

PHYSICAL CULTURE

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

VOLUME XV

MAY, 1906

NUMBER V

Contents

(Copyrighted, 1906, by BERNARR MACFADDEN.)

	PAGE
LEADING ARTICLES FOR MAY—	
Tensing Exercises.....by Bernarr Macfadden	461
Amateur Athletics Exposed.....by Arthur Duffey	465
Home Life of a Modern Champion.....by W. Penn Franklin	477
Comstock as a Falsifier.....	487
Breathing Exercises for Women.....by Bernarr Macfadden	519
ORIGINAL CONTRIBUTIONS—	
Athletics for the Blind.....by Percy Trenchard	473
Samson and Hercules.....by Monroe Guy Carleton	481
The Strenuous Athlete Face.....by H. D. Jones	485
Weird and Wonderful Story of Another World.....by Tyman Currie	489
Rounding up the Quacks.....	498
The Influence of Youthful Errors on Mind and Body, by Alexander Walker, M. D. LL.D.	502
Mr. Baggs Teaches his Wife to Box.....by Jimmy Sunn	506
Physical Culture as a Deterrent of Crime.....by Bernarr Macfadden	516
Ideal Babyhood.....by Marguerite Macfadden	523
The Passage of the Pure Food Bill.....by J. Walter Smithson	531
Are there Traitors in the United States Army Department? by Henry C. Wilberforce	556
DEPARTMENTS—	
Physical Training for the Baby.....by Bernarr Macfadden	508
Athletic Training for Boys and Girls.....by Harry Wellington	510
Woman's Question Column.....by Bernarr Macfadden	526
Detailed Menus for One Week.....by Marguerite Macfadden	528
Comment, Counsel and Criticism by our Readers.....	533
General Question Department.....by Bernarr Macfadden	537
The Athletic World.....by Arthur Duffey	539
EDITORIALS.....by Bernarr Macfadden	550

Entered as Second-class Matter at Spotswood, New Jersey, Post-Office.

PRICE, \$1 PER YEAR, POSTPAID. WITH FOREIGN POSTAGE, \$1.60

BERNARR MACFADDEN, EDITOR-IN-CHIEF.

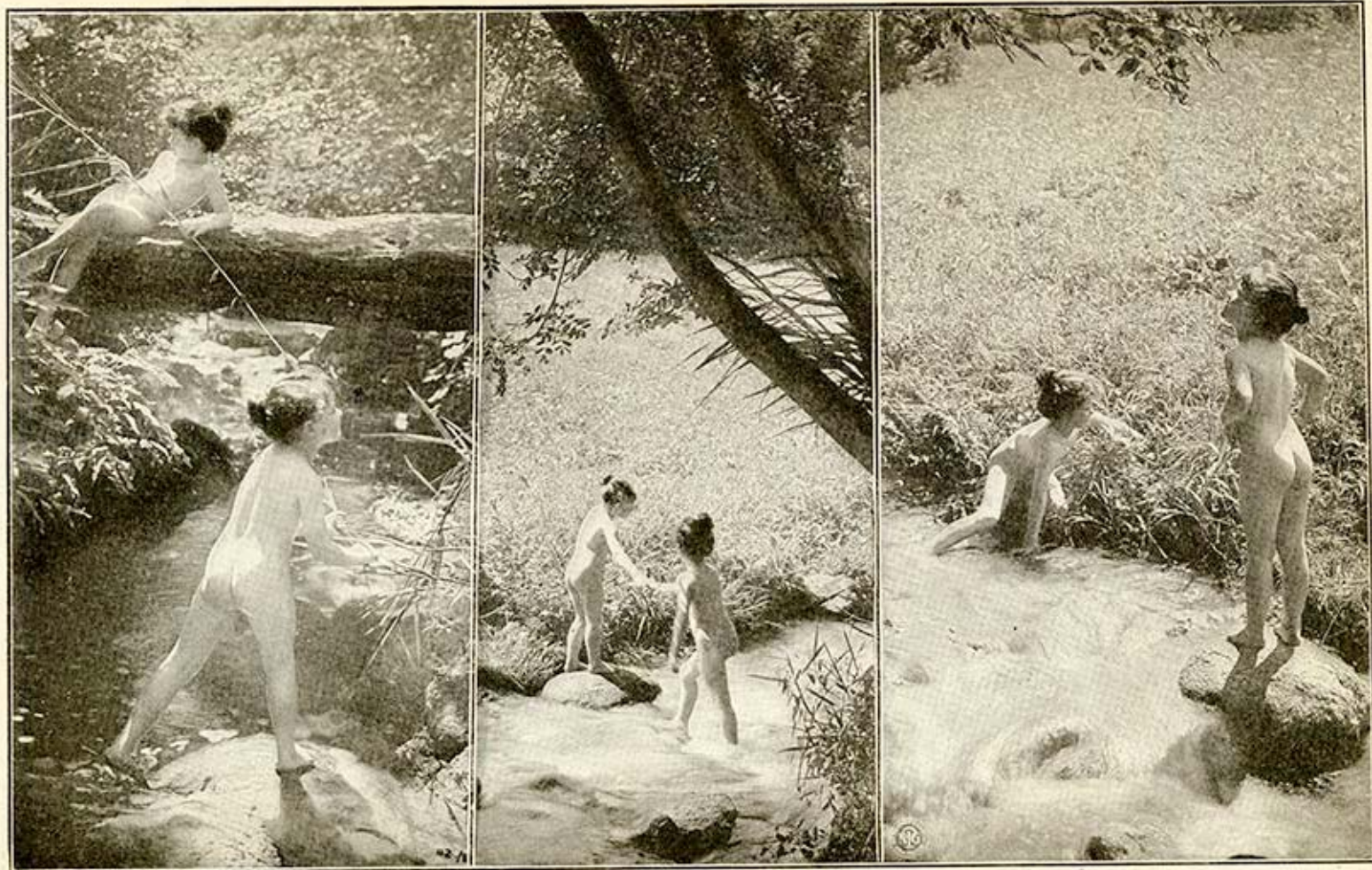
PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.
PHYSICAL CULTURE CITY SPOTSWOOD P. O., NEW JERSEY

Send money by check, P. O. or express order, or registered letter. When sending check always add 10 cents for collection charges. Stories and articles of unquestionable merit and photographs suitable for publication invited. The editor does not assume responsibility for opinions of contributors. We accept no advertisement from those whose wares we cannot conscientiously recommend. Patent medicine and other "fake" remedies cannot buy space of us at any price. We will consider it an especial favor if readers will furnish us with proof of any fraudulent claims made by advertisers our columns. We have refused, are still refusing, to insert advertisements which deceive and rob the unwary of money and health. If any of this kind by accident secure insertion we desire to know of it as soon as possible.

CHANGE OF ADDRESS. Notify immediately. In ordering change, give old as well as new address.

DATE OF EXPIRATION of your subscription is printed on wrapper. Please renew promptly.

THE ADVERTISING RATE IS \$1.75 PER PAGE PER INSERTION. HALVES AND QUARTERS PRO RATA. CARDS LESS THAN ONE QUARTER PAGE \$1 PER LINE.



CHILD LIFE BEAUTIFUL

So many readers have written that they were desirous of securing copies of the five beautiful pictures of child life published in the March issue that we have arranged to supply copies as premiums. The three reproduced above and the five previously published, on souvenir postal cards, actual photographs, not engravings, sent with a yearly subscription for five two-cent stamps in addition to the price of the subscription.

Tensing Exercises

USED BY ALL GREAT ATHLETES WHEN POSING—ONE OF THE MOST EFFECTIVE METHODS OF DEVELOPING THE MUSCLES—
SOMETIMES CALLED DOUBLE CONTRACTION EXERCISES,
AND OFTEN REFERRED TO UNDER THE HIGH-SOUNDING TITLE OF "PSYCO-PHYSICAL CULTURE."

By *Bernarr Macfadden*

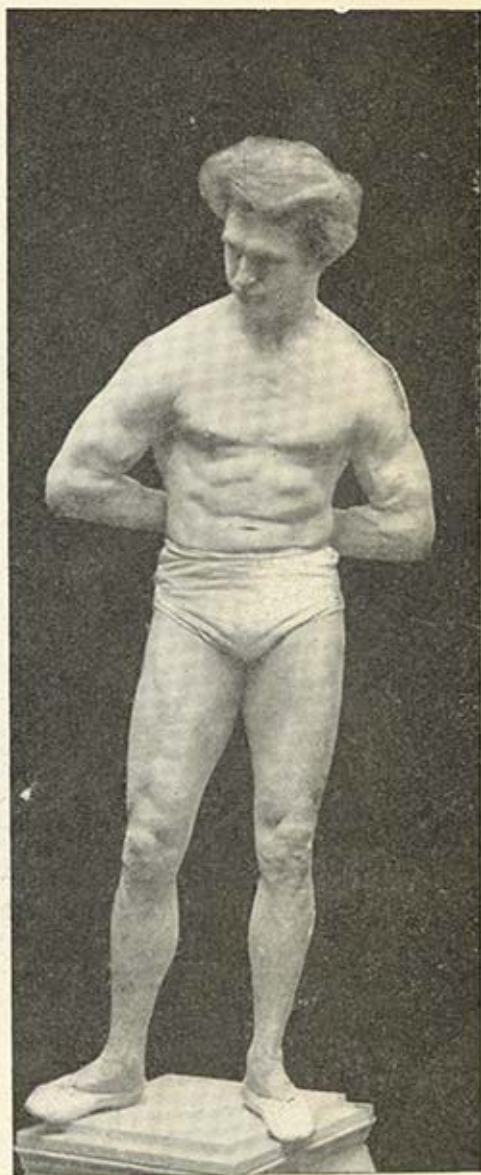


N excellent time to take the exercises illustrated in this series, is immediately on arising in the morning or before retiring at night, because at these periods, one can go through the movements without being inconvenienced by an excessive amount of clothing. In fact, it would be much better if the exercises were taken with little or no clothing at all. They can be made much more interesting and beneficial, if you assume the various poses described before a mirror. You can then watch the play of the muscles, and compare the movements as reflected, with the illustrations. This will add to your interest in the progress of your development.

You will soon notice a decided change in the appearance of your muscles. They will begin to outline themselves more clearly. Gradually, as the exercises are continued, this change in appearance becomes more permanent. The hollow parts will fill up, and when relaxed there is that pleasing appearance of roundness and symmetry to the muscles which is so much desired by those anxious to obtain a strong, beautiful body.

Do not worry if you are not able to acquire the perfect muscular control that I have referred to in a previous number. Take the exercises as described in each issue, and you will be surprised to note how fast you will improve your power of control. It will not be long before you can, by the mere effort of will, strongly tense the muscles of any part of the body.

It is hardly worth while to warn the beginner to avoid straining the muscles



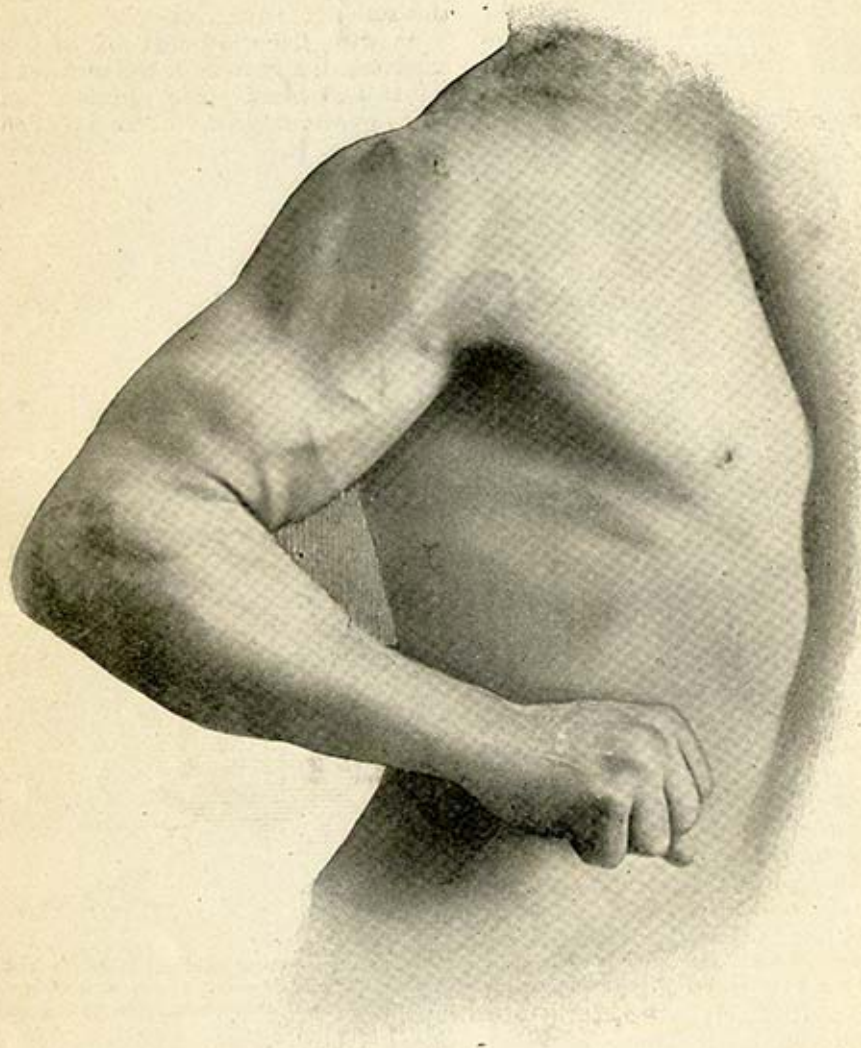
Exercise No. 5.—Assume the position shown in above illustration. Hands tightly clasped behind the back. Left foot slightly forward. Muscles of the legs strongly tensed. Shoulders down and forward. Muscles of upper chest and abdomen strongly tensed, as shown. Assume the attitude quickly and maintain it for a few seconds. Relax and repeat.

in exercises of this kind, as he can rarely obtain the muscular control to make such a result possible. But after con-

This should be remembered by the advanced pupil.

When one has acquired considerable

Exercise No. 6.—(See illustration on Cover). With right arm flexed as shown, grasp right wrist tightly with left hand. Now, pulling back vigorously against right arm, make an endeavor to straighten right arm. Repeat this effort several times until tired, and take the same exercise with the other arm.



Exercise No. 7.—Hands tightly closed. Arm partially flexed as shown. Muscles strongly tensed. Bring arm upward and backward, as illustrated, maintaining the position for a few seconds. Relax and repeat, taking the same exercise with other arm. Continue alternating from one to the other, until tired.

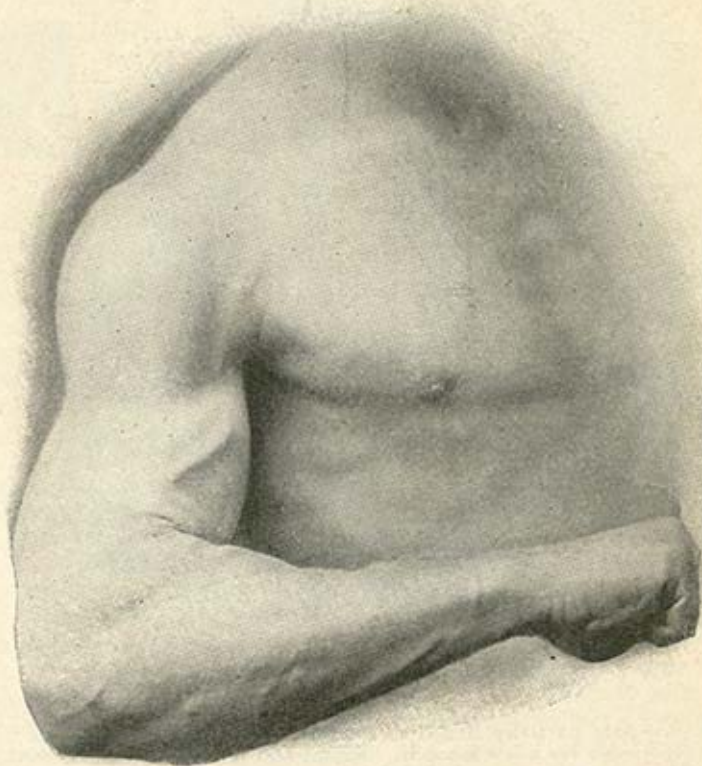
siderable practice one can tense the muscles so vigorously and maintain them in this condition so long, that there is a possibility of doing mischief to them.

proficiency in tensing the muscles, if they are kept in such a condition too long, there is always a possibility of enlarging or rupturing a vein. Results

of this character are far more liable to take place when there are digestive troubles of any kind, or if the student is on a heavy meat, or other stimulating diet. Under such circumstances, the tissues have not the same elasticity as when one is on a non-meat or vegetarian diet. They seem to be more chalky in character, and more liable to break or rupture. As to the length of time one should take these exercises, I would advise the pupil to continue until there is a feeling of slight fatigue, or a feeling

made apparent. It may be that you are improperly dieting, or that you do not get enough fresh air, or that in some other way or manner your body is not in that condition which it should be—certainly not the condition that will enable you to obtain all the benefits that might otherwise be yours through this series of movements.

As with the continued use of these exercises, the growth of the muscles becomes apparent, such growth being noted by the student, there is a tendency



Exercise No. 8.—Hand tightly clinched. Arm fully flexed, elbow held out from the body. Bring arm inward and across the body as far as possible, without bending at elbow, and maintain attitude a few seconds. Relax, and take same exercise with other arm, alternating from one to the other, until slightly fatigued.

of warmth due to the exhilaration of the circulation throughout the system.

This same sensation of exhilaration is also a sign that the exercises are beneficial to you. If it or the feeling of warmth is wanting, it might be as well to stop the exercises, until you have discovered wherein or whereby it is that the manifestations in question are not

to overdo the exercises. The temptation is a very natural one, but I would earnestly warn my readers against it for the reasons given. Excess in everything in life leads to evils and in no case hardly more so than in connection with strenuous exercises of this nature.

Be careful also not to seek to develop one part of the body as against its fellow

parts. Athletic beauty does not consist of huge bunches of knotted muscles on one pair of limbs, or in one region of the body, but is rather the outcome of a well distributed development of the muscles in general. These exercises are of such a nature as will easily allow one who does not heed the warning just

given, to unduly promote the growth of certain sets of muscles. Hence the necessity of using the movements as a whole instead of in part, unless indeed there are some sets of muscles so undeveloped as to warrant exercises which will effect them being used much more than their fellow muscles.



Exercise No. 9.—Arm partially flexed as shown. Muscles strongly tensed. Press arms against the body vigorously for a few seconds. Relax, and take same exercise with other arm, alternating from one to the other, until slightly fatigued.

DISTRIBUTE COPIES OF PHYSICAL CULTURE AMONG YOUR FRIENDS.

Many of our readers who have been greatly benefited by following our instructions, are anxious to promote the Physical Culture cause. To those who are willing to make some efforts in our behalf, we will send a number of sample copies of back numbers. They can be distributed among friends and acquaintances,

and after they have carefully examined the copies a number of subscribers easily secured. We would be pleased to offer a liberal commission to those who might be desirous of assisting us to increase the circulation of the magazine in this way. When writing state how many copies you can use.

Amateur Athletics Exposed

THE SIGNIFICANT SILENCE OF J. E. SULLIVAN IN REGARD TO THE MANY DIRECT CHARGES LAID AGAINST HIM—NOT A WORD IN REPLY TO THE ACCUSATIONS BY CARROL H. WYNNE IN THE MARCH ISSUE OF THIS MAGAZINE—GEORGETOWN'S OPINION OF SULLIVAN AND THE A. A. U.—SUPPRESSION OF STARS WHILE OFFENDING PROMOTERS OF ATHLETIC MEETS ARE OVERLOOKED

By Arthur Duffey.



HOUGH direct charges have been made regarding him and his methods, James E. Sullivan, secretary-treasurer of the Amateur Athletic Association, maintains a silence which is more discreet than honorable. These charges have been made, not only in the pages of this magazine, but in those of other publications, and in each and every instance they are to the effect that he, for interested motives, is deliberately violating the rules and regulations which he enforces in the case of others.

The Amateur Athletic Union also has taken no cognizance of the charges made against its high Muck-a-Muck. If these same charges had been formulated in the instance of an athlete, both Sullivan and his colleagues would have got busy forthwith. But under current conditions it would seem that while the A. A. U. is always willing to listen to garrulous gossip about those to whom it owes its existence and its revenues, it takes no notice whatever of those things which are removed from the domain of gossip into the kingdom of actual facts regarding its Czar and his helots. Evidently Sullivan, like other despots, is not only beyond but above the law—the law, so-called, of the A. A. U. In his case it is obvious that “the king can do no wrong.” Perhaps James E., like other rulers who have held to this belief may one fine day wake up and find that he is without a metaphorical head. As the matter stands, his insolent disregard of the rules which he tyrannically enforces

in the case of athletes is a challenge not only to justice, but to the manhood and self respect of American athletes in general.

Let us come down to particulars. In the March issue of PHYSICAL CULTURE it was directly charged that Sullivan, in return for supplying athletes to a Sportsman's Show which took place in the Madison Square Garden, New York City, received a rake-off on the gate receipts of that same show. That article was not published until I had had an interview with Mr. Carrol H. Wynne, the writer, and others concerned in the matter, who convinced me of the absolute truth of the statements published. Furthermore than that, affidavits were secured by the attorney of this publication vouching for the truth of the charges brought against Sullivan in that article. The gist of the whole matter was that Sullivan was making money out of the athletes whom he supplied to the Show, and where that money went to it was left to the reader to infer.

But did Sullivan attempt to reply to the charges so brought? Indeed not. This for the simple reason that he could make no reply. It is true that he tried to bluff Mr. Bernarr Macfadden by threatening to sue the American News Company if they distributed the edition of PHYSICAL CULTURE in question, but the distinction between a bluff and an action is very great indeed. The calling of the bluff, whether it be an assertion or an individual, is rather a pleasant process—for the caller. But it is otherwise for the called. Mr. Macfadden “called.” If Mr. Sullivan has

anything akin to self respect remaining, it is probable that he squirmed not a little, when he found that his bluff did not go, and that his little deal regarding the gate receipts of the Show became a matter of public record.

