

SWIMMING—BATHING. HOW TO KEEP COOL. PHYSICAL BEAUTY.

Vol. I. No. 5.

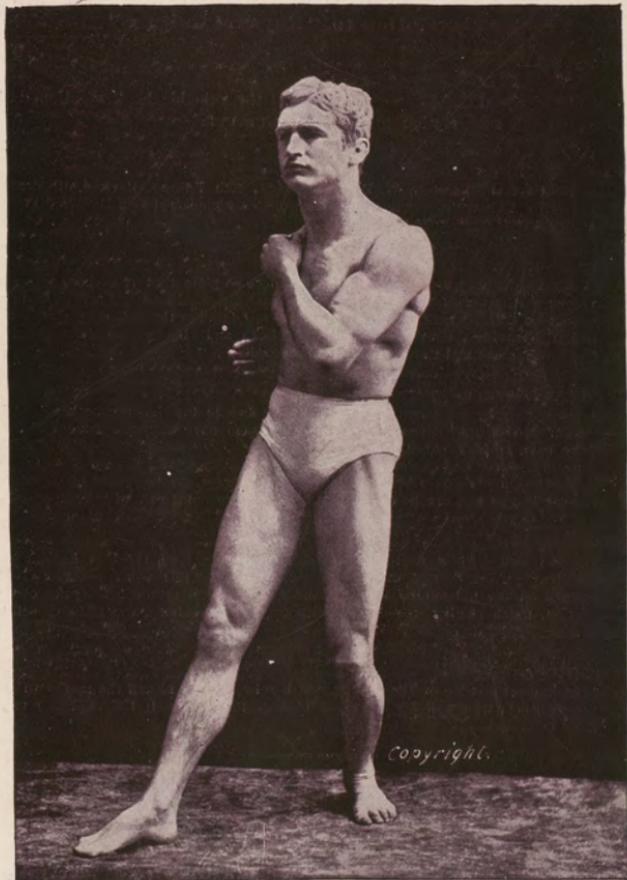
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SWIMMING—BATHING.

SALT WATER—FRESH WATER.

Great benefit can be derived by young and old, weak and strong, emaciated and obese, from fresh and salt water bathing. It is a fine tonic; it builds muscular and vital strength. Not only is benefit derived from the contact of the skin with the water but the air has a strengthening effect. And the sun—that great ball of fiery energy,—gives life, health, strength and beauty to plant life. Why not to human life? Do not be afraid of the sun—give it a chance to color your cheeks and arms with the beautiful brown which betokens the rich blood of health. It will mean longer life, fewer doctors' bills, more energy, and more of the gay blithsomeness of wholesome manhood and womanhood.

SUN BATHS.

No matter how beneficial any thing may be, too much of it can be taken, and the sun is no exception to this rule. When taking your

first sun bath, expose the surface of the body to the rays only a few minutes, gradually increasing the time each day as you become accustomed to it. There is absolutely no need of suffering the tortures of being sunburnt if sufficient prudence is exercised. Do not forget that although the sun may mar the whiteness of the complexion by tinting it a beautiful brown, it vastly improves it in whiteness and clearness when the tan disappears. Therefore do not fail to acquire the brownish tint this summer—it is fashionable, and if you cannot visit the sea shore or some inland resort improvise an imaginary one in your back yard, or any place where the rays of the sun penetrate.

SEA BATHING.

For increasing muscular and vital powers sea bathing is unquestionably superior to fresh water: It is more strengthening in its effect—

it is more of a tonic. It gives one more stamina, more health than will fresh water. This is more especially true of those inclined to be thin and ænemic. Too much fresh water bathing for those in this condition very often lessens the appetite and weakens the system generally; although one can stay in salt water as long as desired, and nothing but good results will be noticed—it being understood of course that sufficient intelligence is possessed by the bather to leave the water when so cold as to be uncomfortable. It is well to be careful in this respect—when the teeth begin to chatter, and no amount of moving or jumping around appears to bring warmth, get out of the water and remove wet bathing suit at once. Day after day as strength is gained and as the blood becomes richer, the chilling influence of the water will decrease. Take advantage of the opportunity afforded of being a girl or a boy again. Run up and down the beach. "Wake up" the muscles which may have lain dormant for months. The exercise necessary in resisting the surf is almost equal to that secured in the gymnasium, and it will bring color to the cheeks and health to many a weakling, if indulged regularly during the summer.

ACCELERATE CIRCULATION BY EXERCISE AFTER SEA BATH.

Immediately after coming from the water if you are at all chilly, quickly remove wet clothing, dry

the body, and take some active exercise to quicken the circulation. This can be done with dumb-bells, or an appliance of some kind, or free movements quickly performed. Remember to take this exercise in sufficient variety to use all the muscles of the body, thus bringing the blood to all parts.

MASSAGE BENEFICIAL.

After the exercise, or before if desired, massage of the muscles will be found beneficial. The hands can be used for this: knead and pinch the flesh all over the body. Of course massage by an experienced masseur is an advantage if such a luxury can be afforded. If not, employ a mechanical device such as the massage-exerciser, and you will receive almost as great a benefit.

FRESH WATER BATHING.

Salt water is undoubtedly vastly superior to fresh as a tonic, but much benefit can certainly be derived from fresh water bathing. The benefit of sun and the air baths can be secured, and, as before stated, these have a most decidedly beneficial effect on health and strength. Do not cumber yourself with any more clothes than is positively essential for the occasion; the less clothes you wear, the greater the benefits. In fresh water bathing be careful not to remain in the water too long. If in vigorous health, or inclined to be fleshy, not so much care needs be exercised,

but if thin or weak, the bath should last only a few minutes the first day—although do not be afraid of the sun and air—neither can injure, provided sufficient precaution is taken not to be sunburnt.

SWIMMING.

But little needs be said of swimming. One and all admit it to be a fine exercise. It is a whole physi-

cal culture school in itself when indulged in at proper intervals and not to excess. If you do not know how to swim, do not delay in learning. With the assistance of teacher, or of some friend, it will not be found difficult, and the fun and exercise of trying will be decidedly beneficial.

THE EDITOR.

HOW TO KEEP COOL.

But few are aware that the discomfort co-incident to extremely hot weather can be materially lessened by following certain rules in diet, exercise and bathing. A high temperature has very little effect on the body when the blood contains just the proper elements to sustain life and health under such conditions.

