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Developing the Neck

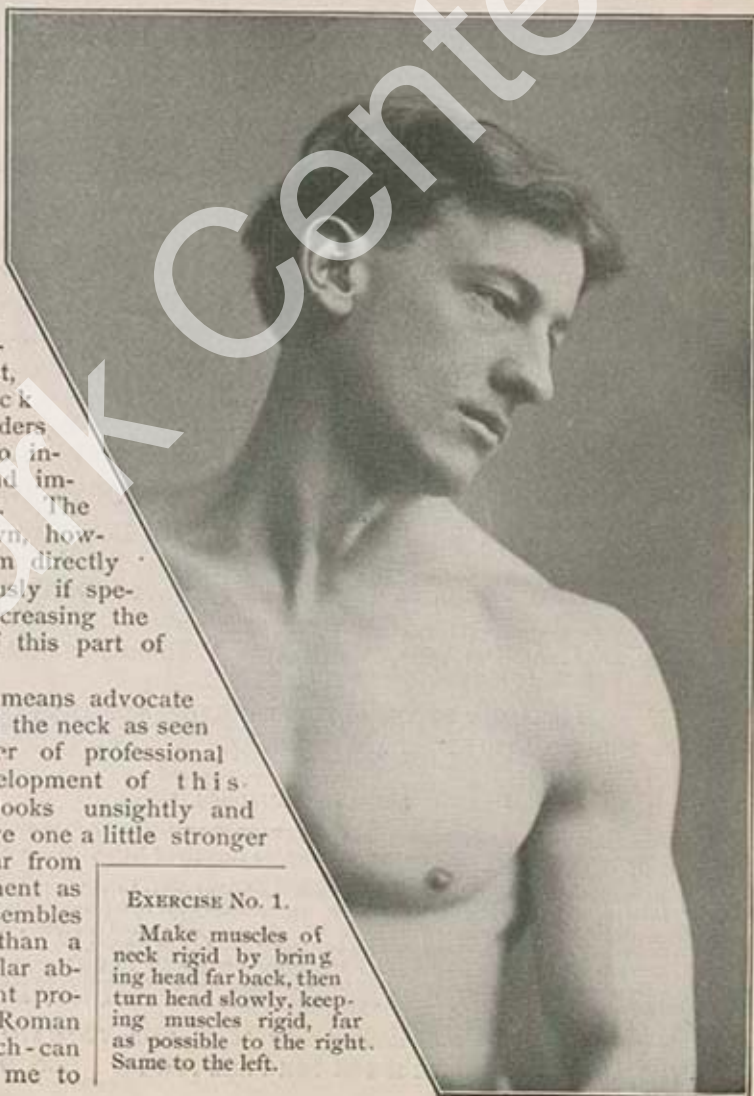
*How the Muscles of the Neck May Be Strengthened and Developed
By Systematic Exercise*

By Bernarr Macfadden

A STRONG, well rounded neck is a valuable possession. The average individual judges the strength of a person very greatly by the size of the neck. There is, too, a vast difference in the formation of the neck. It is apparently easy to detect whether the neck is made large by muscle or fat. Of course, a certain amount of fatty tissue is necessary to give the neck a round and symmetrical appearance, but the underlying tissues must be strong to make the contour properly harmonize with the rest of the body.

The ordinary exercises taken for developing the chest, shoulder and back between the shoulders have a tendency to increase the size and improve the contour. The exercises here shown, however, will use them directly much more vigorously if specially desirous of increasing the size and strength of this part of the body.

I do not by any means advocate the development of the neck as seen in a great number of professional wrestlers. A development of this character always looks unsightly and although it may give one a little stronger appearance, it is far from being an improvement as one frequently resembles a bull-dog more than a man. This particular abnormal development produced by Graeco-Roman and catch-as-catch-can wrestling, induced me to



EXERCISE NO. 1.

Make muscles of neck rigid by bringing head far back, then turn head slowly, keeping muscles rigid, far as possible to the right. Same to the left.

advocate a style of wrestling where a fall is declared when either contestant is off his feet.

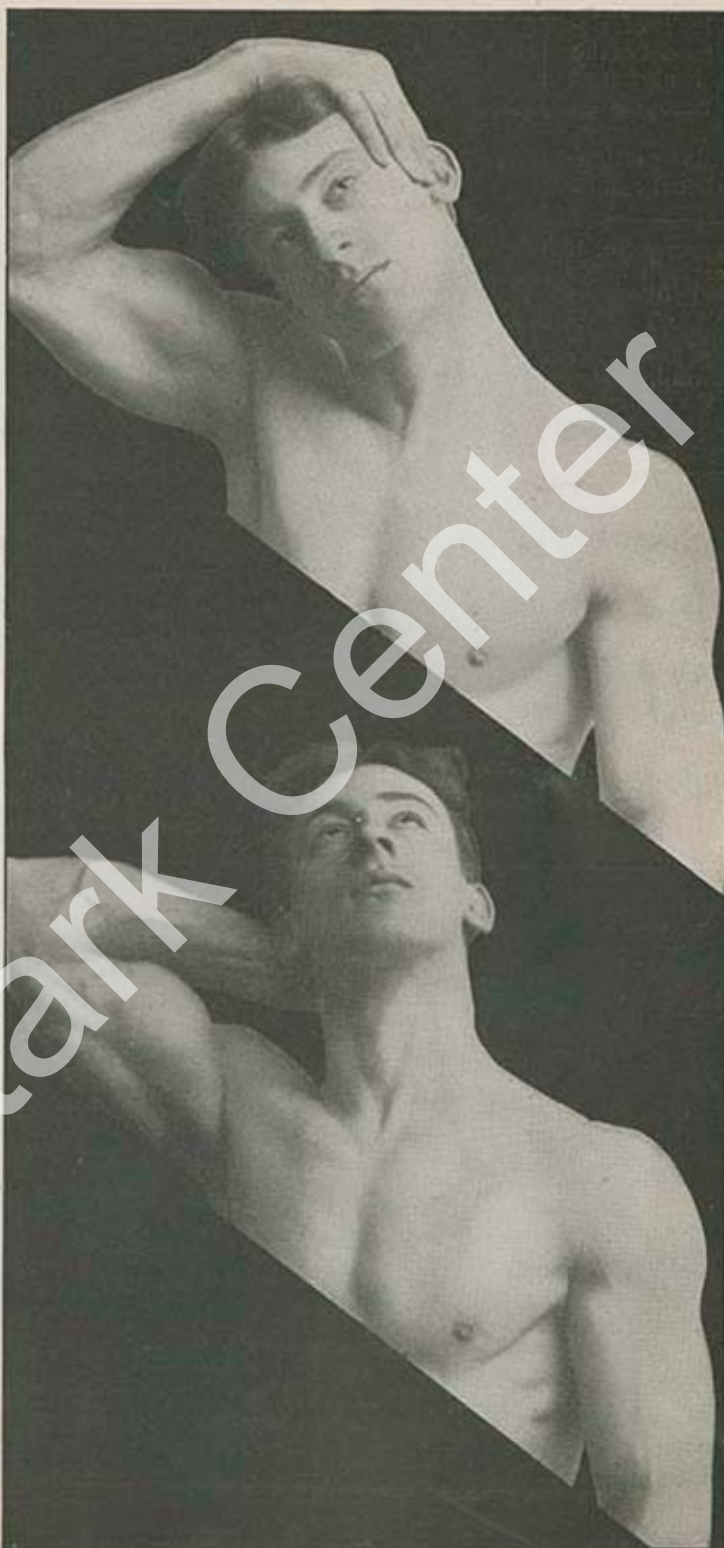
The exercises shown here will use the muscles of the neck very vig-

EXERCISE No. 2. Place right hand on head as shown in illustration. Slightly resisting movement with right hand bring head far over toward the left. Same exercise on opposite side using other hand.

orously, and will quickly develop them from one to two inches in size if one is desirous of acquiring that much of an increase. They will tend to broaden, thicken and give the neck a far more symmetrical and stronger appearance. After a sufficient development has been acquired you may cease the exercises or else take them more lightly.

EXERCISE No. 3. Place right hand behind head as shown. From slightly forward, bring head far backward to the right slightly resisting the movement with right hand. Same to opposite side, using left hand.

It is not at all infrequent for one to appear round shouldered from



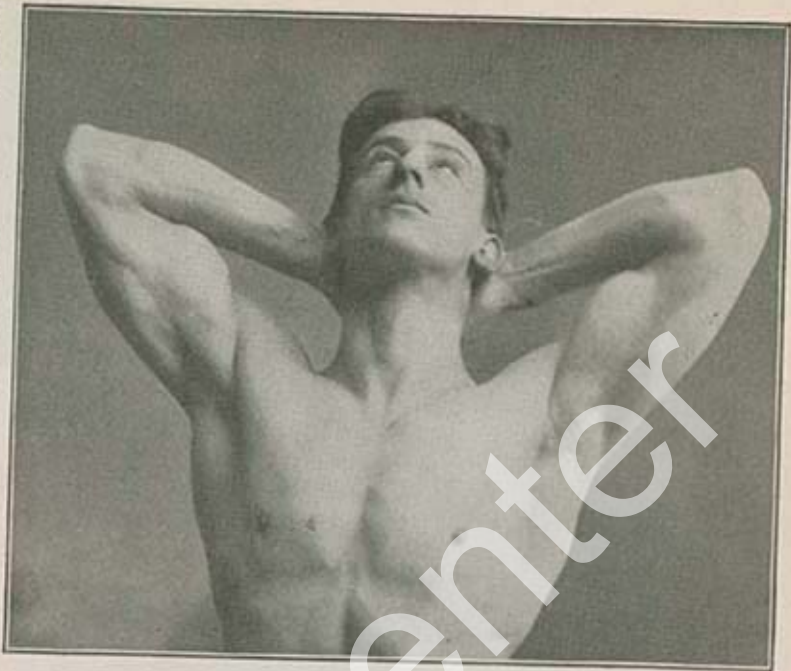
the lack of development of the muscles lying at the base of the neck.

This particular defect can be

EXERCISE No. 4. Place both hands behind head as shown. From slightly forward, bring head far backward, resisting the movement slightly with hands.

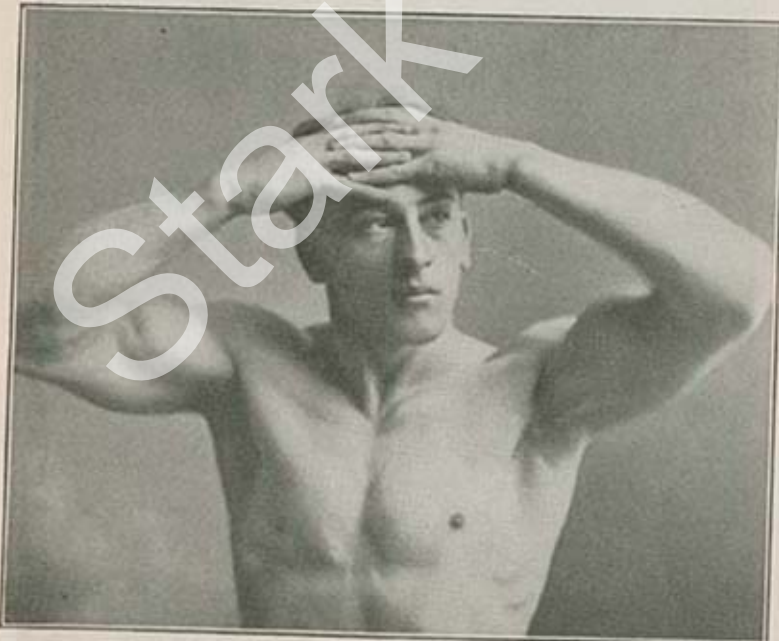
easily remedied by the exercises here shown.

The neck is one of the easiest parts of the body to develop because vigorous efforts of these muscles are seldom required and when used in the manner here illustrated, the effect, from the standpoint of development, is almost immediate.



In beginning the exercises, be very careful not to take too much at the first few attempts.