It has been proven therefore that Sullivan was guilty of a most flagrant violation of the rules of the Amateur Athletic Union. But that complaisant organization maintains an attitude of supine indifference. Why? The reply to this question is so obvious that it is hardly necessary to attempt to supply it. Sullivan is, to all intents and purposes, the A. A. U. You could hardly expect him therefore to inquire into himself.

It has been specifically charged that Sullivan was interested in Rodenback, the heavy weight amateur pugilist, and that when the latter appeared at Boston he received "excessive expenses" from Sullivan. These expenses were so notoriously heavy that they were made a matter of newspaper comment.

Will Sullivan reply to this charge? If not, why not?

It has been directly charged by Chicago newspapers that the A. A. U. whitewashed a local and influential club which is under its jurisdiction in regard to one of its members, the manager of an amateur pugilist, Tancel by name, receiving money for an appearance of his protege. The unfortunate athlete was punished, but nothing whatever was done in the way of disciplining the club or that member of it that was directly responsible for the offence. Again, this is a case of the little man getting the worst end of it, and the man with the pull being let go scot free.

Have Sullivan and the A. A. U. anything to say in regard to this charge also?

Fred A. Wenck, sporting editor of the *Evening Mail*, recently charged that the appointment of Mattie Halpin as manager and trainer of the American team that will compete in the Olympic Meet at Athens was due entirely to the fact that he is a "friend" of James E. Sullivan. Mr. Wenck adds that "his (Halpin's) experience as a trainer is *nil*—that is compared to the experiences a trainer is supposed to have had." The editor

also says "Of the many things inconsistent with what is best for American sport of which the Amateur Athletic Union is guilty, none shines out so daringly as this." In which opinion I fully agree.

Has Sullivan any reply to make to this? If Wenck is correct, Sullivan is deliberately jeopardizing the chances of the American team by selecting as manager of the same one of his "friends." My experience has been that the individual who is a "friend" of James E. Sullivan is the person from whom the latter can make most money. I am not a betting man as a rule, but I would like to give odds on it that the inside story of Halpin's appointment would make mighty interesting reading.

It is also charged that Joe Spencer, who has been selected by Sullivan as the distance swimming American representative at the Olympiad, has absolutely no right to the appointment on the score of his records. I need not recite these records at length because they are well known to the amateur world, except to say that in the recent mile championship Spencer was two minutes behind Brewer. A writer in a New York newspaper commenting on Spencer's selection asks "Is it because Sullivan needs Columbia that Kirby is one of the choosing committee?" To which the editor of the paper replies "Joe Spencer has no right whatever to have his fare paid to Athens by Americans who are loyal subscribers, *BUT WHAT IS A LITTLE THING LIKE RIGHT TO JIM SULLIVAN AND HIS 'FRIENDS?'*"

To which I say Amen. And I know.

Has Sullivan anything to say in reply to the foregoing?

Later in this article you will see the opinion of the Georgetown University in regard to Sullivan and his methods. As this concerns me directly, I refrain from commenting upon it at length. But does Sullivan care to reply to the obvious charges formulated in that same editorial in the *Georgetown College Journal*?

Depend upon it that he won't.

The business relations that exist between Sullivan and A. G. Spalding & Bros., makers of sporting goods, are of so frank a nature that I need not comment

upon them at length. To put the whole thing in a nut-shell, Sullivan through his position in the athletic world does his utmost to make the Spalding firm exercise a monopoly in the way of the goods with which the concern deals. Thus we have the fact that the Spalding discus is according to Sullivan the official discus; the Spalding basketball is the official ball; and the Spalding football is also the official ball in intercollegiate contests, all of which you will find set forth in the advertising pages of the A. A. U. rule book, and also in the Official Athletic Almanac, of which Sullivan is the paid editor. In this connection I would remind my readers that although Sullivan specifically declares in the Almanac that it is the official organ of the A. A. U., yet when I lately got him in court he denied this fact. Which is very illustrative of him and his. In other words, Sullivan has a very juicy financial snap in connection with the Spalding goods. All of which is the outcome of his connection with the A. A. U. And all of which is a brazen violation of the rules which Sullivan so jealously enforces in the case of others.

If you will read the advertisements of the Spalding goods you will find that in almost each and every instance, a champion is alleged to use the particular Spalding article which applies to his specialty. For instance, in the advertisement of their shoes, I am credited with this: (I quote from their last year's publication;) "Arthur F. Duffey, holder of the world's records, 9 3-5 seconds for 100 yards, wears Spalding's shoes in all his races." Now Sullivan knows as well as I do, that I never in one instance wore the Spalding shoe in any of my notable races. But if you will remember that Sullivan places all the advertising of the Spalding firm you will understand the reason of my alleged testimonial. If this is not making money out of athletics I should like to know what is.

Has Sullivan any reply to make to this charge?

The irony of all this kind of thing will be obvious. The unfortunate star athlete who gives up his time and labor in order to insure the success of an A. A. U. meeting is subject to all kinds of penalties if he endeavors to get the ex-

penses to which he thinks he is justified. But Sullivan, who, on the face of it, is making money out of his athletic affiliations hand over fist, pursues the even tenor of his prosperous career caring not for criticism, from mere athletes and maintaining a silence in the face of these charges that in itself is equivalent to a confession of guilt.

The following is part of an editorial in the *Georgetown College Journal* which fully expresses the sentiments of my alma mater towards the A. A. U. I infer that the A. A. U. endeavored to expunge the Georgetown meet, but as the reader doubtless knows, the college meet took place nevertheless, and I am pleased to say that it was one of the most successful in the history of the organization.

Also Georgetown University intends to refuse to abide by the decision of A. A. U. in regard to its "expunging" of my records.

"In the fall of 1905 Arthur Duffey, erstwhile of Georgetown University, was heralded in the press as acknowledging that he had been practically a professional during his entire career, a statement which we have been given to understand that Duffey has denied ever making. Straightway one James Sullivan, of New York, announced that from the published lists of records Duffey and his records would be deleted. The representatives of the press at the time besieged Georgetown to know what she was going to do in the matter. Georgetown held her peace. Subsequently the Amateur Athletic Union loudly proclaimed her decision to deprive Duffey of all his records. Duffey has since, we believe, entered suit to know the reason why. More recently the Intercollegiate Association is announced to have taken action similar to that of the A. A. U. We leave this matter to the Executive Committee of the Georgetown University Athletic Association, which it now behooves to sit up and be counted, either one way or the other, while we return to the A. A. U.

"On March 3rd, Georgetown University was to hold its indoor meet. On February 27th preceding, the head of the A. A. U. in these parts called at Georgetown University and stated that

he had been instructed to obtain from Georgetown evidence against the amateur standing of Duffey while at Georgetown, and in case of Georgetown's refusal of such evidence, to report the fact to A. A. U. headquarters in New York. However, we are credibly informed that the full instructions of the agent of the A. A. U. were to the effect that if Georgetown refused the evidence, he was to hold up Georgetown University's meet on March 3rd. Now, we respectfully submit that in these premises it is high time for us to stand up and speak out in meeting to the A. A. U. Our answer to the demand for evidence was that there was no record in the possession of the Georgetown University Association injurious to Arthur Duffey; *but that if there were such, mountains high, we would never place it at the service of the A. A. U.* We presented the following dilemma:

"When the A. A. U. branded through two, nay three continents Arthur Duffey as a rogue, it either had the evidence to support such serious defamation, or it had not. *If it had, then it need only meet Duffey with the same in the court and need not call upon us for assistance; if it had not, then it was hard to refrain from an uncomplimentary view of the action of the A. A. U.* We cannot bring ourselves to join in the general hue and cry against an alumnus of our own Law School without something more satisfactory than the A. A. U. had yet presented to the public.

"We are not yet enamored of the sacro-sanctity of the A. A. U. We are a bit puzzled to know why school boys and undergraduates have to be numbered like race horses in the registration lists of this jockey club controlling all the human racers, and wonder why our youth cannot compete in public in manly sport without paying an annual per capita toll to a company of dignified gentlemen, who divide in salaries the proceeds of a levy imposed to prevent the contestant looking askance at the dollars our careful friends shrink not from tainting their purses with. It is in our humble opinion a grave pity that the Intercollegiate Association ever allied itself with the A. A. U., and we hope one day to see her emancipate herself

again, and recognize that the best judges of the ethics of college sport are the college men and their alumni. This with our compliments to the A. A. U."

I have received a number of letters from friends and well wishers sympathizing with me on the score of the instigated newspaper attacks made upon me in consequence of my efforts to place amateur athletics on a higher and more honest basis by pointing out the evils under which the amateur world now labors, thanks mainly to the rules and regulations of the A. A. U. While I am both careful and appreciative in regard to these communications I beg to assure my good friends that the attacks in question were not of an unexpected nature. Before I put pen to paper in the first place, I from my knowledge of the lack of principle and the immoral methods of some of the A. A. U. officials, knew that the appearance of the first article of this series would be a signal for the letting loose of a pack of innuendoes and general misstatements from the kennels of the organization in question. The policy adopted by the A. A. U. in this instance is its policy in general. As long as a man is of benefit to it, and as long as he unprotestingly bends his neck to the yoke which it imposes upon him, he is safe from its abuses and criticism. Furthermore than that, the A. A. U. will overlook many matters which would not pass unrebuked in the case of those men who decline to be a mere cog in the A. A. U. machinery, but who have courage enough to assert their individuality and their manhood. If an athlete ventures to call his athletic soul his own, he is at once a marked man by the A. A. U. officials, and steps are taken either to make him understand that he has no right to hold or to express personal beliefs on any questions concerning athletics or he is disciplined out of the organization altogether.

The A. A. U. is a close corporation, or rather a trust, and corporations, as you know, "have no consciences." The very core of the typical trust, too, consists in centralizing power which is used for the purpose of furthering the selfish interests of a few men. If we apply this test to the A. A. U., we shall see that it is a trust indeed, and we shall also note that

while it pretends to exist in the interests of the athlete and the athletic world at large, it is making a great mistake in overlooking the fact that in many instances it seems to be impossible for a star athlete to hold a high office in the A. A. U., which is proof positive that it is not run entirely for the benefit of athletics. Study the careers and records of the men who are now at the head of the affairs of the trust and see if I am not telling the truth in this connection. Of course, the A. A. U. has to give an excuse for its existence by apparently guiding and directing amateur athletic affairs. But does it make an honest consistent effort to raise the amateur's status and give him everything that is legitimately coming to him? Until it does so the whole body will remain in that unwholesome and atrophic condition in which it now is.

Sullivan, you know, places the advertising for the Spalding interests, which advertising, I infer, during the year amounts to a very comfortable sum indeed. Now in newspaper offices it is the business department that wags the editorial tail, and you will therefore readily see that the sporting editors have to dance to the tune that Sullivan pipes to them on his advertising bagpipes. There is, however—and this is not a matter of belief but absolute knowledge on my part—a vast distinction between the estimate which some of these sporting editors personally place upon Mr. Sullivan, and that voiced in their columns. Sullivan and I were "Lovers once, although strangers now," and in the happy days that preceded the sun-dering of our mutual regard, he was expressing his opinion to me of the sporting editor of a certain metropolitan newspaper during which he characterized the gentleman in question as an athletic courtesan, although he didn't say courtesan. The opinion of Mr. Sullivan held by this sporting editor is equally unflattering. Nevertheless, the sporting editor in response to the beat of the baton of the advertising department says lovely things about James E. and digs at myself, although I am inclined to believe he actually holds friendly feelings towards me. But as I said before, I expected this kind of thing, and

even if the outcome of it all is the "expunging" of my records, which on the face of it, cannot be "expunged" because they have been made, yet the sacrifice of these records, if it means the throwing of light on the abuses fostered by the current conditions of the A. A. U. and the final removal of them, will not have been in vain.

Outside of the purblind A. A. U. officials, everybody knows that unless there is a radical revolution, amateur athletics, as far as America is concerned, will wane and languish. Remember that I have been in the game long enough to know exactly what I am talking about, and the foregoing is not merely prophecy but warning. I repeat with an emphasis born of conviction that is based on experience that unless the American amateurs in general insist upon a revision of the rules and regulations of the A. A. U., and a recognition of those rights of which they are deprived by the A. A. U., that athleticism will soon find itself on the down grade.

Before I finish with this aspect of the subject let me once more say that I am not attempting to place any "stigma" whatever on the American amateur, but that on the contrary, my efforts are in a precisely contrary direction. The "stamping of stigmas" seems to be just now monopolized by the A. A. U., as instanced by its attitude in regard to myself, Melville Sheppard, Alfred Shrubbs, and others of note in the athletic world. You must remember that I have no axe to grind, but that the A. A. U. has. You must remember, too, that I have much to lose and not much to gain by writing these articles. The A. A. U. has nothing to lose and everything to gain by attempting to belittle their intent, or to nullify their force. I would again call the fair-minded reader's attention to the fact that the A. A. U. has deliberately and with malice aforethought, promulgated a lie in regard to myself, upon which lie it has built a superstructure of falsehood. The allusion is to the falsehood industriously circulated by Sullivan that I was a self-confessed professional. I challenge Sullivan and his Bureau of Misinformation to find in any of my writings the alleged admission. The mere fact that the A.

A. U. has not dared to summon me before a committee and there directly charge me with professionalism is on the face of it a sufficient proof that it knew that it could not back up the lie in question. And it is to be added that all the attacks made upon me in the newspapers are also based on this same falsehood. You will have noticed in life that a man will defend a lie of his making with much more persistency than he will protect the truth of another. This queer kink in our natures probably explains the vindictive virulency of the Sullivan attitude toward myself and the attitude of his followers.

The perennial and apparently useless discussion of inducements offered to amateurs to enter certain colleges has resulted in the past in pages of newspaper space being devoted to it, much bitter feeling, and the wave of alleged reform which is now sweeping over intercollegiate athletic affairs. But it does not seem to have occurred to the athletic public that there is absolutely no difference between giving a scholarship to a promising athlete, and making a present to him of a membership in a prominent athletic club. Of the two, the scholarship is of more financial value than a club membership, but the principle is the same in both cases. If Sullivan really wishes to preserve the A. A. U. principles in all their pristine purity, why doesn't he take a leaf out of the current college athletic reform, and see to it that no man shall be given a club membership, and thus "receive compensation through his athletic ability."

Perhaps the most exasperating feature of the whole subject is the Pecksniffian hypocrisy of the A. A. U. as now constituted. Well may the amateur pray "Lead us not into temptation" when he gets up against the A. A. U. or its affiliated clubs. The promoters of athletic meets who are "next" to it, go out to secure drawing talent, the star knows that his attendance means loss of money that otherwise he would be earning at his trade or profession, and he is offered "expenses." And then in the newspapers one morning you read that he has been charged with professionalism. The situation very much resembles placing a barrel of beer before a thirsty man,

bidding him be temperate and threatening him with divers pains and penalties should he venture to quench his thirst.

"Evil" so called is not always evil in actuality. Legislators may for instance cook up all sorts of ridiculous statutes that are opposed to common sense and the instincts of humanity, and yet when people break them, they are doing "evil" in the sight of the law. You will see the point. Now, most of the "evils" that exist in the amateur athletic world of to-day are due to the rules and regulations which hamper and surround the athlete. The logic of the thing is, that if we are to have athletes of ability, they will have to be evolved either under the present system or not at all. The "evils" will remain as long as they are so christened, but the moment that they are seen to be at the basis of the well-being of sport, they will be given another title, and that of a complimentary rather than an unpleasant nature.

If all athletes could be reduced to a dead level of mediocrity, they if would never develop beyond a certain point, if there were no championships, and if there were no athletic meetings for the purpose of big gate receipts, the majority of the "evils" that now exist would not be in evidence. But the athletic make-up always prompts a man to try to advance in his specialty; the championships are the logical sequence of this kind of thing, and a goodly portion of the healthy minded public will always be found willing to pay money to see manly contests of any kind whatever. The outcome of all of which is, that the "evils" of which I have spoken are not as much outside of athletics, as they are part and parcel of them, and they will cease to become "evils" when an honest recognition is given to them and the conditions which they represent.

As I have said before, it would almost seem that the A. A. A. and the A. A. U. are organizations that exist not for the purpose of furthering amateur athletics and incidentally developing stars, but that they are in being for the total suppression of stars. The moment that a man ceases to become an athlete of average ability, and gives indications of being possessed of exceptionable ability, he is more or less of a marked man, and

opportunity is generally taken to attach a taint of professionalism to him. If he remains within the amateur ranks he is harassed and harried by public criticism, or by means which are in the hands of the officials. He is gradually forced out of the domain of amateurism by a system of handicaps that makes it impossible for him to win an event. How often do we see the star at the post of honor in vain try to overcome the nonsensical starts he is forced to concede by official handicappers who seem to be unaware of the limit of a human endurance and performance. Managements seldom care to put on a special event for him because in such cases they know that he would have a walk over. If you who read this have claims to being a star you will, I am sure, confirm what I have said in its entirety. After a time this kind of thing begins to prey upon a man. It gets on his nerves and affects his stamina. Sport becomes no longer a matter of recreation but rather a question of constantly meeting and warding off attacks made upon him on the score of his alleged professionalism in the manner stated. In a great many cases, he quits and the public hears no more of him. In other instances, however, where a hounded star refuses to yield to the influences to bear upon him, the charge of professionalism is publicly made, and is in a great many cases, substantiated with the assistance of those who are on his side in his palmy days, but later are found in the service of his accusers.

Among those stars against whom allegations of professionalism have been preferred, who, in consequence, have been suspended, either on vague charges or mere suspicion, and who also were in almost all instances never legally proven guilty, are these:—Bernie Wefers, the ex-champion sprinter, whose chief accuser was Caspar Whitney, the smooth and shaven editor of *Outing*, which person is according to "Honest" Jim Sullivan, "*the American exponent of clean honest sport*,"—please observe the "the." Mr. Whitney by the way, when he found that he could not substantiate his accusations, gracefully retired from the limelight of the controversy. Wefers was not suspended, Mr. Whitney

is now prominent in the affairs of the A. A. U., and the goose hangs high.

Of the recent attempt to oust Walter Eckersall, the football player and sprinter, from the amateur ranks on the charge of professionalism, I need not tell at length. It is interesting to note, however, that Eckersall was charged with playing on a summer baseball team for money. The team in question was known as the Spalding Team. It would be improper to suggest that Sullivan's affiliations with the Spaldings in a business way, had anything to do with the acquittal of Eckersall, but the fact remains. One of the side issues of the controversy was the throwing down of the gauntlet to the A. A. U. by A. A. Stagg, the physical director of Chicago University. Mr. Stagg stated that Eckersall was an amateur pure and proper, and that if the A. A. U. insisted upon trying to make him out a professional, that he, Stagg, would not allow any of his men to take part in the A. A. U. events. The matter ended by a back down on the part of the A. A. U.

Melville Sheppard is another victim to the policy of star-suppressing on the part of the A. A. U. At the present reading, it is "rumored" that he has been taking part in professional games, and in consequence of this "rumor," he has lost his chance of becoming a member of the American team which is to represent this country at the forthcoming Olympiad at Athens. This is a lovely instance of the methods of the A. A. U., and its regard for the principle that "Every man is innocent until he is proven guilty," together with the legal maxim that "No man can be compelled to establish his guilt." Sullivan declares that "If Sheppard can prove his innocence, he may yet be given a place on the American team." This too, be it remembered, in the face of the fact that no specific charges have been made against Sheppard. The attitude assumed by Sullivan and the A. A. U. towards this athlete is precisely the same as in my own case. In both instances there were no direct charges, and in both, an attempt has been made to impute "professionalism." If this is not cur-like, cowardly and contemptible action on the part of the men, including the

"Honorable," who direct the affairs of the A. A. U., I should like to know what is. I dare say that most of them have come in contact with the puffing poltroon who declares that he is ready to scrap with you, and who, when you offered to face him, puts his tail between his legs and scoots down the nearest alley out of your way. The genius of amateur sport is to fight fair. What admirable exponents of this spirit Sullivan and his associates are in connection with myself, Sheppard and a number of others.

Then again, we have Martin Sheridan, all round champion, who is accused of a technical charge of professionalism. The magnificent athletic past of this man is overlooked, the fact that up to this period, his honesty was never questioned is totally ignored. The old ladies' coterie of the A. A. U. has been gossiping about him—he is suspended in consequence. As I understand it, the chief charge against Sheridan is that he was more or less of an athletic director at Pelham Bay Park. If that is so, how comes it that a number of A. A. U. officials who also became athletic directors, or through their knowledge of athletic affairs were connected with money making schemes, were not charged with professionalism, and thus thrown out of the A. A. U.?

For instance, William B. Curtis, many times the president of the A. A. U., was at one time director of the sports at the Sportsman's Show at Madison Square Garden. James A. Sterrett, another A. A. U. official, acted in the like capacity in Chicago. John W. Keely of the A. A. U., held a similar position in a Philadelphia show. A former famous amateur swimmer had charge of an enterprise at Cleveland, the main feature of which was A. A. U. swimming championships.

Two other men of championship reputation whom the A. A. U. tried to suppress on the score, it is to be presumed, that they were becoming too prominent, were Messrs. Joyce and Castleman, of the I. A. A. C., to which I have already alluded. And this kind of illustration might be extended indefinitely.

It is not to be assumed by this that I am defending the amateur who enters a contest under an assumed name, or in

open professional events. In such cases, he should certainly be disciplined, but as between that and suspending a man on the strength of mere rumor, there is a vast difference indeed. As the matter stands, the A. A. U. has deliberately jeopardized American athletic prestige by making up a team for the forthcoming Olympiad which in some cases at least, is not representative of the athletic ability of the United States.

The Chicago Inter Ocean recently said: "It is seldom that whitewash is found necessary in the pugilistic game, but the first streak of the liquid was spread by the Central A. A. U. registration committee at a meeting the past week anent the Tancel case. The full coating will doubtless be administered within a week, and, as usual, the guilty will be reclathed in spotless white, figuratively speaking, and the little fellows will bear the brunt. *The Amateur Athletic Union, as conducted at present by Secretary James E. Sullivan, has long outlived its usefulness, and its latest proceeding in the middle West emphasizes this assertion so far as this section is concerned.*

"Manager Howard Carr received money for himself and his protege for participation in an amateur boxing contest. The protege was then temporarily abstracted from beneath the managerial wing and the manager roared lustily and revealed the violation of the amateur rules.