DIET.

Moderation in diet is primarily and positively essential if excess in these heat-producing elements is to be avoided. Entire abstinence from all greasy, highly seasoned, "heavy" foods is also required. Flesh foods of all kinds with the exception of fish, young chicken or similar meats, should be eschewed. Endeavor to confine the diet mostly to fish, vegetables and fruits. If

you must have meats eat sparingly of them. Do not stimulate the appetite—try to curb it if anything. Drink all the liquid essential to quench thirst, but do not try to stimulate the desire by "swilling" large quantities of lemonade, soda water, etc.

AVOID ALCOHOLIC DRINKS.

By all means avoid alcoholic liquors in hot weather. An alcoholic imbiber always suffers greatly at this season, and nearly every case of sun-stroke is made possible by the excessive use of alcoholic drinks. Every alcoholic drink taken on a hot day simply adds that much more fuel to the "furnace" already overheated.

BREAKFAST—LUNCH—DINNER.

Breakfast on fruit entirely—if

anything else is eaten it must be light. The mid-day lunch should also be light, and should consist mostly of vegetables and salads with some simple dessert. Dinner may consist of soup, fish, chicken, vegetables, salads and dessert. Encourage the appetite for salads—they are especially desirable in a hot-weather diet. Do not forget that quantity has much to do with your condition, so do not “stuff.” The satisfaction gained for a few minutes from gormandizing hardly compensates for the unpleasantness resulting from an excess of hydro-carbons in the blood during hot weather.

EXERCISE.

Many have acquired the impression that exercise is not beneficial in hot weather. They think it heats the blood and aggravates the condition. True, it heats the blood for the time being, but it is well to remember that it eliminates the excess of fats by combustion and when the circulation becomes normal after exercise, the heat does not effect one nearly so much as before. If you are in fairly vigorous condition, and desire to be thoroughly comfortable in the hottest kind of weather, spend at least half an hour per day at some vigorous exercise, when you can be so clothed that profuse perspiration will not cause inconvenience or discomfort. Immediately after this exercise, if the weather is especially warm, take a hot bath, ending

with cold. If in addition to this exercise, the suggestions made in reference to diet are adopted, hot weather will have no “terrors” for you.

HOT AIR AND HOT VAPOR BATHS.

If you are weak, or if the energy necessary to exercising for half an hour on a hot day can not be aroused, then take a hot air, or a hot vapor bath. Such a bath is about the best substitute for exercise that can be found. It burns the excess of carbonaceous matter, and throws off the impurities of the body, *but does not strengthen as does exercise.*

THE EDITOR.

MARRIAGE OF THE UNFIT.

Theft and murder are considered the blackest of crimes, but neither the law nor the church has raised its voice against the marriages of the unfit, for neither has realized that, worse than theft and well-nigh as bad as murder, is the bringing into the world, through disregard of parental fitness, individuals full of disease tendencies. This has been left to our own profession, and we shall be unworthy of its traditions if we do not, each of us in his own particular sphere, strive to bring nearer the day when, not in a heritage of woe but of blessing, the deeds of the fathers shall be visited upon the children unto the third and fourth generation.—*Dr. Harry Campbell, London Lancet.*

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THE GREAT POWER OF BEAUTY.

The wondrous power of beauty can hardly be realized. Exquisite music may thrill the soul, and make every nerve tingle with a delicious, inexplicable ecstasy; but the beauty of a superb, graceful womanly woman does all that and more. The remembrance of fine music may die almost as soon as the sound ceases to vibrate, but a beautiful woman often "burns" her likeness, her individuality, upon the brain of man, and it clings there day after day, and often year after year on to the end of life itself.

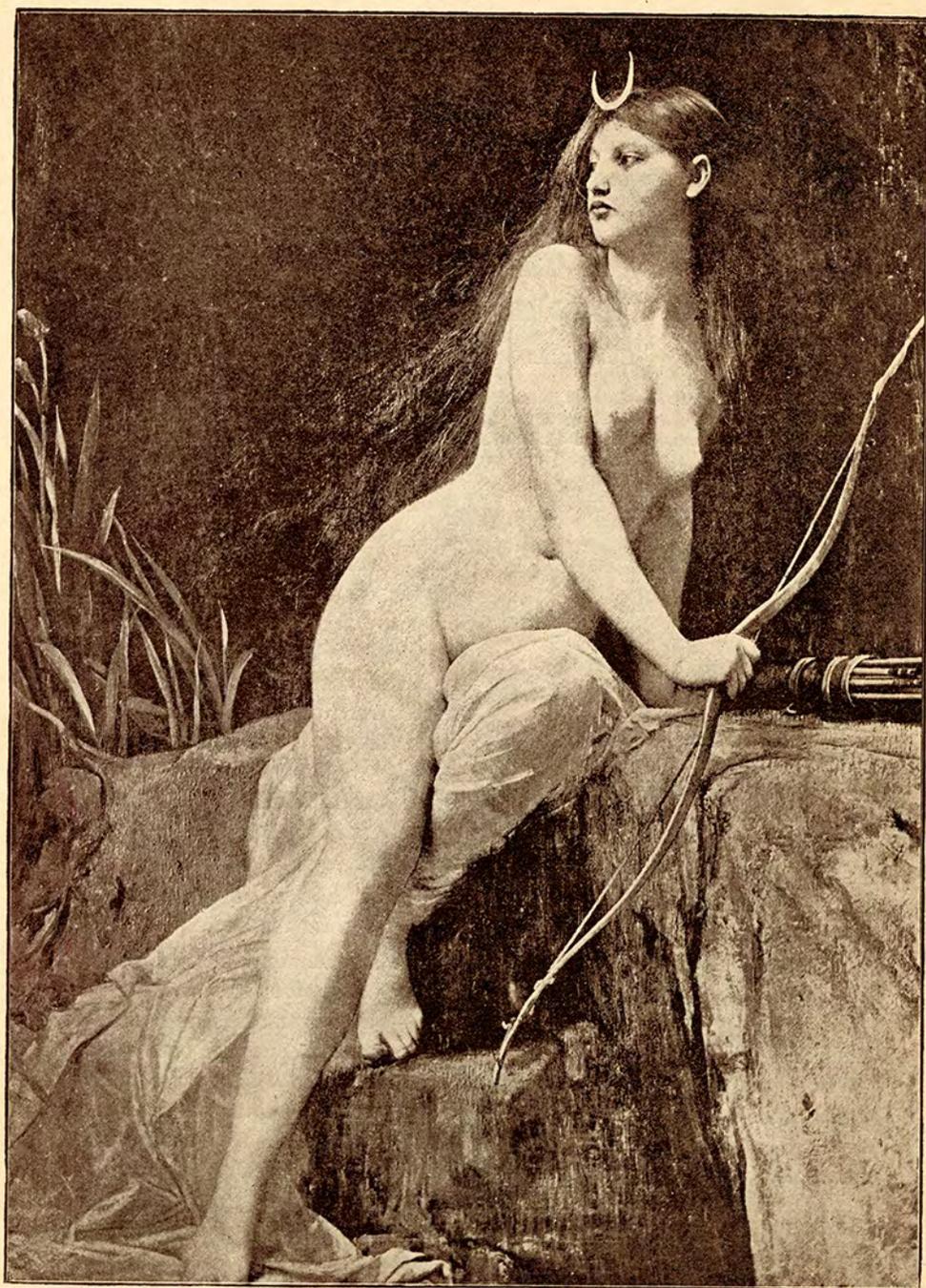
GENIUS INSPIRED BY BEAUTY.