If you do, the muscles will be very sore and may cause considerable pain and inconvenience. After becoming injured to the exercises,



EXERCISE No. 5. Place hands on forehead as shown, thumbs around side of head. Now turn head around to the right, resisting movement slightly with hands. Same to the left. Variation, bring head from far backward to far forward, resisting movement slightly with hands.

take each one until the muscles are thoroughly tired.

The Horizontal

Bar *With Instructions How to
Make a Bar for Home Use*

By

Dr. W. B. Newhall



THE horizontal bar is one of the most valuable pieces of apparatus in the modern gymnasium, but the difficulty of placing it in the home has practically forbidden its use to all but members of a gymnastic or athletic club. Although simple in its form, consisting merely of a round stick of hard

Cases of spinal curvature can best be treated by continued hanging from the bar by the hands, and round shoulders give way to the same exercise.



No. 1.



DR. NEWHALL.

An inch or more may frequently be added to the height by its use. Strong shapely fore-arms and large smooth biceps may be easily acquired, and the interest is kept alive by the increasingly difficult feats which may be learned. The exercise of pulling the chin to the bar is almost equivalent to lifting a dumb-bell two-thirds the weight of the body.

wood of a size that may be easily grasped, and supported at the ends, yet the many movements that can be performed on it render it of great value in body-building.

A simple bar for home use may be made in the following manner: Get a piece of hickory two inches square and as long as the width of a doorway. Have

it turned round, leaving about two inches on each end square. Now take four the doorway, six inches from the top, and place two more about half-way up.



No. 2.

pieces of hard wood, five inches square, one inch thick, and cut in each a slot



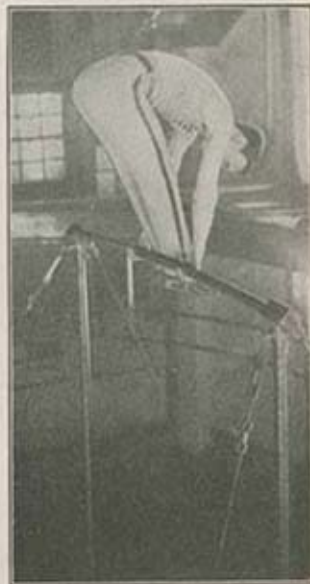
No. 3.

Place your bar in the upper ones and you are ready for work.



No. 4.

wide enough to admit the end of the bar. Fasten two of these on opposite sides of



No. 5.

EXERCISE No. 1.—Hang by the hands, as in No. 1, and pull the chain to the

level of the bar, as in No. 2. Repeat until tired.



No. 6.

EXERCISE No. 2.—Hang as in No. 1. Extend legs, feet close together.

EXERCISE No. 3.—Hang as in No. 1. Extend as in No. 2, then straddle legs, close and repeat.

EXERCISE No. 4.—Hang by right hand, grasping wrist with left hand (No. 4). Pull to chin



No. 5.

EXERCISE No. 5.—Change hands and pull to chin.

EXERCISE No. 6.—Place bar in lower slots. Hang as in Fig. 3. Turn backward, putting feet through arms, and continue until touching floor. Return to position.

EXERCISE No. 7.—Hang as in last exercise. Put feet through arms to position 5. Hollow the back and pull until seated on bar.

EXERCISE No. 8.—Jump to position 7.



No. 7.

Reverse grasp of right hand, place elbow in pit of stomach and extend legs.

EXERCISE No. 9.—Same as No. 8, but with left hand.

EXERCISE No. 10.—Jump to position 7. Lower body to arm pits, and raise to position. Continue until tired.

For spinal curvature hang from bar by hands repeatedly, until tired, and occasionally draw body up till head is level with bar. Alternate by hanging from one hand, lifting by arm on side of curvature.

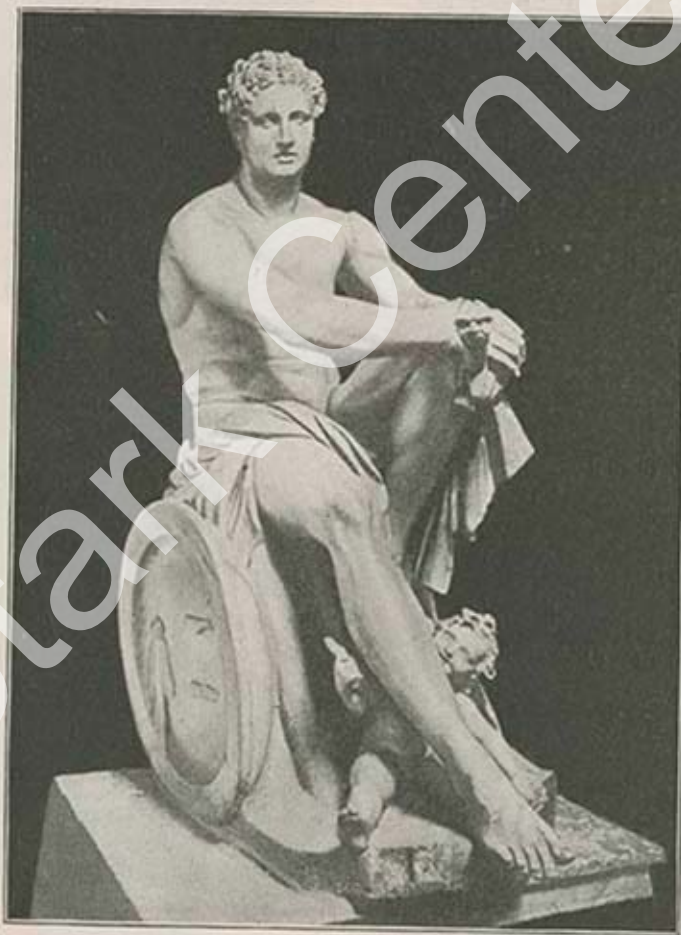


Is There Such a Thing as Abnormal Physical Development? —By J. P. Wood—



TO say definitely whether there is, or is not, such a condition as abnormal physical development, is a far harder matter than at first appears. In fact, a definite answer cannot, in my opinion, be given.

Then normal means (considering the word generally, and not applying particularly to the physical condition) "that state or condition which is correct, right, the standard whereby other conditions are judged." Some not coming up to the normal, being poorer, weaker, not correct, etc., others going beyond the nor-



THE CHARIOTEER.

Referring to the dictionary, we find the word "normal" to mean "according to rule," and "abnormal" "against rule."

mal, being better, stronger, greater—being the superlative degree, in fact, of the quality they represent. Then we have

the normal—the standard, not necessarily the best or the most perfect condition because it is the normal, the standard—being rather the positive degree of a condition or quality.

A strong argument in favor of the theory that there is not such a thing as abnormal physical development, is that which is the basis of all æstheticism.

sense to the fullest, so that he is able to appreciate music, poetry, pictures, etc., why should it not hold good for the human body? If the intellectual knows no limit, why should the physical? No one would think seriously of saying that Plato, Herbert Spencer, or Gladstone, were too clever, were too intellectual, or that it was folly to emulate them, or attempt



VENUS OF MELOS (restored).

That is, that man should endeavor to cultivate his every quality, bent and inclination to its utmost limit; and not only this, but that he should cultivate his *every* sense and feeling, every channel, so to speak, through which he may acquire knowledge and happiness.

Then, if this holds good for the æsthetic, who believes in cultivating his

to possess like intellects. Then why should a limit be put to physical attainment, and the unusual be pointed to as "abnormal," or a prodigy?

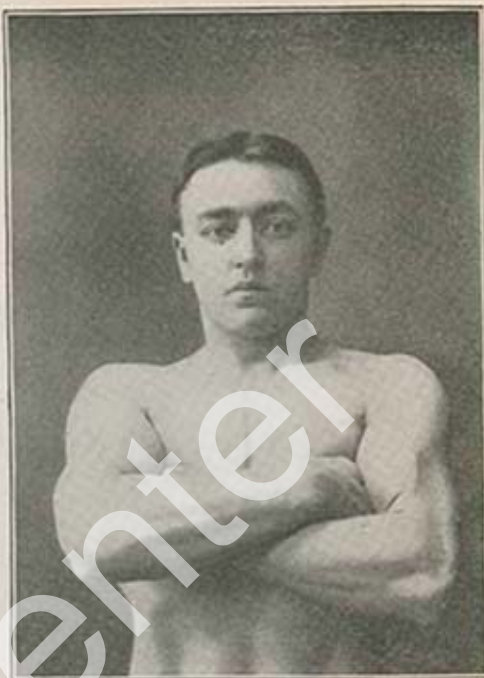
The answer to all this, or the solution of the problem, I think, is not very hard to guess. The man with the splendid intellect has every opportunity to make it known and felt. It is seen and appre-

ciated, and the possession of it begets power and possession. But the man who spends years developing and perfecting his physical qualities does not, as a rule, prosper much more abundantly in a material sense than his more puny brother.

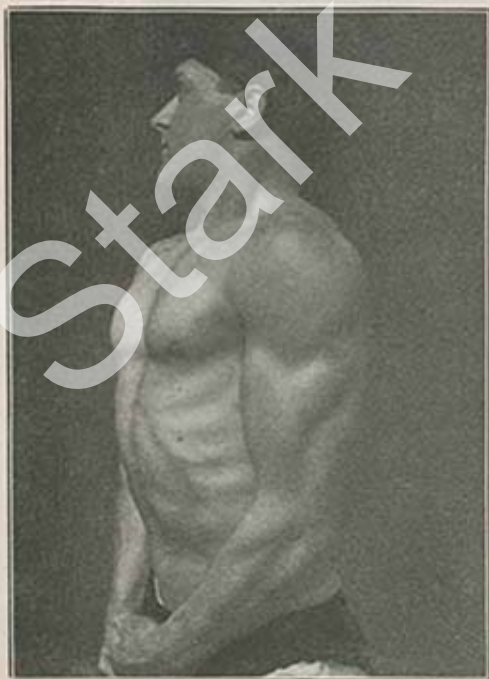
And the question arises at once, does it pay to spend much time perfecting one's physique, as it most certainly does one's intellectual qualities? For we are nothing now, if not practical, and everything to-day is tested by its relation to currency.

Except in a few isolated cases, such as strong men, models, etc., the answer would certainly seem to be in the negative. Abnormal development commanded its own price in the Stone Age. Intellectual giants were not encouraged. As a man's pride in his appearance now-a-days is mostly concerned with his clothes, so it was then with his body. So that it would seem that to man's neglect of his physical development and beauty of form we must blame, to a great extent, the introduction of dress.

Then think of the responsibility a development like this would entail on its



J. J. ZIMMER, ROCHESTER, N. Y.



L. J. HARTMAN, NEW YORK.

possessor. For it is an undoubted fact that the more a man is developed—and this applies with equal truth to the intellectual as well as to the physical—the more exercise is necessary to keep that development up to its high state of perfection. As, however, there are two sides to most questions, so there are to this, for, though we may have reasoned ourselves into the belief that great development is neither necessary nor profitable, this hardly dismisses the matter. It is not a question of what is sufficient or enough, but rather what ought we to aim at, what is the ideal?

And for the ideal of all that is strong, beautiful and perfect, physically, we have to turn to the Greeks. They were the great æsthetic nation, and to them we owe nearly everything beautiful in art, poetry, sculpture, etc. So much so, that scarcely anything they did, and have left on record, has been beaten or surpassed by the nations of to-day, with all their boasted civilization and progress.

Nor did they neglect to cultivate the human form. On the contrary, their ideal of superb manhood and womanhood



A. L. THOMSON, NEW YORK.

One Dr. O. O. Burgess, stated by an informant to be "one of San Francisco's most prominent physicians," is the author of an article upon vaccination which recently appeared in a Western publication and which serves to illustrate the apparent impossibility of a medical advocate of vaccination "condescending" to the truth. The fact is that the moment they become capable of perceiving the truth, and of proclaiming it, they become its opponents! Whether the moral defect in Dr. Burgess' case has its origin in ignorance or in willful falsehood we will not venture to judge, but even the more charitable view is one of hardy assertion, such as the great legislator Bentham denominated "temerity" and classed among crimes, as next to mendacity.