"How about the punishment? Tancel is permanently suspended for receiving money, which indicates that the registration committee was obliged to acknowledge the corn to this extent. That brings the matter to the doors of the Chicago Athletic Association, an employe of which was charged by Carr with having given him the money. If this money transaction took place it was on behalf of the C. A. A. This association gave the boxing show, yet no word has come of the suspension of the club from good amateur standing.

"The whitewash becomes more distinct. *It is apparent that although Tancel is convicted on the statements of himself and his manager that money was received for amateur services, the accessory to the crime—to wit, the C. A. A.—will emerge unscathed by the wrath of the A. A. U., no matter what public opinion may be"*



Blind Athletes Ready for the Sprint

With one hand they take hold of a spool that moves along the wire as they run, thus guiding them along the track and telling them when to stop

Athletics for the Blind

PROPOSED NATIONAL MEET OF BLIND ATHLETES WILL BE THE MOST REMARKABLE EVENT IN THE HISTORY OF SPORT—CONTESTANTS ARE IN TRAINING FOR THIS UNIQUE GATHERING—HOW THE BOYS SPRINT, JUMP AND THROW THE WEIGHTS

By Percy Trenchard



HOW impossible—that boys hopelessly blind can compete in field sports! This will be the first exclamation of those who read that there has actually been planned a great athletic meet of the blind athletes of the country. Should a doubt be expressed in the presence of any of the trainers of the blind, or in fact in the presence of the blind themselves, it is probable that some indignation would be expressed at the mere suggestion of anything wonderful in sightless persons running, jumping or throwing the weights like their more fortunate fellows who can see. Not only can the blind perform almost all the feats of

the modern athletes, but they have a strong objection to having such an almost incredible ability characterized as "wonderful."

At the Institution for the Blind at Overbrook, near Philadelphia, the boys are straining every nerve to get in condition for the proposed series of national contests among sightless athletes, the first meet of its kind in the history of sport. The closer one views the seemingly impossible tasks that the blind boys have set themselves, the easier it is to understand how they are able to run like the wind, jump long distances, play football and do almost anything in the athletic line that is apparently impossible without sight.

The boy who was practicing at put-



Scene on the Campus

Blind Boys Playing Football

ting the shot when the writer visited the institution was using a shot with a rope attached to it. When he had balanced himself and thrown the shot it would be impossible for any one who did not know the fact to tell that the boy was blind. The confidence, the poise and the cast were all as natural as though done by a boy with perfect sight. Only when the boy began to haul in the line could it be seen that he was afflicted with blindness. As he hauled in he measured the length of his "put" by the line, and as he poised himself for a second attempt, it was evidently with the determination of causing a greater length of line to trail after the weight. Very simple, after all for a boy to be a shot putter, although unable to tell where the shot falls by eyesight.

So with the sprinters. Two boys at a little distance from the shot putter were practicing the sprint. Beside each boy was a taut wire and on the wire was a spool. Each boy grasped his spool and as the word was given to start ran with the speed of a deer and with every bit

as much confidence, the spool jingling along the taut wire and holding the boy to his course. As long as he held to the spool he knew that he had a clear field.

The long jump, standing, presents little difficulty. The boy is placed at the mark and jumps as far as he can. His jump is measured, marked, and it is the turn of the next contestant. The high jump, standing, is more difficult, but with the wonderful sense of distance that the blind possess by touch, it is only necessary for one of the sightless athletes to be placed opposite the marks and allowed to feel the height of the bar and he is ready for the signal. It is asserted upon the authority of Edward E. Allen, well known as an instructor of the blind, that when a blind boy runs at full speed he is doing the most daring feat of which a blind person is capable. At this institution and at many others throughout the country where boys are training for the contemplated athletic meet of the blind, many sightless athletes can be seen daily in fine weather and in the indoor gymnasiums during dull days,



Exercises on the Playground

Walking on Stiffs and Leap Frog

practicing both the run and jump with all the confidence and abandon of persons with perfect sight.

As for doing stunts on the trapeze, the flying rings or the vaulting horse, any blind athlete would think the person joking who professed to think there was anything out of the ordinary in these. If you suggest to one of the instructors that it is still more wonderful how the boys find the apparatus without being led up to it, the instructor will probably agree that this is one of the really remarkable things about them. A person born blind has no sense of distance as revealed by sight. He merely goes by the count of footsteps. Let him once locate the flying rings or the trapeze in the gymnasium and he will thereafter go from one point to another so many steps, from that point to another so many more,

and so in time will reach his objective without seeming to do anything but walk direct to it, as though really able to see where it stands on the floor or is suspended from the ceiling.

Another apparent joke is to say that blind boys play football, and yet they actually do and a game of football will probably be a feature of the coming meet. The ball is located by sound. As played by blind boys, the game is more of a kicking game than the ordinary college game. The players strain every nerve to hear the sound of the ball striking the ground. The boy who hears it first runs in the direction of the sound, grabs the ball and kicks it towards the opposing side's territory. There is no tackling. When the ball is kicked behind the opposing players' goal line, the side kicking it wins.

PHYSICAL CULTURE FOR POSTMEN

We are indebted to Mr. Luther A. Ryer for his efforts in diffusing physical culture teachings among the postmen. As a contributor to *The Postal Record* he recently referred to this magazine and the work of its Editor in a article of over two thousand words. The following paragraph is quoted from his remarks:

"Two months ago I never knew such a man existed. His teachings were brought to my notice by a friend about the middle of October, owing to a severe attack of indigestion that laid me up for six weeks. This friend brought me a full two years' subscription of the Physical Culture Magazine, and upon reading them, I want to freely state, I found more good, sound common sense within the contents than I've had the privilege of absorbing in years. I immediately set to work after figuring out a plan of action which contained the principal theories advanced by Mr. Macfadden. In two days the benefits I derived could not be questioned, and the funny part is this: it did not cost me a cent. That is why I want my brothers to know of the

existence of these methods. I have always found the general run of carriers to be sensible alert men, with responsive minds, capable of judging those things which might be best for their interests, otherwise should refrain from presenting this article, for fear they might consider me somewhat of a crank. That is what they called Bernarr Macfadden when he first advanced these ideas. Remember, they are not mine, although I accept the truth contained within them, and hope to spread it gratuitously. Think of curing smallpox in four or five days without the use of medicine, with absolutely no chance of scars from the disease. Think of curing rheumatism, consumption, indigestion, rupture, baldness sore throats, also numerous other afflictions, and no medicine. Think of knowledge that teaches your wives how to train your children so they may become strong and healthy. And it is all so simple—nothing to it but perseverance and a steadfast purpose to be healthy, along with a little intelligent study of methods that bear the essence of truth, the common principles of Nature."

HEALTH, WEALTH AND LIFE DUE TO EXERCISE

Judge Wharton of Omaha declares that he owes his life, if not what he accumulated in wealth, to directed exercise in the local gymnasium by means of which his health was restored. A few years ago he rode to and from his office in his carriage feeling that he was too weak to walk, being a very sick man. The doctors could not help him. One day he went to see an old doctor who had known him in his boyhood days. He told him his story, asked him to help him and if he could not, to tell him if he was going to die, so that he could adjust his affairs. The doc-

tor prescribed for him on condition that he take his medicine, and this he agreed to do, no matter how bitter it was. The prescription was a five mile walk each day and exercise of an hour and a half in the Y. M. C. A. gymnasium. He soon regained his health and although already past fifty, is now as strong and chipper as at thirty. He became a "wild and whooping" basket ball player in the business men's class. This was relaxation and fun. He became enormously wealthy, and there is not a happier, sounder man in Omaha than Judge Wharton.



Mr. Hagan and his Family. Standing, reading from right to left: Joseph Hagan (Jack O'Brien), Miss Elizabeth Hagan, Miss Sadie Hagan. Sitting, reading from right to left: Mr. Hagan's Mother, Miss Kathryn Hagan, John Hagan, Miss Anna Hagan, Mr. Hagan's Father

The Home Life of a Modern Champion

By W. Penn Franklin

This intimate study of the life and character of the champion fighter of the world, "Jack O'Brien," in his private capacity as Mr. Joseph Francis Hagan, was written only after a thorough sifting of all the facts bearing on the subject. It is published now, as an appropriate preface to the series of articles, "The Modern Art of Self-Defense," by the Champion himself, which begins in our next issue.—*Bernarr Macfadden.*

"Konsider the Postage Stamp, my Son. Its usefulness Konsists in its ability to stick to one thing until it gets there."—*Josh Billings.*

(One of the rules of conduct, as he calls them, hanging in Jack O'Brien's home study.)

IN the course of the arrangements necessary for the planning and the illustration of the series of articles on "The Modern Art of Self Defense," by Champion O'Brien, I had occasion to repeatedly visit him at his home on Locust Street, in West Philadelphia. Once, as we passed to his study on the second floor, the open door of the rear room caught his glance; and he said:

"That's my bedroom. Look in. Isn't it comfortable?"

It was—a ample and bright, a room of the kind suited to a man whose body and spirit demand freedom and space. Yet, in its simplicity, it

was the room of a man requiring few luxuries; and, in one detail of its furnishings, it

was evidently the room of a religious man. At one side, convenient for prayer morning and evening was an oratory, the prie-dieu being evidently in regular use. "I see," I remarked, "that you are devout." "Oh," saying it as the mere statement of the fact, with neither pride nor depreciation—"I am a consistent member of the Church, fulfilling all the duties it requires."

"And your parents' rooms?" for I was interested



"MR. JOSEPH F. A. HAGAN
"Jack O'Brien," the World Champion

enough to be indiscreet.

"Why," with a wave of his hand



The Beautiful Residence on Locust Street, in Philadelphia, which Mr. Hagan bought for his Parents

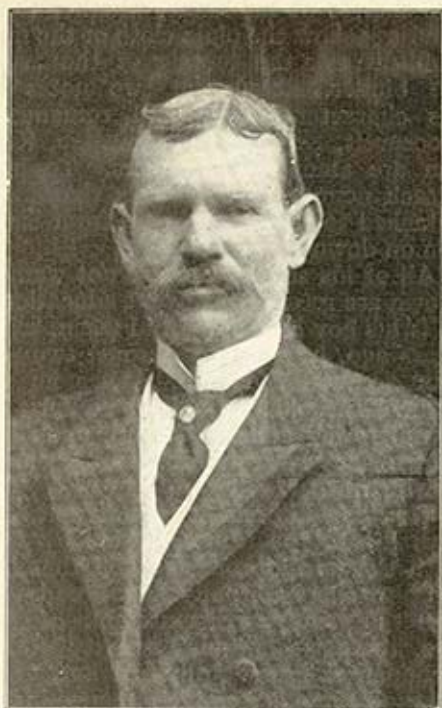
toward the more spacious apartments we had passed, "they have the whole front of the house, of course."

This seemed to me a most characteristic and significant feature of the private life of the young man—he is only twenty-eight—who, within less than a decade, has arisen from comparative poverty and from absolute obscurity to large wealth and world-wide fame. It was Balzac the sociologist who described the foundations of government in the integrity of the family—it remains for some such perspicacious mind today to discern the falsity of the familiar sneer that children in America lose the reverence due their parents and to demonstrate the modest, almost forgotten truth, that American sons, as a rule, insist on occupying the subordinate position in the household long after they have become its mainstay, as in the case of Joseph Hagan.

Some time afterward, I learned how the family came to be in that house in the most charming residence district of all Philadelphia. It was a couple of years ago—long before he reaped the rewards which come to a champion—that young Hagan, fighting, punching and being punched as often as fortune permitted, felt that he was safely beyond want. To him, that meant safety for all the Hagens, big and little, father and mother, brother and sisters.

"Mother," he said, "there's going to be a sale of fine old furniture out on Locust Street, at number 3812, tomorrow. How would you and father like to go there with me and buy some things?"

It was an adventure, in finance and old furniture; no woman could resist. So they went, the mother happy in the thought of the rising prosperity of her son. The auction began, and the mother bid, with her boy beside her, as



Patrick F. Hagan, the father of the Champion

her banker. But, all the time, some intuition pressed upon her. And so she turned on him suddenly, with:

"Joe, you've told me too often what you were going to do when you had earned enough to mislead me now. This house we're standing in is yours."

Whereat, crash, went the castle in Spain that had been reared for weeks by the ardent Celtic imagination of the son. But he never winced; all he did was to snatch from his defeat the kernel of the happiness he had planned.

"No, Mother," he answered. "This isn't my house—honestly, it isn't."

And, as her face fell, he was quick to add:

"It isn't mine. It is yours and father's. You own every foot of ground and every stick and stone around us."

The position Joseph Hagan has attained as a pugilist; the wealth he has gained as a business man—for he is both—are the results of his persistence, clean living and self denial.

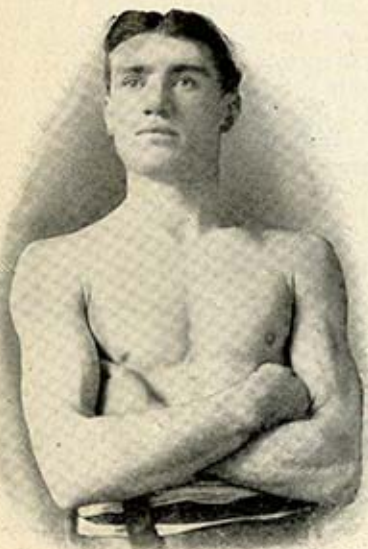
His father, to whom the son's prosperity has left for years no heavier labor than the buying of real estate, was a contracting teamster. He sent his son to St. Paul's parochial school, where the boy had the advantage of the thorough training, as well as fundamental education, given by the Christian Brothers. The lad's bent was toward boxing; but that was not a trade, or even a respectable diversion, in the opinion of his parents. So in obedience to their wishes he put in some years learning stone carving. But, as he rose in his teens, his nature demanded room, the open air, active exercise. He urged his father to let him drive one of his carts. The elder Hagan at length consented, and the future champion became happy as a weather beaten carter by day, and an amateur sparrer by night as often as he could find friends to box with him. Those who have known him from youth will understand readily enough, how "Jack O'Brien" acquired the reputation of being the shrewdest general who ever entered the ring and of being one of the most astute dealers in real estate in a



Mrs. Patrick F. Hagan the Champion's Mother

city where property dealers are as many, and as keen, as tin peddlers in New England.

The man's pleasures are in bodily enjoyment and in generousities proportionate to his means. The sense of posses-



Jack O'Brien at the age of 21, when he was beginning his professional career

sing and using a physical body which is perfect, is ample compensation to him for the foregoing of the use of liquor, tobacco and gross food. The books on

the shelves at his home, whether their bindings show the plain cloth of the first publishers or the tooling of the artistic binder, sound the two notes of his character—energy and romance—Roosevelt, Kipling, Scott, Balzac, Ruskin are among the authors. To him attach none of the scandals that have attached to the strong man, from Samson on down the ages.

All of his sisters who are not women grown are receiving convent educations, as is his boy brother. And when, some years ago, he went to Europe, two sisters accompanied him. When he returned, the older remained in Paris to complete her education; and, upon her return she was established in business by the brother.

The man himself, it is apparent, enjoys life to the utmost. Side by side with the uncompromising will that belong to the habitually set, broad jaw and the steady, insistent look of the eye, there is continual activity of his unimpaired powers, physical and mental, and there is a naive romance in his outlook on life, which belongs not to the mature man, but to the happy boy, dwelling in the midst of Aladdin marvels. He has preserved the youth which is the heritage and the permanent possession of every healthy man.

"Aim high, and believe yourself capable of great things."

Another maxim constantly before O'Brien's eyes, when he is at home.

THE DUTY OF FATHERS TOWARD THEIR SONS

One of the most pitiable facts in human life is the frequency with which mothers train their boys to the same purity of life as their daughters, only to find when they go out into the world, that a double standard of morality prevails. Then, ignorant, of the fatal consequences of wrong-doing, the boys soon become the victims of harpies. The lure of the flesh, and the voices of sirens drown the remembrance of mother's ideals, and unfortified by fatherly counsels, irreparable injury overtakes the youth. Except in the cases of unusual moral perversity, a boy goes wrong, not so much because he deliberately seeks evil, but because he is ignorant of its consequences.

Too long have the fathers shirked duty and sheltered themselves behind "the wild oats

theory" of boyish life. Some are already waking to the possibilities of a better way. Why should not all? Young men trained in youth to proper reverence for the life functions, and to the knowledge of perils attending a life of impurity do not figure in divorce courts later in life, nor are they found among the inmates of insane asylums and prisons.

No longer can fathers excuse themselves for negligence in this respect, for the world abounds in friendly helps to make the duty easier than in the days of past ignorance. The father who makes "a chum" of his boy, who sympathizes with the problems of boy nature, who guards and guides him through the "trying teens" is the father who will be rewarded a thousandfold for his effort.—*Purity Advocate*.

Samson and Hercules

THEIR FEATS OF STRENGTH COMPARED—THE LESSONS OF THEIR LIVES.

By Monroe Guy Carleton.



HE late Bishop Simpson, one of the most eminent and erudite prelates known to the history of American Methodism, many years ago in a sermon delivered in

Buffalo, N. Y., expressed the belief that Samson was endowed with physical strength equivalent to that of twenty horses. He based his supposition on the stupendous feat of the powerful Israelite in pulling down the pillars in the heathen temple at Gaza, a consummation that resulted in the death of 3,000 of his enemies and the collapse of the structure.

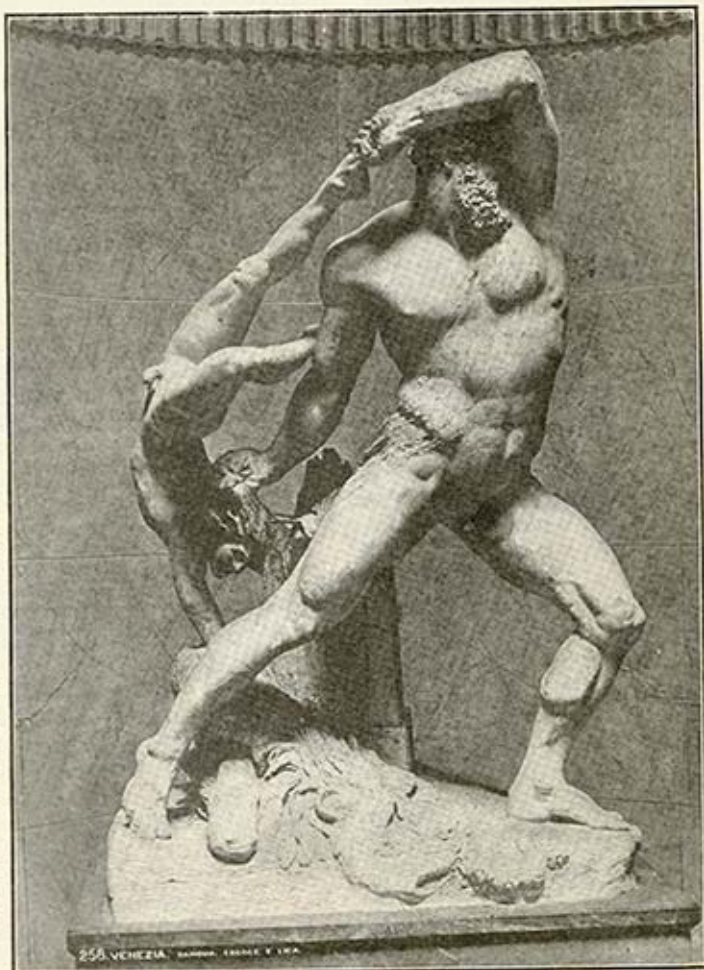
The magnitude of this tragedy implies a large edifice, and that it was built of stone, after the manner of the times, admits of little doubt. It is also safe to assume

that the roof was composed of broad slabs of stone and was of enormous weight. The huge fabric had been so constructed that the roof rested upon two great central columns, the key to the building to displace which Bishop Simpson conjectured was equivalent,

varying his comparison, to lifting a dead weight of at least 30,000 pounds.

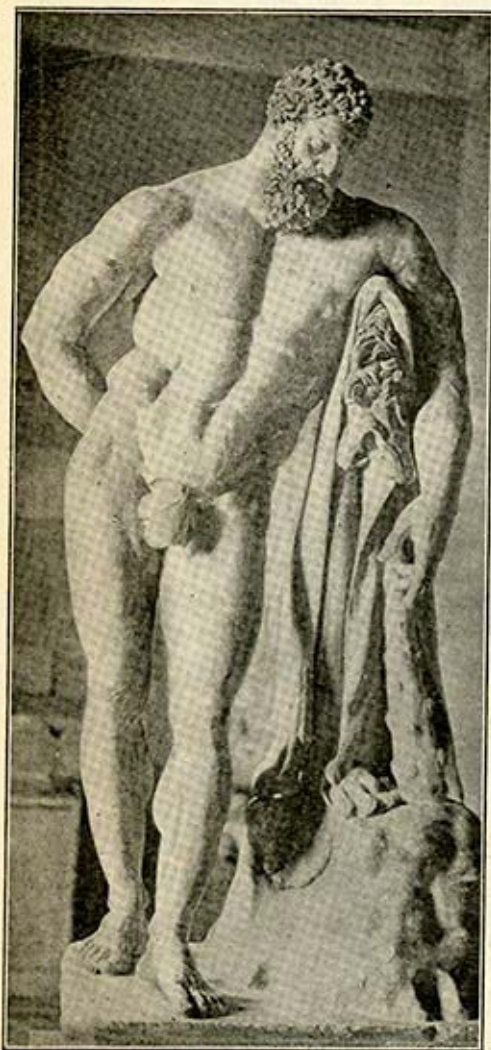
Disengaging and carrying away the gates of Gaza to Hebron, a distance of fifty miles, in one night, was another of Samson's achievements that must have necessitated bringing into play a muscular force that awes human credulity. Nor was the rending of the young lion a less wonder. It has been

the belief for ages that the formidable Israelite destroyed this beast by tearing its jaws asunder. If this conception concurs with fact the feat was prodig-



Hercules and Lichas

ious notwithstanding the animal had not reached its maturity. The tendons and fibriform ligaments that hold the jaw-bones and all bones of the superior fauna in their articulations, are of marvelous tenacity. In the human subject, as well, they are tough to a



Farnese Hercules—National Museum, Naples

degree that staggers belief. Witness the case of Damians, the would-be assassin of Louis XV. of France. The arms and legs of this criminal were lashed to four powerful horses, which were then cruelly goaded with whips, causing them to plunge in frantic fury

in all directions, but their strength was inadequate to dismember the unfortunate wretch. At the end of an hour of strenuous trial the experiment was abandoned and the victim released only to be hewn piecemeal with swords.