Who half realizes how much beauty does for this world? Deep down in the innermost soul of every man whose genius has added to the treasures of civilization, there is the remembrance of some ideal, some beautiful face, some exquisite form which has spurred him on in his efforts toward the

rewards that fame may bring. Every novelist, every poet, every one whose genius ornaments the pages of imaginative literature, owes much of his inspiration to the worship of beauty in some form. It is the worship of the beautiful—the power to appreciate to the fullest extent the influence of beauty—which indicates the possession of those qualities essential to the acquirement of fame in imaginative literature.

BEAUTY'S MARVELOUS POWER NOT APPRECIATED.

But few women half realize the marvelous power they might possess—but few understand that to make a great success of life from the standpoint of happiness they must first be beautiful—it is their duty—it is a sin to be otherwise. It is like one refusing to make use of great natural gifts which lie dormant ready to spring into life. Does the reflection of your features destroy hope? There is but little in a pretty face—one can find



FROM THE PAINTING, "DIANA."

BY JULES LEFEBVRE.

such anywhere; but it is the magnificence of cultured beauty of body, of personalty, of character, that gives woman power sublime in its omnipotence. Be beautiful!!! Do not wait a minute—start now and cultivate beauty of proportion in mind, body and soul, and the reward will doubly compensate for the efforts made.—THE EDITOR.

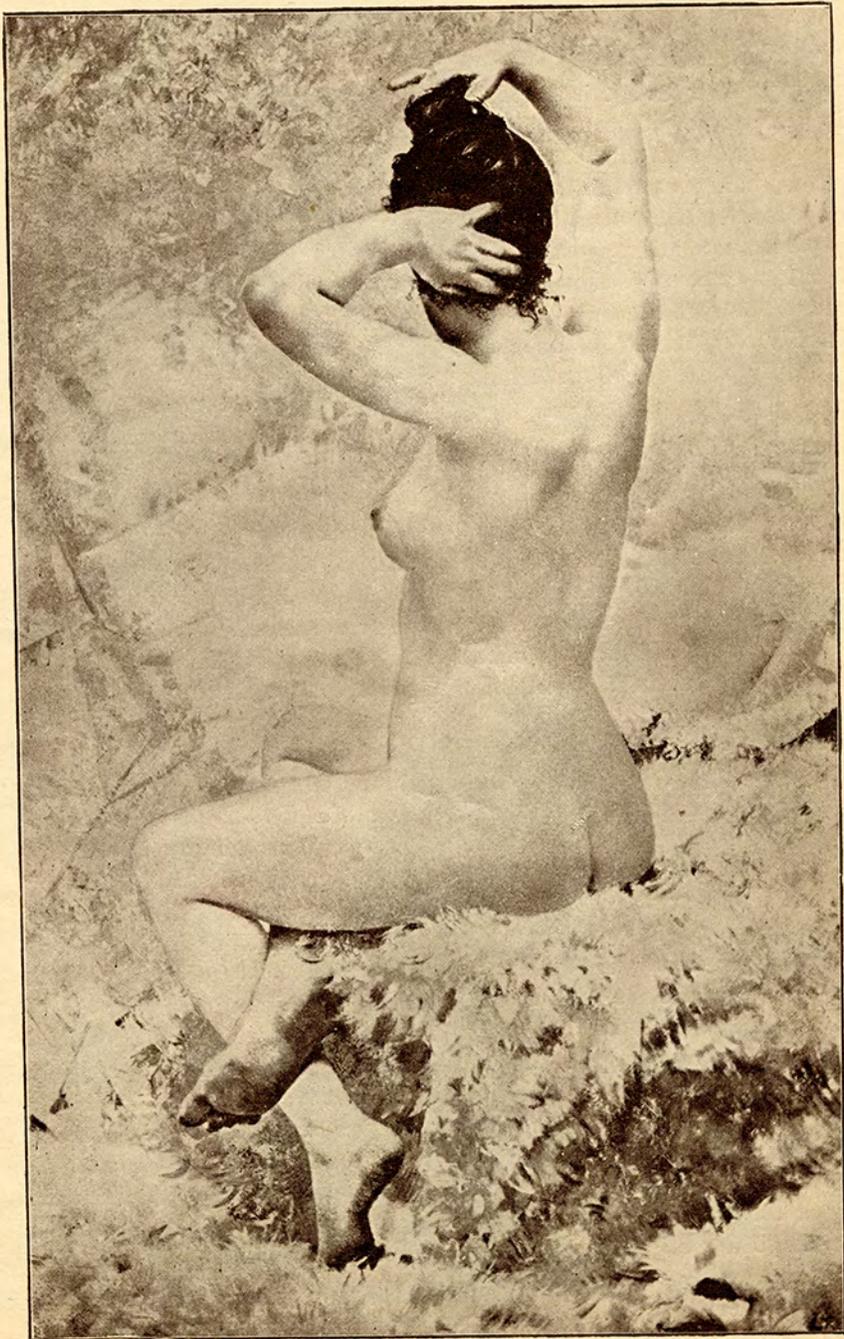
AN EXERCISE FOR INCREASING THE SYMMETRY OF HIPS AND UPPER PART OF LOWER LIMBS.