In purporting to give the story of vaccination Dr. Burgess says: "It was done by raising up a Jenner, who noting that the milkmaids who happened to contract cowpox from the udders of the cow, thereby gained immunity from smallpox, reasoned out the achievement of a triumph of experimental science, etc." All which is fable.

Jenner observed noising. He listened to the chatter of the milkers and repeated it to some of his medical friends, who pointed out to him instance upon instance of cowpoxed persons taking smallpox. Thereupon Jenner invented the term "spurious cowpox" for such cases and said that the "true" cowpox, that which would render the cowpoxed individual "forever after secure from the infection of smallpox" was that cowpox which resulted from the inoculation of the cow with the matter of "horse-grease," a disease allied to glanders.

Jenner's "triumph of experimental science" consisted in just one experiment and a half. The half one was that of a poor boy named Baker, whom Jenner inoculated with *horsepox* and—killed!

Dr. Burgess has evidently never taken the trouble to enlighten himself by the perusal of anything which would tend to throw doubt upon his "inherited superstition." He has perhaps never heard of "Jenner and Vaccination" by Dr. Creighton, and rushes in with his ignorance to reinforce the ignorance of the rest of the community. The exposure of this very general ignorance on the part of the medical profession is likely to aid

has ever been considered the true ideal. We see it in the statues of Hercules, Apollo, the Venus de Milo, and a host of others. All these figures are shown to be developed to a very high state indeed, far past what we call the normal; indeed, they might be considered abnormal, but for the very fact of their being ideal. The world recognizes them as ideal in the sense of being beautiful, but halts at the truth that they represent ideals of strong, healthy bodies of men and women. A puny, dwarfed age, ashamed of the comparison between then and now, has raised the question of abnormality. The idea has no other reason for existence.

Then, my reader, go ahead, cultivate your physical powers to the greatest extent possible. If you can make yourself a Hercules, you will not sacrifice anything by it. Indeed, you will have advanced far toward the ideal man.

FACTS ABOUT VACCINATION.

By M. R. Levenson, M.D.

in breaking up the awe with which the "common people" are apt to regard the oracles which fall from the lips or pens of their "medicine men," just like the Pawnees or Sioux or other savage tribes do with the utterances of their "medicine men."

Dr. O. O. Burgess rehearses the Franco-Prussian war fable, which has been so abundantly exposed, that there is no excuse for any man who pretends to talk or write upon vaccination trying to gull the public with it. It is enough to state that both the German and French officials informed the British Government, for the use of the Royal (Dr.) Commission on vaccination 1889, that it had been found impossible to keep any record whatever of the diseases whereof the soldiers died, except those who died upon the field of battle or of wounds, (see also Q. 6785, wherein Dr. Hopkirk, who rehearsed the falsehood before the Royal Commission, is made to convict himself of falsehood.)

But the richness of the falsehood lies in this, *that were it true* it would furnish a strong illustration of the uselessness of Vaccination, as in truth the undoubted prevalence of smallpox in both armies does. It was proved before the Royal Commission that every man in the French army was vaccinated and re-vaccinated and that there was no possibility of escape!

Dr. Burgess makes a statement deprecatory of cleanliness as the true prophylactic, and one of the evils of the vaccination superstition is the check which belief in it has given to improvements in sanitation. A real "Triumph of experimental science" on this head is furnished by the history of Leicester (England). Here was a town—a dirty and unhealthy one—a large manufacturing city built in a swamp, vaccinated up to the eyes. In 1871-2 it suffered from smallpox as much as any other city in Britain. Its people began to lose faith in the God Vaccination. They took up Sanitation. By 1889 its vaccination rate was reduced to something less than five per cent. of the births, but from being one of the most unhealthy of English cities it has become one of the healthiest, its death rate being actually lower than that of England and Wales; its population has doubled in the meantime and smallpox is unknown except when occasionally introduced by a vaccinated tramp.

A Case of Malpractice

By C. E. Page



WRITER of the highest veracity, and a professional man as well, reports the following case of medical malpractice. A young woman had tripped her heel on the stairs and fell in a way to give the left knee a terrible sprain. She was attended by a fashionable physician of Boston, who was also a surgeon at the hospital, where he had her taken, and he directed some indifferent sort of treatment for several weeks, the joint growing worse meantime. Then her leg was put in a plaster cast and kept there for fifteen weeks, from ankle to thigh. Her friends became anxious about the outcome, and pressed the surgeons for their diagnosis and the prospect of cure. They were then informed that the disease was tuberculosis of the knee-joint, and that she must continue to wear the cast for the next three years, on penalty of losing the leg. This frightened the girl and her relatives, and they brought her to my office for a consultation. To make the story short, I will say that she at once became my patient. The plaster cast came off immediately; she was to remain in bed for a short time, till natural treatment could affect the knee sufficiently to allow of her using the leg moderately. Her sister was instructed as to massage of the leg; the affected joint was persistently but moderately cooled by means of the damp bandage constantly worn, the inner (damp) folds of the towel being freshened as often as the patient found the

change soothing; a moderately hot fomentation was applied to the lower back for a half hour twice a day, to "stimulate" the roots of the nerves that branch along through the lower limbs. She was also instructed to draw the leg up gently and gently stretch it out occasionally, her attendant pressing moderately against the sole of the foot at times, to increase the force of the leg exercise. Her diet meantime was the best that has ever yet been discovered, viz., nuts, raisins and grapes and plenty of fresh water (on empty stomach). I suggested this as the best means of nourishing her and maintaining a supply of pure blood for the important work in hand, and she took kindly to the idea. She took a "breakfast" at noon time of green grapes, of which she was fond, and dined at night on six English walnuts and a handful of raisins, sometimes adding an apple to this. Within eight weeks she was entirely cured, except that the affected leg and knee were not fully restored as to strength. She was in bed only about two weeks, before beginning to get up and move about, and step on the left foot. The difference between hobbling around on two crutches, with her leg walled up in plaster, for three years, with the certainty of having a stiff leg, at best, and the likelihood of having it amputated any way, as the result of the treatment, and, on the other hand, being fully restored by natural means, the only way in which the cure could possibly have been made, is well worth studying over by PHYSICAL CULTURE readers.

The Indian Sepoy

By Paul Goold



o speak of the individuals who go to make up the great standing army of British India is to discuss a strange variety of men, who, though all ruled by the same government, are distinct in appearance, customs, religion and language. Some of the best known, and bravest of these native regiments are



those recruited in the Punjab and North West Provinces, namely, Sikhs, Punjabi Mohammedan, and the Gurkhas from the northern hills.

All authorities agree that the troops from the south—Madras, Bengal, etc., are not in the same fighting class with these fine northerners, so I turned my attention to the best fighters for the study of physical development.

First, the Sikhs (pronounced seeks), who so lately proved themselves in the Chinese trouble, are a fine-looking lot on parade. They average well up toward six feet in height, have deep chests, but are rather slim, for symmetry. With their tremendous turbans, wound tight around their heads, and over their ears; their

mustaches and beards rolled fiercely upwards, and in full khaki uniform, with blue putties, they present an impressively businesslike appearance.

The Sikhs march well on the flat plains, take naturally to gymnastics and setting-up drills, as prescribed by their English commanders, and are fearless in battle. Although they exercise their muscles freely, they seldom achieve powerful development; perhaps on account of eating so little fat-producing foods. The cavalry regiments are made up of men who are natural riders, like our Western Indians, and their drills are as full of "circus stunts" as any "Wild-West" show.

The Punjabi Mohammedan is put together much in the same way as the



Sikh, but differs from him in the manner of wearing his beard, and in wearing a red hullah under his puggirie, which sticks up above in the shape of a cone. They, too, are fierce warriors, and steady in the field. As one of their officers put it: "They'll go anywhere, and do anything."

The male Gurkhas are of a sturdy,

mountain race, in action and appearance much like the Japanese, very skilful in a campaign in rough country, and of dauntless courage. They can make but short marches on the plains, and so are reserved for the active work on the northern frontier, where the eyes of jealous powers are constantly fixed.

This army of India is no experiment, for it is now nearly fifty years since the great mutiny, when the Sepoy learned his

try, surrounded by people hemmed in by mysteries of caste and religion, are splendid examples of hardihood and discipline.

There are two other types of natives



SIKH CAVALRYMAN

final terrible lesson as to who was to rule in the land of his birth. And ever since the reorganization by the British, the drill and tactics have kept pace with the times; so to-day there is so little to choose between Tommy Atkins himself and his dusky brother that the most friendly relations exist between the two.

I am indebted to Captain G. Tracey Rombinson, of the Thirty-third Punjab Infantry, whom I met at Delhi, and who kindly furnished me with material for the accompanying sketches. The lives of these young English officers, cut off for years from home ties, almost constantly moving about over a hot, unhealthy coun-



worth considering from a physical standpoint—the Pathans, from Afghanistan, and the Tibetans. Many of the Pathans, although they have a Jewish cast of face, are fair-skinned, with brown and even flaxen beards.



The Tibetans, seen at Darjeeling, are well-built fellows, small, but well-developed, while some, who carry the tourists in the litters or "dandys," are well-trained athletes.

Beware of Fakirs, Magnetic and Otherwise



CORRESPONDENT seeking health and strength, sends us the very interesting and instructive circular letter of a "faking" all cure company, which we print below, and asks us if we think the institution sending it out can do what it claims. We reproduce the "fakir's" gulling

letter, complete, to show the stupendous silliness of his proposition:

Dear Sir:

I have written you twice concerning your case, and for some reason I have not heard from you. Thinking perhaps you did not receive my former communication, I again take the liberty of addressing you relative to your case. I am very much interested in you, perhaps more than you have any idea. I have made a careful study of your symptoms, and have also consulted with my specialists, and we are of the combined opinion that it will only take us a short time to cure you. Ours is an ideal treatment, because we have taken the best of all other methods and combined them. The results are truly marvelous. We are curing chronic cases which have baffled medical skill for years. It is only reasonable, with the extended experience we have had in dealing with cases exactly like yours, that we are in a better position to treat them than others who have not had this experience.

I have given you my personal attention, and am sure you should be sufficiently interested in your welfare to let me hear from you about it. I want to correspond with you, as I know that I can convince you that this is the treatment you need, and I am going to make you a special proposition, which I trust you will keep in strictest confidence. I know this will assure you that our system is all we claim for it, otherwise we could not possibly offer you such an inducement. If you will pay the actual expense of preparing the remedies alone, for this treatment, which is \$2.50, I will treat you for one month; at the end of that time, if you are cured, you can send us the balance. This offer should convince you of our confidence in our ability to cure you; for if we did not cure you we would have treated you at a loss. More than this, we would also be obliged to refund the \$2.50 you had already paid us, according to the terms of our guaranty contract. This is certainly fair. Remember, we are compelled to have our expert chemists prepare certain remedies for your own special case, and all this requires time. Chemists such as we have in our employ are high salaried, and if you were to go to such to have remedies prepared, they would charge you twice the amount that we charge you for the entire month's treatment. At this low rate you cannot afford to be without it.

I have still another plan in mind which I think might interest you. If you will send me \$5 within the next twenty days for one month's treatment, I will give you my new course in Magnetic Healing, also a course of instruction in personal magnetism, absolutely free. These courses sell for \$3 each. In order to introduce them in every community I have decided to give away a limited number, and you are among the fortunate ones to receive this special offer. When you understand magnetic healing, as my course teaches it, you can not only cure yourself, but others as well. It is the latest course on the market and, therefore, contains all the latest methods and information. I know that you

will be greatly surprised and pleased with it. Personal magnetism is that subtle, unseen force which enables all men and women to make a success of life. You will fail in everything you undertake unless you use personal magnetism. To make the most of your opportunities you must know how to influence people without their knowledge. This course in personal magnetism, which I offer you free of all charge, will teach you how to acquire and develop this mighty power. It is the only course on the market devoted exclusively to personal magnetism. Remember, that I will give you the treatment alone for \$2.50; this pays for everything connected with it.

I trust you will use the enclosed blank in ordering, so that I will understand the special offer made you. This offer will hold good for twenty days from the date of this communication. If you do not get your order to us within the stated time the offer will be void. I am sure your good judgment will prompt you to take advantage of this liberal proposition, as I know that treatment can cure you if anything on earth can. If we did not have the greatest confidence in it you can rest assured you would never have received this communication. I will continue to give your case my personal attention, and with the assistance of my corps of specialists, success is bound to crown our efforts.