No argument is necessary to prove that the strength of the joint-connections of a lion's jaws is far superior to any similar construction in man. The deduction, therefore, is indubitable that the strength of the French horses was mere feebleness compared with the strength of Samson.

Hercules is Samson's only counterpart in human annals, and that the supernaturally endowed Hebrew and the Grecian demi-god were one and the same person, constitutes a most interesting and curious inquiry of speculative history. The elaborate dissertations upon this question by Calmet, the learned Benedictine; Dr. Adam Clarke, and Dr. William Smith, the noted Biblical scholars, not to mention others, are strongly affirmative of the identity of the two gigantic heroes. On the other hand, there are those who hold that the Hercules of the classic Pantheon is a totally distinct individual from his prototype of the Old Testament. Hercules, according to the classic critics, was one of those demi-gods who had human bodies but sacred minds and celestial souls, and who were born into this world for the good and safety of mankind. According to these, Hercules was the son of Jupiter, the mother being a beautiful woman named Alcmena, wife of Amphytrio, king of Thebes. At his birth, Juno, the wife of Jupiter, hated Hercules so much through jealousy, that she did all in her power to destroy him. But at length and through the mediation of Pallas, she was reconciled to the child, and nursed him at her breast. In addition to being called Hercules he was also named Alcides, from a Greek word referring to his extraordinary strength.

Apart from the stories of his mythological descent, there are sufficient historical reasons for believing that a man of tremendous physical powers who was wedded to the well being of his country, did exist at the period attributed to Hercules. And as already intimated some of his feats are identical with those



Samson Destroying the Temple of Dagon.—Dore.

performed by Samson. Hercules, at the instance of Eurystheus, (whom prompted by the Fates, he served for twelve years), performed his famous twelve labors. One of these labors was the tearing to pieces with his nails of the lion who haunted the woods of Nemea. This beast, so the legends say, fell from the moon and was invulnerable to any weapon. With the skin of the lion Hercules made himself a shield and a breast plate. It is unnecessary to call the attention of the reader to the identity of the feat with the lion killing of Samson.

Another of his labors was the binding of the wild boar, whose fierceness was only equalled by its hugeness, which haunted the Mountain Erymanthus of Arcadia, subsequently bringing it to Eurystheus. Some commentators believe that this is an allusion to one of Samson's feats of suppressing a band of brigands that ravaged the district in which he lived.

Many of the happenings of ancient mythology, as they have descended to us, are as a matter of fact, actual happenings disguised in the language of fable. It is probable that this is the

case as to Samson, and it is certain that it is so as far as Hercules is concerned. For example, one of the feats of the latter is said to be his overcoming Achelous, son of Oceanus and Terra. During the fight between the pair, Achelous first turned himself into a serpent and then into a bull. Hercules, by plucking off one of his horns, obliged him to yield, however, but the defeated regained his horn by giving Amaltheus' horn in its stead. The meaning of all of which is: Achelous is a river in Greece whose course winds like a serpent and whose stream is so rapid that it makes furrows where it flows, and a noise like the roaring of a bull. This river in ancient times was divided into two streams or "horns" but Hercules forced it into one channel by damming one of the streams. The lands thus drained by the process became very fertile, so



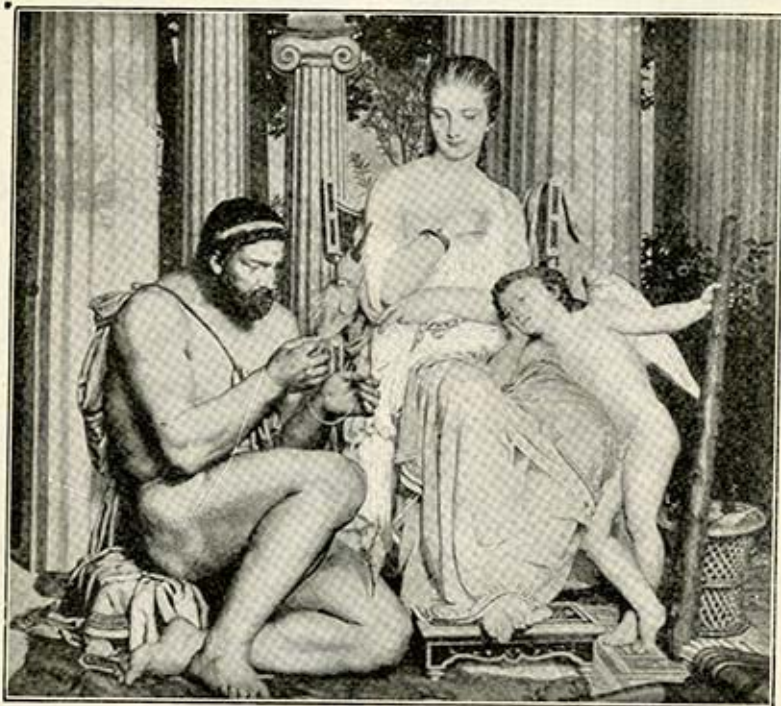
Delilah, the Siren who was the Cause of the Downfall of Samson.

that Hercules is said to have received Amalthæus' horn of plenty.

It is notable that in the case of both of these ancient heroes, they fell because of a woman. In other words, that when they yielded to the promptings of passion they lost those powers which distinguished them from their fellowmen.

Iole, daughter of an ancient king, brought him to final destruction, the details of which I have no doubt the majority of my readers are acquainted with.

Whether we believe that Samson and Hercules actually lived or whether we are pleased to consider them as embodied fables, the fact remains that



Hercules at the Feet of Omphale.—Charles G. Gleyre.

With Samson it was Delilah, the beautiful Philistine, that was his undoing; and with Hercules it was Omphale, Queen of Lydia, that brought about the beginning of his downfall. At her suggestion Hercules changed his club into a distaff and his arrows into a spindle. His love for

their lives even as we know them, are full of emphatic lessons. The one of which is that great strength properly used is a blessing to its possessor and his fellows; and the other, that unrestricted passion can destroy the most powerful and the noblest.

DOES DEEP BREATHING DEFER WHITENING HAIR?

"It is claimed, and with good reason, too, that deep breathing will surely help to keep this spectre (whitening hair) at bay. Deep breathing is merely a method of prolonging life by feeding the body with oxygen. Why should not the stimulation of this life-giving element ascend to the hair, leaving its regenerating effects behind? In any case, deep breathing has the advantage of working out good results in the body in general. Its effects cannot be evil. Gray or white hair must be kept scrupulously clean to be attractive, for perspiration makes it smeary and

yellow. The curling-iron, too, tends to give it a yellow tinge. In shampooing white hair it is well to add a little bluing to the last rinsing-water. Experience will teach you the right proportion for your own tint of hair. You should use just enough to make the color a pure white, and if your hair will turn despite all precautions, make the best of it. Some strikingly beautiful women have hair which has prematurely lost its color.

Nature is as skilful in harmonizing our color schemes as she is those of the trees or flowers."
—*The Ladies' Home Journal*.

The Strenuous Athlete Face

AGONIES OF ATHLETIC EFFORT DEPICTED IN REMARKABLE FACIAL CASTS. PHYSICAL DIRECTOR OF THE UNIVERSITY OF PENNSYLVANIA HAS MADE SOME UNIQUE MODELS FROM LIFE.

By H. D. Jones.

THE suffering of the athlete who wins fame on the cinder path has been graphically depicted in a series of models completed by Dr. R. Tait McKenzie, physical director of the University of Pennsylvania. Taking as his guide the snapshots made at various athletic meets, showing contestants just crossing the finish line or in the agonies of the last few yards of a long distance run, Dr. McKenzie has constructed clay representations of such suffering as it seems few human beings can experience in any effort outside of an athletic ground.

The most striking of the models is that depicting "violent effort." In this face the expression is positively appalling, and yet it is perfectly familiar to those who have witnessed the finish of a sprint or hurdle race between University contestants. The lips are drawn back, the teeth tightly clenched, the facial expression suggestive of a man in the last throes of agonized endeavor. It is a win or die

expression and suggests that the contestant has summoned up the last fraction of power to push his mutinous frame over the tape before his opponents. It is not a pretty face to look at, but it is the

face of the man who wins races, and the man who wins in other contests besides those held on the cinder path of an athletic field.

Less pretty even than "violent effort" is the face that Dr. McKenzie calls *Dyspnoea*. This rather formidable word, being interpreted, means "out of breath" to the layman. It is the face of an athlete who has run himself to the point of utter exhaustion but still doggedly holds to his course. The overworked heart has pumped the blood into the lungs at such a rapid rate that the overburdened breathing apparatus is checked and the runner is pant-

ing and struggling to get breath enough to keep going. The face is shown with wide open mouth, lips drawn back, tongue visible drawn downwards to allow all the air possible to enter the lungs,



THE SPRINTING FACE

An Expression of the Most Violent Effort



FATIGUE

OUT OF BREATH

EXHAUSTION

Faces Seen in Distance Races, From a Half Mile Up

and the suffering is evident in every line of the life-like head.

Another face is called "exhaustion." The lines are deep and the expression haggard in the extreme. The lips are parted widely and the face is that of an old man, weary of the game and wondering why he keeps going. The sunken cheeks and hollow eyes betray the great effort overtaxed Nature is making to supply the drain on her resources and the weary expression of the entire face shows that the athlete is almost on the point of sinking to the cinder path but grimly determines not to give up until

consciousness is lost. A similar expression can be seen on the face entitled "fatigue." The hopeless, worn look of this model is almost indescribable. The artist has caught with wonderful fidelity the look of the trained athlete who has run himself into a stagger and, in hopes of his rival being in still worse shape, is keeping up the pace.

The models are being viewed by the athletic squad with some degree of dismay. Such agony as is depicted in the faces is difficult to survive. At least this is the thought that suggests itself to the lay mind.

EXERCISE AND FRUIT CURE AN ORANG-OUTANG'S CONSUMPTION

The New York Zoological Park was recently the scene of a rather curious demonstration of the value of the physical culture cure. An orang-outang named Polly was last summer in the throes of consumption, and there appeared to be no hope of recovery. She grew worse day by day and sat in a corner of the cage disconsolately weaving straw into circles and then tearing them up.

One of the keepers heard that raw fruit and plenty of exercise were the best things for consumptives, so it was decided to feed her on raw bananas. But the problem that puzzled the keepers was how to make her exercise. When they carried in the bananas to Polly she ate them all, and the keepers tried to make her get up on the flying bar and exercise. But she simply squatted in the corner, looked melancholy and would not stir.

But little Chimmy, a chimpanzee who shared the big cage with her, and who had

been watching with a wise look, seemed suddenly to catch on, and he went into Polly's corner, and with cuffs and buffs drove her out upon the bar where he kept her swinging, turning hand swings and curves for a solid hour.

That night Polly slept like a baby for the first time in weeks, and she woke in the morning feeling much brighter. Again the diet of raw fruit was fed to her and again Chimmy got busy and made her do her turn on the trapeze. She gained steadily day by day and her cough left her until now she is frisking about the cage and seems to be the happiest monkey in the whole tribe in the Primate's house.

A recent examination of Polly by the surgeon showed that there was not a sign of lung trouble left and that the orang-outang was stronger than she had been at any time since she entered the park at the age of three months.

Comstock as a Falsifier

Since this article was dictated the courts have passed on the charge for which Comstock had me arrested. The decision, though not all I could have wished, was a decided victory. The case went before three judges. One was in favor of acquittal; the other two on the reverse side—though the court favored a suspension of sentence without a fine—not unlike a verdict awarding one cent for recompense in a damage suit. Full particulars of my arrest and trial will appear in next issue—*Bernarr Macfadden*.

I WANT the readers of this magazine—I want the public at large, to understand the true character of this man, Comstock. He went out of his sphere when he arrested me. He knows it, and he is now using every quibble, evasion and equivocation in defense of his action. Several of my readers wrote him in response to a request of one of our friends, with the desire of making him see the evil of his ways. He has taken the trouble to reply at considerable length to many of these correspondents, and has tried in nearly every way to deliberately create a false impression regarding myself. I publish herewith in heavy faced type various extracts from one of Mr. Comstock's replies.

"Yours of the 15th is just received. You are misled in forming your opinion, doubtless, from what you have read in PHYSICAL CULTURE. Mr. Macfadden does not tell his readers that he was arrested for violating the laws of the State of New York, which prohibit the distributing upon the public streets of lewd and indecent pictures."

This is a deliberate falsehood. I explained to my readers in the first issue treating with this Comstock controversy, exactly why I was arrested. And I quote herewith from my first announcement of my arrest:

"While performing my duties in connection with the management of the Physical Culture Exhibition, a few days prior to its opening, Mr. Anthony Comstock entered our New York office accompanied by half a dozen officers, and stated that I was under arrest for circulating obscene pictures."

Surely this is a plain statement. No one can mistake its meaning. We might also add that we were not distributing pictures on the street. Comstock arrested me because he considered the posters we were putting up throughout New York lewd and indecent. We violated no law, though we may have

violated Comstock's conception of a law which was made to bolster up his indecent prudery.

"Let me ask you a single question. Do you think it in the interests of good morals to put pictures of young women, denuded of their proper womanly apparel, before young men? You are doubtless honest in your thoughts; but are you not a little mistaken in your quoting of scripture to sustain Mr. Macfadden's position or yours either? It certainly is proper to 'bring up a child in the way it should go,' and the parents are the divinely constituted teachers and instructors of the child. They know its characteristics and their condition, and no stranger can butt in and do the work that the parent is supposed to do. If a man should send to my child such matters as Mr. Macfadden has been distributing in the streets of New York City, I should simply horsewhip him."

Let us all profoundly pity any child that Mr. Comstock has anything to do with. Imagine, if you can, the mental filth that will be inculcated in any child growing up with the Comstockery idea. The human body, supposed to be the image of God is, according to him, an indecent, vile object.

"We have to take the world as it is, not as we wish it might be. 'Evil communications corrupt good manners.' When young people have their imaginations defiled by such matters as Mr. Macfadden put out, then there is very little hope for them. It is taking a mean advantage of the parent, when a stranger puts such things before the mind of a young child. The laws of this State prohibit such exhibitions."

Has any reader of this magazine ever seen anything in this publication that would defile the mind of a child, or of anybody else, unless the mind was already purulent with obscene imaginings, and such minds are already defiled?

"Another thing that Mr. Macfadden did which I hardly think you would sanction, was to distribute his foul pictures among the saloons, sending a complimentary ticket to be used by any bum or drunken loafer around the saloon, inviting them to an entertainment which he chose to call a 'Beauty Show,' and which really was the disrobing of young women for these drunken bums to look at."

Now, here is a paragraph which shows the mental contortions of the man in his endeavor to defend his action in my arrest. The work of distributing these posters was done in just the same manner as would have been done by any theatrical company. Half a dozen distributors were sent out by the person in charge. Each one of these distributors was instructed to put up posters in every available public place giving complimentary tickets for the privilege. Some of these posters were no doubt put up in saloons, just as they were in grocery stores, barber shops and hotels. And here is Comstock trying to infer that we sent out invitations to "drunken bums," to our Physical Culture Exhibition. As to the "disrobing of young women," this is absolutely false, as he knows. These young women were posed in a large cabinet, in exactly the same suit in which the pictures were reproduced in the issue following the Exhibition. And I wish to again repeat that the pictures to which Comstock objected, have been published in previous issues of this magazine, and are still being published (Comstock please take notice) in our *Art Portfolio No. 2* and no one has ever recognized their "vileness" except Comstock. In fact, THE VERY PICTURES WHICH COMSTOCK POINTED OUT TO ME IN MY OFFICE AS ESPECIALLY VILE, WERE GIVEN PROMINENT POSITIONS IN FORMER ISSUES OF THIS MAGAZINE.

All of my readers will no doubt remember the beautiful full page picture of all the women contestants who competed in the first Exhibition. Comstock pointed out to me certain figures of this picture, and described in nauseating detail how particularly vile they were TO HIM. The picture of Victor—who appeared on a front cover about two years ago, in the position of a shot-putter, was especially repulsive to Comstock. I saw nothing in the picture but the beauty of manly outline. It showed a magnificent man splendidly proportioned, in an attitude every line of which was grace and symmetry. Its

appearance on the front cover of our magazine excited nothing but commendation, but here was Comstock, with his vile conception of the human body, God's masterpiece, as a lewd, disgraceful image. The most beautiful statue embodying the most exquisite emotion, is by him turned into nauseating vulgarity. I am glad that Comstock has given me the opportunity to see into his mind. If his obscene conception of all that is beautiful in human life prevailed, the American nation would quickly sink into deserved oblivion.

A BOY'S LETTER TO COMSTOCK.

Mr. Anthony Comstock,
New York City.

DEAR SIR:—I think you are making a great mistake by going against the noble teachings of PHYSICAL CULTURE. I am a boy of nineteen years of age, and am greatly surprised to think that a man of your character would be working against such grand and noble teachings as our thoughtful Editor is trying to instil in the boys and girls of the present generation. Boys and girls have been in the past, and are at the present time thinking vulgar thoughts and often expressing them, about the temple which God has given us, whereas if they had received proper teaching in regard to the human body, we would not think such vulgar thoughts. So let PHYSICAL CULTURE prosper for the sake of the untaught boys and girls, as well as the grown people of our land, and also that it may save the unfortunate young people throughout other nations.

God gave us a temple that His Spirit may dwell within us and should we then look down on our bodies as a shameful piece of work? And should we not learn all we can so as to take care of them? I hope, my good friend, that you will see where you have made a mistake and that you will do all in your power to help us boys and girls to higher ideals of life. No boy or girl has any desire to look at human bodies as vulgarities if they are properly taught from childhood up. I can stand on firm grounds and say that my mother and father taught me when I was a small child to look upon these things as God's works, and to understand that what He made was pure and good. I think that if your thoughts were all pure you would not think of imputing impurity where purity was meant.

Mr. Comstock, I am writing to you as a boy would for the sake of the future generation, as well as for the present generation, and hope that you may realize that you have stepped over the line one or two feet too far.

Sincerely yours,

Boulder, Colo.

F. A. BARRYE.

Our modern civilization is barbarism in disguise.



Wuzzy in the Quarter-Mile Race

Weird and Wonderful Story of Another World

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

By Tyman Currio

CHAPTER XIII.



NO doubt I have already set down here, and shall continue to set down, many things which will seem trivial to some of my readers, but in the multiplicity of events and the still greater number of reflections to which those events have given rise, I am almost constantly at a loss for a rule of guidance in deciding what would better be told, what better left untold. I can only say that I regret that I may not have the space for the most minute and detailed account of all that happened to me; and that I shall try to put nothing down which is personal to myself.

I think it is due to myself to say once more that I would not have obtruded my personal feeling for Bel into the knowledge of the reader had it not been that, as I am now quite convinced, it

was that love which made the telling of this remarkable story possible. This will be understood later, and is set down here now in an apologetic spirit and as explaining why I constantly let my pen take up a subject which might naturally seem of more importance to me than to the unaffected reader.

Bel, then, to return to that most adorable of women, seemed to have quite forgotten my declaration of love, and talked almost volubly of the delight she was anticipating in the sports. Perhaps if I said she talked joyously I would convey the truth better; for neither she nor any of the Jupiterians, so far as my experience went, ever talked for the sake of talking; and that, I take it, is the essence of volubility.

I naturally expected that when we came down we would be surrounded by a crowd of curious sight-seers, attracted by the sight of the novel air-motor, and eager to examine it. Indeed I had felt

a serious discomfort in the possibility of not being able to protect the delicate parts of the machine from handling.

As a matter of fact we landed in an open spot not far from the great arena, and were approached by but a few persons; and these, as I soon discovered, were brought there by Vella and Dolha. I may say, in passing, that the machine was left where it came down and was not touched by anybody excepting when, subsequently, I explained it to some persons who visited it at my invitation. In a word, I found then and always that the Jupiterians were a remarkable people in that they carefully minded their own business.

But perhaps a part of the conversation I had with Vella on the subject will show this as well as some other characteristics of the Jupiterians better than any words of mine. Vella and his companions had been looking over my etheroplane and we were going away from it toward the arena when I said uneasily:

"Will my vehicle be safe here?"

"Safe?" he repeated in a puzzled tone of inquiry.

"I mean ought it be left here unprotected? May not some one in a spirit of idle curiosity tamper with some of the levers or working parts?"

"Oh, you may be sure none of us would touch it."

"Certainly none of *you* would," I replied with a smile and laying emphasis on the pronoun; "but I am thinking of the lower classes, who will certainly be less discreet."

"Lower classes!" he repeated, looking to Bel for help.

"What do you mean by lower classes, Wuzzy?" asked Bel.

"Why the ignorant masses, or the poorer people," I replied.

They all looked at each other, shaking their heads as if I had said something quite beyond their comprehension, until Bel with sudden enlightenment exclaimed:

"Perhaps I grasp his meaning. Do you mean, Wuzzy, that you think there will be here to-day some persons who, like yourself, are of a lower civilization?"

"You may put it that way, if it pleases you," I answered, a little tartly, I think. "I refer to that large number which is

always present in the highest civilization, the majority of the people, in fact. We call them the common people on Earth. With us, and I presume with you, the higher the civilization the more power and possessions fall into the hands of a few. These few have the best manners and the greatest sense of responsibility. That is only natural, since they have everything they want and are not compelled to meddle or be rude."