Many women imagine that they possess a beautiful form merely because they have large hips. Size does not constitute beauty. If so, the elephant would be the most beautiful of animals. Still less does partial development as of the lower limbs alone, lend grace and dignity. If so, the kangaroo would be our type of loveliness. Symmetry is the essential quality, and there are but few who possess it. The exercise illustrated in this issue on page 143 is especially advantageous for increasing the symmetry of proportions about the hips and upper part of the lower limbs. It also assists quite materially in decreasing the size of the waist. If the exercise is too difficult to perform as instructed, place the hands on the back of a chair and assist the muscles in rising. To bring about satisfactory results, the exercise should be taken regularly every day; after becoming accustomed to it continue each time until the muscles are tired.

FOR FILLING OUT HOLLOWES AND INCREASING LUNG CAPACITY.

The exercise illustrated on page 144 is valuable for filling out the hollows about the collar-bone, increasing chest capacity and building vital strength. Make the movement easily and smoothly until considerable strength has been gained. The exercise can be taken with benefit without an appliance.

An exchange says: "A prominent physician of India recently died from the bite inflicted from one of the deadliest of snakes. He had been making experiments with a view to the discovery of an antidote, and supposed he had rendered himself proof against the venom of snakes. One of the worst victims of rheumatism we ever knew was a man who had discovered a positive cure for the disease. The secretary of a notorious Cincinnati consumption cure company died of tuberculosis. The former proprietor of Lydia Somebody's great female nostrum is in her grave, dead from the very diseases that her successors are indecently advertising again in the poorer class of daily papers." We can add still another illustration to the foregoing. A few months ago a gentleman solicited our assistance in putting a cure for heart disease on the market. A few days later he expired suddenly while at his desk writing.



FROM THE PAINTING, "STUDY."

By E. TOUDORIZE.

CONTROLLED PARENTHOOD—THE INDIVIDUAL.

BY ALICE B. STOCKHAM, M. D.

The power of procreation is man's greatest gift. Blessed is fatherhood, thrice blessed is motherhood! To beget physical children, prompted by love and under conditions to project the best of themselves in offspring, is a joy and satisfaction. To know that man's power to create is a power within himself to be conserved, and that conservation trained to one's own development and life's uses is a fact worthy of all consideration.

Man is not a material machine. He has a soul that gives him ability to think, to act, to create. All forces and faculties are from within and manifest without. All functions of the body are soul expressions, are mind acting upon matter. It becomes man's privilege to understand all his powers, to train them into service. The ability to create is no exception to this fact.

Creative force has its origin in man's deepest nature, in divine life itself. Man's consciousness of the universal source that is inherent and operative through all nature, makes it possible for him to train his creative potency to great uses. He

may become the master and maker of conditions. There is no passion to usurp authority, no desire that he may not guide and direct. Even his divine nature may be evolved through the recognition, direction and appropriation of the creative energy. With proper understanding there need never be any loss, any waste or prostitution of these vital powers.

"We must begin with the assumption that all the potentialities that exist, exist in us.

"We must assume it to be true that the Kingdom of God is within us, that this Kingdom is our *real* selves and that through creative auto-suggestion is capable of infinitude in manifestation. All power necessary to bring to one all the good there is in life lies in oneself."

Through what may be called a spiritual alchemy, by right thinking the procreative force may be converted into altruistic desires and directed into channels of power and effectiveness.

Conscious thought becomes the impelling directing force, while the process and fulfillment are accord-

ing to law. One has only to control the thought which must be a *positive suggestion*, left undisturbed, expecting with certainty the accomplishment.

Through the recognition of duality in the manifestation of nature the creative principle, in the union of the male and female in the married life, becomes even more effective. There is no defilement or debasement in the natural and controlled expression of the sex nature. It is not the life of asceticism or repression; it is rather one of appropriation and expression. In acknowledging the life Source and conscientiously devoting the creative principle to achievement, to the activities of life, one is put in possession of new powers and possibilities.

A controlled parenthood, a conservation of the creative powers, aside from giving best conditions for child and mother, is of great advantage to the individual personally. It gives conditions for health, intellectual development and spiritual growth.

Both men and women have been healed of ailments serious and long standing by the redeeming knowledge that the creative forces belong to the higher life and through transmutation may be coined into health, strength and endurance. When the impulse for procreation is symbolized in passion as though it were an electrical battery of which you have entire control, direct this pulsing and throbbing of life to

enervated and diseased organs. Impel it by a strong, energetic thought to set in motion the vital energy in these parts, arousing into normal activity the inherent forces of life.

Not less effective can these energies of life be appropriated to intellectual attainment. Creative force brings forth according to the potent power of thinking.

Laboulaye asserted that "the passions take the place in the soul which the will does not occupy, and there may yet be discovered a process by which passion may be transmuted into intellectual fibre. This is, indeed, the highest possibility of human culture."

What this place is in the soul and what are their functions is coming to the knowledge of people who understand the germinating power of thought, and who have their sexual life under a wise control. Men and women practicing this control attest that their very souls in union take on a procreating power, and that it seems to have an impregnating force, that far transcends in power and intelligence any ordinary thought force. These mighty soul conceptions demand generation and birth, for the world is in need of their generative power. Let all children of men listen for these messages. Let them go into the hush of the spirit and await in the night stillness for the revelation. It may come in the fire of a poet or the eloquence of an orator, but certain if souls are attuned to life's harmonies the

law will be fulfilled in song and prophecy.

In every avenue of life, be it professional, commercial or industrial, the creative energies may be conserved, directed and appropriated so as to give power and effectiveness. In this knowledge is the key of success.

As one has said, "the greatest crown of honor to a controlled parenthood consists in its conducting to the highest and noblest spiritual development." Spiritual growth is man's understanding of his divine nature and his inseparable union with the omnipresent principle of life. Whenever or however man perceives this truth, it is borne upon his inner consciousness that the real enduring things of life belong to the spirit; while those that are evanescent, fleeting and unstaple are of the material.

In no part of life's domains are these new meanings more clearly perceived than in the creative powers. In the conception and birth of spiritual children—ideas, discoveries and aspirations—one's very existence vibrates in the divine unity of the universe.

CONCENTRATION AND CREATION.

