is just exactly what the players make it. The

present game and style of play are just what they prefer over anything else.

There is no doubt that football can be played in a clean, gentlemanly manner, if desired, and the writer has no doubt that hundreds of players, and, in some cases, whole teams play it in this way. And when slugging, brutality and foul play are the rule, it is only because the participants prefer to play that kind of a game, and because the officials and spectators are more or less willing that they should. If the game is of a savage, vicious character, and often marked by cheating, it is because the mass of the people of the present time are still somewhat savage in their instincts, and not guided by any too strong a sense of justice and fair play. The barbaric tendencies of football men are due to the same spirit which prompts the custom of hazing, which continues the practice of duelling among students in Germany, of prize-fighting in this country instead of plain sparring, and similar sports the world over. It is the same morbid spirit which delighted in the gladiatorial combats of ancient Rome, and which still rejoices in the bull-fights of Spain. As soon as young men learn to enter into their games in a more healthful spirit, and appreciate true sport for its own sake, with the same zest that they now enjoy the present form of football, then we can expect them to at least reform their methods of playing this game, and also to indulge in other forms of athletics during the fall months. "Denunciation never killed a flea," and arbitrary attempts to reform the game of football will have little results. It might be possible to change it entirely, or to abolish it, but this will not be done, at least for some years.

It is now generally admitted that football is somewhat dangerous, but even this feature does not seem to be the chief objection. It has been contended that those who are in a fit condition to play the game, and properly protected, as in the big schools, do not often receive injuries of a serious nature. The percentage of those killed is not as alarming as might be supposed, considering the hundreds of thousands who engage in the game annually. Many more lives are lost each year through skating and swimming, and

nothing is said. Automobiles kill dozens, where football kills one, and little is said. Railroads kill hundreds, where football kills one, and the public remains very passive through it all. Moreover, if football is dangerous, every one knows it, and those who deem the game unfit to play need not participate in it, or even witness it. Those who like it will adhere to it in spite of all criticism.

The contention of President Eliot of Harvard, and of President Roosevelt, is that the worst feature of the game lies in the fact that cheating, brutality and foul play in general are profitable. Truly, this is the most deplorable thing about it. But this seems almost inevitable as long as human nature is what it is.

The suggestion has been made that the game should be played only by sportsmen and "gentlemen," but in spite of all pretensions to good breeding and culture, the fact remains that true "gentlemen" are not as common as might be desired. Hazing at college is not a gentleman's practice. True "honor" would not permit of a mob of young men laying hands upon one, to tie him to a railroad track, or to use the strength of their superior numbers in some other brutal way. In fact, to take careful note of conditions in the world at large, one will see that real honor, the true "gentlemanly" spirit, is not very often met with in the business world, but that hypocrisy, deception, fraud and dishonesty are the rule here. "Business is business." What, then, is to be expected from football players? This game will be played fairly as soon as the players are "gentlemen."

More open play is demanded from all sides, and while it may be just as dangerous, as many contend, in a straight game, still it would make foul play more apparent, and is to be desired for this reason. The suggestions made by the University of Pennsylvania, to punish more severely all violations of the rules, are to be recommended. If a team were compelled to play through a half without a substitute for a disqualified player, foul play would be greatly discouraged. However, it is doubtful if such a rule would be accepted.

Walter Camp's suggestion of a "ten yards to gain" rule would unquestionably open up the play, but the question is

whether a rule of this kind would be accepted by the colleges and the players. It will probably not be adopted, at least at present, for the reason that it is not wanted. Those who like the game are fairly well satisfied and pleased with it in its present form. Else why its amazing popularity? Its close adherents do not really care to change it, notwithstanding the protests and criticisms against it.

Within the last year it has been pointed out in this department that the present rules, if taken advantage of, permit the most open kind of a game with almost entire freedom from accidents. But the rules are deficient in that they do not compel the open game and penalize the dangerous mass formations. Apparently it is not enough that the coaches have the opportunity to play the open game if they desire.

In this connection it is not amiss to refer to the inconsistency of W. H. Reid, Jr., the head coach of Harvard. Reid has been issuing statements throughout the fall condemning the game for its dependence on mass plays, its brutality and its dangers. Yet the game which Reid taught Harvard this year was the very kind which he condemned. The rules of the game permitted the elimination of the evils he mentioned, but he and his assistant coaches failed to take advantage of them.

Foolish Canadian Oarsmen

Reports from Toronto have it that the Argonaut Rowing Club, of that city, is preparing to send another crew to the English Henley this summer. This will be the third attempt of the Canadians to lift the Grand Challenge Cup, and every one has been a failure. Just why crews from this side of the Atlantic should endeavor to develop championship crews for the English regatta is hard to understand. Since the University of Pennsylvania crew came so near to snatching this great prize four years ago last July, the British stewards have shown nothing but hostility toward American crews. They have even passed special legislation which so handicaps the American crews that our best eights have no chance whatever to win. The injustice of the rules laid down by the English stewards is

inexplicable on any other ground than that the Britons do not want the Americans to carry off their rowing prizes, and are willing to resort to unfair methods to prevent it being done.

As long as the English stewards persist in antagonizing the oarsmen from this side our crews ought to ignore them entirely and devote all their energies to the building up of the great regattas of this country where every crew, no matter from what country it is entered, has a square deal. Besides the two intercollegiate regattas we have the National Regatta of the N. A. A. O. and the regatta of the American Rowing Association, better known as the "American Henley." These are meetings which deserve all the encouragement they can receive, and the sending of crews to England necessarily interferes with the success of the home regattas. The cause of rowing could be done a better service if the American oarsmen would refrain from sending their crews to England until the Britons are willing to meet all comers on equal terms.