I did not feel then, nor do I feel now that I was correct in ascribing the best manners and the least meddlesomeness to the very rich, but I was speaking hastily and in the conventional manner of the Earth, I suppose. They all listened to me carefully, and then looked at Vella.

"I comprehend, at last," he said, "and it is most interesting. The condition Wuzzy describes as prevalent on his planet is only what prevailed here long, long ago. At that time some men—very few in number—had all the other men enslaved, so that they only lived on a sort of suffrage."

"You are mistaken, Vella," I answered with a smile; "slavery is not permitted in the civilized parts of the Earth."

"Yes, yes," said Vella nodding his reverend head slowly, "it all comes back to me as I read it in a wonderful history of those times. Men were not enslaved in the crude sense, but in a more terrible way. A few were in possession not alone of the soil, but of the very opportunities of life, so that the many were really compelled to do the bidding of the few. And the few made rules of life and conduct for the many, so that the many would come to think it wicked to wish to possess the opportunities of life. In other words the many were in a horrible bondage to the ideas which the few conceived with the express purpose of keeping them in bondage."

"That is not so with us," I replied quickly. "At any rate in my country—the United States we call it—everybody has an equal opportunity. Just as soon as a man can accumulate possessions enough he can exchange them for land."

"You see then," said Vella, "that with you the land is not free to all as with us

Is it not plain to you that the soil is essential to life? Surely it is just as much so as air or water. If I could control the soil I could control your life, since you must eat. Is not that plain?"

I confess it was plain to me, and I admitted as much to him, saying I would like very much to talk the matter over with him at some other time.

"You shall talk it over with Zil," he answered kindly. "He has all that ancient lore at his finger tips."

"I was going to have Wuzzy go over the old ruins with Zil," said Bel.

"Nothing could be better," assented Vella. "In the meantime know, Wuzzy, that with us the land is held in common, that there are no privileged ones, that no such thing is known as an ignorant person. We are all alike. We respect each the other's privacy, we do not meddle. You may leave your machine where it is and no one will touch it unless it were to save it from harm from the elements."

At that time I understood only partially what Vella meant, but later had an opportunity to go into the matter more thoroughly with the sage Zil, to whom I was presented that same day.

Just then my attention was called away from the subject by the advent of little Mera, who came running up with the grace of a fawn, her lovely face all aglow with happiness and the very zest of life. Perhaps I should render this beautiful child's name Mira, as being nearer to the sound of it; though, indeed, I find it hopeless to try to reproduce exactly the sounds by our alphabet.

"Come, Wuzzy!" she cried out in her clear, musical voice, "you are to go with me for a while. That is if you will be so good," she added in a shy tone, as if abashed at having taken the matter for granted.

"It is for Bel to say," I answered. "I am at her disposal."

"Oh no," responded Bel, "you are at your own disposal. But it does not matter with whom you go so that you get the most enjoyment in your own way. I did ask Mira if she would not take you about, because I thought you might be able to enter into the sports with the young people on more even

terms, and so have more pleasure. But you will do as pleases you, of course."

I confess I would rather have gone with Bel, but I realized that I would be in her way, and I therefore held out my hand to Mira very willingly. In fact it was no hardship to make a companion of the child, for she had won me from the first by the tenderness and sensibility expressed in her appearance as well as in her exquisitely modulated voice. I may say that the touch of her hand and the tones of her voice were like caresses. Withal she was a model of physical robustness and had the activity of a panther, together with that animal's lithe grace.

I would like to give a complete notion of what the place there was like, but I am sure that such a lengthy description as would be necessary for the purpose would result in nothing more than weariness to my readers. If only I had the wonderful photographs of the place which were given me, but which, alas!—The story of them, however, belongs in another place; let me now tell as simply as possible something about the sports.

I naturally expected that at a given time there would be a formal opening of the games by somebody in authority; and I was looking forward to this with the utmost eagerness because it would be my first sight of anything in the way of government, for as yet I had seen absolutely nothing that indicated that there was such a thing as law by which this singular people was controlled and kept in such marvellous order.

I was not to learn much at this time, however, in regard to such matters, for the sports were conducted in the most absurd manner conceivable; though, I will confess, the best of results were obtained. Perhaps this will be shown most clearly if I give somewhat in detail the episode of my race.

"Well," said I, looking down into the heavenly blue eyes of the little creature, who skipped along by my side as if she simply could not stay out of the air, which seemed like her natural element, "what is to be the first thing we are to do?"

"Wouldn't you like to race with us?" she demanded eagerly. "Maybe you can do pretty well."

I laughed, won into my best good humor by the sweet naivete of the child. And I thought how like a child of the Earth she was in fancying she could beat me in a race.

"I'll do the best I can anyhow," I answered, "if you think the judges will let me run."

I did not say judges, as a matter of fact, for I did not know such a word, but I contrived an equivalent which answered the purpose. She answered in a tone of surprise:

"I don't know what you mean, but I am sure everybody will be glad to have you run, or do anything else you want to. Vella will probably run with the older children."

"You evidently don't think I can run as well as Vella," I said, half in pique, half in fun.

"Maybe you can," she answered, looking me over critically. "Of course you can try if you want to. But there are some children of our class, just getting ready. Come!"

She hurried me to where some boys and girls were getting ready for a start, and cried out that we would like to enter, at the same time taking her place in line with me by her side.

We were hailed with merry cries of welcome, which made it plain enough that we were not looked upon as intruders, but which equally made it clear to me that this was not in any sense an official contest, as I had supposed it would be from the way Mira had spoken.

I looked along the line at the lithe-limbed, full-chested boys and girls, and concluded that it would be worth my while to do my best until I was sure that I really could beat them as easily as I had at first fancied; so I dug a place for my toe, ready to crouch at the signal to get ready.

"Who starts us?" I asked of Mira.

"I do because I am on the end," she answered; and then called out: "are we all ready?"

"Where do we finish?" I demanded; "and what is the distance?"

"That white post ahead there. See it?"

"Yes, I see it." It was about a quarter of a mile away. "And who decides the winner?"

"Oh, we do that ourselves," she answered. "Are you ready?"

"Yes," I answered, crouching in regulation fashion, though none of the rest did so. "Yes," they all answered.

"Then go!" cried Mira; and off we all went, I well in the lead, owing to the clever start I had made. And I may say that I chuckled a little over the fact that I could teach my Jupiterian friends something about how to make a good start.

I pretty soon stopped thinking about my cleverness, however, for little Mira was soon by my side, or at least only a pace behind me, running with such marvelous ease that I knew I would need all my wit and strength and speed to finish first.

As I turned my head I could see three others creeping up on us, and soon one of them had breasted Mira and was almost equal with me. I summoned all my nerve and skill. I could not afford to be beaten by these children, and I recalled how more than once I had won by sheer courage when both strength and wind seemed gone.

We had a clear way, for the instant it was seen that we were a racing party everybody stepped aside; and I think that the fact that I was one of the racers had a great deal to do with so many stopping to look at us, when, as I could see, other contests, both running and of other sorts, were going on mainly unheeded.

I made up my mind that I would win if it killed me. The old racing spirit was fully aroused, together with that bull-dog tenacity that came to me through my mother. I knew I had never run so well before, which made the performance of those children the more marvellous.

I was in the pink of condition, my whole life since coming to the planet having been one of training, but I was never so rejoiced in my life as when I saw that white post within one more leap. And I think I may truthfully add that never before had I been so proud of winning as when I sprang past it at least a foot ahead of the boy who had forged past Mira and close up to me.

But I was exhausted, and would have thrown myself panting, almost convulsed

for breath, on the arena, if it had not been for the pride of seeming less done up than I really was; so I turned and went back to see Mira, very slightly flushed, the center of a group of admiring and congratulating friends.

I had wit enough to see that she and not I was being hailed winner of the race, and I supposed I had unwittingly violated some rule. But, in that case, how about the boy who had come in next to me? I saw my opportunity and made use of it.

"Are you the winner, then?" I asked of Mira.

"Yes," she answered with simple assurance.

"But how about him?" I asked placing my hand on the shoulder of the boy who had come in second.

"Oh," said he, as simply as Mira had spoken, "don't you see she isn't at all out of breath?"

She certainly looked as fresh as when she started, but it was after all an explanation that didn't explain. However, I asked no questions then, but waited until later, when an opportunity offered, and was told that the one was considered to have done best who was in the best condition at the finish.

I confess that this struck me as one of the oddest and most absurd notions I had yet encountered among these strange people. I could not see the sense of a contest at all if it were to end in so impotent a fashion, and I said so to Vella, for it was with him that I was talking at the time.

"I find a very great interest in talking with you, Wuzzy," was his response. "It seems as if you and we always look at things from different points of view; I might almost say from opposite points of view. For example, what is your reason for entering into a contest?"

"To win, of course; to come out ahead."

"There it is at once," he said with a smile. "It would seem that to you to finish first in a race is quite the same thing as winning."

"It surely does, dear Vella, and I shall listen with much interest to learn how you separate the two ideas."

"In the first place, then, you must know that our reason for any contest is

primarily the improvement of man physically."

I could not help laughing at this, it seemed a reason so remote. Of course we, on Earth, talked about athletics as a factor in the improvement of the race.

"But those who compete," I answered, "are doing so for the fun of it, are they not, and mainly in the hope of winning?"

"Certainly they have great pleasure in the contest, and all hope to win, but that is because the honor is so great."

"Ah!" said I triumphantly, "the honor! you mean the prize, I suppose."

"Yes, perhaps it might be called so," he answered.

"And what is the prize?" I asked; for that was a thing I had been wondering much about.

"The prize, if you will call it so," replied Vella, "is the honor of being considered worthy of a place among the Scientific Investigators."

"Scientific Investigators!" I exclaimed "Who are they?"

"I forget you do not know our ways," he answered. "One is likely to forget his peculiarities until he finds himself with a stranger. Suppose we go up and sit down where we can talk and look on at the same time?"

"Yes," I answered, "I shall be glad to. There is so much for me to learn that I have many questions to ask."

He led me up to a seat from which we could comfortably overlook the whole beautiful scene.

"We have much to learn from each other, Wuzzy," he said.

"I think I have much to learn from you," I answered, "but I don't seem to have anything to give you. To your people I seem to be a degenerate."

"Far from it, dear Wuzzy," he said quickly and soothingly. "Have no such notion of our attitude toward you. The reason of our deep interest in you is not that you are different through degeneracy, but because you show us what we once were ourselves."

"Well," I murmured a trifle sulkily, "I suppose it is a little more respectable to be an example of undevelopment than of degeneracy. But do you mean to say that your people were once like me?"

"Indeed I do, dear Wuzzy. Our records show us that we were once as

hairy as you, and had the same claw-like hands and feet; and I have no doubt whatever that our odor was once as powerful as yours."

I swallowed my chagrin, for it was hard to be annoyed with that sweet, serene old man, who spoke like one almost disassociated from life.

"And how was the change brought about?" I asked.

"Your question brings us back to the subject of our scientific investigation of life."

"Oh," I murmured; "that is what you meant. I am deeply interested."

CHAPTER XIV.

I have in my note-book every word of that interesting conversation with Vella; and I wish with all my heart that I might reproduce it here exactly as it took place; but alas! I am told that to do so would be to call down on me the wrath of a certain society, whose mistaken mission it is to prevent any important knowledge of sex and life to be disseminated.

Vella explained to me in detail the wonderful, I might almost say the awe-inspiring work that had been done on Jupiter in improving the human race in a physical way.

I say physical because the first intent was improvement of the physical man, but in truth the intellectual and the spiritual advancement seemed to have outstripped even the physical.

Some day, perhaps, the terrible, mediæval ban on sex which now bears against the advancement of the human race on Earth, and particularly in free America, will be lifted, and I shall be able to give to a delighted and astonished world such data as will enable us to set out on such a course of improvement as will make of life the joy here that it is on Jupiter.

In the meanwhile I shall have to be content and shall ask my readers to be so too if I put down here only as much as fear of the Comstock Society will permit me to.

I know, of course, that if I were writing about cows and horses and chickens the utmost freedom of expression would be allowed me, as if those animals were

so valuable as to make their improvement a proper subject of discussion. However, man's time will undoubtedly come, and it is my hope that the few words I shall be permitted to speak here will hasten that time.

Certain I am that if Bel had but consented to be my wife and had permitted herself to be seen in public on this Earth, a revolution would have resulted, and nothing could have held back our progress. Indeed, without being my wife it may be that she will consent—but I shall not anticipate the singular ending of my story.

This will probably seem a most unsatisfactory chapter, but it takes the place of the elaborate one I had written, explaining good old Vella's description of the work of the Scientific Investigators. The chapter that follows will contain as much as the Society of Meddling Prudes will probably permit me to say on the subject in question.

CHAPTER XV.

"You must know," said Vella, "that our records are so complete that we know with certainty that we were once a hairy, carnivorous, weak race such as you come from."

"Was it long ago, then?" I asked.

"Oh yes, long, long ago. You shall see our ancient records. But do not lose hope for your people, because our improvement was slow. We had, as you probably have, many obstacles to work against in those days. We were ignorant, prejudiced and so set in our habits that there were many who actually looked upon any suggestion of a change as sinful; for in those days the funny notion seemed to prevail that even injurious things had been ordained by a vengeful Deity who would punish any suggestion of change from the established order."

"But the innovators seem to have had their way," I said.

"Yes, already devoted men had taken up the study of plants and animals, and had discovered that by a system of hybridizing and selection of types and mating, the most extraordinary things could be done."

"Yes, we are that far along."

"You know how flowers can be altered and maintained in a permanently fixed form?"

"Yes."

"And how animals can be changed?"

"Oh yes, we have done a great deal in that way. Nature taught us the way by showing us how conditions of life and environment worked to cause change."

"Then I do not need to go into that, and need only say that at first a few students and then societies took up the question of the improvement of the race; and finally it seemed as if everybody entered into the noble spirit and volunteered for the work."

"That must have been a great era," I cried enthusiastically.

"Great indeed, Wuzzy," he answered kindly; "and it must thrill you to think that it is to be your lot to institute a similar work among your people."

"I shall give the message," I answered, "but it may be that they will not listen. Tell me how you proceeded."

"At first there was much uncertainty as to the type that should be produced and different societies wrought for different ends."

"Ah, there is the evil that always creeps in—a lack of harmony and of definiteness."

"Not an evil, Wuzzy, but a great benefit. From so many working in different ways there came great knowledge of many kinds, and it was learned what it was that should be sought and how it should be sought."

"I don't think I quite understand."

"Why, it came about at first that some men thought that it was the intellect that should be developed, and at that they went; others were mainly interested in the development of the psychic nature; others in the bones and muscles; others again in the vital organs. And each made a specious and to itself an irrefutable argument in favor of its course."

"Yes," I murmured, "I know how it is with our crank societies on Earth. Each one has the only panacea."

"Some of the results were terrible, but all were fortunate," went on Vella. "There were produced giants in bone and muscle; poor creatures with abnormal brains capable of carrying phenom-

enal stores of facts, or capable of reasoning almost into the infinite, but so lacking in vitality that when perfected they wilted like cut plants in the sun; strange weird ghosts of men and women who rejected all thought of the physical and gave themselves over to the contemplation of purely psychic phenomena, living in a realm of unreality and fading out of life with ghastly joy as shadows disappear when the sun goes under a cloud."

I shuddered as Vella spoke, for he was relating facts, and it seemed to me that I could see the creatures he spoke of as I had seen the pitiful freaks in a circus side-show.

"But at least," he continued with a perceptible lightening up of his fine old face, "it was proven that with knowledge anything could be done with the human animal."

"And you will give me all the data?" I demanded eagerly.

"With pleasure."

And I may say that he did, scattering it through his remarks in such a way as to make it fit in pertinently. And afterwards I had Bel read off to me the more technical details out of their text books; so that nothing should be lacking in the beautiful, the grand story of the regeneration of a race.

"Well," said Vella, taking up the narrative, "it was the tragedy of the situation that from the monstrosities of intellect the people received the information that enabled them to see first that only a physically perfect man could develop a perfect intellect or a perfect soul, and second, that physical perfection meant mainly the completest adaptation to external physical conditions. Am I clear?"

I assured him that he was, and he went on.

"The giants disappeared, the monstrous brains were not reproduced, and the ghastly psychics were permitted to come to the end which in their case was inevitable."

"And did they teach nothing?" I asked, expecting him to confirm me in my contempt for psychical research.

"Oh, much, much. For one thing alone they deserve our everlasting gratitude. They demonstrated that all phen-

omena were natural. Further than that, they made use of the phenomenon of vibration to apply it to their own sad purpose of dispensing with all material things, and left a library of marvelous information."

Later I learned that it was through the researches of the psychics that the Jupiterians came upon a number of extraordinary facts relating to the so-called senses, by which they improved their eyesight and hearing and other sense faculties.

He talked on, and I listened, almost dizzy with the splendor of the vista he opened to my mental eyes. For the first time I understood fully the low position I held in relation to this extraordinary people. Oh the gap that separated my state from theirs!

"And these sports and games," I said, finally, almost weighted down with my consciousness of the stupendousness of the revelation he had made to me, and ready now to come to lighter things, "are held for the sole purpose of permitting you to select the finest specimens of men and women for experimentation?"

"I would not say that," he responded gravely. "The truth is that it has come to be held that the highest honor that can come to one of us is to be used in the great work of human improvement."

"And your victors in the sports are so used?"

"Oh no, they are only candidates. You can understand that there are also the mental and spiritual tests yet to be applied."

"And do the successful candidates have any rank given to them? I mean any standing beyond their fellows?"

For a few moments Vella looked at me in doubt; then his face brightened.

"I think I understand you," he said. "You mean if they are given any sort of preference over their fellow beings because of their superiority?"

"That is it; yes."

"Don't you see," he said with a smile, "that their success is enough? We have no way of giving rewards in the manner you suggest. And of what use can they be? Would you not be pleased if you found yourself so fine of body and mind and soul as to be chosen as a

party to the glorious work of still further advancing the position of man?"

"I certainly would be very happy," I agreed, though I knew very well that I should have been more than happy under such circumstances. "But tell me Vella, what more have you to learn? It seems to me that you have arrived near to the end of knowledge and improvement."

"But on the threshold, Wuzzy."

"On the threshold! you mock me, Vella."

"It seems much to you, Wuzzy, but be assured that the more you know, the more you will find there is yet to know. Why, we have not mastered the real secret of life yet."

"And what is that?"

"Death."

"Do you expect to master it? Do you really expect to find some means of cheating death?"

"Cheating death! Ah, we would not put it that way, Wuzzy. You evidently look upon death as a punishment or as something of that sort, as we did in the ancient time. We at least look upon it with a kindly eye."

"But death is surely not an agreeable event."

"It is not a disagreeable one. Why should it be? When the fruit is fully ripe why should it not fall?"

"But the fading of one's powers, the weakening of the intellect and the loss of physical strength."

"Some loss of activity there may be, but no loss of the enjoyment of life. I run and jump and swim and fly at least as well as the children. Why should I ask more than that? And I do not fear any weakening of the intellect, for we have eliminated that."

"Then how does death come?"

"Like a sweet and restful sleep, like the falling of a ripe apple."

"Ah well," I laughed, for there was a faraway expression in his calm eyes that oppressed me, "it is far enough from us, so we need not give it too much thought."

"From you it may be far, Wuzzy," he answered, "but from me it is not. My time is very close at hand, but it may be that through you I may be able to add a few grains of knowledge to the

pile, yet. It is a happy thought, at any rate."

"Oh impossible!" I cried in distress, for I had come to love the old man. "Why, Mira told me that you would likely race to-day."

"And so I shall, Wuzzy," he said with a joyous little laugh. "I mean to enter against Mira in one of the races and I shall put her to it to win from me."

"But surely," I cried involuntarily, "you are not a candidate."

He laughed very merrily. "Certainly not, but is there no joy in the race for the sake of contest?"

"Of course there is," I replied, marvelling at this old man who spoke of death in one breath and in the next laughed with delight at the thought of a race with a fleet-footed child. "By the way, Vella," I added in as indifferent a tone as might be, "I wonder that Bel does not qualify for a candidate."

"Bel! She is sure of acceptance."

I cried out before I could control myself; then said hastily to cover my embarrassment.

"And is it known with whom she will be mated?"

"No, but it would not surprise any of us if it should turn out that Dolha were the fortunateman. That would be ideal."

It did not seem so to me at all, and the jealousy I had instinctively felt for Dolha from the first broke out anew.

"I do not understand such a system of mating, Vella," I exclaimed. "To me it is a flaw, to say the least, that you would expect two people to bring the best child into the world unless there was love between them."

"And who says we would do so?" he demanded in surprise. "Surely you have gained no such impression from anything I have said."

"It was from something Bel said to me," I responded.

"And what was it she said?" he asked.

"She said that love had nothing to do with mating."

"Did she really say that? Try to recall her words, Wuzzy. I cannot believe you understood her."

"Well," I replied considering carefully, "she asked me what love had to do with

the begetting of children. Isn't that about the same thing as saying in so many words that love was not a consideration in mating?"

"Of course," he replied, "I do not know what you may have said to draw such words from her, but I do know that we consider it imperative that would-be parents should be drawn together by a mutual attraction. We would hold a contrary doctrine barbaric. On the other hand we would say that unless there is first a physical fitness indicated, the strongest love would be no excuse whatever for parenthood."

"But physical fitness without love would not be sufficient?" I demanded with a renewal of hope, even though that hope was nothing nobler than that Dolha, at least, might not be the man.

"Certainly not. I cannot imagine any of our people entering upon the prospect of parentage without the sanction of both love and physical fitness, and it is simply unthinkable that any candidate for the work of scientific investigation could contemplate anything but ideal conditions."

I felt that this fact put Bel far, far out of my reach, but did not despair.

"Suppose," I said, in order to grope more deeply into the matter, "you were to find two persons mating who seemed to your people unfit, what means would you take to separate them?"

"None. What could we do?"

"Could you not use force?"

"Force. Why, Wuzzy, we are a free people; we cannot be compelled to do anything. Besides there would be no need of force; the punishment would transcend the possibilities of your imagination. Under our system each person is his own judge and his own executioner."

I stared in astonishment and horror; for his words suggested to me a refinement of cruelty undreamed of before, and which, as it seemed to me was a logical outcome of the extraordinary strides these people had taken in ethics and knowledge.