It is a discovery in spiritual science that the reiteration of a thought brings about a condition or manifestation of what the thought expresses.

In concentration or mediation for development and power, we hold

closely to some thought of universal life and principle, some aspiration that widens our vision and attunes the soul with infinite harmonies. To make these mediations effective, as the spiritual vision is opened we must demand that the creative powers of our souls are put in operation. The mind must be fixed on and expect spiritual attainment.

This potent affirmation plants the seeds of power. Conditions are thus made for achievement; the way opened for accomplishment; the results of sexual energy are diverted into channels of usefulness through spiritual law.

Many have taught the conservation or appropriation of the sexual powers, but only recently has it been known that this conservation and appropriation is far more effective if it occurs at the time one experiences the creative impulse. It thus becomes a spiritual creation, a child of vigor. This is the time and occasion to make a prayer of faith—to demand fulfillment of the soul's aspirations.

There is no limit to the application of the principle. Are you a teacher, you demand to create conditions for success; a writer or speaker, that your words shall glow with the fire of truth; in commercial life, that your transactions shall progress to fulfillment; while through this spiritual alchemy of the creative powers the problems of the philanthropist are solved; the sculptor's marble glows with life;

the painter's canvas reflects love and intelligence.

This concentration and creation by souls who have high aspirations give a positive and impregnating force to all the mental activities. As the engineer conserves the great force of Niagara to supply mechanical power, so man, through knowledge of himself and his relations to the world, conserves the greatest of all his forces to life's uses.

Finally, to make controlled parenthood of value to the child, to the mother and to the individual,

one must have training in the knowledge of spiritual law, must at least have a glimpse of his relation to universal principle. Through this knowledge all things present meanings which enable him to appropriate wisely all activities and energies. It is no more a combat with this great force of life, but a conscious intelligent recognition of its power and a harmonious unity with its activities.

"Think on these things," for they may be called "the fruits of the spirit."—*Omega*.

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A BILL AGAINST TIGHT LACING.

One at least of the Wisconsin law-makers is in favor of ample waists, and has introduced in the Assembly of that State a joint resolution looking to the protection of women in the State of Wisconsin by making a law to prohibit tight lacing. He proposes a commission to be made up of three members of the Assembly and one of the Senate to draft such a bill as he has in mind. He says he believes tight lacing is a menace to the health of posterity, and that there is imperative need of legislation to stop it.—*Mothers' Journal*.

For Developing the Muscle of the Thighs and Hips.

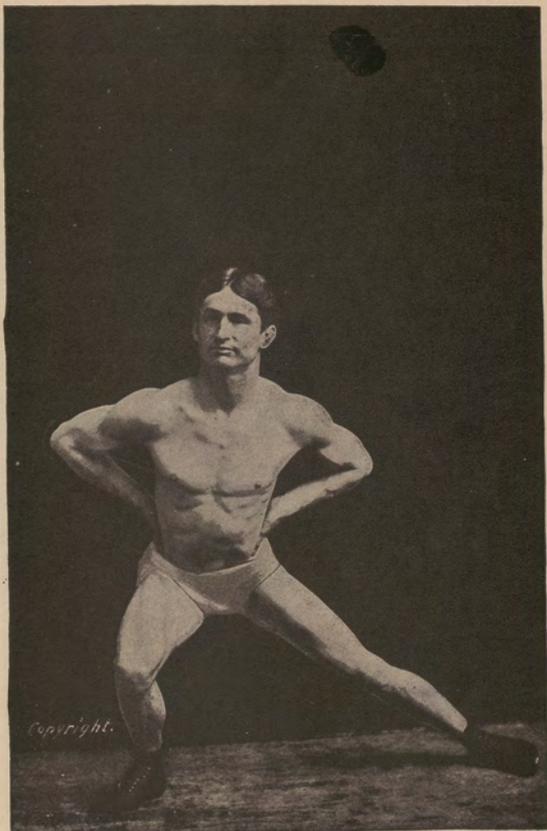


Photo from Instruction Book "MacFadden's Physical Training."

First, stand with feet far apart, then bend right leg as above; straighten right leg, making the left assist as much as possible in rising. Same exercise to left.

Variation.—As you go to the right touch floor to the right as far as you can reach with right hand; same to the left.

For Expanding Chest, Strengthening Lungs, Increasing
Hitting Power.

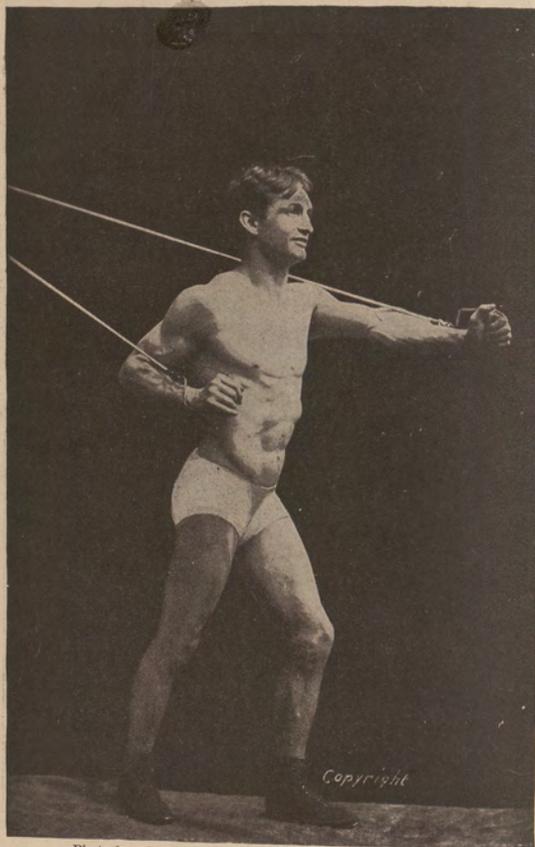


Photo from Instruction Book "MacFadden's Physical Training."

Spring backwards and forwards as though you were sparring, striking with right and left alternately. Reach out as far as possible each time. Imagine that an opponent confronts you, and hit hard. Any wall exerciser can be used for this, and it can be taken to advantage with free hand.

THE ATHLETE'S CONQUEST.

THE ROMANCE OF AN ATHLETE.

BY BERNARR A. MACFADDEN.

(REVISED BY THE AUTHOR.)

CHAPTER VIII.