I hope to hear from you by return mail, so that I may know you have received this communication. If I do not hear from you in reply to this letter, then I shall feel that I have done everything in my power, and all that could be expected of me, to restore you to perfect health and happiness.

Awaiting your reply, I remain,
Most cordially yours,

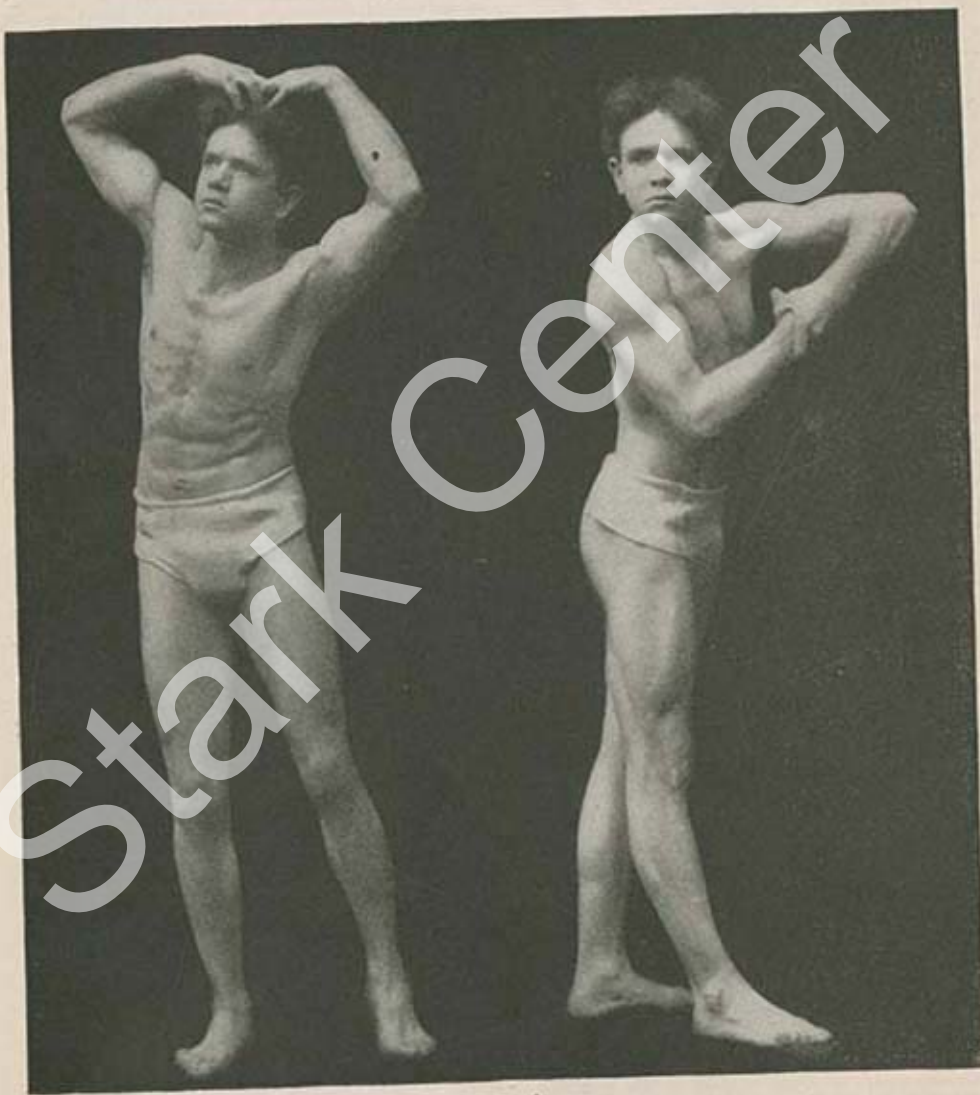
This letter is a sample of the matter that is being sent broadcast over this country every day by schemers in every part of the Union. It pretends to be a personal communication, while the difference in the appearance of the name written at the top and the letter that follows, in the original letter clearly indicates that it is printed, and is, no doubt, sent out to thousands, just as one would send a cheap circular. It is a disgrace to our boasted civilization that such a thing is permitted to continue for a single day.

On the face of this proposition one thing stands out with glaring distinctness. That is, the eagerness of the writer for the possible patient's money. He insinuates his desire for it in every phrase. Usually when a person writes to one of these widely advertised concerns he receives a letter stipulating a fixed sum for treatment. If he does not "bite" at once a reduction is made in the price, and more alluring promises are made. The letter under consideration is apparently

one of the "follow up" letters of this class of concerns.

We can assure our inquirer that if he pays the fee asked and takes the course of "miracle" healing and instruction alluded to that he will not obtain a particle of good physically from it. Neither his mysteriously compounded drugs, evolved,

so he says, by high-priced specialists; nor his mystical magnetic healing, will relieve in the slightest any ill our letter writer may be afflicted with. If he takes the course he will merely enroll himself with that vast class of unsophisticated persons, whom the wily and crafty denominate as "suckers."



EDWARD T. BRODERICK, NEW YORK CITY.

Chats With Brain Workers About Physical Culture

BY GEORGE RUSKIN PHOEBUS



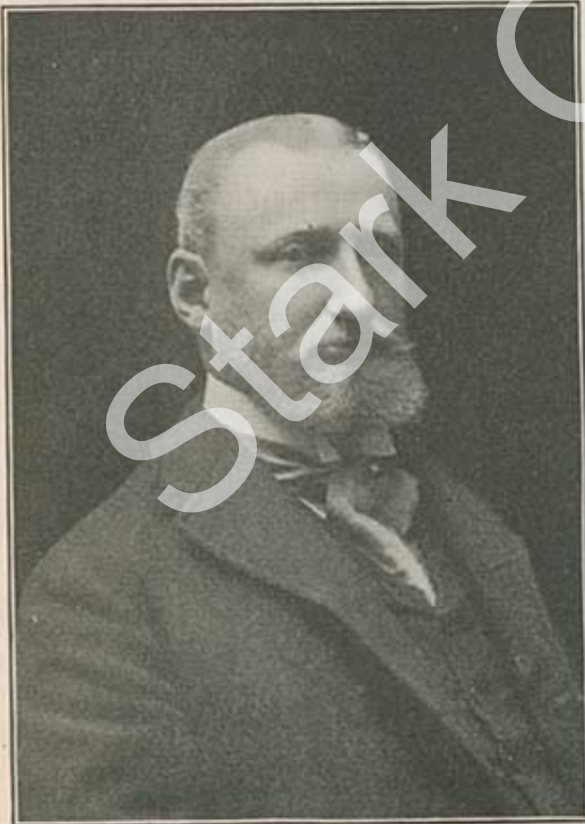
BARTOW S. WEEKS is the senior member of one of the great law firms of the metropolis. For six years, during the administration of Delancy Nicoll and the late Col. John R. Fellows, in the District Attorney's office, Mr. Weeks was first assistant district attorney and had charge of the most important prosecutions that took place in the county of New York. He is chief counsel for Roland B. Molineaux,

and conducted, in his behalf, the defense in the most sensational murder trial that ever took place in the State of New York. This trial lasted three months, and during its progress Mr. Weeks frequently worked from 16 to 18 hours a day, and yet so superb was the physical condition of the lawyer that, at the close of the famous trial, he did not find it necessary even to take a vacation or lose any time from his office, in search of rest and recuperation. This happy condition of affairs Mr. Weeks charges to the credit account of physical culture. Without the benefits which have accrued to him

through the constant and systematic practice of physical culture, the lawyer does not believe he would have been able to have stood the effects of the trial without an after occurrence of physical or nervous exhaustion and without the necessity of several weeks of rest and recuperation.

Though never an athlete, Mr. Weeks has been devoted to athletics and physical culture ever since he entered college. He has long been identified with the New York Athletic Club, and was its Vice-President in '91 and '93, its President in '92 and '94, and the Captain of the club during the years '96 and '97. He is also a prominent member of the Manhattan, University and Democratic clubs, and is very active in politics.

"I do not believe any brain worker can get along successfully in these days," said Mr. Weeks, "when there is such a constant demand upon the nervous and physical energies, without the wonderful benefits that result from a well-regulated system of physical exercising. He may seem to be getting on all right, for a time, but let him beware of



BARTOW S. WEEKS.

the time when over-exertion brings on a collapse; for, as sure as he draws on his reserve energies in an emergency, just so sure will those energies desert him and leave him stranded when he most needs them, if he neglects his opportunity to supply them with food and keep them in good form as he goes along. Exercising should never be in any way a penance to anyone. It should be a pleasure, and will be if he but adopt it and follow it in the proper way. It requires but little time to supply, through exercising, the proper food to the physical body to keep it and its mental accompaniment ever ready to cope successfully with exhausting demands. It does not require one-quarter of the time that is devoted to feeding the stomach, and it returns a right royal percentage of profit to those who are wise enough to practice it.

"During the period in which I was connected with the District Attorney's office there were often times when I found it absolutely necessary to work from fourteen to sixteen, and even, at times, eighteen hours a day. The demands of the work were such that I could not accomplish what was required unless I devoted these periods of time to my cases; and yet, during these periods of unceasing mental labor, I have found I experienced no difficulty in sleeping, had no necessity for stimulants of any kind, and after the exacting period was passed, never experienced any undue nervous or mental exhaustion. I was three months engaged in the defense of Molineaux. This was undoubtedly the most severe strain through which I ever passed, and was enough to test the reserve powers of any man. The strain was certainly tremendous. Not only was I intrusted with the defense of the life of a fellow man and charged with the responsibilities that might result from any errors or oversights in the defense, but the physical demands were very heavy as well. Of the twenty-four hours that go to make up a day I devoted many times during that period sixteen to eighteen of them to constant work. There was no let-up, and the recess days between the trial days were devoted to work just as much as the others. At the end of the three months, when the verdict was brought in and the

trial was over, there was no nervous or mental exhaustion whatever. I experienced a physical exhaustion which lasted for a few hours; but the night after the trial I slept well, and the next day I found myself all right to go to my office and attend to my affairs, and that neither physical nor mental equipment required any vacation; in fact, I did not lose a single day from my business, and subsequent events have shown me that I was not overtaxing myself to keep right on. I have not the slightest doubt that the excellent shape in which I was physically at the time when I went into the trial sustained me through its trying ordeals, nor do I believe that there is a lawyer living who could go through the experiences of such a trial, who had neglected attention to his physical nature without a subsequent collapse."

"My weight," continued Mr. Weeks, "is now 175 pounds, stripped. I am rather inclined toward the taking on of adipose, and just as I am to-day am carrying about ten pounds of surplus fat. Without physical exercising I would probably be so fat that a little extra work would make me puff and blow. My system of exercising is very simple and such that no man, no matter how busy he may be, could find any reason or excuse for neglecting. I eat what I please, sleep soundly without any difficulty, and always wake in the morning refreshed and ready for the day's pursuits. I go to the athletic club quite often, but rarely ever engage in any gymnastic work; in fact, I never was much at work in the gymnasium, and though always interested in athletic contests never engaged in one. I take no violent exercise and do not engage in boxing, though I am very fond of watching the sport. I dare say, there are very few of the active members of the New York Athletic Club who are to be found in the gymnasium less frequently than I am. My exercises I take at home. Every morning I jump into a cold bath and follow this with a lively rub. Twice a day I devote ten minutes to light exercising with dumb-bells and clubs. This I do morning and evening. I find that ten minutes' exercise morning and evening is all that is required to keep me in good shape. My dumb-bells weigh two pounds, and the Indian clubs which I use five

pounds. I go through the exercises with the clubs and bells quite rapidly, and enjoy it as much as I do my bath or my breakfast. There is no reason, in my opinion, for any brain worker to suffer nervous prostration from overwork in these days; and yet he can accomplish a

prodigious amount of work if he will but keep his reserve forces well poised by devoting to physical culture and physical exercising a period of time daily, hardly greater than is required to lace up his shoes.