The Football Season

The aftermath of the football season requires the selection of an All-Eastern and an All-Western team. There is nothing so ridiculous as the selection of a so-called All-American team, picked exclusively from the Eastern universities. How can an Eastern critic, who has never seen the Western teams play, assume to say that they have no right to be considered in the make-up of an All-American team? More especially is this true since there has been no meeting, and therefore no ground of comparison, between the East and the West. Western men are rightly indignant at the efforts of Eastern critics to ignore them in this manner.

With the exception of a few positions, the selection of an All-Eastern team is not a difficult matter. Among the ends, Shevlin, the Yale captain, is easily without a peer, and has been almost unanimously chosen. There are several candidates for the other end of the line, but of them all, Tooker, of Princeton, seems to be the best and is given the place. Captain Cooney, of Princeton, is the first selection for tackle, which he gets almost as easily as Shevlin does that of end. For

the other tackle position there are two candidates, both almost equally good. These are Brill, of Harvard, and Lamson, of Pennsylvania. Brill is given the position because of his splendid work both as an offensive and a defensive player.

For guard, Tripp, of Yale, has set the pace and deserves first consideration. Thompson, of Cornell, and Maxwell, of Swarthmore, rank next as the best guards of the East, with Thompson the favorite for the position. For the center of the line, Captain Torrey, the Pennsylvania center, is the only man who should be considered. Torrey has been outweighed by every center against whom he played, but he has more than held his own.

At quarterback, Stevenson, of Pennsylvania, is once more first choice, and this in spite of the fact that his individual playing fell off somewhat from what it was in 1904. His generalship, however, especially in the Harvard game, was perfect and more than anything else was responsible for Penn's victory. Captain Hurley, of Harvard, is deserving of one of the halfback positions, not only because of his defensive ability, but for his splendid work in carrying the ball as well. Veeder, of Yale, proved to be one of the best halfbacks of the year and was equally strong in straight-line plunges or end runs and deserves to be Hurley's running mate. For fullback there were no players who classed with Smith, of Pennsylvania, a year ago. Folwell, also of Pennsylvania; Flinn, of Yale, and McCormick, of Princeton, were all strong players, but Folwell was the best all-around man of the three and deserves the position. The first and second All-Eastern teams then are as follows:

FIRST TEAM.

Player.	Position.	College.
Shevlin...	left end.....	Yale.
Cooney...	left tackle....	Princeton.
Tripp...	left guard....	Yale.
Torrey...	center.....	Pennsylvania.
Thompson	right guard....	Cornell.
Brill....	right tackle....	Harvard.
Tooker...	right end.....	Princeton.
Stevenson	quarterback....	Pennsylvania.
Veeder...	left halfback...	Yale.
Hurley...	right halfback	Harvard.
Folwell...	fullback.....	Pennsylvania.

SECOND TEAM.

Player.	Position.	College.
Levine.....	l. e.	Pennsylvania.
Lamson.....	l. t.	Pennsylvania.
Maxwell.....	l. g.	Swarthmore.
Carrothers.....	c.	Princeton.
Hockenberger...	r. g.	Yale.
Forbes.....	r. t.	Yale.
Russ.....	r. e.	Brown.
Jones.....	q. b. . .	Yale.
Bard.....	l. h. b. .	Princeton.
Greene.....	r. h. b. .	Pennsylvania
McCormick...	f. b.	Princeton.

To Better College Athletics A really novel suggestion for the improvement of college athletics has been advanced by Professor Richards, the chairman of the Yale Athletic Committee. It is that college athletics should be confined to students who have attended no other university. Thus every team that represents Yale should be made up exclusively of Yale men. The closer one studies this suggestion the more it appeals to him. There are virtually just two things which stir up strife between the athletic bodies of two rival universities. These are the use of professionals and other athletes who are not eligible according to the strict interpretation of the eligibility codes.

No college would be guilty of using a professional if it knew of it, but it must be confessed that many of them strain their codes in order to utilize a valuable man. In nearly every instance where protested men have been used by one college it will be found that the men objected to served a part of their athletic career at another college. Now, if they were to be removed from college athletics this would eliminate at one stroke the cause of nearly every intercollegiate quarrel. Of course such a rule as this might work an injustice to that class of young men who go from one college to another for the purpose of completing an education, and with no thought of competing on an athletic team. But they could bear with this slight injustice if, in the end, the cause of pure college athletics could be served. At one stroke this would remove the evil which now exists of trying to tempt star athletes from the smaller colleges to the larger ones.

Harvard and the University of Penn-

sylvania last fall edified the intercollegiate world with one of the most senseless eligibility squabbles that college athletics has had in recent years. Harvard objected to Pennsylvania's use of Lamson on the football team, the contention of the Crimson being that he had already served his four years in college athletics. Pennsylvania returned an indignant reply to the effect that Harvard had already conceded Lamson's eligibility a year ago and that if he was eligible then he was still eligible. Like nearly every other protest that Harvard has made, she was obliged to withdraw it and in the end confess her mistake. Harvard deserves censure for her readiness to impeach the athletic honor of a sister university. If the Crimson authorities had conducted their negotiations quietly they would have accomplished fully as much as they did, and have saved the reputation of college athletics. It seems a peculiar state of affairs when one university cannot rely on the statements of a sister university relating to the eligibility of its athletic representa-

tives, and the sooner one institution can trust the other the better it will be for the good of sport.