A few evenings after the occurrence of events narrated in the previous chapters, Watson called at Harry's apartment. After chatting for a few moments, Harry suggested that, as the night was rather warm, perhaps it would be more pleasant to stroll towards the park. Watson readily assented to this.

"Happiness!" said Harry in a musing tone, breaking the long silence, as they moved leisurely along, "I believe that life would be more beautiful and more useful if we had more of it. Don't you?"

"I certainly do," answered Watson.

"When I was a boy I was taught indirectly that happiness was a sin—everything that was pleasurable for me seemed to be condemned as evil."

"Yes; that course is pursued by many parents even to-day," answered Watson.

"By being happy," continued Harry, apparently not hearing the interruption, "one grows into the fullness of a perfect life, mentally

and physically. Everything is a pleasure. Work is work no more; it is play. With happiness comes health. They are co-existent. So many complain of the unhappiness of life—and why? Because they do not cultivate happiness, or rather its companion—health. Why, sometimes when out under the trees, on a pleasant sunny day, I feel so infinitely happy, so perfectly satisfied at that moment, that I imagine the heaven of our dreams could be no better. The physical power within thrills me with inexplicable pleasure. How pleasant it is to be strong; for strength means confidence and power. Strength to the true man is like sweet music to the soul—it elevates, thrills and ennobles; it crushes out the lower nature, or imparts the power to control it. I glory in my strength. I love it beyond everything." Harry stopped. His words seemed to be inspired, so expressive and earnest was his utterance.

"There is much truth in what you say, Moore. I have often yearned for physical power; but I

never knew how to acquire it, and, therefore, I never was, nor ever will be, strong."

"You can be, if you wish."

"By exercise? No, it is too late for that now."

"Why too late? How old are you?"

"A little over thirty-two."

"And you say you are too old to improve yourself physically?" asked Harry, gazing at him.

"Well, I may not be too old to improve slightly, but it would amount to very little."

"Now, Watson, allow me to prove that you are entirely wrong. Have you ever exercised in a gymnasium at any time?"

"No; I have not."

"Have you ever performed manual labor on a farm, or elsewhere, that would develop your muscles, even slightly?"

"No."

"Well, your muscular system has never enjoyed the benefits of proper exercise. Those muscles, given you for active use, have remained idle, and necessarily undeveloped. Had they been used in your growing years, you could have improved far more than now; but you can even yet acquire great physical strength. You can at least double your muscular power, your manly vigor and your beauty."

"Ah, pshaw, Moore, you don't believe anything like that?"

"Don't believe it?" looking at Watson in a surprised manner. "I am compelled to believe what I

have seen with my own eyes. Many men have developed fine muscular vigor, although much older than you, and why can you not secure great improvement? Why, I remember an acquaintance who joined a gymnasium of which I was a member. Physically he was a ludicrous sight; he was about forty years of age, had suffered from dyspepsia for about ten years, and would have made a good living skeleton for some museum. Well, after three months of regular exercise, the dyspepsia was gone; in six months he had begun to develop considerable muscle, and after about a year he could hardly be recognized as the same man. His face was full and round; his eyes and skin were clear, and he presented altogether quite what the Irish call 'a fine figure of a man.' Now, if he was able to secure even an ordinary physique, you, with the health you already have, ought to grow into an Apollo with but little trouble."

"Now, Moore, do you really believe that?"

"Certainly, I believe it."

"If I thought such a thing possible—if I thought I could secure even a decided improvement in my physical condition—I would try it, and commence right away."

"Well, there is not the slightest doubt of it."

"How should I commence?" asked Watson.

"The first thing you—What is all that crowd about?" ejaculated

Harry, as he looked down the street and saw a great crowd assembled. "We have nothing of importance to do, suppose we see?"

"All right," said Watson, as they hurried along. The darkness prevented their seeing the cause of the excitement.

"Glory! Hallelujah! Bless my soul!" were the first sounds that came to their ears, mingled with the music, or rather noise, of a tambourine.

"Ah," said Harry, turning towards his friend; "Salvation Army."

"I thought it might be they."

"They are interesting at times," said Harry, as he continued to make his way towards the edge of the circle, followed by Watson.

They remained there a few moments studying the unique characters before them.

Suddenly, in the midst of a prayer, some one loudly cried, from the outskirts of the crowd, "Rats."

The man continued his prayer; and in a moment the cry was heard again, and was repeated by others, evidently a gang gathering there for the purpose of disturbing the meeting.

"Let's go, Moore," said Watson, touching Harry on the shoulder.

"All right," following Watson as he pushed through the crowd.

His eyes flashed as he heard again and again the same cry coming from some young toughs. Although the religion of the enthusiasts did

not appeal to him, he believed they should be allowed to pursue their own way undisturbed.

The two friends had reached the outskirts of the crowd, when by his side Harry heard a fellow shout again that insulting word. He saw the young ruffian in the faint light, and, without pausing to consider the consequences, exclaimed angrily:

"Have you no respect for any one, yourself included?"

"What's ye got to do wid it?" said the tough, leering into his face.

"Ah, come on, Moore," said Watson, taking hold of Harry's arm and attempting to pull him away.

"Young man," said Harry, as he shook Watson's hand from his arm, "I didn't say that I had anything 'to do wid it,'" mockingly. "I merely remarked that you ought to have some respect for others, even if you have none for yourself."

"Ye don't say; who be ye—the Mayor?"

Harry and Watson were both well dressed. They might have been mistaken for "swells."

"No; I'm the Mayor's father," answered Harry sarcastically.

"Ye be, be ye? Well, take that, ye big fat dude," said the tough, lunging heavily and striking viciously at Harry with his right.

Harry was looking for this, and he guarded the blow with his left, thereby turning the ruffian to one side; he then struck him a terrific blow with his right, felling him in a heap on the dusty street.

"Now we'll go, Watson," said Harry, turning and moving away before a crowd had collected around the fallen man.

"It would be wise," answered Watson, following swiftly. "I don't want to be arrested if it can be avoided."

"Nor do I," answered Harry.

But they were not out of it yet. One of the gang who stood by and had seen Harry drop their leader, noted for his fighting abilities, with "one punch," though struck dumb with amazement, recovered sufficiently before Harry and Watson had gone very far and whistled in a peculiar manner. He repeated this signal several times and moved away from the crowd, several following him.