A 64-YEAR-OLD ATHLETE.

The Secret of Energy *By Ernest Frederick*

This process is recommended only when the system is charged with impurities, such as exist when suffering from colds, fevers and the like. In many cases cold water will be better than warm.—Editor.



ENERGY is the backbone of Success.

Inspiration may whip a weakling on to momentary achievement, and gigantic strength may appear all powerful, but without energy, inspiration and strength will accomplish little.

In athletics two types of men are conspicuous. The man with the great, powerful muscles, is admired for the beauty, symmetry and power of his physique. The opposite type, the man with the skinny frame and small muscles, is often able to "put it all over" the man of the former type, and arouse alike our admiration and curiosity.

What is the secret of his energy? I puzzled over this question for years. Take the question to yourself. Yesterday you were well, and felt like defying the world, you were so full of energy. But to-day, how are you? You feel like a rag; you have the medicine almanac "tired feeling."

What was the secret of your energy yesterday, the cause of your tired feeling to-day?

Hear the old story of a friend. He was a young man of moderate build, took gymnasium work, and played hockey for the pleasure of it. In practice he did not show up very brilliantly, and was not good enough to play on the second team. For two weeks he was out of practice owing to a severe fall, and at the end of that time he took a cold. The next day he went down to practice. Was he in condition to play a good game? He certainly was not, from our point of view.

Playing left wing, forward, he was pitted against one of the best men on the first team. I thought I saw his finish,

but was never more mistaken. He skated as I never saw him skate before. Never once did I see him slacken to get his wind, and at the end of the game I overheard the following from another first team man: "C—, what happened to you and G— to-night? You put it all over him. You made him look like 30 cents."

Knowing C—'s condition, and having seen such an exhibition of energy on his part, I certainly was face to face with a conundrum. What was the secret of his energy? Questioned, he told me the following:

"You remember how tough I felt yesterday with my cold? Well, I had been reading an ad. for some patent injector for cleaning out the lower bowels, and it told of the wonderful cures it effected. I just thought if it is a good thing to wash out the last five feet, it would be worth two of that to wash out the upper thirty, beginning at the throat at the same time. So last night I took two quarts of warm water and drank it slowly one glass at a time. Then I lay back over my bed and listened to part of it gurgle on but while it was running I was working my abdominal muscles out and in, and making the water in my stomach splash up against my chest wall like waves on a rocky beach. That old stomach was getting the first real wash it had ever had in its lifetime. I wondered how my face would trade places. Then I performed circular massage movements over my abdomen, and sitting up, kneaded it for a while. The whole process lasted about fifteen or twenty minutes. After that I went to bed. To-day I am the cleanest I ever have been in all my life. That's the secret."

Think of it! What would be your skin if you were turned inside out has

probably never had more than a glass of water at a time in which to wash its whole thirty feet. No wonder you are lacking in energy. You are dirty; your stomach is dirty; your liver is dirty; you are dirty at the heart; your brain and muscles are dirty; your hinges are clogged, and your liver needs cleaning.

Physiology teaches us the nature of fatigue. It is not due to the tiring of the muscles, as we usually suppose, but is due to the accumulation of waste products of

muscle activity around the nerve endings.

So, boys, let me invite you to take a good inside bath of a quart of fresh, warm water, and see what a big obstacle you can go up against.

Managers, try the experiment on your scrubs, and see how quickly they will finish off your best team.

Old men, take a new leave of life by scrubbing the accumulated waste and dirt of a lifetime out of that badly used vital machine which you are running.

The Secret of Health.

BY WILBUR F. GEARHART.



Deep in the bosom of Nature
Lies hidden the secret of health,
Where joy is the principal feature,
And power the keynote of health.

Wisdom is there well implanted,
And motion is vibrant with song,
Attuned in musical action—
Directing the healthful and strong.

Revealed by vigorous movement,
Imparting a fountain of life
To souls that drink of its waters,
Purging from sorrow and strife.

In *action*, both godlike and noble,
Whereon Dame Nature is based,
The secret unravels to mortals
Who have Mother Nature embraced.

Kaffir Athletes



CORRESPONDENT writes from Durban, South Africa: "The Europeans (all white persons are classed as such here) have a great deal of leisure, and take advan-

tage of the good bathing facilities, etc., and, in fact, are inclined to take life easy, and enjoy themselves, pending the finish of the present war. They have bicycle and horse races regularly, and also a small gymnasium. At the Rand, where



KAFFIR MEN—NATIVES OF THE RAND, SOUTH AFRICA.

athletics are quite popular, they have a very good gym., although some of the apparatus, including the gloves and punching bag, was commandeered during hostilities there, by some athletically disposed Boers.

The natives here (as a rule) are of magnificent physique, the most remarkable thing being their superb chest development, especially noticeable in contrast to that of the slight and stooping Coolies and low caste people from India, who are so numerous here. The Kaffir women carry their black babies slung on their backs, in shawls, just catching the

infants under the arm pits, where they ride all day with their arms and heads thrown well back, developing their chests before they are able to walk. The men seem very fond of running, and all walk like thoroughbreds, or athletes.

Their diet consists almost exclusively of 'mealies' (i. e., corn meal), and although inferior in many characteristics to our own American Indian, a man who can keep a stiff upper lip, and throw out his chest on a small handful or two of mealies a day, cannot help but command respect."

QUESTION DEPARTMENT

Q. I applied to a doctor recently for advice as to the proper diet for two children under nine years of age, both delicate, with poor appetites, and averse to exercise. He advised as follows:

"Only the simplest, plainest and most easily digested food should be given the children. If the proper diet is not well taken they should not be allowed to take indigestible articles for the sake of eating something. Nothing should be given between meals. Three meals a day at regular hours should be adhered to. Try to cultivate the liking for milk by giving very small quantities, with a little salt or sugar in it. A child can easily digest a quart a day. It is the best food for him; use it with bread, crackers or the cereals in it. Give them meat (beefsteak, mutton chops, roast beef or lamb, chicken or fried fish) once a day. Give them vegetables (baked potatoes, asparagus tops, spinach, stewed celery, string beans or fresh peas) once a day; vegetables should always be well cooked. Give them broths, thickened with arrowroot or cornstarch; stale bread, biscuits and crackers. Give them fruit, stewed or fresh, once a day. Give

them junket, plain custards and ice cream. Do not give them fried foods, hot bread or cakes, pork in any form, salt fish, corned beef, candies, pastries, tea, coffee, beer, canned or preserved fruits or bananas. Keep them in the fresh air as much as possible. Give them the following tonic, in milk if possible: Peptomangan, 8 oz. Ten drops for the older child and five for the younger, in milk or water, between meals, three times daily, for two months."

What do you think of this course? Shall I feed the children as advised; if not, what shall I do?

A. The doctor must have misunderstood your query. He certainly must have thought you were desirous of knowing how to feed young porkers. Nothing with a less powerful stomach than a pig could possibly stand such a dietary and thrive. If you have any friends in the pig-raising business we would advise you to refer them to this doctor, with the highest recommendations. Pigs ought to fatten on the system of sloppy stuffing he prescribes. As to children, that is another matter. Veterinary practice is hardly the thing for animals of

delicate physical powers and high nervous organism. The following plan will be more likely to produce the results you desire: Keep their sleeping apartment well ventilated, and their bodies clean. For breakfast allow them porridge and milk, or wheat and milk. See that they get a good long walk every morning. For the noon meal give them a selection from the following, being careful not to overfeed: Soft boiled eggs, mixed with potatoes; bean or pea soup, whole wheat bread, such vegetables as asparagus, spinach, fresh string beans; vegetable soups well cooked, and for dessert rice pudding, not too sweet, custard or ice cream. For supper milk and mush, and stewed fruit should suffice. Allow them all the fresh, ripe, sound fruit they crave. No coffee, tea, pastry, candy or meat. Keep them in the open air as much as possible. Change clothing frequently, and be careful not to burden with too much. Teach them a dumb-bell drill, using one-pound bells, and exercise five or six minutes before putting them to bed, after which sponge their bodies thoroughly. Omit drugs entirely.

Q. I am strong in every way except the muscles of my abdomen. What would you suggest to strengthen them?

A. Practice the following exercises morning and night: Lie on the back, and, without lifting the head, raise the legs to a perpendicular position. Repeat until tired. Then, without raising feet, rise to a sitting position. Stand with arms extended above head, and, with knees held rigid, bend forward and try to touch the floor; rising quickly, and throwing arms back to perpendicular position over head. Devote 15 to 20 minutes twice a day to these exercises.

Q. I am 35 years old. Weigh 135 pounds. Eat two meals a day. Take exercise every morning and cold bath. Have gained in muscle since starting, but have not gained correspondingly in strength. Am easily winded and very susceptible to cold. Suggest a remedy.

A. Following your exercise morning

and evening brush the skin all over briskly with bristle brush; and manage to walk three or four miles every day at a brisk gait, practicing deep breathing.

Q. Can asthma in its worst form be cured? If so, what would you advise for middle-aged woman, fleshy, who has it in violent form?

A. Adopt strictly vegetarian diet. Take cold sponge bath morning and night. Spend as much time out of doors as possible. Commence the treatment by walking as much every day as strength will permit, and endeavor to control breathing. Practice inhaling all the air the lungs will hold, and then, with the fingers pressing the nostrils so as to almost close the passage, force the air out of lungs by muscular contraction of the diaphragm. Practice this exercise many times a day until tired. Apply cold wet cloth to throat and chest on retiring.

Q. I have weak kidneys; am threatened with Bright's disease. What would you advise?

A. Adopt the following: Nothing for breakfast but fruit. Principal meal at noon. Eat very lean meat, if any; whole wheat bread, beans, peas, spinach and eggs at noon. A little bread, milk and stewed fruit at night. No coffee, tea or sugar at any time. Masticate your food thoroughly. Exercise morning and evening, paying particular attention to the movements that call for bending at the waist. Brush or rub the skin all over briskly and sponge off with cold water. Place cold wet compress over kidneys on retiring and allow to remain all night.

Q. I am 25 years old, don't use stimulants, but am troubled with sleeplessness. I wake up several times every night, and am tired in the morning. What can I do for relief?

A. Leave off last meal, or eat only a little fruit or vegetables. Take long daily walks. Exercise ten minutes before retiring, and follow with sponge bath.



How the Best Results Are Obtained

By F. F. F.



It is just a year and a half since I became interested in physical culture, and although I have derived great benefits from my efforts, and have learned something of Nature and her methods, I consider myself but a scholar in the primary department of Nature's great school.

It may be interesting to some of the readers of this magazine to know how I came to take up physical culture, and I will briefly go over the facts, which are as follows:

It was in the month of June, 1900, that I found myself waiting my turn to be presented to a physician for treatment, my complaint—general break down—brought on by insufficient exercise, insufficient fresh air and habitual gluttony. Upon the center table of the waiting room was an assortment of papers and magazines, and in looking among these for something to read while waiting my turn, I found a copy of *PHYSICAL CULTURE*. I had become very much interested in the magazine when my turn came to consult the physician, and during our conversation I asked his opinion of the magazine and its teachings, and he said: "It is a grand good work." On my way home I went to a nearby news-stand and purchased a copy, and have not missed a copy since.

I adopted a system of exercises, and worked at them faithfully. I adopted cold bathing after my morning exercise, and made radical changes in my eating.

I did not notice any improvement the first three months, except that I felt better; the perceptible benefits did not appear for about a year; but in that time the change for the better was very evident,

both to my friends, as well as myself, and my improvement has been continuous ever since.

It has been my experience that it requires a determined and persistent effort to obtain the best results from physical culture, and that regular habits are of great assistance in bringing about a normal condition.

Do not expect great results in a short time; remember that you cannot transform yourself from a physical wreck into an athlete in a few weeks; but you must, by regular exercise and proper habits assist Nature to burn up and destroy the lead and worthless tissues of the body, and build in their place new and vigorous ones.



This is naturally a very slow process, and it requires considerable time to produce results which are perceptible.

Do not tire of your efforts in a few weeks, or abandon them after you have been slightly benefited; remember that perhaps you have violated Nature's laws for years, and that the damage caused by these violations has been as the tiny stream falling upon the rock, slow but constant.