"Will you tell me," I asked hesitatingly, "the sort of punishment your people inflict upon themselves?"

Rounding Up the Quacks

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

SINCE the recent publication in this magazine of the series of articles entitled "The Confessions of a Quack," scores on scores of letters have reached the editor, the writers of whom have had experiences with medical charlatans and swindlers of a type similar to those described in the "Confessions." The writer of the "Confessions," as he took pains to declare, set down his own experiences, hence the charges that he brought against the quacks could not be refuted or even challenged. That his statements were founded on absolute truth is proven by the fact that while, as already stated, multitudes of victims have written to Mr. Bernarr Macfadden confirming the gist of the "Confessions," not a single quack has been heard from in denial.

Space will not permit of giving more than one or two of the letters alluded to, but these will be sufficient to prove that the quacks are continuing to play their nefarious game unhampered by the law, and unchecked by the postal authorities, while the newspapers are giving them aid, help and countenance through the medium of their advertising columns. The stenchful national disgrace of the medical impostor and his aiders and abettors will apparently remain until we have evolved something akin to a national conscience. As the matter stands, the United States has the disgraceful pre-eminence of being the only civilized nation in the world that permits scoundrels of the type under discussion to obtain money under false pretenses, to heartlessly swindle their victims, to drive 'o the graves or the madhouses those who have fallen into their clutches, and all this without let or hindrance or even protest on the part of the authorities.

Not so long since there was a sporadic action of the part of the postal authorities to prevent some of the quacks from using the United States mails. But this spasm of official virtue seems to have died out almost as quickly as it came into existence. At the moment the mails are flooded with more filthy, suggestive, and thieving quack matter than ever.

Now for the letters in question:

One "Dr." H. S. Hewitt, who is to be found at 11 East Fifth Street, Cincinnati, Ohio, and who is an advertising "Specialist" for the "cure of blood poison, nervous decline, and all associate diseases," uses as his trade mark a bust picture of himself. Hewitt, who has a thick, black mustache and eyes set closely together, advertises that he is the "Dr." Hewitt who "treats you personally," and "who gives you a written contract to cure you or refund your money." He also begs a person who is ill "to see whom he is going to be treated by, whether a specialist or some hired doctor." This is a trifle vague. Even a "specialist" of the Hewitt type is hired, and unquestionably other doctors are hired also. Judging by documents relative to Hewitt in the hands of PHYSICAL CULTURE, his "hiring" comes high.

Hewitt works on the conventional lines of the other quacks named in the "Confessions." That is, he charges a victim for "treatment," which charge the victim apparently thinks covers everything. But subsequently the old game of soaking the patient for "specially ordered medicine" is worked, and unless the worm turns, the Cincinnati specialist is all the richer.

One illustration will suffice.

A citizen of Hillsboro, Ohio, whose name is withheld at his request, but

whose written testimony is in the hands of the editor of this magazine, writes as follows:

"I have been the victim of an advertising doctor, whose advertisement I enclose. (The advertisement alluded to is that of Dr. Hewitt.) He gave me to understand that I could be cured for \$40.00, which I paid him. Later, however, I was notified that medicine to the value of \$3.85 had been sent to me by express c. o. d. It was at this time, however, that I read in *PHYSICAL CULTURE* "The Confessions of a Quack," and saw the mistake I had made. So I refused to take the medicine. After many letters from the doctor to me to take up the treatment, I wrote him asking him if he would send me the treatment free until I was cured, when I would pay him his price. This he refused to do, as I had expected. Then I wrote again stating that I was next to his game and that if he did not refund the \$40.00 paid him I would expose him. I am sending you his reply. After reading the article, I began taking physical culture treatment, and have been doing so for one month, and am very much benefited by it, thanks to your knowledge of the body and diet, and your persistency in keeping physical culture before the public.

Wishing you all Godspeed in your noble work."

The letter received from Dr. Hewitt by the writer of the foregoing is as follows:

"DEAR SIR:—Your blackmailing letter has been received, and I have turned same over to my attorney with instructions to take the matter up with the postal authorities. Your threats of exposure do not alarm me in the least, as I conduct my business in a legal manner, and I think it is due entirely to ignorance that you make threats through the mail. I have no doubt at all if you had taken your treatment in a proper manner that you would have been cured by now, and I am ready and willing to cure you if you will take your treatment properly. Without I receive a immediate apology from you regarding the letter just received, I will allow the matter to take its most severest course.

"Yours respectfully,
"H. S. HEWITT, M. D."

It is to be hoped for the sake of "Dr." Hewitt's patients that his remedies are more effective than his grammar is accurate. This is not the "most severest" thing that can be said in regard to the doctor, but it will suffice. Meantime, we advise our friend at Hillsboro not only to take no notice of the "doctor's" threat, but to put the matter in the hands of some reputable lawyer, and go for the Cincinnati quack in the severest legal manner possible to the end of securing the return of his, the victim's, money.

Here is another letter:

TO THE EDITOR:—Enclosed herewith please find letter to me from Dr. Jos. Lister & Co., "specialists" of Chicago. Through some means, this concern secured my name and address, and wrote me, sending me a lot of their circulars, and a diagnosis blank, asking some fifty or sixty questions. They said they could cure me in four months time for the sum of \$10.00 a month. So I ordered some medicine to be sent to me. I ordered the medicine in good faith, but in the meantime I read "The Confessions of a Quack" in your magazine and they were so much like Lister's circulars that I decided not to receive the medicine. Now, I do not know whether or not this is a quack concern, but I thought I would send you their letter and let you decide for yourself. Although they threatened to sue me I have not heard a word from them or their attorney up the present. Their letter is addressed to San Antonio, which was my former home. I have had a little experience with Dr. William Wallace Hadley and his associates, whom you exposed in the March issue of *PHYSICAL CULTURE*. In the early part of 1905 they sent me a sample of their "Force of Life" medicine, but after taking a few doses of the stuff, I got so sick that I had nothing more to do with it.

Hoping that the enclosed will be of some help to you in exposing these scoundrels.

Yours for success,
O. W. FITCH.

Boerne, Texas.

Here is the letter sent to Mr. Fitch from the Lister outfit.

O. W. FITCH,

DEAR SIR:—On the 27th day of September we sent you via W. F. Express a C. O. D. shipment for \$6.00 containing the treatment for which we hold your order. We have received various notices from the Express Company, stating that shipment is on hand "uncalled for" and we have also notified you to that effect, but we have failed to receive any response.

We are entirely at a loss to understand the reason for your action in this matter as we sent this treatment at your own request, feeling sure that the order was given in good faith and that you meant to deal honorably with us.

You can readily understand that we cannot afford to specially prepare medicine to suit your case and forward same to you and have you refuse to take it. This would mean not only the loss of the medicine and time to us, but an additional expense of express charges, as the Express Company will finally return the treatment to us and collect charges both ways.

We must request you to communicate with us at once, stating your reason for failing to receive this shipment and also advising us what you intend to do about it.

If you do not give this your immediate attention, we shall be compelled to place your order for this treatment, together with all your correspondence which we have in our

file, in the hands of a local attorney in your City for adjustment.

We shall expect to hear from you by return mail and in the meantime, we remain,

Very truly yours,

The above letter, which by the way is not signed, is printed in type that is made to resemble that of a typewriter machine, the intention being to impress upon the patient that it is specially dictated to him. It will be seen by this, that Mr. Fitch is not the only victim who has had the good sense to refuse to accept the stuff sent out by Lister & Co., also that one department of this concern is devoted to the attempt to force their stuff on unwilling victims. Let the reader note that phrase in the letter "We cannot afford to specially prepare medicine to suit your case, and forward same to you and have you refuse to take it." Mr. Kidd in his "Confessions" lays particular stress on this lie of "specially prepared medicine," and shows that the stuff is made up by the gallon for all cases, and that its cost per bottle amounts in some instances to a fraction of a cent.

The letterheads of Dr. Jos. Lister & Co. are somewhat impressive. To the left is a vignette of Lister, who is allegedly a venerable looking gentleman of benevolent aspect, reminding one of the conventional Moses of the painters, beard, hair parted in the centre, and all the rest of it. His associate, "Dr." Laidlaw, also has a vignette. Dr. Laidlaw sports a beard also, has a dome-like forehead, and an appearance of eminent respectability. Like the hind legs of a sad-eyed mule, you'd never expect the pair to do wrong unless you came in contact with them.

It should be added that Lister & Co. refer to the Metropolitan Trust and Savings Bank of Chicago. This reminds the writer that one of the latest "wrinkles" of the advertising quack to is give a reference to a bank. Of this, I shall speak later, but meantime it will strike the average reader that while any man with a little money can open a bank account and so secure its reference, yet such reference hardly guarantees that the owner of an account can cure all the ills that flesh is heir to.

Yet one other case illustrative of the methods of the vile wretches who prey upon the sufferings and credulity of their fellow creatures, which was brought to the attention of the writer a few days since. There is at Cornwall-on-the-Hudson a man who normally should be in the prime of life, as he is just over thirty years of age. Of a naturally good physique, and originally possessed of his full quota of vital powers, he a few years ago developed certain symptoms which are not at all unusual in the case of a healthy man who is somewhat given to continence. There also appeared at the same time a symptom of a slight injury gotten by him in connection with his daily work, which should have readily yielded to simple physical culture methods. But having been educated in a typical and prudish fashion, he had but little knowledge of his body, and those parts of it involved as told. Also and at about this juncture he got hold of some quack literature in which he thought he discovered the symptoms from which he was suffering. In consequence of which he, in an evil hour for himself, opened a correspondence with a quack whose offices are in New York City, and the usual thing followed. He received a symptom blank, filled it out, mailed it, and within a day or two got a long letter from the quack in which the latter prophesied all sorts of dreadful things on the basis of the blank unless the sufferer put himself in the hands of the charlatan forthwith. The unfortunate young man, almost frightened out of his five wits, sent money for a "treatment" which, so he was assured, would cure him within a month or two. The month or two elapsed, and the symptoms not only remained, but were aggravated by the nostrums of the humbug in New York. That which followed was in line with the "Confessions of a Quack." The victim was told that he must have "specially imported medicine" which would cost a lot of money. These he duly paid for and swallowed; next he was informed that his malady was of such an unusual nature that it would require a "special consultation" of physicians to pass upon it, for which he also would have to pay. So the game went on

until the financial resources of the unhappy young fellow were totally exhausted, and he was worse, or imagined that he was, than ever.

So far, he had kept the matter from his friends, but they, noticing his increasing depression, and his ill health induced by the treatment, and worrying over his condition, drew the truth out of him. They advised him to drop the quack, and take no heed to what he had read or to what they had written him. But their letters had taken too deep a hold on him to be lightly cast aside. His gloom increased, his bodily powers became weakened, and finally he developed symptoms of insanity. Twice he attempted suicide, and was only saved from self-destruction by a hair's breadth. His engagement to an estimable girl was broken off, and at length he refused to do anything except to yield to utter despair. It was at this junction that a man friend, who is a staunch believer in physical culture, took him in hand and insisted that he, once for all, drop the quack and start a physical culture treatment. The writer is informed that the improvement in the young man is already most manifest. Furthermore, it is the intention of the victim's friends to take such steps against the quack as shall not only expose him, but recover from him the money—about \$125.00 in all—which he obtained from his victim under what are distinctly false pretences. The name of this quack, whose advertisement appears daily in the metropolitan newspapers is withheld by the writer at the request of the victim's friends, pending legal proceedings.

A particularly petty and despicable swindle of the quack type is that of the "Help to Hear" Company. This concern is either so ashamed of itself and its methods, or so afraid that the police or its victims will descend upon it, that it omits to place an address upon its circulars and prefers to do business through the medium of a post office box.

The "Help to Hear" people, who are located somewhere in New York, advertise that they have an instrument that will positively help deaf people, no matter how badly their aural apparatus is affected. We need not give the exact words of the scamps who are behind the

scheme, but to all intents and purposes they are as told, and they are intended to play upon the hopes and fears of the deaf.

They also decline to ship the apparatus c. o. d., or on approval, the intimation being that it is so effective that there is no occasion for such a formality. When the victim sends his \$2.00 he gets in return a small piece of thin gutta percha, cut in a gable shape, $5\frac{1}{2}$ inches wide by $6\frac{1}{2}$ inches long. According to an expert, this "Help to Hear" is worth about 5 cents. The edge of the contrivance is held between the teeth by the top of the gable, and—there you are. Theoretically, the sound waves strike on the gutta percha, and are then conducted to the nerves of hearing.

For years and years there have been in existence Dentaphones and Audiophones constructed on the same principle as this "sell," but the former were quite large—many times larger indeed than the "Help to Hear."

The proprietors of the "Help to Hear" not only ask an outrageous price for it, but in addition, they are selling an article which does not fulfil the promises which they claim for it. It seems to us that these two elements are the basis of pretty nearly every swindle that is founded upon the needs of the sick and suffering.

It may be added that a piece of cardboard of the same size and shape as the "Help to Hear" will be equally effective as the latter.

Here is a copy of the circular that comes with the fake. Please again note the lack of an address which distinguishes it.

Dear Sir or Madam:

In accordance with your valued order we send you herewith "Help to Hear," and we hope you will reap the great help and satisfaction from it that thousands of others have.

We give you the simple directions below.

Very respectfully,

The Help to Hear Co.

DIRECTIONS.

Hold the "Help to Hear" by small end between thumb and fingers and lay the edge of other wide end against front teeth with flat side toward voice or sound.

We shall be glad to hear from others who have been taken in by the astute manufacturers of the "Help to Hear."

The Influence of Youthful Errors on Mind and Body

AS A GENERAL RULE IT MAY BE STATED THAT ALL THOSE WHO
HAVE EXCELLED IN THE MENTAL OR MATERIAL WORLD HAVE
JEALOUSLY PRESERVED THEIR VITALITY DURING THE
EARLY PART OF THEIR LIVES WITH THE HELP OF
THE COUNSEL OF PARENTS OR INSTRUCTORS—
THE VICE OF SENSUALITY IS THE MOTHER
OF ALL OTHER VICES, AS IS PROVEN BY
THE HISTORIES OF THE TYRANTS OF
ANCIENT AND MODERN TIMES

By Alexander Walker, M. D.. LL. D.

IN relation to early sex association, it cannot be doubted that when the instinct of reproduction begins to be developed, the reserve which parents, relatives, and instructors adopt on this subject, is often the means of producing injurious effects; because, a system of concealment on this subject is quite impracticable. Discoveries made by young persons in obscene books, the unguarded language or shameless conduct of grown-up persons, even the wild flights of an imagination which is easily excited, will have the most fatal consequences.

Parents or instructors ought, therefore, at this critical period to give rational explanations as to the nature and the object of the propensity, the mechanism of reproduction in various vegetable and animal beings, and the fatal consequences to which this propensity may lead. Such procedure, if well conducted, cannot but have the most beneficial results; because, in order that a sane person should avoid any danger, it is only necessary that he should see it distinctly.

In forming the adolescent in the new faculty which is developed in him, the parent or instructor seeks to prevent his choosing from among corrupt servants or ignorant youths of his own age, the confidants of his passion. The parent or instructor, moreover, is then justly entitled to, and has gratefully given to him, the entire confidence of the adolescent; and he is thereby

enabled exactly to appreciate the degree of power of the propensity which he desires to divert or to guide.

Such being the case, it is the business of the parent to present a true picture of the effects of too early association of this kind, on the stature, the various development of the figure, the muscular power, the quality of the voice, the health, the moral sense, and especially on the acuteness, the power, the dignity, and the courage of the mind.

In doing this, it would be as stupid as injurious to employ the slightest degree of false representation, of unjust reprimand, or too much of what is called moralizing, which is often only the contemptible cant of a being who cannot reason, especially when it takes the place of a simple and powerful statement of facts. All of these would only render the young man a dissembler, and would compel him to choose another confidant.

Among other considerations, varying according to the circumstances of the case, those following may with advantage be presented.

At a certain period in the life both of plants and animals, varying according to their kind and the climate they live in, they are fit for and disposed to the reproduction of their species. These sex in both are then attracted to each other. In plants, the powder termed pollen, in animals a peculiar liquid which, deriving its name by analogy from the seeds of plants, is termed seminal, is secreted by the male plant or animal, and, by organs

differently formed in each kind, is cast upon ova or eggs either contained within, or deposited by, the female. The details of this process are among the most beautiful and interesting of the living economy. In mankind, the attainment of this period is termed puberty.

It is with this critical period, and his conduct during it, that all that the youth deems most valuable, all that can decide his fortunes and his happiness in the world, his stature, figure, strength, voice, health, and mental powers are most intimately connected.

In regard to stature, the body appears to complete its increase in height chiefly at the age of puberty and during the first years which succeed that age. To be assured of the powerful influence of his own conduct at this period upon his stature, the youth has only to compare the tall men and women that are the results of an out-of-door life of sufficient labor but not of overwork with the stunted and dwarfed creatures of some of our big cities—in which a stranger, when he first enters them, is apt to think that he sees so many ugly boys and girls, whereas, they are full-grown men and women. Half the population of London is for example affected in this way, which is the obvious consequence of the acceleration of puberty by undue confinement, stimulating food, indecent amusements, and sexual association.

In regard to the perfect development and beauty of the figure, the youth is probably aware that the most beautiful races of horses and dogs rapidly deteriorate if men do not carefully maintain them by continence as well as by crossing. The too early employment, the depraved abuses, the injury, or the removal of the sexual organs are all of them causes still more certain of deformity. The latter of these causes acts, of course, most obviously and is evidenced in the almost universal malformation of eunuchs, geldings, etc.

That in regard to bodily strength, sexual continence adds energy to the muscular fibre, is clearly seen by observing the most ardent quadrupeds previous to the time of the union of their sexes. But, this being past, precisely in the same proportion does the act of reproduction debilitate and break down

the strongest animal. Many male animals even fall almost exhausted by a single act of union with the opposite sex.

Every classical student has read the beautiful allegory of Hercules, who, having spun at the knees of Omphale, thereby lost his strength; this beautifully expresses the abasement of power amid the indulgences of love. Euripides also depicts the terrible Achilles as timid before women, and respectful with Clytemnestra and Iphigenia. Hence, when a foolish lord reproached the poet Dryden with having given too much timidity toward woman to a personage in one of his tragedies, and added that he knew better how to employ his time with the ladies, the poet answered: "You now acknowledge that you are no hero, which I intended that personage to be."

As to voice, which depends on the muscles of respiration, and more immediately on those of the mouth and throat, as general strength does on the muscles of the whole body, the influence of the sexual union upon it is prodigious. How entirely the voice is altered in eunuchs is known to every one. In corresponding proportion, is it altered by sexual indulgence during puberty. The horrible voice of early libertines and prostitutes presents an alarming example of this. To those who value voice in conversation, in the delightful and humanizing exercise of music, or in the grander efforts of public speaking, nothing more need be said.

As to health, the less we are prodigal of life, the longer we preserve it. Every one capable of observing may see that the stag loses his horns and his hair after procreation; that birds fall into moulting and sadness; and that male insects even perish after this effort, as if they yielded their individual life to their progeny. Indeed, everything perishes so much the more readily as it has transmitted life to its descendants, or has cast it away in vain pleasures.

In mankind, as in other animals, to procreate is in effect to die to one's self, and to leave one's life to posterity; especially, if this takes place in early life. It is then that man becomes bald and bent and that the charms of woman

fade. Epicures are so well aware of this, that they are known to abstain from amorous excess, as the acknowledged cause of premature death of the other senses.

In relation to mind—as the generative power is the source of several characteristics of genius, the exhaustion of that power at an early age must take away these characteristics. Genius as surely languishes and is extinguished amid early sexual indulgence, as do the faculties of voice and locomotion, which are merely its signs and expressions.

It is thus with all our faculties, locomotive, vital, mental. They are strengthened by all that they do not dissipate; and that which their organs too abundantly dispense is not only taken immediately from their own power, and from that of the other organs, but it ensures the permanent debility of the whole.

It is true that the strong passions which are modified or characterized by the sexual impulse, excite the imagination and impel the mind to sublime exertions; but the sole means of either obtaining or preserving such impulsion is, to shun the indulgence of pleasure in early life, and its waste of later periods.

It has accordingly been observed that the passion of love appears to be most excessive in animals which least excel in mental faculties. Thus the ass, the boar, the rabbit, etc., are also the most stupid; and idiots and cretins display a sensuality which brutifies them still more. Hence, the Homeric fable that Circe transformed men into beasts.

It would also appear that the most stupid animals, swine, rabbits, etc., in general produce the greatest number of young; while men of genius engender the fewest. It is remarked that none of the greatest men of antiquity were much given to sexual pleasure.

It is, then, of the greatest importance to young men who are ambitious of excellence to mark well this truth, that the most powerful and distinguished in mental faculties, other things being equal, will be he who wastes them least in early life by sexual indulgence—who most economizes his vital powers in order to excite the mental powers on great occasions. By such means may

a man surely surpass others if he have received from his parents proportional mental energy.

Beside the means already indicated, there is one proposed by an able writer as serving to divert the instinct of propagation when too early and excessive, and consequently dangerous, that is the sentiment of love. To employ this means, he observes "it is necessary to search early for a young woman whose beauty and good qualities may inspire the youth with attachment." This means will serve, more than can easily be imagined, to preserve the adolescent both from the grosser attractions of libertinism and the diseases it entails, and from the most dangerous snares of coquetry. "It is," he adds, "a virtuous young woman and a solid attachment that are here spoken of." Wise indeed this recommendation is, as well as the necessity and the advantages or early marriages under favorable circumstances.

Having now shown the evils of early sexual association, I may briefly notice those of later libertinism.

If, even in more advanced life, and when the constitution is stronger, the instinct of propagation be not restrained within just limits, it degenerates into inordinate lewdness or real mania. By such depravation, nobleness of character is utterly destroyed.

Great fortunes and the incidental facility of indulgence, it has been justly observed, will ever be the ruin of the rich, and a mode of enervating the most vigorous branches of the most powerful family.

The libertine, by sexual indulgence, is characterized by physical and moral impotence, or has a brain as incapable of thinking, as his muscles are of acting.