Want Recreation Period

The University of Pennsylvania athletic authorities are striving for an innovation in Pennsylvania's undergraduate life which, if successful, will mark a tremendous step forward in the academic and physical education of its students. The Board of Trustees of the University has been requested to allot a definite time each afternoon to be known as a "recreation period," during which time there will be no classes and when every student will not only be allowed, but will be compelled to do some athletic work. This is merely the completion of the plans the athletic authorities had in view when they constructed Pennsylvania's magnificent gymnasium and arranged a course in physical education which should be compulsory for most of the students under the age of twenty-one years.

The Pennsylvania authorities have dis-



A QUARTETTE OF PENNSYLVANIA FOOTBALL AUTHORITIES

Reading from left to right they are: Dr. J. S. Hedges, Bryon Dickson, Dr. Carl Williams and Dr. R. Tait Mackenzie

covered what has also been the experience of other universities as well, that many of the students who come there do not find time to take regular and systematic exercise. The study and recitation hours are arranged with no consideration for the athletic and physical side of the students' lives, and many a young man is kept confined to classroom or laboratory so closely that his body suffers in consequence.

If the plans of Pennsylvania succeed there will be no reason for any student to blame his studies for his physical condition. Every young man ought to take some physical exercise, and if he be a student he stands in great need of it. It is impossible to calculate the immense good which would come to the student body if it avails itself of such an opportunity as this. Likewise, it is impossible to calculate the good which the various athletic teams would derive from this great influx of candidates. Scores of men who never thought of trying for the athletic teams would thus learn that they also had ability in athletics and the blessing would be a twofold one. This reform which Pennsylvania has in mind is one which certainly ought to spread.

Bar College Athletes

The college athletic authorities of the Middle West, better known as the "Big Nine," have started a reform which could be followed to advantage by the Eastern universities. This is the passage of rules forbidding their athletes from representing clubs while yet students. This is an evil which has flourished in the East for years, and was beginning to assume big proportions in the West. Only last summer the Chicago Athletic Association rounded up all the prominent college athletes of that section and sent them nearly across the continent to Portland, Ore.

Now the authorities feel that this is not a good thing for amateur sport inasmuch as the collegians were kept in Chicago for several weeks at the expense of the club and then transported across the continent by the same organization. It ought to be enough for the college men to represent their own university in athletics without adding a club or two. In the East several big athletic clubs have been scouting around for college athletes to reinforce

their teams. It is time that a halt were called on this practice and the students forbidden to represent two separate organizations.

Cross-Country Running

Association football has at last won its way and is now on such a firm footing, especially in the college world, that it is insured of prosperity for the coming year. The followers of this game ought to be deeply encouraged by the welcome that it has received. The talk about it supplanting college Rugby football is arrant nonsense. The Rugby game has secured such a hold on the intercollegiate world that it cannot be eliminated thus easily. Association football was not intended to take the place of the Rugby game. It will serve its purpose if it merely reduces the Rugby game to its proper importance. It is certain that it now attracts attention out of all proportion to its real worth. College authorities by fostering the Association game have added another sport to those available for the undergraduate. This is a game which every student, irrespective of his weight, can play. It is, in other words, suitable for the average man and therefore deserves all the encouragement that it can receive. An intercollegiate association for the proper development of this game is what is needed, and with it formed, "socket" will attain a new importance in the college world.

Welcome "Socket" Game

The universities of Pennsylvania and Cornell have adopted the proper course for the development of long-distance runners. At both of these institutions, especially Pennsylvania, there has been a series of cross-country runs for the benefit of surrounding schools. The offering of suitable prizes has served to stimulate the interest of the youngsters in the sport, and the enthusiasm has been greater than at many of the runs conducted for the collegians. If schoolboys indulge in cross-country running moderately, they will not harm themselves and will insure a better class of distance runners in the near future. This is what America has lacked and it has been due to the fact that our athletes have failed to take up cross-country work until they neared maturity. In England the reverse is the case. There

cross-country running has been taught the students from their youth up, and the result is seen in the fact that England now has the best distance runners that any country can boast of and holds practically all the long-distance records.

Baseball Reforms

It is to be hoped for the good of baseball that the magnates of the two leagues come to some agreement regarding the shortening of the season. The schedule of 154 games has now been tried for two years, and the objections which were made to it at the start are stronger now than then. As long as it is necessary to play 154 games a year there will be interference with the world championship series at the end of the season. Last fall the final game between Philadelphia and New York was not played until October 11, and the cold weather of that week was a serious inconvenience to both the players and the spectators. Although last October was a mild month in comparison with the usual October weather, the chances are that snow or extreme cold might interfere with or prevent the championship games another time.

It so happens that every club in each league has its natural rival, either in the same city or nearby, which represents the other league. Interleague games for the local or neighborhood championship are second only to the championship series of the world. The playing of them depends upon the weather, and for this reason the schedule should be shortened to 140 games, as it was two years ago.