Give outraged Nature half a chance, and she will respond in a manner that will surprise you, slowly at first, then more rapidly as your vitality increases and your habits conform with her laws.

Also remember that no two persons are alike, and to obtain the best results you must study your body, be its engineer, and learn its peculiarities and its wants; it will point them out to you plainer and better than anyone else can; and after you have found the food, exercise and habits which are best suitable, stick to them, and you will soon begin to feel an exhilaration which cannot easily be described; your step will grow lighter, your head clearer, your whole nature will improve, and you will begin to live in the way that your Creator intended you should.



GUY HARGRAVES OF NEW YORK

Pronounced a consumptive 2 years ago; has gained 15 lbs., and become an athlete through physical culture.

The Strong Men of the Transvaal

By
Hercules D. Viljoen
Boer Envoy
to the United States



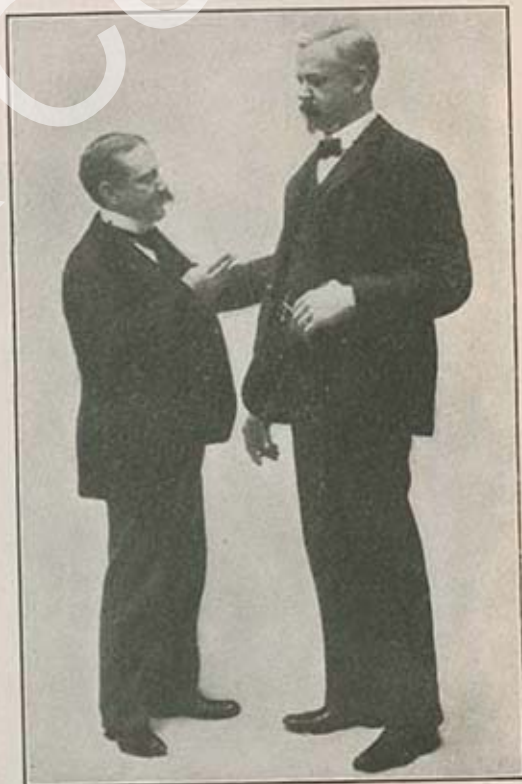
UT in South Africa a little army of Boers is holding at bay the hosts of England, and the world wonders how it is done. When I say that the average Boer is five feet eleven inches in height, weighs 190 pounds, and can jump into his saddle by merely placing a hand on it, the mystery has something of an answer.

The life the farmer leads there is spent mainly in the open air, like the life of the American farmer; but it is given up more to hard work, and it has less of luxury than is found in the United States. We have big men there, and we attribute their health and strength as much to their regular methods of living as we do to the exercise they take, which is abundant for the strongest among them. Boer farmers do not come together on regular days and have athletic exercises. When a boy is away from school he is at work on the farm. He is not given more than he can do, but the work he performs must be done properly. Almost the first thing he learns is how to handle a horse, and the boy of ten years who has not his own saddle is looked down upon by his comrades. From his earliest days the Boer is taught to work, because the joy of honest labor should make him happy and contented, and fit him for the time when he shall be master of one of those big farms that stretch—wide, rich domains—from homestead to horizon.

But it is not all work and no play. They have their sports and athletic exercises just as men do on this side of the Atlantic. There are no training schools similar to those in the United States, and men and boys have to train themselves. Their training is done in the open air, out on the farms; and when the festivals come, the men show how

expert they have grown, and pit their strength against one another in friendly rivalry. The aim of all Afrikander training is to make men strong, agile, and sure of eye, for those are the qualities needed in a continent where men must be men, hardy and courageous.

The Boer, trained from boyhood, develops a reserve power such as no other type of civilized man possesses. It is not an easy thing for any athlete to stand with his feet close together and, bending over without moving from his tracks, lift a bag of wheat weighing 250 pounds. It is a common feat among



HERCULES D. VILJOEN, FIELD CORNET, BOER FORCES,
SOUTH AFRICA. HEIGHT, 6 FEET $\frac{3}{4}$ INCHES.

the South African farmers. Another strength test that is performed by almost any farmer is to stand with knee joints and ankles touching, and raise from the ground, in either hand, a 50 or 75-pound weight.

There is nothing the Boer so excels in as in his marksmanship. Contests with the rifle are really interesting features, and friends meet in the most sincere and earnest competition. I have seen a boy, with his father's rifle, make nine bull's eyes in nine shots.

It is in the hunting season that the Boer finds his greatest pleasure. Each year parties of men are made up, who "trek" out to the antelopes' feeding grounds, and spend sometimes three months in the necessary slaughter.

The result of this vigorous outdoor life is that the average Boer has the strength of two men reared under conditions that prevail in our civilizations. It is not an uncommon thing to find a Boer farmer who is six feet three or four inches in height. Men who stand above six feet are numerous. All are broad of shoulder, and long of limb, with chests massive from the constant habit of deep inhalation, necessary in the endurance of fa-

tigue. The Afrikaner women, while their height is below that of the men, are remarkable for the sturdiness of their build and the brilliancy of their complexion.

When old age falls upon the Afrikaner he appears at his best. Long years of activity belong to him when men of other races are palsied and decrepit. A matter of current history is the still vigorous constitution of President Kruger, one of the most famous hunters and trappers of his day. General Joubert led the Boer fighters on many a bloody field, although if weakness were always the concomitant of age, his days of usefulness as a fighter should have been finished before the war, and he should have sat down by his fireside and told tales of old campaigns and hunting exploits, leaving younger men to fight the country's battles.

The Boer patriarch is a vigorous "relie." The existence he has led, and the constant exercise he has taken, face to face with nature, give him a hold on vital forces the man of the city does not know. Sickiness he is ignorant of, and when his days are over he sinks peacefully into his grave.



"The Temple of the Soul"

By William J. Church

WITH all our diversity of opinion respecting the finer points of religious thought, we can all agree with the psalmist of old that we are "fearfully and wonderfully made," and that man, created in the image of God, is the masterpiece of the Almighty Power. All through the Holy Scriptures the dignity and importance of the human body are brought to our attention. How much to be regretted, then, that our body, the temple of Him who created us, should be the object of indecent remarks, of lewd conversation, and associated with all that is vile and impure, thus bringing it into contempt.

The God-created man was the perfect man, physically; an object of beauty; the height of physical perfection. What we are now, and what we were intended to be are two different things. Through long years of violation of all the laws governing our physical being, it is but little to be wondered at that many want to cover the body as something unsightly to look upon—no longer an object of beauty worthy of the sculptor's art.

The body is the dwelling place of our *real self*, our temporal home, and as such should receive our utmost care and consideration. Shall we make, then, a fit dwelling for ourselves, or shall we continue to violate the laws of Nature—which are the laws of God—and abide for the rest of our days in a shack of a building?

Our bodies are to a great extent what we make them. True, we inherit many undesirable physical traits from our progenitors, but these, by proper care, can be remedied, and oftentimes entirely eliminated. It only requires a little judgment in the proper application of food, water, exercise, rest and air to bring our bodies up to a standard of development

of which we might well feel proud. Good food, pure water, fresh air, and proper exercise and rest, will indeed work wonders. Everything we do, whether it be the simple act of respiration, the eating of a meal, or a walk in God's pure air and sun, is working for or against the upbuilding of the human body.

Nature in itself is a great guide. It is constantly working for our interests, unless, perchance, we have so far ceased to regard its voice that it no longer remonstrates with us, and casts us aside, helpless and hopeless, to suffer.

We stuff our poor stomachs with undesirable food. Nature warns us with aches and pains. We "dope" with pills and cathartics, but continue the practice of the very thing which brings us pain and disease. We drink beverages which were never intended for the stomach of a man—stuff which brutalizes and degrades all who are brought in contact with it; stuff which destroys the minds, bodies and souls of thousands of men yearly. "Be not deceived; God is not mocked; for whatsoever a man soweth that shall he also reap." We cannot sow to drunkenness and carousing and impure living and hope to reap a sound mind in a sound body.

We have all had pictured to us the destruction of the house built upon the sands, and the stability of the house built upon the rock. We can draw from that the lesson that we cannot resist the brunt of the storm of life unless we have exercised our best endeavor in the care of our physical structure.

Let us, therefore, be up and doing while yet it is time, so that we may have a body worthy of our part in the battle of life. Let us make our bodies a delight—not a burden—that we may exclaim with the Poet Bryant:

"Oh life! I breathe thee in the breeze,
I feel thee bounding in my veins!"

The Prevailing or "Regular" Medical Treatment

By
Chas. E. Page
M. D.

WERE I called upon to fitly describe in one word my views of the drug treatment as practiced by 99 in the 100 graduates of regular medical colleges I should borrow the term employed by General Sherman in classifying war, adding ("without extra charge") *and damnation*. The schools teach anatomy with the finest precision; physiology, in certain of its phases, is correctly taught; the veriest chump learns all about the human structure, its bones, the nerves, muscles, etc., during his term in college; but the teachings as to the employment of drastic drugs and poisons in the treatment of disease indicate the complete reversal of the known laws of life, in that it is assumed that these deadly poisons, so inimical to life in the case of healthy persons, are by some mystical means curative to diseased persons. This assumption is vastly more absurd and stupid than anything connected with the claims of Christian Science, though this be neither Christian nor scientific, for that matter. Christ, in His treatment of disease, *did* something; His cures were naturally performed. When He dug the wax out of the ears of the deaf, or applied a clay-and-spittle poultice to the eyes of the blind; when He "dietet," or fasted, Himself or His followers, and directed about bathing, etc., *there* was true Christian Science healing treatment, and not the fake, so-called Christian Science of our times, in which, in about everything except poisoning, its advocates indicate as much ignorance as the average drug doctor, and, in one respect, "go him one better," so to say; for they sneer at diet and hygiene, while even the ordinary medical man, at least theoretically, advocates these aids to nature. But this is in a way a digression.

The action of drug poisons deceives the superficial student; the over-taxed heart is beating rapidly, perhaps unsteadily; a stiff dose of digitalis will at once cause this great muscle to beat with normal speed and regularity. When such a patient "dies cured," so to say, it is not the custom of the country, though it will be some day, to indict the physician for murder. His death certificate reads "heart failure." God help the poor lalty, in their ignorance and credulity; we pity the poor-devil doctor, too, for he knows no more, and his "education" has been such that he cannot assume the attitude of a student of hygiene. The writer has long been a post-graduate teacher of medical men, in that he has written a great many educational articles for the leading medical journals during the past fifteen years along the line of physiologic or natural treatment, fasting, hydrotherapy, etc., and here and there a bright, thoughtful physician has written in high praise of this work, deploring the fact that the profession in general pays little or no attention to such procedures, their attention being chiefly devoted to the mystical, alleged virtues of drugs.

"Dying cured;" what does this expression mean? Let us cite a couple of cases that were "cured" with digitalis, and that resulted fatally shortly after as the direct result of the treatment:

Dr. H. C. Wood, of Philadelphia, gave a course of lectures before the Harvard Medical School Association a few years ago, in the course of which he related the story of two brilliant cures of a certain form of heart disease performed by him when he was a young man just "graduated," by "enormous doses of digitalis." Both patients had been taking little fuddy-duddy ten-drop doses of the drug prescribed by a veteran physi-

cian who had sense enough, I should say, to be somewhat conservative in his poisoning, and the younger man increased this to forty drops.

"The triumph seemed complete," said the lecturer, "and so it was for weeks; but mark the ultimate result. Mary, one morning, as she trod the doorway of the market-house, fell dead upon the threshold. The banker, stretching his arm across the desk that had been to him the pathway to riches and power, fell, hushed and powerless, into the eternal silence."

Here was the point, as it seemed to me, and possibly to others who listened to his scholarly address, for the speaker to warn his hearers in the most emphatic manner possible against such brutal treatment, or to make his bow and allow us to draw our own moral. But, so far from this, he expressed the belief that it was the increased dosage that eked out poor Mary's life a few weeks, and that the banker would have died sooner but for the enormous doses of one of our most deadly poisons!