"What's the matter?" asked one, speaking in a carefully muffled voice.

"Matter enough," said he, as all crowded around him. "Jim was knocked cold by a bloke of a dude."

"What! Jim? The devil! Where is de bloke? We'll kill 'im, and leave 'is carcass in de gutter."

"There he goes now. See 'im in dat gray suit jus' under de light!"

"All right. Here, Kid," turning to the smallest one in the party, "ye go look after Jim, and we'll tend to the dude."

Seven of them started after Harry and Watson, who were now about a half block away, while the "Kid" returned to look after their fallen leader.

Harry surmised that the fellow he struck was accompanied by a gang. For this reason he hastened away, fearing trouble which might cause their arrest and a large amount of undesirable notoriety.

They walked swiftly for a short distance, and Harry was about to hail a cab, when he spied some tough-looking fellows coming towards him up the street.

"Now, Watson, do you see those toughs coming towards us? We must watch them. That fellow may have had a gang, and they are probably after me. If they are, you had better keep out of the way. You may get hurt."

"No, sir; if there's a row, I'm in it too. I know I can be of some assistance," answered Watson.

Harry was noting their actions closely.

"See, they are looking for some one," said he.

Harry, though incapable of fear, was cautious; but now he saw there was no other alternative, for they were undoubtedly hurrying towards him.

"There will be a fight now sure, Watson. You get away, and stay out of it. I believe I can whip the lot if they use no weapons."

"They evidently want revenge," thought Harry. "The first man who comes near me measures his length on the sidewalk."

"There's de bloke," he heard one say.

"Now, careful; he's a scrapper," another remarked.

Harry ground his teeth with rising anger, eager to begin. To all appearances, however, they were not interesting him, yet he saw their every movement as they came towards him. The largest was slightly in the lead. Closer and closer they came, and they were but a few steps away, when Harry turned like a flash and faced them, his eyes brilliant with suppressed fire.

"What can I do for you?" he demanded in tones of ironical politeness, as they stopped and glared at him.

"Get around de blokes, boys, and we'll show 'em," was the angry retort.

Watson was evidently alarmed, but no coward, and was ready to give the best assistance in his power.

Harry remained mute; his eyes flashed with a light that daunted the more cowardly, notwithstanding their numbers, as he turned his gaze from one ruffian to another. They began to circle around. The sidewalk was wide; Harry and Watson were in the centre, and they began to move slowly backwards towards the building to prevent their being attacked on all sides; their assailants slowly followed.

Two on the left began to close in; they are coming too close.

The time for action is at hand.

"Look out, Watson!" cried Harry, as he turns with the quickness of a cat on two men at his left. He drives his right in the

face of one with the strength of a lion. He strikes the other a powerful blow with his left. The first one struck falls like a log; the other staggers; but Harry kicks him in the stomach with terrible force, and sends him reeling for the distance of a rod. The others are now upon him; he shakes them off as a cat would a rat, jumps back against the wall and faces them. Two have attacked Watson; those remaining now rush at Harry. They stop suddenly, cowed by his panther-like movements and grim appearance.

He looks like a tiger at bay; the veins stand out in his neck like whipcords; his eyes gleam with savage ferocity. He resembles a wild, angry animal fighting for his life.

Watson is scuffling with his two assailants; they are all rolling around on the sidewalk.

They show no inclination to advance on Harry; he advances on them. They show fear, and are backing away.

"Cowards!" yells their present leader, in savage tones, stopping suddenly.

Harry springs at him like one possessed; he strikes at him with his left; the blow is guarded, but he swings his right with terrific force directly over the heart. He staggers, reels and falls like one dead. The two remaining assailants come at Harry from each side as their leader is falling. They grapple with him before he has time to

strike either. He struggles with them a moment; suddenly he hiplocks one and sends him flying through the air. He turns and rushes at the only one remaining; but the coward has had enough; he runs away at full speed.

Harry turns to Watson and his assailants. One was holding Watson, while the other was striking him in the face. One blow from Harry's right on the neck sends the latter rolling over oblivious of everything.

He catches the other by the neck from behind with both hands. He chokes him with all his power; now he shakes him loose from Watson, raises him to his feet and gives him a kick that sends him sprawling many yards away.

Harry turns around with the vicious light gleaming in his eyes searching for more assailants. But the fight is over.

He saw one fellow get up and slink away. Three others lay there as though unconscious; one was leaning on his elbow and looking around in a dazed manner.

He turned and saw Watson standing by his side.

"Are you hurt, Watson?" he asked.

"No, only bruised a little. Great Lord! where are all those fellows? You didn't clear out the lot, did you?"

"Yes, certainly. We had better go at once," said Harry, taking Watson by the hand, as a crowd was rapidly collecting.

In answer to many inquiries regarding the trouble, as he was moving away, he said:

"Ask that man sitting there; he will tell you," pointing to a big fellow just rising, and then taking Watson's arm and hurrying him along, he said:

"Come on, Watson, quick; we don't want our names to appear in connection with this."

"My, but I'm a nice spectacle!" murmured Watson, more to himself than to Harry.

"Well, Watson, I asked you to keep out of it," said Harry, a little irritably.

"Keep out of it be darned! I'm no coward."

"You have proved that you are not; but you can do but little when a crowd like that attacks you."

"I kept two of them busy; but I was beginning to think that the whole gang was fighting me towards the last," said Watson, smiling grimly.

"You assisted me greatly by keeping those two busy. I might have been overcome without you."

Harry was not hurt at all, except the knuckles of his right hand, from contact with some one's jaw.

They finally arrived at Harry's apartment, and after lighting the gas Harry turned around to survey Watson.

"Heavens! but you're a sight," said Harry, looking Watson over from head to foot. "Just survey yourself," motioning to a full length mirror.

Watson regarded his battered countenance with solicitude.

Both eyes were black, a large layer of skin, reaching from his ear nearly to his nose, had been torn off his right cheek, and his face was bruised all over. His left coat sleeve was torn several inches, his tie had been jerked off, his trousers were ripped down the leg, and he was so covered with dust and dirt from rolling on the sidewalk that to determine the original color of his clothes would have been impossible. He gazed at himself a moment, then smiled slightly.

"That's what I get for listening to Salvation Army services," said Watson, grimly.

"By George! you'll have to go on a vacation, Watson. You can't go down town looking like that. You will never hear the last of it."