As libertines are enfeebled by indulgence, it follows that they are proportionally distinguished by fear and cowardice. Nothing, indeed, destroys courage more than sexual abuses.

But, from cowardice spring cunning, duplicity, lying and perfidy. These common results of cowardice are uniformly found in eunuchs, slaves, courtiers, and sycophants; while boldness, frankness, and generosity, belong to virtuous, free and magnanimous men.

Again, cowardice, artifice, falsehood, and perfidy are the usual elements of cruelty. Men feel more wounded in self-love, as they are conscious of being more contemptible. And they avenge themselves with more malignity upon their enemy as they find themselves more weak and worthless, and as they consequently dread him more.

These are the causes of that malignant revenge which rulers and despots have often shown in ancient times, such as Tiberius, Caligula, Nero, Domitian, Helioabalus, etc. In later times, Catharine de Medici solicited the massacre of the Protestants; Paul, Constantine, and Nicholas, of Russia, were happy only when they wallowed in blood; Charles X., equally effeminate and bigoted, perpetrated the massacre of the Parisians; Don Miguel covered Portugal with his assassinations; and nearly all the sover-

eigns and sycophants in Europe upheld or palliated his atrocities.

Strong and brave men, on the contrary, scarcely feel hurt, by injuries done them, and scorn revenge.

It is not cruelty only with which we may reproach these effeminate individuals; it is every vice which springs from baseness of character.

Libertinism is not only hurtful to the health and welfare of its votaries; it is so also to their posterity.

Finally, the results of libertinism have constantly marked, not merely the ruin of families, but the degeneration of races, and the decay of empires. The delights of Capua caused the ruin of Hannibal; and the Roman, once so proud before kings, was finally transformed into the wretched slave of monsters who were degraded far below the rank of humanity.

CHICAGO WOMEN WORKING FOR THE BANISHMENT OF PRUDERY

A movement for the banishment of prudery is being agitated by the West End Mother's Council of Chicago, which bids fair to result in the awakening which PHYSICAL CULTURE has been so long and so persistently working for. And if only the mothers of the country can be aroused, there will be no need to fear about the outcome of the project, for the mothers of to-day fashion the nation of tomorrow.

The purpose of the new movement is well stated by Mrs. C. R. Dimond, a prominent member of the Mother's Council, in a recent session, who declared: "Children should be taught the problems of higher life by their parents, and not be compelled to seek their information from outside and often vicious sources. Their questions should be answered truthfully, so far as they are able to comprehend.

"Even a four-year-old child should not be told the stork myth in answer to her question about little brother, but should be truthfully told that the Lord sent him.

"Our young women are not to be

blamed for their ignorance in reference to the rearing of children and the judicious care of the home."

A suggestion is made that instead of teaching clay modeling, basket weaving and other "frivolous fads" in the public schools, a humane study of caring for and rearing children should be an important part of the curriculum. This is the kind of reform we need. There is nothing really objectionable in these "fads." In fact, they doubtless have some educational value. But they should be given secondary consideration. They are not of vital importance.

Let us now hope that other great medium of education, the daily newspaper, which promotes so many philanthropic ideas, such as the raising of funds for the sick, poor, the shut-ins, homes for aged people, hospitals, and a hundred and one other things worthy of mention, will come to the aid of the new movement and add to its department of "beauty," "answers to questions," "palmistry," etc., a new column devoted to the rearing and care of children which will be of an educational nature, and strictly anti-prudish.

Mr. Baggs Teaches His Wife to Box

By Jimmy Sunn

ONE evening Mr. Baggs brought home a mysterious-looking bundle, which he deposited carefully on the sideboard, leaving it unopened while he attacked his supper.

"What have you got in that bundle?" inquired his wife, when no longer able to restrain her curiosity.

"That, Sarah, is an outfit for practice in the noble art of self defence. The oldest and most scientific of all forms of exercise. I've been taking a few lessons down town in both boxing and Jew Jitsey, and I propose to give you some instructions. Every woman ought to be able to take care of herself under all circumstances; yes, sir, she ought to be trained in these things. No knowing when she may have to defend herself against a burglar or some hobo! I don't propose to neglect your case any longer. I will instruct you, so that you will be able to defend yourself when I am not here to protect you!" Here Mr. Baggs tried to expand his chest, but only succeeded in making his waistband region more prominent.

"Put on your bloomer suit" he proceeded, "and I will give you your first lesson right away."

Accordingly, after supper was over, Mrs. Baggs, in gymnasium costume, came into the sitting room, where her husband had a set of boxing gloves displayed on the center table.

"Oh what funny mittens," she cried.

"Mittens," snorted the irascible Mr. Baggs, who is very short, very fat, and very peppery in disposition. "Those are not mittens; neither are they ear muffs or chest protectors. Those are boxing gloves, as anyone with a grain of common sense might see. They are padded so they won't hurt." By this time Mrs. Baggs had drawn on one of the gloves, and as her unsuspecting husband approached the table she gave him a violent punch on the nose.

"What in thunder do you mean?" he roared, jumping back and glaring at her savagely, while he tenderly rubbed his

smitten feature, looking at his fingers in the expectation of finding blood upon them, "Do you take my head for a gumdasted punching bag? What'd ye hit me like that for?"

"I was just trying the thing," she explained sweetly, "you said they were padded so that they wouldn't hurt."

"Hurt," he roared, "Oh no, they won't hurt! A little tap on the nose like a mule's kick doesn't hurt! It just tickles—that's all!" He continued to glare savagely as he put on his gloves.

"Now then, I'm ready," he said, "put up your hands, so. Now, come on. Hit me. Hit me hard, wherever you can. I'll show you that I am able to guard myself when I am not taken by surprise!" He jumped about in an elephantine fashion shaking his head, and dabbing at her with his fists. Mrs. Baggs, who is a compactly built and active woman of 145 pounds weight, let drive with all her might, striking low.

"Oomp" ejaculated Mr. Baggs, as he stopped the blow with his abdomen. Then he jumped back and glared in speechless rage, while his wife, unconscious of having committed a foul, teetered gaily around him on her tip-toes, watching for another chance to land another thump.

"Dog-gone you," he howled when he caught his breath, "Don't you know better than that? That's a foul!"

"What's a foul," she asked innocently.

"Hitting a person in the belly, if you want it so that you can understand it," he roared, "Keep your hands up and strike at my head or my chest and strike as hard as you please! Like—this!" and he let go at her head with a vengeful swing. She ducked under his arm, and he knocked a \$15 vase off a stand, smashing it into fragments.

"Now see what you've done, darn you!" he roared, nearly beside himself. "Why can't you stand up and take your punishment like a man? What'd you dodge for? Come out of that corner!"

Come out in the middle of the room!" and he led the way.

"Now," he said in a calmer voice, "let me show you what I started to, before you got so gumdasted fresh. Suppose a man should try to grab you. What would you do? Squeal and run like a gumdasted greased pig at a fair, wouldn't you? Now look: he comes at you with his arms out so; you strike his wrists aside with your left hand, so, and hit him on the nose with your right; See? Now you just run at me as if you were going to catch hold of me and I will show you exactly how to do it." Mrs. Baggs sprung forward with outstretched arms and received a thump on the nose which made her eyes water.

"Ho, ho, ho!" cried her husband, jumping around in glee, "See how it's done? Ha, ha, ha! Now we'll change about. I'll come at you and you stop me if you can!" Mrs. Baggs watched him with a wicked gleam in her eye. With fell purpose Mr. Baggs charged toward his wife, intending to surprise her with a hard counter blow; but his plans miscarried, for instead of receiving his rush according to instructions, she lowered her head until only the top of it was visible and came at him striking wildly

and rapidly. He backed away, trying to ward off her rapid swings, roaring with rage and endeavoring in vain to expostulate.

"Hold on," he howled, as she rushed him about the room, "That's no way to box! Wait! Gimme a chance! Why you gumdasted—bwab!" this last as her glove struck him in the mouth; and just here his foot caught in a rug, and he went backward upon the floor with a prodigious crash; while his wife, tripping also, plunged forward, alighting with both knees upon his solar plexus.

"Hoomph," he grunted as his breath was knocked out of him. Then he lay speechless, glaring vindictively at his spouse, while his lips moved mutely, not in prayer.

"Never mind, dear," she said half an hour later, as she bathed the lump on his head with camphor and dabbed arnica on his damaged features and applied the hot water bag to his solar plexus, "I don't need to learn to box, anyway, so long as I have you to protect me."

"Protect you!" he snarled, "I only wish some gumdasted fool *would* try to carry you off! Darn him, he might have you and welcome, for all I care."

TWO THOUSAND MEDALS FOR ATHLETIC SCHOOL BOYS

Through the medium of the Public Schools' Athletic League, 2,000 silver and bronze medals, eight sets of each, are to be given to the first one hundred grammar schools of the various boroughs of New York City, who will arrange to hold athletic field days between April 5th and the end of the school term. The *New York World* is the donor of the prizes. The movement is an excellent one and its promoters are deserving of much praise. Anything that will foster a taste for athletics among young people receives the cheerful endorsement of the editor of PHYSICAL CULTURE.

Under the rules of the League, only such boys as stand well in both scholarship and deportment are available to enter the proposed contests. It will be seen by this then, that the scheme as a whole, will not only do good in a physical sense, but offers inducements to the youngsters to be at once both industrious and well mannered. Armories and fields for the contests have already been selected, and the various events themselves will be of a representative and interesting kind. The results are sure to be beneficial, and are awaited with interest.

EARN MONEY AND HEALTH AT HOME.

Many of our readers have no doubt gained health and financial rewards by taking up some of various healthful occupations. We would be glad to publish short letters, giving some details of "How I Earned Money and Gained Health at Home."

Physical Training for the Baby

PLAY EXERCISES THE ONLY KIND THAT CAN BE RECOMMENDED.

By *Bernarr Macfadden*

IN a previous issue I referred to the natural activity of a healthy, normal child, as shown in its instinctive tendency to kick and swing its arms, and move all its little muscles in its own untrained way, not excepting the vigorous use of its lungs. Left to itself it will usually take such voluntary exercise. Unfortunately, however, the baby brought up in the average con-

ventional home, is so bound and fettered with superfluous and unnecessary clothing as to be almost unable to use its little muscles. Without the required freedom of movement, the little one will not only be uncomfortable, but it will be able to neither strengthen its muscles or get that control of them, that co-ordination of mind and muscle which is necessary for its progress.

It is not my present intention to discuss the subject of proper clothing for baby, since that has been treated of in another department of this magazine. Suffice it to say that the clothing usually worn, both in quantity and kind, is a nuisance, the long skirts especially being as ridiculous as they are wasteful. And to such extremes is this notion of coddling and bundling the child carried that, in one case recently reported, a mother covered her sleeping baby's face up so carefully when placing it in bed, that it was smothered and found dead a couple of hours afterward. Could anything be more idiotic?

I would not mention the subject of clothing except as it relates directly to the subject of exercise for the child. At all times let it wear no more clothing than absolutely necessary. In a warm



Exercise No. 10.—Let the baby lie prone on its back across your two hands, placing one of the latter under its shoulders and one under the buttocks, in the manner shown in the above illustration. This leaves it free to swing its arms and kick with its legs if it wishes. When you are sure that the child is well balanced, raise it up to the level of your head, or even a little higher, then lower to the level of your hips, and continue to raise and lower with a playful, swing-like movement that the child will enjoy. The exercise will strengthen the little one's back, for it will instinctively flex its muscles and stiffen its body to conform to the requirements of the position in which it is placed.

Exercise No. 11.—Sit the baby on your lap, facing outward. Then, taking hold of the child's two hands with your own hands in the manner illustrated, lift it gently until its entire weight is suspended from its arms. Let it rest a moment, and repeat. The exercise must be regarded as play by the child, and hence you must discontinue it as soon as it is no longer a pleasure to the little one. In raising the child by the hands in all exercises similar to this, it would be well to encourage it to take hold of one of your fingers, and thus either partly or wholly support itself by the strength of its own grip. You will usually find that when a child is only three or four weeks old it will show a disposition to clutch things tightly in its little hands, and sometimes will be able to almost hold its own weight in this way at this early age.

and comfortable atmosphere, the child needs no clothing whatever, which is also true of its father and mother. So I would suggest that it be placed quite nude on a soft rug, or a comfortable spread on the floor, and allowed to kick and roll and play to its heart's content. Likewise in the performance of these play exercises with its parent, it will enjoy them much more if stripped of all clothing, and I suggest that the exercises always be taken in this way.



You need not be alarmed about the supposed danger of the child catching cold. It is of course assumed that the air is comfortably warm. At any rate, the exercise will keep the baby warm, and if it is a physical culture child it will be healthy and not in a condition to catch cold, except through severe exposure. Don't be afraid of pure air.



Exercise No. 12.—Place the baby on the floor, upon its left side. Then take hold of its right hand in the manner illustrated and raise it gently from the floor. At first the child's arm and shoulder may not be strong enough to bear its entire weight in this way, and you should only partially lift it, but eventually it will become stronger until finally you can raise the little body entirely from the floor. Intelligence and care should of course be used in this as in other exercises. Let the child rest frequently. With its feet held in the same place, you can swing the upper body around in a playful manner. Do the same thing with the other arm, continuing until the baby is tired. As previously suggested, it will doubtless help matters if you talk or sing to the child when performing these movements, the latter keeping time with the rhythm of your song.

Athletic Training for Boys and Girls

By Harry Wellington

WEIGHT THROWING

I AM giving this month the third lesson in weight throwing, and the last.

In order to understand the instructions here given for throwing the discus and the heavier weights, it would be to your advantage to first master the science of hammer throwing, as described and illustrated last month. It would make it easier for you to learn these new stunts.

Throwing the discus was a favorite sport with the ancient Greeks. In fact, it was the only form of weight throwing



which they practiced, but with our present superior science and skill, our athletes are able to throw the discus much farther than the Greeks. The record is nearly 140 feet. The discus used by adult athletes weighs four pounds. In shape it is much like two ordinary saucers fastened together, with the convex or under sides turned out, and the upper or hollow sides turned towards each other. This shape gives it a tendency to "sail" through, and cut the air at the same time. A boy who does not wish to buy one, can make a discus out of wood, and can give it as much weight as he chooses by plugging it with lead, so that it shall be of an even weight on both sides.

The discus, like other weights, is thrown from a seven foot circle, and if you step outside of this circle in turning around, it is not a fair throw. Place the discus on the palm or flat of the hand, spreading the fingers, and hooking the last joint of each finger over the edge. In throwing, the hand should be palm down, relying partly upon the force of the swing to keep hold

of it. The first illustration shows the first position, the boy is getting ready to throw the weight in the direction towards which he is looking.

The throw is made with the swing of the arm entirely, keeping the elbow straight, but no good throws can be made unless you make one complete turn similar to those made when throwing the hammer. After first getting well balanced, swing the arm far back as illustrated, then swing it swiftly forward, and still holding the discus firmly, make a slight jump in the air and turn all the way around, alighting with your face in the same direction as before. In this way you will secure great force and momentum and can then send the discus sailing through the air. Don't be disappointed if your first attempts are not successful.

Throwing the 56 pound weight is a popular sport among adult athletes, and is a splendid and beneficial exercise, though the weight is too heavy for boys. However, if a weight of about twenty pounds can be secured I would recommend this style of weight throwing for boys. But you should never do anything that seems to put a considerable strain upon you. By learning the movement now, you will probably be able to throw the fifty-six pound weight better when you grow up. Since it is likely that most of my readers will not wish to go to any expense in securing a ready made weight, and since it would, in fact, probably be difficult to get a weight that is light enough for a boy's purposes,

Throwing the 56 pound weight is a popular sport among adult athletes, and is a splendid and beneficial exercise, though the weight is too heavy for boys. However, if a weight of about twenty pounds can be secured I would recommend this style of weight throwing for boys. But you should never do anything that seems to put a considerable strain upon you. By learning the movement now, you will probably be able to throw the fifty-six pound weight better when you grow up. Since it is likely that most of my readers will not wish to go to any expense in securing a ready made weight, and since it would, in fact, probably be difficult to get a weight that is light enough for a boy's purposes,



I suggest that you fix up a good sized rock, of a desirable weight, in the manner shown in the illustration, using either rope or wire to tie it up and make a handle. You could, if you preferred, use a bag of shot, or even of sand, with a short handle. Or you could fasten a short handle to the ball of the regular sixteen pound hammer.

A heavy weight, like the hammer, is also thrown from a circle, and the style of throwing is very much like that used in throwing the hammer. The second illustration shows the first position. Stand firmly on your feet, and swing it around your head once while standing still, then try to make a complete turn with it exactly the same as when throwing the hammer, and finally throw it in the direction towards which your back is turned. After you have learned to execute this movement you should try to do two complete turns with the body

before throwing, which will give the weight the greatest possible amount of momentum.

There are many other exercises which can be taken with a weight of this character, which will help to more perfectly develop all the muscles, though you must be sure that the weight is light enough to be handled easily and without great effort. Throwing sideways without turning around is a good exercise. With legs wide apart, swing the weight far back between the legs and then throw straight forward. This can also be done with one hand. Take same position and throw the weight backwards between your legs. However, the simple act of throwing in the regular way, first described, will strengthen all of the muscles of the body in a remarkable manner. Learn to throw a light hammer first, and later it will be easier to throw the heavier weights.

A FOURTEEN-YEAR-OLD ATHLETE



TO THE EDITOR:

I send you herewith three photographs of myself which you may publish if you wish. I am fourteen years and six months old. Physical culture is my hobby, especially long distance running. I will challenge any one at wrestling at the weight of 116 pounds, who is of

my own age. Some of my measurements are as follows: Height, 5 ft.; neck, 14 in.; chest contracted, 31 in.; chest expanded, 35 in.; biceps relaxed, 12 in.; biceps flexed, 13 in.; thigh, 16 in.; calf, 13 in.

Wishing you success, I am yours,

SAMUEL GOLDSMITH.

326 E. 19th St., New York City.

Stretching Exercises for Boys and Girls

By *Bernarr Macfadden*



HERE are a few new stretching exercises which I believe you will find very beneficial. The first two illustrated here are particularly valuable for increasing the

size of the chest and for keeping you from getting round shouldered, or stoop shouldered. A flat, sunken chest is very unsightly to look at, but it is even more than that. It means poor health and diseased lungs for the individual. If you develop your chest so that it is round and full, you will then have lots of room for your heart and lungs and your health be just that much better because of it. You will also live longer with well developed lungs and a high chest than if your internal organs were cramped and crowded inside of a flat, narrow chest.

Round shoulders give one a tired lazy appearance, whether one really is tired or not. Shoulders that set up straight in the back always make one look strong and full of life. Careless sitting positions in the school room often make boys and girls stoop shouldered and hollow chested, though I believe that the kind of seats and desks provided in many school rooms are

not satisfactory. They are so made that one finds it easy to stoop over them. You should always try to sit with the back straight. If you lean forward, bend at the hips, but don't curve or bend your back.

But no matter what the influence of the school room may be, proper exercises will enable you to keep your body erect and strong with shoulders and chest that are beautiful to look at because of their shapeliness. The movements given this month are particularly good for these parts.

I would commend them especially to my girl readers, for round shoulders and flat chests are particularly unpleasant to look at in the case of girls. Understand, it is just as much to be desired that boys should be beautifully built, but for some reason we do not expect it so much in boys as in girls. In the past, men have been more anxious to have the women look nice to please them, than to take pains to look well themselves for the sake of their wives and sisters and mothers. And as a rule, girls are more interested than are boys in making themselves look well and attractive. Probably they have a higher sense of beauty



Exercise No. 7.—Stand erect. Clasp your hands, or grasp one wrist with the other hand, in front of you at about the waist line, then take a deep breath. After you think you have taken into your lungs all the air possible, pause for a moment and then try to inhale just a little bit. While you hold your breath for a moment, try to throw out your chest and raise it up as high as possible, and at the same time pull hard against your stomach with your hands. You will find that this pulls your shoulders back, as well as filling out the chest. Don't hold the breath too long. After a moment, exhale the breath and relax, then do it again, repeating until tired. This is splendid for stretching the walls of the chest and will make a wonderful difference in you in a few months time. Practice before a wide open window, or out of doors.



Exercise No. 8.—Stand erect. Clasp the hands behind the head as shown in the above illustration, and bring the head far back, at the same time bringing back your elbows as far as you can. Pull back hard for a few moments, then relax or let go. Rest a moment, and then repeat. This not only raises up the chest, but is especially good for developing and bringing the shoulders back, also strengthening the neck.

than the boys, not in all cases, perhaps, but as a rule. At the same time, a good physical culture boy who is careful to keep himself clean and healthy, should be more careful to see that he looks well than other boys who are not physical culturists. And your appearance depends more on your figure and the way you carry yourself than upon the way you dress.

Please note particularly the instructions given with the first exercise illustrated this month, in regard to breathing. I would suggest that you combine breathing exercises with nearly all of the movements illustrated here from month to month, since they will add to the benefits of the exercise. I would refer you also to the movements illustrated in this number in the article entitled, "Breathing Exercises for Women."

I would also repeat, for the sake of emphasis, my former instructions in regard to taking all exercises in air that is absolutely pure. If in your room, open the windows wide, but at this season of the year it is much more pleasant and beneficial to take all exercises out of doors, if possible.



Exercise No. 9.—With one hand grasp the wrist of the other behind your back, and then bend forward to the position shown in the illustration. Now stretch hard. Bend still a little farther forward if you can, and at the same time pull outwards with your arms. That is, brace your elbows against your sides and pretend that you are pulling your hands apart. Repeat until tired. Good for the arms, back and stomach muscles.

Boxing Lessons for Boys

I WOULD say in connection with this lesson, that bag punching is a splendid exercise for one who wishes to become a good boxer. It is beneficial as an exercise, and has the advantage of making one quick in his movements, by training the arm to strike with great rapidity. For the beginner it is especially valuable, as it will help him to learn many of the movements without the help of a partner. When striking out with one hand in boxing, one invariably brings up the other hand in a position to protect oneself. In using a punching bag you can strike it with one fist and then instantly bring up the other into a guarding position to prevent the bag from striking you as it comes back. In those movements where you strike out and at the same time bring your other hand up to protect your face, the punching bag is invaluable to teach how to perform the two movements swiftly and together.