Needs of Tennis

There is work cut out for America's tennis champions if they expect to win back the Davis trophy which has now been in England for two years. It is galling to the American spirit that the representatives of this side of the Atlantic can beat the Britons in nearly every sport but tennis. In this the English have shown time and again that they are our masters. But they would not be so if the Americans adopted the same methods of development for tennis that they do for their other sports in which they have demonstrated their superiority. It is an anomalous fact that although the most of our tennis champions are college men,

the colleges pay very little attention to the development of this sport. Very little effort is made for the promotion of college tournaments and the intercollegiate championships are held at a time of year when only a small number of men can take part. No gymnasium equipment should be considered complete unless it provides facilities for indoor tennis.

The "Rejuvenation" of Pugilists

With the return of Terry McGovern and young Corbett to the limelight of the fistie arena, many followers of the prize ring are content to believe that these two exponents of the manly art have come back to their old-time form. Those who hold to these foolish beliefs are mostly friends of the two ex-champions who have followed their rise and fall and will not be convinced that their one-time greatness as "scrappers" is beyond retrieving. It is a strange, but nevertheless a perfectly true assertion that the lives of all champions are, as a general thing, short and, it is to be hoped, sweet. Especially is this true of a prizefighter. So that although these two wonderful athletes were the foremost men of their time, to my mind, yet in spite of all the physical training and self-denial to which they must subject themselves in order to reach the pedestals on which they once stood, neither of them will again enjoy his lost distinction. All athletes will state that I speak the truth about champions. After a champion has once succumbed to defeat the usual vim and dash which seem to be theirs in their palmy days appear to have departed from them and cannot be recalled at the critical stages in their later contests. Such has been the experience of nearly all our champions, and although these two fighters have been victorious in their recent battles, yet when one considers the second-rate class of fighters with whom they battled, and the fact that the contests were of the limited-round order, it is no more than natural that they should be hailed as victors. There is nothing like actual contests to bring out all that is good in the athlete. And so we see that McGovern is employing the most tactful methods in attempting to regain his old-time form. But instead of rushing headlong into as many contests as he could, as

Corbett has done, the shrewd little Brooklynite has been picking his men and battling himself into condition gradually. It will be interesting to watch the attempts at rejuvenation on the part of these two ex-foremost ring generals.

Jack O'Brien to the Front

How hard it is to find a capable, heavyweight to take the place left vacant by the retirement of James J. Jeffries, the heavyweight champion of the world, is shown by the recent defeat of Al. Kaufman, the San Francisco amateur, who aspired to that honor. The ease with which O'Brien upset the plans of Kaufman indicates the scarcity of good heavyweights, for O'Brien at his best is only a middleweight and not a hard-hitting one at that. It is strange that there should be such a dearth of heavyweights in this country, especially in view of the fact that until the last few years the pugilistic world was overrun with the heavyweights. Now the lightweights are the ones who occupy the center of the stage.

Wrestling at the Colleges

The condition of wrestling in the United States is now such that about the only place where this sport is conducted is at the universities of the East, and there it is done only as an aid to physical culture and not for the sake of the contests. There is hardly any professional sport of the present day which lends itself more to deception of the public than this. Two skilled wrestlers can so conduct themselves on the mat that the spectators are unable to tell whether they are trying honestly or not. And then the promoters of wrestling bouts wonder why it is that the American people refuse to give them the support that they once did. Although it seems anomalous at first thought that wrestling should be promoted by our universities, it must be admitted that, honestly conducted, it is one of the manliest sports, and, moderately exercised, is of great benefit to the students who practice it.

Basketball Booming

It is a healthy sign of better days for basketball that so many leagues are being organized all over the country. The failure of the old National League has been a

blessing to the sport and placed it just where it should be. Basketball is a local and not a national sport. It is not important enough for the organization of a national league, but it does lend itself peculiarly to the formation of leagues in every city and village. There is hardly a better indoor sport than this and it deserves all the support it can get. The success of the Intercollegiate League would seem to contradict the above statement, but the success of the game among the colleges is due more to the intercollegiate rivalry than to the qualities of the



MISS HELEN MACKAY
Women's National Golf Champion

game itself. The present season of basketball among the "Big Six" universities of the East promises to be the most successful since the organization of the association. Last year the association was a financial success for every university organization but one, that of Cornell, and quit the season with a surplus.

'Cross-Country Championships

Though the Cornell team won first place on points in the Intercollegiate 'Cross-Country Championships at New York, the individual honors were won by W. H. Hail, of Yale, with C. F. Magoffin, of Cornell, second. The time was 32 minutes 53 seconds, over a course of a little more than five miles. A few days later, on Thanksgiving day, Hail, representing the N. Y. A. C., won the A. A. U. 'Cross-Country National Championship, over

the same course, in a little slower time, with Harvey Cohn, of the Irish-American A. C. of New York, second. Hail has thus clearly proven himself the champion of all American 'cross-country runners, and in the intercollegiate contest he appeared to be the only one finishing the race who was not exceedingly distressed by his efforts. Americans are unquestionably weak in this branch of sport, and it might be a good plan to copy a little more after England in this respect. To begin with, the course should be made at least ten miles, in order to afford a good test of 'cross-country ability, while at the same time this practice would develop a better degree of stamina in American athletes. Furthermore, the course was not of a strict "cross-country" nature. It was too easy. More hills and woods, fences and ditches, and even an occasional swamp or narrow river, would greatly improve the course for the purposes of 'cross-country running.