"That's so," still surveying himself.

"Come into my bedroom and I'll brush your clothes, and you can wash that dirt off your face and head, and bathe your eyes in hot water."

"All right!" answered Watson, following Harry. In a few minutes Watson was in a more presentable condition.

Harry tried to persuade his friend to remain with him for the night,

but he refused, as his return home was expected.

After Watson had departed, Harry reviewed the event of the evening and concluded that he had taught the "gang" a valuable lesson. "Of course, I'm sorry for Watson; but I tried to make him go away. I knew he would be hurt. He's too weak to take care of himself on such occasions. Nice boy, though, and no coward, by any means. But his cousin, Edith! Ah, she makes my brain whirl." He leaned back in his comfortable chair and closed his eyes. So often of late the thoughts of her had induced a delicious reverie. Not once since the night he left her in that troubled mood had he felt hopeless of winning her.

He was determined to gain her consent, cost what it might. At present, that was all he lived for—to win the woman of his choice. His affections, so long lying dormant, awoke with all the strength of his nature. He dreamed of her both day and night. Her refusal to allow him to call only strengthened his determination to have his way at any cost.

"I can call on the brother and sister," he thought, "and she can hardly refuse to see me. If she goes home, I'll follow after."

(To be Continued.)

THE EDITOR'S SPECIAL DEPARTMENT.

Criticisms, MSS., Photographs, etc., invited.

Questions of general public interest answered in this department.

Criticise, criticise—the more the better. If I am not adopting proper methods with this magazine, write and say so. Inform me how it ought to be done. Don't spare my feelings. I'm always willing and ready to learn.

Two of our subscribers have written and expressed the opinion that the copies of nude paintings now appearing in each issue will injure the publication. At least a dozen have written expressing an opposite opinion. What, does the reader think?

Answer to questions not found in this issue will appear in August number.

Question: IS IT WISE TO EXERCISE IN SUMMER TO THE SAME EXTENT AS IN WINTER?

Reply: Exercise is desirable and as beneficial in summer as in winter. In fact, as explained in article of this issue on "How to Keep Cool," if one desires to go through summer with the least degree of discomfort from excessive heat, a certain amount of exercise is of great advantage, though one must use judgment to avoid becoming overheated. For developing muscular power and general physical vigor, the benefits of exercise during the summer are unquestionably equal to that which can be acquired in winter. Of course the advantages of outdoor sports appeal to one more in the heated season, and

whenever the exercise essential to *using the entire muscular system* can be obtained in this way, not only more pleasure, but more benefit is derived.

Question: IS THE AMERICAN HABIT OF DRINKING ICE WATER AND COOLING DRINKS INJURIOUS?

Reply: The habit of drinking ice-cold drinks is unquestionably injurious to a certain extent in every case. If the digestive powers are very strong and the blood is able to quickly recover from the shock caused by the introduction of liquid from sixty to seventy degrees colder than the temperature of the stomach, the harm is not of very great moment, but with others iced drinks bring about numerous ailments that are attributed to other causes. The appetite for water of a temperature approximating the freezing point is as unnatural as the desire for strong alcoholic drinks, and in many instances is as harmful. No one ever likes iced drink when first used—it is a cultivated taste. A cool drink is, of course, desirable and wholesome, but it should not be colder than the temperature of cool spring or well water. Always mix water drawn from an ice cooler with that drawn from the pipes before drinking. It is much more effective in quenching thirst, and is far more healthful.

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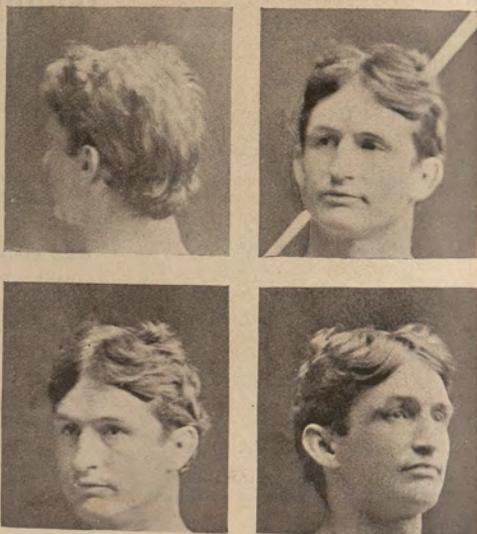
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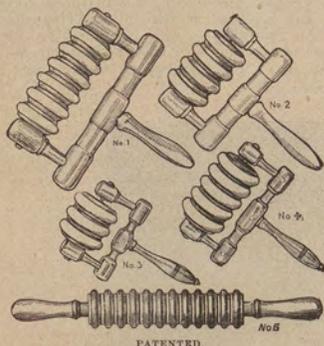
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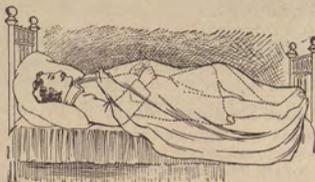
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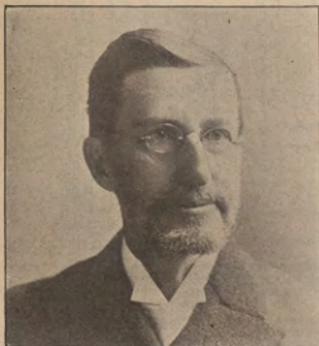
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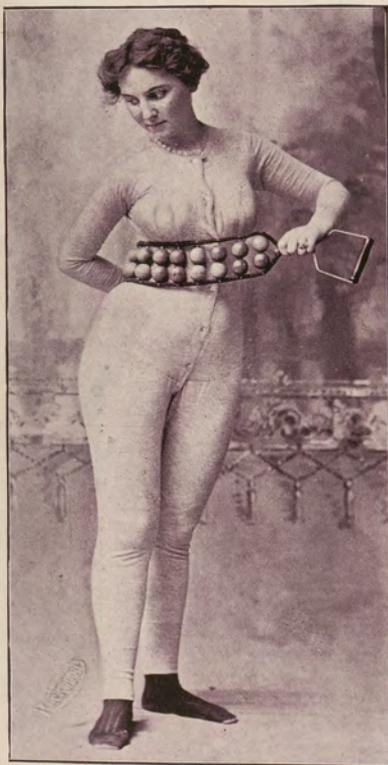
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