No complete reform can be hoped for so long as the people generally hold to their present "belief in medicine," and the artifices connected therewith. The laity must learn that natural measures only can aid the animal organism in its efforts at self-healing. No radical change can be wrought, moreover, till every really well-informed physician breaks away from the trammels of "regularity" and that *esprit de corps* which forbids the exposure of error or fraud in medical circles, and compels the profession to "hang together," on penalty of being "read out of the profession" as heretics, a fate which dear old Prof. Oliver Wendell Holmes, M. D., came near meeting, as he himself once remarked, from one of his epigrammatic utterances before his class at Harvard in 1861, though it was never intended to reach the ears of the laity:

"The disgrace of medicine," he declared to the young bumpkins before him, who must have felt like asking, with a certain Texas statesman, when

confronted with the proposal of abandoning the "spoils of war" in the shape of offices to dole out to his constituents, "What are we here for, then?"—"The disgrace of medicine has been that colossal system of self-deception in obedience to which mines have been emptied of their cankering minerals, the vegetable kingdom robbed of all its growth, the entrails of animals taxed for their impurities, the poison-bags of reptiles drained of their venom, and all the conceivable abominations thus obtained thrust down the throats of Luman beings suffering from some fault of organization, nourishment or vital stimulation."

In every generation just such wise men as the late Dr. Holmes have found their way into the medical profession, and have sought to reform it by means of exposing the blunders that have always prevailed in the schools, showing them up to themselves; but about the only good that has resulted from their work has arisen from their radical utterances at society meetings or before classes having "leaked out," so as to give the people a chance to *think* over them.

Fatalities are constantly occurring as the direct and natural effect of so-called medicinal doses of virulent poisons. To weak and exhausted patients the smallest dose, say of brandy, strychnine, digitalis, may prove as inimical to life as the heaviest doses administered to healthy persons for homicidal purposes.

Every issue of the daily papers contains one or several notices of sudden death from "heart failure," like the following: "The announcement of Mr. Carr's death will be a severe shock to his many business and social friends." [This is a true and typical illustration.] "Although he had been seriously ill, his condition for the past few days had greatly improved, and his family and medical attendant felt much encouraged. Last evening he was feeling better than he had for several weeks. Five minutes before his death all his symptoms seemed to be favorable, but heart failure terminated his earthly career with unexpected suddenness!"

Benefits of Ball Games

By The Twirler

AMONG outdoor sports, none enjoy the popularity or lasting interest of stick and ball games. In various modified forms the game of hitting a ball with a stick is universal. Evidently the instincts of the human animal guided it to this diversion for some very good and sufficient reason, and which it would prove to our benefit to fathom and analyze.

In the first place no game invented by man so evenly uses the physical and nervous powers of the players. The rougher sports, such as swimming, wrestling, running, climbing, boxing, make more vigorous demands upon endurance, and call into play certain muscles much more violently than others. In all of them the spirit of diversion, or pure, pleasurable sport, is subservient to strenuous striving for mastery. Hence your wrestler, your boxer, your runner, nor your swimmer should partake of food immediately preceding any contests. If he does, a false and weakening digestion is induced which robs him of the so highly essential vigor and virility.

In the ball games there is no such danger. The muscular action called for is purely such as mildly stimulates the bodily functions, and there is no exhausting demand for intense and prolonged application of either muscular or nervous vigor.

Aside from the fact that there is so little danger of exhaustion, a prime feature of these games is the necessity for outdoor contests. This, coupled with the peculiar movements employed, give the greatest tonic influences to internal organs and lung power.

The act of striking the ball, whether it is a rapidly moving missile or a sphere

resting on the earth, plays mightily upon the diaphragmatic muscles and the lungs. Under the influence of the blows, the air is more completely expelled from the lung cells than would occur in a week of unconscious breathing.

Moreover, the swing of body, lift of arms and twist of neck, are such as to more completely exercise, pleasantly, the muscles of the body above the waist than any other device. And it is all done unconsciously. You play golf, baseball, cricket, for an hour or two hours, you have not been aware of the flight of time, you have not overdrawn upon your supply of either physical or nervous energy.



TWIRLER.

On the contrary, your body is aglow, you are bathed in a gentle perspiration, your respirations are long and deep, and the heart action normal and vigorous. You

are aware of a splendid appetite and realize that you must set down the afternoon so spent as one of the very best of your life, physically and morally.



SHOWING PLAY OF MUSCLES IN STRIKING THE GOLF BALL.

Cheap Living in Mexico

Reading in the April number of *PHYSICAL CULTURE* of your plan to establish a one cent restaurant in New York, the subject of foods used in Mexico might interest you.

The Mexican not only dines for one cent, but feeds the whole family for one cent and his cent is worth but half cent in our money.

His diet consists principally of corn. The corn is bought in the "ear" and prepared entirely by hand and made into a disc-shaped affair resembling our hot cake. They not only live on this, but perform hard manual labor and keep in excellent health. They have been known to live for days on this diet alone, but to this they add beans (*frijoles*) and chile pepper, whenever they can get it. They thrive on this fare and actually refuse to eat our foods, and have remarkably white and sound teeth. I noticed that the few who occasionally ate our foods have yellow teeth and become corpulent and repulsive looking.

F. J. BRIDGER.

Recollections of My Long Walk

By **GEO. H. ALLEN**
(Leicester, Eng.)
Holder of the 100-Mile
Amateur
Road Walking Record



FEATS of strength and endurance have in all times and ages possessed a wonderful fascination over mankind. Especially does the performance of some new record appeal to the young men of our generation.

The great run of Ladas, the champion pedestrian of Alexander the Great, has been handed down in history to us. Many of the ancient philosophers have prided themselves upon their athletic ability, as have a large number of the acknowledged leading men of to-day.

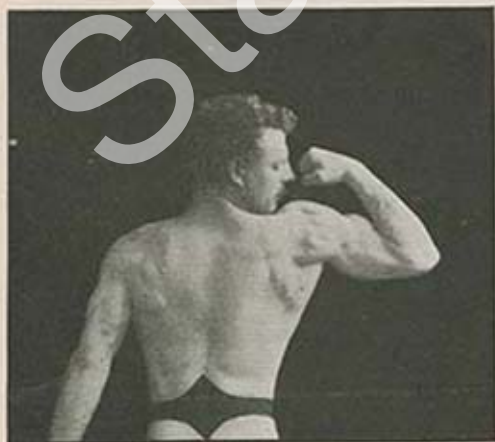
My long walk was undertaken not primarily as a record walk, but to demonstrate that, as a vegetarian, I had not deteriorated physically. As I had now been a vegetarian for nearly three years, a practical athlete for eighteen years, I thought it my duty to try and place on record a performance that would excel

any that had been accomplished by me as a flesh-eater.

A certain amount of training was of course necessary for the successful accomplishment of such a severe task. This was taken chiefly on Saturday afternoons after I had finished business for the week, the distances walked varying from twenty to fifty miles, the latter distance being the longest I had ever walked without rest previous to Friday, Sept. 6th.

Punctually at 12, noon, a start was made from Leicester to walk to Bedford and back, a distance of one hundred miles, within twenty-four hours, and as I arrived at the starting point again at 10.14 on Saturday, Sept. 7th, it will be seen that I accomplished my self-imposed task with one hour forty-six minutes to spare. All the food I ate, with the exception of a basin of soup at the half distance, was taken while walking, and was carried by two friends who accompanied me on their bicycles.

As my previous athletic experience



W. E. CLEMENTS, LEICESTER, ENG.

had been gained in races varying in distances from one hundred and twenty yards to ten miles, I was on new ground somewhat at such a long distance. The task was therefore carefully thought out, and with the experience gained by my training walks, coupled with the greater experience of the final record walk, I found out that many of the accepted rules of training were useless.

The first thing that strikes us when we read of an account of a long-distance contest, whether it be on foot or bicycles, is the enormous quantity of food which is consumed by the competitors. After the first few hours they seem to be troubled with an appetite that almost defies satisfaction. This can be understood somewhat when we consider the fact that, as the vital energy gets exhausted, the human engine must come to a standstill for want of steam. Quite a young student of human philosophy will perceive that if, while we are calling upon our vital resources, we also ask our digestive organs to work hard as well, we are putting a great strain upon ourselves. It is because of this double drain upon our energy that many have condemned these feats of endurance as being foolhardy.

Now I had conceived the idea of storing my body with a sufficient supply of vitality that should carry it through the 100 miles, without having to tax the digestive organs to any great extent. I had reckoned that if it were possible to do this a great advantage would be gained over those who, in races, had to make the greater part of their vital force as they went along.

The experience of the day of the walk proved that my conjecture had been well founded, for the quantity of food taken was very small, less, in fact, than any ordinary person would consume in twenty-four hours of ordinary toil. The following is a full list, and is above, rather than below, the quantity of solid food: One pound of boiled rice, with stewed prunes; two ounces of boiled macaroni, with stewed pears; four bananas, half a pound of pears, raw; half a pound of apples, raw; one tomato, two rice and lentil rissoles (about a quarter of a pound), and one basin

of vegetable soup, warm, at the half distance. I had to drink three cups of cocoa, one cup of tea and cold water, at intervals, in small quantities, whenever I got very thirsty. Although I had decided to eat as small a quantity of food as possible, I was surprised with how little I could get along on. During the last half of the distance not more than half a pound of solid food was taken altogether. For the sake of reference, a record of the times at various stages en route was taken, and a careful study of these will show how well I stayed during the last twenty-five minutes of the journey. In contests of this description the pace at the finish is usually very slow, compared with that of the commencement, but if the times of the four twenty-five-mile distances are compared it will be seen that the pace was wonderfully even throughout. The first twenty-five miles were covered in five hours seven minutes, the second in five hours sixteen minutes, the third in five hours forty and one-half minutes, and the last in six hours and half a minute. It will thus be seen that, from first to last, the pace never varied more than two minutes per mile, notwithstanding that the last twenty miles was walked with blistered feet, caused by not having sufficiently hardened them by training and salt bathing. When I first told my friends that I had intended attempting this walk, several of them tried to dissuade me from it, because they thought that such a task was sure to leave some evil effects behind. This I felt was an anxiety which they need not entertain, for I considered then, and am more confident now, that such attempts may be made, in moderation, of course, with beneficial rather than injurious effects.

The true test of whether a trial of strength has been harmful or helpful to us is not so much the feeling that possesses us directly we have finished it, but rather the state of health we are in on the day following. If we are then weak, or even languid, it is a sure sign that we have overdrawn our stock of vitality, and this warning should never be disregarded by any one.

My previous athletic experience had made me aware of this fact, for I have strong recollections of having once or

twice been in a state of collapse the day following a very punishing race. I was therefore curious to know what would be my condition the day following this, the greatest trial of my life.

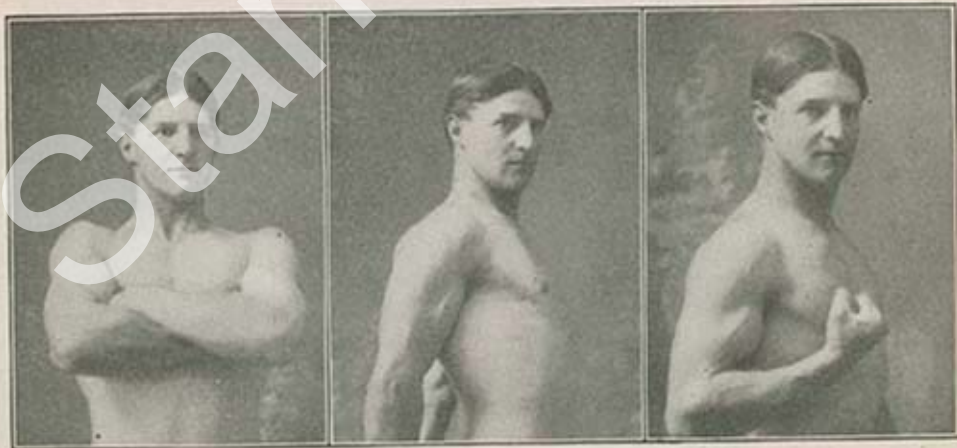
Directly I had finished the one hundred miles I rode home and went to bed, and had a little refreshment brought to me. To have dropped off to sleep would have been a real treat after having been without it so long, but the intense pain caused by my feet being blistered and swollen kept me awake for several hours, but eventually, about 3 o'clock, I fell into a deep sleep. About 8 o'clock I got up for a short time, but, feeling tired and sore, I soon returned to bed, and slept soundly until about 8 o'clock the next (Monday) morning, when I awoke, feeling as strong and vigorous as I had on the previous Friday morning. This, of course, was very cheering to me, and was not the least gratifying part of the experience gained, and quite bore out my earlier anticipations.