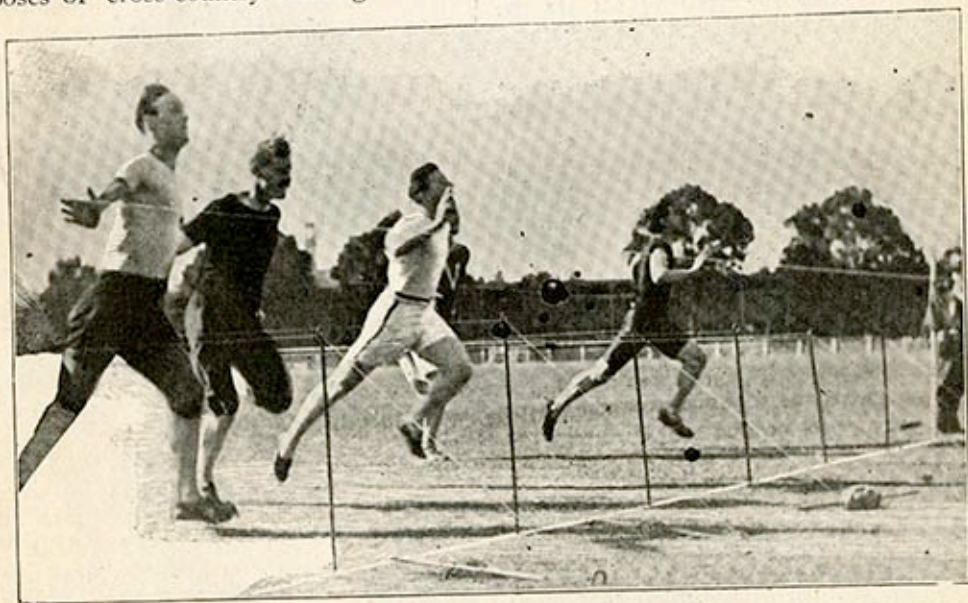
'Cross-Country Records

Nov. 25th.—At New York. Cornell University won 'Cross-Country Championship, 29 points; Harvard second, 31 points; Yale third, 57 points. (Lowest number of points determines championships.)

Nov. 30th.—A. A. U. 'Cross-Country Championship, won by W. H. Hail, N. Y. A. C.; time, 32 minutes 59 seconds. Harvey Cohn, Irish-American A. C., second; time, 33 minutes 2 seconds. W. G. Frank, I. A. A. C., third; time, 33 minutes 42 seconds.

Indoor Relay Record

A new indoor world's record for the one-mile relay was established on Nov. 27th by the team of the 13th Regiment of Brooklyn (H. L. Hillman, W. F. Groene, J. M. Devere and L. Robertson); time, 3 minutes 27 2-5 seconds.



WIDMER

DUFFEY

MUELLER

Arthur Duffey defeating Widmer and Mueller at the tape in 100 yards invitation at Melbourne Cricket Grounds. Duffey was conceding one yard handicap to Widmer and 1 1-2 yards to Mueller. Time 10 1-10 seconds.

"I HAVE for some years past been compelled by facts which are constantly coming before me to accept the conclusion that more mischief in the form of impaired vigor and shortened life accrues to civilized man from erroneous habits in eating than from the habitual use of alcoholic drink, considerable as I know that to be."—SIR H. THOMPSON, F.R.C.S.

Arthur Duffey Has More to Say to His Critics

OF course there is no connection between the somewhat unlooked-for departure to England of Mr. J. E. Sullivan, secretary of the A. A. U., and my so-called "exposures" of amateur athletics. Still, I am told, on good authority, that the said exposures have gotten on Mr. Sullivan's nerves to an appreciable and evident degree, and sea-breezes are good for shaky nerves. This fact is probably explanatory of his curious and contradictory attitude in regard to myself and the crusade in which I am now engaged in the interests of amateur sport. Let us see. In last month's issue of this magazine, I published a letter addressed to me by Mr. Sullivan, in which he not only commended my then proposed "exposures," but urged me to go ahead with them, remarking, among other things, "Such an exposure as you intend to make will please the A. A. U. officials immensely;" also, "Such an exposure as you have outlined will clean up sport;" and more of the same. In other words, Mr. Sullivan, while not exactly the prime promoter of my "exposures," was, nevertheless, one of those who gave me written and verbal encouragement to go ahead in the matter, and was, to a certain extent, a potent factor in the whole affair.

Yet, for all that, and immediately after the first instalment of the "exposures," which Mr. Sullivan had endorsed, he wheels to the right-about, brands me as several kinds of a crook, and in alleged interviews, in which his language is more damnatory than discreet, winds up by announcing that he has "expunged my records" from the official almanac of the A. A. U.—all this on the basis, it must be remembered, of the report of a third person, for which report I was in no way responsible, and which has subsequently been contradicted by its author.

In this connection it is illuminating to note that Mr. Sullivan believed that he was so charged with autocratic power that he could "expunge" on his own authority. But this being a bad year for Czars, Mr. Sullivan subsequently discovered that there was not vested in him

that right to irresponsible, not to say idiotic, action which he thought he possessed. And so the expunging process did not take place in actuality until later, and at the annual meeting of the A. A. U. in New York City.

In last month's issue I gave Mr. Sullivan some credit as an advocate of clean sport. This, however, was before he repudiated the letter and spirit of his communication, as told. However, being somewhat more charitable than he apparently is, I am still willing to think that he really does desire to bring about clean amateur athletics, but his ways and means of encompassing such are, to put it mildly, of a mistaken sort. The man who blunders by frantically jumping at wrong conclusions and then acting and talking on the basis of the same is unquestionably a menace and a hindrance to the work which I am undertaking. And that Mr. Sullivan is blundering in this instance in the manner indicated, is evident by his shapeless policy and his contradictory attitude toward myself. Will any man with common sense and the instinct of fair play, after reading Sullivan's letter, deny that I was justified in trying to right some of the wrongs of amateur athletics? I am going to leave the reply to that portion of the public that, for selfish or other reasons, is not tied to the apron-strings of the A. A. U.

At the meeting of the A. A. U., during which the official alleged expunging of my records took place, several things happened which seemed to show that Mr. Sullivan's tendency to paradox is not confined to him alone, but is manifest in the case of some of his fellow-officials. For instance: Among other matters accomplished at the meeting, outside of the dallying with my records, was the reinstatement as an "amateur" of Walter Eckersall, the famous star Chicago University football player. According to the published report of the proceedings of the meeting, Eckersall had "defied the Western Association and played baseball for which he received expenses. He regretted his action and applied for reinstatement." Eckersall was suspended

about three years ago for playing on the "Spalding" team, a professional nine, but he declared that he had only played for the love of the game and had never received any payment. Those who are interested in the athletic history of Mr. Eckersall can be referred to a recent issue of "Collier's Weekly," in which he is discussed in one of a series of articles on "Buying Football Victories." The A. A. U. is to be congratulated upon its consistency as made manifest in its attitude toward Eckersall and myself.

President MacCabe, in his annual report, was good enough to devote a fair proportion of his remarks to myself, saying, among other things: "Duffey even now does not pretend to be a professional, simply claiming to have received excessive expense money."

This is not in accord with my published statements. I never claimed to have received "excessive expense money." I did admit having been given liberal expenses as a star amateur at certain athletic meets. Mr. MacCabe continually used this word "excessive" in his speech, and finally "recommended that all mention of him (myself) be expunged from the records of the A. A. U., commencing from the day when he admits having received excessive expense money."

Mr. MacCabe is evidently a better speaker than he is an accurate reader. I never named a day on which I "admitted" having received "excessive" expense money, and I defy Mr. MacCabe to produce his authorities for such a statement on his part. If all official speech and legislation of the A. A. U. are founded on gossip, so much the worse for the A. A. U. and its members.

Also at a meeting a special piece of legislation was devised evidently to deal with my case. It took the form of a substitution of the following in Article XI of the constitution:

"Such committee shall have the right in considering and determining questions that affect the amateur status of any athlete to act upon any kind of evidence, circumstantial or direct, and may receive affidavits, and in its discretion may consider common report sufficient basis for suspension or disqualification, and shall have the power to permanently suspend

any amateur athlete who neglects or refuses within thirty days to answer questions touching his amateur status to the satisfaction of the committee."

It should be stated that this amendment had been already passed upon and unanimously adopted by the legislation committee prior to the meeting.

Once more the queer and illogical mental attitude of the A. A. U. is made evident by this piece of legislation. For instance, note that in the foregoing the A. A. U. may "consider common report as a sufficient basis for suspension or disqualification." In other words, the A. A. U. will take, as actual evidence, gossip, no matter from what source it emanates, or statements of an absolutely unauthorized nature. In my own instance, and to repeat, the current attitude of the A. A. U. is based upon an editorial by Mr. Bernarr Macfadden, the editor of this publication, such being written under a misapprehension, the acknowledgment of such misapprehension being admitted in last month's issue of PHYSICAL CULTURE. Furthermore, the person so disqualified, "who neglects or refuses within thirty days to answer questions touching his amateur status to the satisfaction of the committee, shall be permanently suspended." In other words, up to the time that he "neglects or refuses to answer questions" he is not disqualified and consequently is still an amateur. Now, I have, up to date, received no official notification of the action of the A. A. U., and have not been requested by them to answer any question, and consequently I am still legally and morally an amateur. In spite of this self-evident proposition, however, the A. A. U. proceeded to expunge my records, thereby stultifying itself.

In this connection, what about the "common reports" concerning Walter Eckersall, and other star athletes whom I need not name in view of their reputations, as they are known to the A. A. U. and the athletic world in general? Again, Mr. MacCabe, Mr. Sullivan, et al. are respectfully referred to "Collier's Weekly," "McClure's Magazine," and other publications which, apart from PHYSICAL CULTURE, have been recently dealing with so-called amateur athletes.

There is still another aspect of this matter: how can the A. A. U. pass amendments or take legislative action which is of a retrospective nature? If the A. A. U. persists in its extraordinary procedure as stated, and if, as a consequence, the issue is joined in court, as it certainly will be if necessary, it is positive that no legal tribunal would sustain freak and silly "legislation" of this character.

A newspaper report of the proceeding in commenting upon this specimen of A. A. U. legislation says: "This (the amendment quoted) will have the effect of giving the organization arbitrary power to sustain or disqualify any athlete upon the most trivial complaint, and empowers the authorities to act upon all questions without the formality of sworn testimony."

It is to be expected that the Metropolitan A. A. A. takes color from the A. A. U., inasmuch as the latter body is apt to discipline those individuals or organizations which do not kow-tow to its mandates. Consequently, at the last meeting of the M. A. A. A., which was held at the clubhouse of the Pastime A. C. of New York City, a resolution was adopted "denouncing" me and "denying my charges," whatever that may mean.