I am fully convinced that any athlete who has been previously trained upon a meat dietary will, when he decides to undertake a preparation for a contest upon strictly and sensible vegetarian foods, far excel all his previous performances,

all other things, of course, being equal.

This fact is being gradually recognized by a few of the leading athletes of the day. Miller, the great American long-distance cyclist, in his preparation for, and during the progress of, a six days' race, lived upon a purely vegetarian dietary, although at other times he eats flesh as well.

G. A. Olley, of London, holds quite a long string of cycling records, and is one of the finest examples of speed and stamina combined among the present day cyclists. He is a vegetarian. The seventy miles' walking record of Germany is held by Karl Mearn. This he secured by walking the distance in June, 1891, in fourteen and a quarter hours. The most striking feature of the competition in which he did this was the fact that out of twenty-two competitors eight were vegetarians, and this minority supplied all the first six men home. Not until an hour after the last vegetarian arrived did the first meat-eater reach the goal, and that in an exhausted condition, his time being eighteen and a half hours, and he was the only one among the flesh-eaters to finish, the remaining thirteen having all retired during the first thirty-five miles of the race.



J. A. DARLING, MARSHALL, MO.

Editorial Department

THERE are in this country at the present time thousands of men and women who would gladly aid any cause which has for its purpose the upbuilding of the race. Physical degeneracy means oblivion in every case. The future of this country is indeed glorious, if the vast importance of physical strength can be fully realized and insisted upon by each individual.

Why Should We Organize?

The effect of organization would be to call the attention of all interested persons not only to the needs of to-day, but to the value of all natural and simple means of building health in their own individual cases.

It is only by agitation that the general public is awakened to great dangers, and it is only by organization that agitation can be effectively accomplished, and it is only by organization, by the unanimous efforts of a large body of individuals that the great evils from which we are suffering at present can be stamped out.

It is money, money everywhere. Progress is represented only by money. Clean, vigorous, virile manhood; beautiful, strong, superb womanhood, are not considered. Such a possession is not supposed to be worth anything from a standpoint of progress, as viewed by the average individual to-day. It is simply great wealth as represented in large cities, high buildings, railroads, steamship lines and other possessions that point to the wealth accumulating tendency of the people, that indicate progress.

It is time for progress to mean something else. It is time for manhood and womanhood to take their proper place. All true students of these problems must quickly and fully realize the vast importance of immediate attention to the extreme necessity for this change.

DOWN WITH THE FLAG THAT REPRESENTS DOLLARS AND DOLLARS ONLY! UP WITH THE EMBLEM WHICH STANDS FOR AMERICAN MANHOOD AND WOMANHOOD!

LET US STAND TOGETHER AND FIGHT FOR THIS GREAT CAUSE! LET US ORGANIZE! Every man and every woman who is ready and willing to fight for this cause rally round the standard. In organization only is there sufficient strength to be able to accomplish the desired results.

The Monster Physical Culture Meeting to be held in New York City at the Grand Opera House, Sunday night, June 1st, at 8:15, will be the first meeting called for the purpose of testing the interest of the public in this locality. I not only hope, I demand, that all readers who are stirred by the spirit of strong manhood or womanhood, who desire to perpetuate and improve all that is good and noble and true and strong in man and woman, attend this meeting and bring all their friends who may be interested.

No attempt at organization will be made on that evening, though all persons attending desirous of associating themselves with an organization such as proposed,

are especially requested to write their names and address on the ticket used for admission. This will enable us to secure the names of all interested persons and they will be communicated with later when we endeavor to perfect the local organization. The objects of the proposed society here, and of the various branches which we would like to be the means of forming, should be about as follows:

(1) Every possible means should be adopted to educate ourselves and the public as to the various valuable and simple natural means of building health and strength.

(2) Patent medicines, electric belts and all kinds of medical humbugs from which the public are suffering so severely at the present time, should be exposed and prosecuted in every possible way. The vaccination curse and other compulsory medication laws should be fought against at every opportunity.

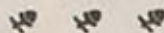
(3) The physical weakness, ugliness and disease brought about by corsets, alcoholic liquors and the smoking vice should be carefully studied and strongly emphasized at every opportunity.

(4) The frightful array of evils producing weakness, sickness and physical miseries of the most excruciating character, resulting from the ignorance of all physiological subjects, and the indecent idea of the body inculcated by prudishness, should be exposed in all its most vicious phases.

(5) The weakening influence of muscular inactivity, and over and improper feeding, should be strongly emphasized by every possible means.

(6) It should be the intention ultimately, as soon as we have acquired sufficient strength from organization, to carry these vital questions into politics, as it is only by this means that any action by the national and local authorities can be satisfactorily influenced.

Admission to the meeting previously mentioned will be free, though each person attending is required to present a ticket to prevent uninterested persons from securing admission. One ticket admitting two has been placed in each magazine, and if the reader has not received a ticket, write us, enclosing a stamp, and we will be pleased to forward one. All those desiring to do some missionary work and assist in making this meeting as large and enthusiastic as possible, can do so by distributing some tickets among their friends. Write us and state how many you desire and we will be pleased to forward them.



THE emphatic manner in which we have attacked vaccination in the last few issues has aroused the antagonism of physicians all over the country. Many have written, severely scoring the editor because of his views. We are glad that they are aroused; they ought to be stirred up with a stick. You hear them say so much about vaccination and its value, but how few of them know anything of vaccination. They know it has been used by the medical profession for a great number of years; they know it is made as nearly compulsory as possible in all the cities of the United States, and they take its value for granted.

*The Vaccination
Fight.*

Now, I do not believe there is a single physician upon any Health Board in any city in the United States who has studied the vaccination question and still conscientiously believes it to be of value. I know the members of the various Health Boards enforce it, but this is because they have simply accepted the views of others as to its influence. All

previous Health Boards have made it as nearly compulsory as possible and they feel they must follow suit. What we need is a free, open discussion by interested persons of this vaccination problem, and in order to induce this, we herewith challenge any physician or physicians to a public debate in any large city where a large audience can be secured. We are satisfied that this challenge will not be accepted for the special reason stated heretofore; that we do not believe there are any physicians who have studied the vaccination question and who conscientiously believe in its efficiency.



IT has remained for Cleveland to teach the civilized world a lesson which it is hoped will save thousands, not only from smallpox but from vaccination. This city has within the last few months dealt a sledgehammer blow at vaccination theories from which I hope they will never recover. The credit of this great work is due to Dr. Friedrich, in charge of the Health Board, and to Tom Johnson, the present Mayor. Let it be remembered and distinctly emphasized

*An American City
Free From Smallpox.*

with the greatest possible strength that the first steps taken by Dr. Friedrich in freeing Cleveland from smallpox was to abolish vaccination absolutely.

I present herewith the important parts of his recent reports, giving detailed description of his methods, but before reading this detailed description, I wish to emphasize and repeat the conclusions he deduced in reference to vaccination.

He says: "ON THE OTHER HAND, VACCINATION HAD GIVEN US MANY UNTOWARD SYMPTOMS. FREQUENTLY IT DID NOT 'TAKE' AT ALL. ONE-FOURTH OF ALL CASES DEVELOPED SEPSIS INSTEAD OF VACCINA. SOME ARMS SWELLED CLEAR DOWN TO THE WRIST JOINT, WITH PIECES OF FLESH AS BIG AS A SILVER DOLLAR AND TWICE AS THICK DROPPING RIGHT OUT, LEAVING AN UGLY, SUPPURATING WOUND, WHICH TO HEAL TOOK IN MANY CASES OVER THREE MONTHS. FINALLY, FOUR CASES OF TETANUS (LOCKJAW) DEVELOPED AFTER VACCINATION, SO THAT THE PEOPLE BECAME ALARMED, AND RIGHTLY SO."

Main facts of Dr. Friedrich's report:

"It affords me great pleasure to state that the house-to-house disinfection freed Cleveland from smallpox. Since Aug. 23, 1901, to this very hour of writing, not a single case has originated in this city, but seven cases were imported. The disease raged here uninterruptedly since 1898. We relied upon vaccination and quarantine as the most effective weapons to combat it, but in spite of all our efforts it doubled itself every year and was in a fair way of repeating the record of last year, as in 1900 we had 993 cases and from Jan. 1 to July 21, 1901, the number amounted to 1223. On this date I was called to take charge of the health office, with 17 cases on hand. I had been in the city's employ ever since 1899, and it had fallen to my lot to investigate and diagnose most of the cases of smallpox that occurred in Cleveland. During that time I observed that, after disinfection with formaldehyde of a house in which we had found smallpox, never another case could be traced to this house. On the other hand, vaccination had given us many untoward symptoms, Frequently it did not "take" at all. One-fourth of all cases developed sepsis instead

of vaccina. Some arms swelled clear down to the wrist joint, with pieces of flesh as big as a silver dollar and twice as thick dropping right out, leaving an ugly, suppurating wound, which to heal took in many cases over three months. Finally, four cases of tetanus developed after vaccination, so that the people became alarmed, and rightly so.

"I laid these facts before Mayor Johnson and proposed to stop vaccination entirely and instead of it disinfect thoroughly with formaldehyde every section of the city where smallpox had made its appearance; also to give the city a general cleaning up. The Mayor not only consented to my plan, but also gave me all aid needed. I formed two squads of disinfectors, preferring medical students for the work. Each squad consisted of 20 men, with a regular sanitary patrolman at their head, and each man was provided with a formaldehyde generator. Thus equipped they started out to disinfect every section of the city where the disease had shown its head, and every house in this section, no matter if smallpox had been within or not, and every room, nook and corner of the house, special attention being paid to winter clothes that had been stored away, presumably laden with germs. It took over three months to do the work, but the result was most gratifying. After July 23 seven more cases developed, the last one Aug. 23.

"Cleveland is now free from smallpox, and from the worst infected city it has become the cleanest."

With these facts so easily verified before the people of this country, I want to know how long it will take the Health Boards to do something toward adopting similar methods. They desire to rid their cities of smallpox; then why continue to propagate and increase the number of cases of this disease by vaccination when it has been emphatically proven right here in this city of nearly 400,000 inhabitants, that the first essential step in abolishing smallpox is to avoid vaccination.



WE have stated before in very emphatic terms our views on the idiotic policy of feeding during acute illnesses of any character, and more especially solid food. We have also called attention to what we consider the suicidal policy of stimulating the heart by poisonous drugs when it is already laboring under a great strain to maintain life.

"Lest We Forget."

The death of the late Archbishop Corrigan has attracted deserved attention everywhere. We simply quote the following passages from the New York Journal; we make no comments. The reader can draw his own conclusions:

"Yesterday (meaning the day of the Archbishop's death) was one of the best days the Archbishop had had since the beginning of his illness. During the morning he was unusually cheerful, and the physicians found his condition so favorable at the regular consultation time, THAT HE WAS PERMITTED TO HAVE SOLID FOOD AT THE DINNER HOUR, and the Prelate was promised that if his improvement continued he would be allowed to sit up to-day. In his exuberation, the Archbishop rested his hand on the edge of the bed and raised himself a few inches to show how marked was the improvement in his condition."

"Nothing could have been more sudden and unexpected than his death," said Dr. Keyes. "All traces of the disease were gone, the lungs were clear and he was breathing fairly well. It was the thirteenth day of the disease and all traces of the pneumonia had disappeared. The weakness had continued, but we had hoped to rally his strength. It was by far the Archbishop's most favorable day. He showed an interest in everything about him and was most cheerful."

About one half hour preceding his death "Sister Amy administered hypodermic injection of strychnine and nitro glycerine."