I do not deem it necessary to repeat the sum and subject of my "exposures" in this article, but I think it will be in order for me to ask the authors of the "denouncing" to what they take exception. Do the members of the M. A. A. A. deny that, as I have asserted, star amateurs *do* get liberal expenses, as a general rule? Do they also deny that there are certain things and methods in amateur athletics that stand in need of revision and elimination? Do they deny that there is a necessity for a house-cleaning? If they do, they are flying in the face of Mr. Sullivan's letter, as quoted; the laudable and lofty sentiments expressed by Mr. MacCabe and his associates, and the general consensus of opinion on that part of the heads of college faculties and all others interested in clean sport. What, then, is the trouble? Is it because I, as one of a few, had the courage to voice a condition which every amateur knows exists? There must be a reason for all this out-

cry, a meaning to all this protestation of outraged virtue!

In the resolution which the M. A. A. U. passed regarding myself, it is stated "that we resent and repudiate any direct charges or indirect insinuations made by him in said articles, designed to reflect on our amateur standing, severally and collectively."

It is to laugh! This is more than funny! My charges throughout have been that "star" amateurs, and they alone, were those who were paid liberal expenses, simply because the third or fourth rater would prove of no value as a drawing-card at an athletic meet. But please note that I am charged with statements "designed to reflect on *our* amateur standing." Evidently, the members of the M. A. A. U. are "severally and collectively" all "star" amateurs. Isn't this the inference to be drawn from the resolution? This being so, I extend my sincere congratulations to the M. A. A. U. for being the unique body that it evidently is or thinks itself to be, but I must confess that, until I read the resolution in question, I was not aware that there was an organization in the United States, or for that matter in any part of the world, that consisted exclusively of "star" amateurs as the M. A. A. U. blushing confesses itself to be.

I may here say that subsequent to the meeting, one of its prominent members with whom I was discussing the matter, remarked to me that the object of the gathering was mainly to see "that the amateurs got all that was coming to them," adding, "of course, I mean proper prizes." He also avowed that a further intention of the meeting was to "assist the A. A. U. in the purification of athletics." The reader can read between the lines of this utterance if he sees fit. But for all this, I am heart and soul with the M. A. A. A. in its desire to purify athletics in spite of the fact that it has been misled by the athletic demigods. The members of the M. A. A. A. are good fellows, with a sincere love of clean sport, and I do believe that every one of them thinks, with me, that there should be some modification of the rules by which star athletes should be legitimately rewarded.

To revert to those A. A. U. officials

who have led the chorus of howls, I cannot do better than quote from an athletic writer in a recent issue of the "Washington Times," as follows:

"The avalanche of criticism which has poured upon Arthur Duffey since he began his exposure of the methods by which crack athletes are obtained for amateur meets, has stirred up the famous sprinter, and he comes to the fore to defend what he has done and written.

"The virulence of the criticism seems to clearly indicate that a number of athletes, officials and writers have been waiting for a long time to take a crack at the Georgetown star. The gusto and enthusiasm with which they proceed to paint him as the lowest individual who ever donned a spiked shoe does not speak as well as it might, when it is remembered that everybody connected with athletics who was over seven and was not totally demented, knew that what Duffey exposed was going on, day in and day out. It does not look good to people who do not make it the object of their lives to see their names in the papers.

"Rushing madly into print to wipe out all of Duffey's records, to brand him little short of a crook, to denounce him before the world as if he were the originator and instigator of an entirely new method of stealing, to deliver windy platitudes in cheerfully given interviews upon the sacredness of amateur athletics and to record the ante-mortem beatification of the officials of the A. A. U., is a little too theatrical to be convincing. It has been a great event for the poseurs and self-righteous, and now it is time to take the spotlight off the individuals who hurried down centre on the first publication of the Duffey article and consider the matter like human beings.

"However, the hysterical wiping out of his records, without a hearing, the posting of him as a crook, the talk about having him extradited to England, and similar frenzied actions, do not impress the casual observer too strongly when it is borne in mind that Duffey, while perhaps the most persistent and greatest of globe-trotting sprinters, is only one of a division of a class of athletes whom the public can look upon in no other light than as the recipients of substantial finan-

cial rewards for the exhibition of their talents.

"It would have been more intelligent and more compatible with the dignity of the men at the head of an international organization like the A. A. U. to have awaited a reasonable length of time until Duffey had completed his articles or had been offered an opportunity to fully explain his position and objects in making the disclosures, before going up in the air, like a sewing-circle on the receipt of a bit of scandal. To condemn a man off-hand on an ex-parte statement, even by himself, is a dangerous piece of business, especially when that statement is not yet complete.

"It is not customary for a court to sentence a confessing criminal until he has been afforded an opportunity to advance matter in extenuation of the offense, but those who have handled the Duffey case seem to have been more intent upon climbing the pedestal of their own athletic purity than upon getting all the facts. These have condemned and pronounced sentence as if the exploitation of their own zealotry in the maintaining of clean sport were the only end to be attained.

"After the nine days' wonder feature of the case is over, those who are really solving the problems connected with amateurism will realize that there is much truth in Duffey's contention that there should be some system by which world-famous athletes are either restricted to their own countries or are allowed, under certain conditions, to display their ability before the public in their true status of professionals. Some time before the Duffey article appeared, I drew attention to the need of legislation on this subject, because of the debarment of Alfred Shrubbs from visiting the United States, and the rumors that Duffey would not again be allowed to compete again in America providing that he should desire to do so.

"The question of establishing a special class for men of the Duffey and Shrubbs type at regular amateur meets is open to discussion, but it will be found that there are many weighty arguments for the suggestion.

"As a side issue to the childish haste in branding Duffey in a manner at vari-

ance with all precedent and even decency, it is evident that the elimination of professionalism will now be more difficult than ever before. No athlete who has sinned can possibly be expected to come to the front and tell what he knows and has done, when he sees that Duffey, who has rendered the greatest possible service to the cause, has been published as a criminal and has been abused as if he were a murderer.

"Instead of appreciating the help which Duffey's story should have been to them, the immaculate ITS of athleticism have caused it to block the progress of reform for many days to come."

In the December issue of "Outing," Casper Whitney pays his respects to me in a somewhat virulent manner. He says, among other things: "Some of us never believed Duffey an amateur after his first season," etc. Nevertheless, Mr. Whitney thought sufficiently well of me as an "amateur," after my "seasons" abroad, to request me to write an article for his publication entitled, "An American Sprinter Abroad"—and paid me for it. Is it not somewhat singular that he did so in view of his quoted utterance? One of the results of my "exposures" seems to be that of condemning men out of their own mouths. This printed assertion of Mr. Whitney's that the "spirit

of winning, regardless of means, dominates the athletic game," is, to all intents and purposes, an extract from my article in last month's *PHYSICAL CULTURE*, not only in words, but in spirit. For all that, he "goes" for me as intimated. More lack of logic.

But the amiable Casper does not hand out unpleasant things to me only. He goes for the A. A. U. in this fashion: "It has too many on its board who are in sympathy with crooked athletics; its politics are dominated by its vicious element." I wonder whom Mr. Whitney had in his mind's eye when he wrote this. He also states: "In the Metropolitan district of the A. A. U. the athletic situation is most serious. A professional spirit is rampant; a vicious spirit, which stops at nothing." Isn't this a verification of my original contention?

The impassioned, if not always lucid, editor of "Outing" also declares that "if the honor of the national athletics of this country was in the hands of a few men of conviction and courage," etc., etc. Nevertheless, he seems to be doing his best to run counter to anybody who has the needed "conviction and courage" to call attention to the current conditions of amateur athletics. Which is once more a proof of that fact that this contention seems to be breeding critical brains of the topsy-turvy order!

THE HEART OF THE HILLS

There's a wonderful country lying
Far off from the noisy town,
Where the wind flower swings,
And the song-bird sings,
And the tumbling brooks come down;—
'Tis a land of light and of laughter,
Where peace all the woodland fills;
'Tis the land that lies
'Neath the summer skies,
In the heart of the happy hills.

The road to that wonderful country
Leads out from the gates of care;
And the tired feet
In the dusty street
Are longing to enter there;

And a voice from that land is calling,
In the rush of a thousand rills,—
"Come away, away,
To the woods to-day,
To the heart of the happy hills."

Far away in that wonderful country,
Where the skies have deepest hue,
In the shadows cool,
By the foaming pool,
We may put on strength anew;
We may drink from the magic fountains
Where the wine of life distils;
And never a care
Shall find us there,
In the heart of the happy hills.

—*Boston Transcript*

Editorial Department

We are leading a reform that aims for a cleaner, stronger, and nobler manhood and womanhood. We are trying to annihilate the greatest curses that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL, and TOBACCO.

WE have published a number of articles, giving the views of various individuals and authorities as to the value of milk as a food, in conditions of health or disease. These articles have shown very clearly that there is no general agreement among those who claim to understand the subject, as to the value of milk in the diet of the human adult. After considering all the various theories advanced, and viewing the subject from an absolutely unprejudiced standpoint, it becomes quite apparent that milk can, under certain conditions, be used to the great-

est possible advantage, while under other conditions, it may be injurious to an extreme degree. I have seen a great number of persons build up an amazing degree of health on a milk diet. I have seen victims

of chronic trouble, long, lean and lank, fatten up and round out, until they looked like the proverbial "butter-ball," by merely following the exclusive milk diet.

Theoretically it is quite plain that milk is not a proper food in adult life. Milk is a food for immature animals. It does not naturally contain those elements that are required to nourish an adult. "Milk for babies, whiskey for fools, and water for men," is a quotation which has no doubt been many times repeated. There is much truth in this, though a well known physical culture physician contends that one who does not carry a proper amount of flesh, whose body is not rounded out to what might be termed a normal contour, is still a child. He has not attained his full growth, and a milk diet, under such circumstances, is needed to assist in the process of building out and developing the body to its full vigor and health. My own experience with milk has not always been satisfactory. While experimenting with the milk diet, on one occasion I gained in weight and strength. On another occasion I acquired one of the most severe colds I have had since I became interested in physical culture.

Many seem inclined to the belief that milk can be used to advantage as long as one is gaining in weight and strength, but when one reaches his limit, in other words, when he stops gaining in weight, then is the time to look out for a cold or some other ailment of a similar nature.

In other words, I would advise you to use milk as long as you are gaining thereby, but when you stop gaining, gradually lessen the quantity of milk, and begin to depend upon more solid food. Do not be prejudiced against milk, merely because it is baby food. If, after an experiment, you find you can be benefited by a milk diet, you would naturally be inclined to continue it, but do not be rabid on either side of the question. If your condition is such that you believe you can be benefited by milk, give it a trial; if benefited, continue it as long as you are satisfied that you are improving.