Illustration No. 11 shows a left upper-cut to the chin while avoiding a right lead to the head. As the boy on the right hand side strikes out or leads for the other's head with his right, the boy on the left turns his head and shoulder a little to the right, just enough to cause his opponent's blow to go over his left shoulder in the manner shown. At the same time he brings his left hand up to the other's chin, with his palm turned in. He should not straighten his arm, but just bring it up quickly in the position shown, using his shoulder muscles. Guard the body as shown with the right arm.

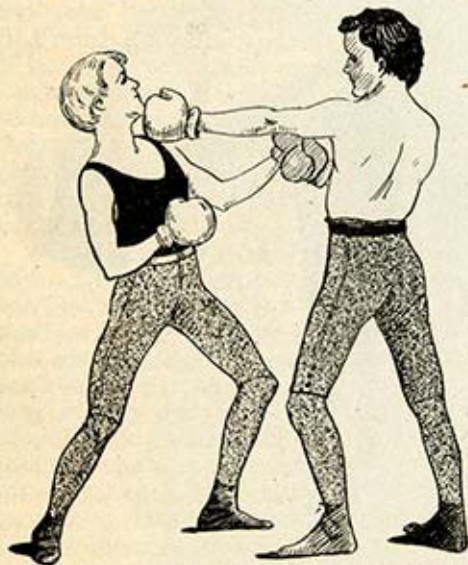


Illustration No. 12 shows the method of getting back out of reach of your opponent's blows, while keeping your hands in position and ready to attack him before he can recover his guard. This requires great quickness, and is sometimes used instead of parrying with the hands and arms. As your opponent leads for your head or chin, draw the upper body and head quickly backwards and out of danger, with legs braced so that you can come back as quick as lightning. Notice the position of the feet.

There is one thing that I have not yet called attention to, but which is quite important for the making of a good boxer. That is to learn how to receive a blow without hurting you too much. There will be some instances when it will be impossible for you to block or parry your opponent's blow, and in such a case you should accept it and arrange to give him a harder one in return. Let your body sway slightly backward, exactly as shown in Illustration No. 12, and in that way avoid the shock, while at the same time you keep your own position ready to instantly drive home a hard blow in return. Make a practice of this quick backward movement, repeating it over and over again, and each time come back as quick as lightning with a counter blow to your opponent's head or stomach.

Boys' and Girls' Question Department

Q. What is the best thing to do for poor blood?

A. The best thing for poor blood is fresh out-of-door air, games and exercise, pure and simple foods, plenty of sleep with wide open windows and the cultivation of cheerfulness. I add cheerfulness to this list because it has a potent effect for good on the general health, while sorrow or grief have a bad effect. Don't worry, and don't study too much. In fact, you should not study at all when out of school. Take part as much as you can in active play games, and try to be in the open air nearly all of the time. Sleep out-of-doors if possible. If you were thinking of some medicine when you asked the question, I would say that no medicine would ever do you any good. Medicines are either poisons or stimulants, or, in most cases, both. Build up your health. Drink lots of pure water between meals, and don't eat too much.

Q. Does fasting cure nervousness?

A. Fasting is beneficial in purifying the body, and will help in the cure of many diseases. I would not say, however, that just this one thing alone would cure nervousness. It is a good remedy, but if you only fast, and yet continue to do other things that are wrong, you cannot expect to improve very

much. Young persons usually do not need to fast very often, unless they are actually sick. Then it will do them good. It is an excellent plan to fast about two or three meals at a time. But if you are troubled with nervousness there are things you should do to cure it in addition to fasting. Improve your health. Try to be out-of-doors all the time, wear as little clothing as you can get along with, and take air and sun baths often. But be careful not to become sunburned.

Q. I had great fun this last winter barefooted in the snow? Is this harmful? Do you advise one to go barefooted all day long, and also in the evening, or only for a few hours each day?

A. In the Women's Question Column, in this issue, I have answered a similar question, to which I would refer you. I would advise going barefooted at all times, if you find it comfortable. Going barefooted in the snow will not hurt you as long as you enjoy it and your feet feel warm. Going barefooted in the cool of the evening after dark will depend upon yourself. It is to be advised at any time if your feet remain warm and comfortable. That is the proper test.

FEATS OF STRENGTH AND AGILITY



Stand sideways, four feet or more away from a wall. Extend the right arm and place the right hand against the wall. Then bend the elbow, until the right shoulder touches the wall as shown in the illustration. At this point give a quick hard push with your hand so as to get yourself back to a standing position and keep your balance. If you succeed move the feet six inches farther away from the wall and try it. Then try it again still further away. In short, find out how far away from the wall you can stand and still accomplish this feat. Practice the same exercise with the left arm, the left side being turned toward the wall. This is a splendid exercise, not only for the triceps (on the back of the upper arm) but also for some of the muscles of the shoulder and sides.

Physical Culture as a Deterrent of Crime

AN INSTRUCTIVE AND SIGNIFICANT SYMPOSIUM ON THIS SUBJECT,
THE CONTRIBUTORS TO WHICH HAVE A PRACTICAL KNOWLEDGE OF THE QUESTIONS AND ISSUES INVOLVED—IT IS APPARENT ON THE FACE OF IT THAT IF THERE WERE MORE MUNICIPAL GYMNASIA THERE WOULD BE LESS NEED OF PRISONS AND REFORMATORIES.

'By Bernarr Macfadden

The following letters prove that the experiments with municipal gymnasiums and bath houses in the cities named have brought beneficial results similar to those described in the reports from other cities, previously published in this symposium. The letter from Boston, which follows herewith, is especially interesting:

BOSTON, MASS.

DEAR SIR:—In reply to your recent communication, I have to say that Boston is remarkably well equipped in the way of gymnasias for the use of the public. Indeed I do not believe that there is any other city in the country which has so thoroughly and so successfully recognized the fact that a city owes it to itself to provide means for the physical recreation and development of those who dwell within its borders.

If I recollect aright, you published some time last year an article in your magazine on the Boston municipal gymnasium, but in this connection, it will be in order to again tell the main facts regarding them.

A good many years ago, a Mrs. Daniel Ahl, a wealthy, broad-minded resident of this city, bought what originally had been a skating rink, and fitted it as a combined gymnasium and bath for the use of the East Boston Athletic Association. Subsequently she made the building a present to the city of Boston. The gymnasium was the outcome of Mrs. Ahl's idea that city controlled gymnasias would be a great boon to the public. Josiah Quincy, then mayor, became interested in the matter through Mrs. Ahl's efforts and finally, the first free municipal gymnasium in this coun-

try was opened in 1897 by Mr. Quincy himself. The results arising from the experiment were so entirely satisfactory that other gymnasias were from time to time opened also. They are all under the supervision of the Boston Department of Baths, a board of trustees superintending their general conduct.

There is a staff attached to each gymnasium which, in the case of the larger ones, consists of a superintendent, an assistant superintendent, two janitors, one instructor in physical culture, two chore women, and a pianist. Six men physicians and three women physicians, all in charge of the medical director, serve as examiners for those who join the classes. Men, women, and children attend to the number of about 7,000 per week. The adults and the children of each sex have special hours set apart for them, both in classes and for general use of the gymnasias. So far only one of the gymnasias is equipped with a swimming pool, but this has been found to be such a beneficial adjunct that, in the case of every gymnasium now under construction, the city has provided for such pools.

Probably the most encouraging feature of these institutions is, that since they were opened, there has been a considerable decrease in those crimes that are identified with idleness and the orner gangs. In one of the reports of the Institution Registration Department of the city, it is stated that during the past ten years, the number of juvenile arrests has decreased from twelve to twenty per cent., this being due, so it is intimated, to the influence of the gymnasias. Furthermore, and within

six months of the opening of the East Boston gymnasium, the police noticed a considerable lessening of thefts, hold-ups, and assaults. A remarkable feature of the institutions is that they have had a marked effect upon the physiques of the young men who desire to enter the police and fire departments, so much so indeed, that the physical standards, of the departments in question have advanced more than 15% within the past few years.

The gymnasias now cost Boston annually about \$36,000. Nevertheless, and in spite of this large sum, they have proven to be of such vast benefit that appropriations have recently been made for two more, one to cost \$100,000 and the other \$90,000. There was not the slightest opposition to this expenditure on the part of the tax-payers, because the latter realize that municipal gymnasias are productive of good health and sound morals.

Not because I am a Bostonian, but because I have been an observer of the trend and results of these gymnasias, I make bold to say that this city through its municipal baths and gymnasias, is doing more practical good for its citizens than is any other municipality in America.

RALPH D. ENNIS.

BUFFALO, N. Y.

DEAR SIR:—Your letter addressed to Mayor Knight was referred to me for reply.

Answering your questions, I beg to submit the following:

We have six public playgrounds, five of which are under the supervision of the Department of Public Works, and one under the Park Department.

There are special arrangements for children to a small extent. It is contemplated to enlarge such facilities.

It has been reported by the police that one playground in particular, the frequenters of which are more or less naturally inclined to crime, has been instrumental in curbing the same propensities.

No statistics have as yet been prepared on the subject, but we have personal knowledge of cases where health benefits have resulted from the playground environment.

From my observation of the municipal playground institution, I am of the opinion that the same, where wisely managed, is of incalculable benefit to the community, not only in direct returns to the parents but ultimately in good to the municipality. Such wise management should consider:

(a) Location, which in general should be adjacent to the public school.

(b) The employment of a General Director, who should be exemplary in all things pertaining to the work.

(c) The employment of a medical adviser, so that special exercises may be prescribed to develop the individual, according to his or her needs, and not according to the needs of another.

(d) The employment of conscientious directors and attendants who have perfected themselves in moral development as well as physically, that the same may be impressed intuitively on the children who are subjected to influences outside of the school for more hours than the public school influence and under more adverse circumstances, and hence the importance that the playground environment be the best obtainable.

The general attendance, during the summer months, on each of our playgrounds, is from 800 to 1,000 daily. As a rule our playground season extends from May 15th to November 15th, six months.

I am sending you, under separate cover, a set of photographs taken at the Bird Avenue Playground, from which you may be able to glean ideas of the work we are doing here.

FRANCIS G. WARD,
Commissioner of Public Works.

CLEVELAND, O.

DEAR SIR:—Your letter to Mayor Johnson has been referred to this department. I enclose you brief synopsis of the physical exercise work being carried on by this city for the children, which I trust will contain the desired information.

The city has established and maintains a public gymnasium in connection with the municipal bath house, equipped with all modern apparatus.

We have eight out-door playgrounds located in the parks and on corner lots, equipped with swings, flying rings, trapezes, horizontal bars, giant strides, basket ball courts, teeter boards etc., with an average daily attendance of over four thousand. These playgrounds are maintained especially for children.

In addition to these well equipped grounds, the city maintains fifty-one ball diamonds, a golf course of forty-three acres, cricket grounds, tennis courts and two beach bath houses. Of the ball diamonds nineteen are in the city parks and the balance on vacant lots in different parts of the city.

This winter we have forty-three skating rinks, eight of them in the city parks and thirty-five on vacant lots and so distributed that every section of the city is provided for. On these rinks we hold annually races for the school children for which prizes are provided by public spirited citizens and merchants, and fancy dress carnivals in the evening.

A number of special days have been established during the other seasons such as Romping Day, Song Festival, May Day, Turner's Day, etc. every one of which have drawn enormous crowds.

At the municipal bath house the attendance for the first year was 111,562, divided as follows: Men, 80,643; Women, 30,919.

In the public gymnasium operated in

connection with the bath house, the classes are so arranged that the boys and girls, men and women all have special hours when they attend. Two days a week are reserved for the women and girls. Girls have their classes in the afternoon and the women at night. One afternoon and Saturday morning are given to school boys. Two evenings to men and two to working boys.

A number of cases of indigestion and other diseases caused by poor circulation have been greatly benefited, especially among the women. Monthly vitality tests are made of all members and great improvements noted.

Six classes a week are held for women and girls and eight for men and boys. The average monthly attendance is over 1,100.

Another public bath house is in course of construction with a public laundry feature substituted for the gymnasium.

It would be difficult to estimate the effect of these public recreation grounds and gymnasia on either the health or the morals of the community as other causes also contribute to these ends. There is absolutely no doubt that they are an important factor in both, although it would be impossible to give the result in figures.

D. E. LESLIE,

Director of Public Service.

THE INIQUITY OF IGNORANCE

TO THE EDITOR:

I am an admirer of your magazine because I believe that it furthers the physical and moral, if not spiritual welfare of all of its readers. I believe that the good your magazine will do is incalculable. I rejoice to see you proclaim that it is the duty of parents to teach their offspring the functions of their own bodies. The experiences of those who have been overtaken with evil prove you right in this. And as one of such I can give testimony which will encourage you to continue in your good work. It was at a very early age about seven or eight years—I remember that I began to inquire about my origin. And as my parents gave me very unsatisfactory information—the children of our family—began to exchange opinions of our own. Our surmises were soon supplemented by information from older boys—and men sometimes—who accompanied it with every evil suggestion possible. So from that time, like Adam of old, we began to hide iniquity in our bosoms with the result that I am tolerably certain,

three at least of my then companions and acquaintances died before their time. And let not parents imagine that only boys are liable to be overtaken with this evil. The writer has a vivid recollection of having been taught evil ways when about six years old by a girl who had almost reached womanhood. When will Christian parents realize the comprehensiveness of the scripture exhortation "to train up a child in the way it should go." Why do they not draw the child's attention to the fact that the wrath of God is revealed chiefly against those, who walk in the lust of uncleanness II Pet., 2:10? Christian parents do you not know that your neglect makes it possible for your children to reach the miserable condition of having eyes full of adultery, and that cannot cease from sin; beguiling unstable souls; having a heart exercised with covetous practices; cursed children II Pet., 2:14? To as many as we are thus guilty of neglect, whose children are yet young, I would say one word: "Repent." Huntsville, Ala. A. COLLIER.

Breathing Exercises for Women

CORRECT AND INCORRECT METHODS—SPECIAL DEEP BREATHING EXERCISES—THE IMPORTANCE OF SUCH HABITUAL BREATHING

By *Bernarr Macfadden*

THIS is the first of two articles on proper methods of breathing, and the need of habitual deep breathing. In spite of the splendid missionary work done by physical directors at large and by various health publications, the general public is still ignorant of the true value of pure air and of the importance of getting it into the lungs in sufficient quantities. Every one understands, in a way, that we must breathe to live, but the full significance of this fact is not usually realized. Some one has said that "what the world needs is not so much to be informed as to be reminded," which seems to be true in this case. We all know that life can be sustained without food for weeks, that we can go without water for days, that we can survive for a long period without sleep, but that we cannot live for more than a minute



or two without air. Viewed in this light, it would appear that the subject of proper breathing is quite the most important in the entire field of physical culture teachings. It is true that every one does breathe, otherwise they could not live, but as a rule this breathing is of a very shallow and unsatisfactory nature. In general one might say that shallow breathing means shallow living, and that the more completely and fully one breathes, the more life will be secure, and consequently the more alive he will be.

Even some athletes and others who have convinced themselves of the value of deep breathing, often have erroneous ideas as to the proper methods to be followed. In some way the performance of the contortionist with a great chest expansion has become associated with the idea of deep breathing, and an en-

Exercise No. 1.—The above photo illustrates the natural, or normal position to be assumed in taking breathing exercises. One should stand easily and comfortably, and without any straining efforts to swell out the chest or "draw in" the stomach. Position should be erect, but the muscles of the stomach and abdomen must be relaxed. When satisfied that your position is correct, be careful that you do not expand the chest walls, and then inhale slowly through the nose a deep breath, expanding the body in the region of the waist and abdomen as much as possible. After a moment's pause, slowly exhale by contracting the body in the part named, forcing as much air as possible out of the lungs. Repeat and continue for from three to five minutes. Remember that when inhaling, one should never contract the stomach, nor should this be done in ordinary breathing at any time, except for the express purpose of forcing from the lungs as much air as possible.

thusiastic young man may sometimes be seen swelling his chest to abnormal proportions, while at the same time he is contracting and pulling in his stomach and abdomen. The result is an exceedingly ungraceful and inartistic spectacle. Furthermore, while one can of course inhale a deep breath while expanding the chest in this way, yet it does not at all indicate the capacity of the lungs, for the reason that the expansion is due not so much to the drawing of air into the lungs as to the action of the muscles in front of and at the sides of the chest. The movement is positively unnatural, and is of little value except as an exercise for the muscles referred to.

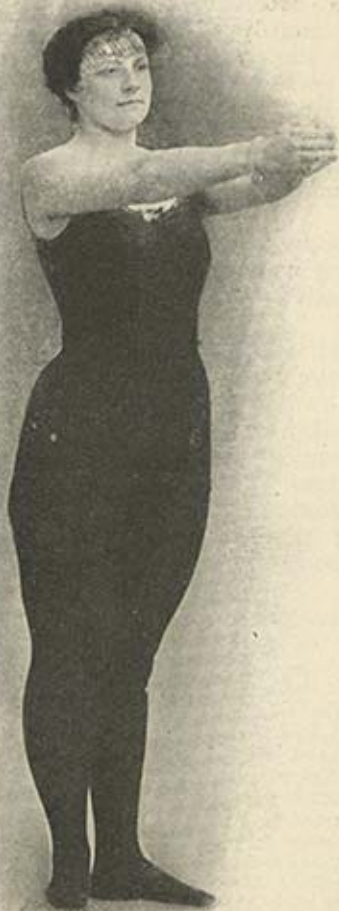
However, the case of one who has given absolutely no attention to the question of breathing is far worse. In such an instance, the breathing is invariably of the most shallow nature, and the general health is in consequence just that much less vigorous. This is especially true of women, the act of proper breathing being greatly hindered and in some cases all but made impossible by the clothing usually worn.

A little observa-

tion of animals and young children will readily convince any one that under normal circumstances, diaphragmatic breathing, sometimes called abdominal breathing, is the natural method. The chest walls are not affected, except perhaps for a slight movement of the "floating ribs," the expansion of the body being lower down, and being most

marked at the waist line. This is necessary to bring the air deep down to the bottom of the lungs, and calls into activity every cell of the lung tissue. With the contraction of the diaphragm to enlarge the space for the lungs and thus cause the air to rush in, the tissues and organs beneath the diaphragm are crowded downward and outwards, and this explains the expansion of the body at a point considerably below the actual location of the lungs. And this movement is beneficial also to the digestive and other vital organs, acting as it does in the form of a gentle and continuous massage.

Chest breathing is necessary only when one is engaged in some unusual activity, such as running, rowing or other athletic pastime. In such an event an



Exercise No. 2.—This is intended to bring about a deeper and fuller inspiration than in the preceding breathing exercise, the expansion of the chest being introduced in this case to add slightly to the amount of air inhaled. Place the palms of the hands together in front of the body and slowly raise them to the level of the shoulders, as illustrated in the position shown above, at the same time inhaling deeply. Let the expansion begin in the abdominal region, then, as you slowly raise the hands and fill the lungs, the expansion will gradually extend to the chest until you have completely filled the lungs. Lower the arms as you exhale. Repeat and continue for some minutes. In doing this, do not try to raise the chest high and pull the stomach back, but rather try to expand most at the sides of the chest and in the region of the floating ribs.

unusually large amount of oxygen is required for the needs of the body, and it is necessary to secure all the air possible. Under ordinary circumstances it is not necessary. However, it is of course to be desired that one have a full round chest, instead of a flat one, since both lungs and heart are located therein and should normally have ample room.

With proper diaphragmatic breathing, the expansion in the region of the abdomen and stomach is readily apparent, as most readers have already observed.

In addition to this, however, you should be able to place your hands on your sides, at the waist line, and feel the expansion there. Likewise you should be able to place your hands upon the small of the back and feel the expansion at that point also. Many do not realize that the waist can be contracted and expanded as well as the chest, and sometimes to the extent of several inches. The region of the waist line, however, is just the point at which it is the most impossible for a woman, dressed in the conventional manner, to expand. Not only is her person not left free at this point, but the rule is to crowd and bind and reduce it to dimensions which are far beneath the normal. Women therefore acquire the habit of chest breathing entirely, or almost entirely, when not

asleep. In some cases the vise-like arrangement in which they are encased is of such a nature that they can only breathe by raising the shoulders high up with each inhalation. With this superficial method of breathing it is quite impossible to thoroughly inflate the lungs. In consequence of which the cells suffer from disuse and either develop ulcers (tuberculosis), or finally disintegrate.

For this reason, if for no other, the corset is to be condemned. Yet every

thinking person knows that there are a host of other reasons why corset-wearing is a crime. The question of proper breathing, therefore, requires far more consideration at the hands of women than of men. Perfect freedom at the waist line is required, and for this reason the subject of health-getting for women, resolves itself, in great measure, into the problem of suitable and sensible dress. This is a problem that physical culturists are trying to solve. It need not be said that if any one solves it completely, the solution must involve a radical change from the conventional styles and habits. At the same time, one need not sacrifice the beauty of her clothing, for tastefully made garments that show the natural lines and proportions of a normal figure will pre-



Exercise No. 3.—This exercise also involves the action of the chest even more fully than does the preceding exercise. With arms first at the sides, slowly bring them outwards and upwards as illustrated, until finally they are high over head, at the same time inhaling deeply, exactly as in Exercise No. 2. Exhale as you slowly lower the arms, forcing as much air as possible from the lungs. This exercise also tends to round and fill out the chest, thus improving one's appearance.

sent a far more graceful and artistic appearance than those which pinch and tightly bind, and even deform the body. And rational dress need not require any very marked difference from the prevailing fashions, aside from the improvement referred to due to the more natural lines upon which it is constructed. Many physical culture women have solved the dress problem in a most satisfactory fashion.

At all events, it is absolutely impossible to breathe in a free, natural or sufficient manner as long as one is constricted by corsets, tight girdles, or in any other manner. The wearing of heavy skirts or several of them, suspended from the waist, even without a corset, is almost as bad, and it is advisable to wear skirts as light and as few as possible. Underwear is best worn in the form of union suits, while even the hose supporters should be suspended from the shoulders. Princess gowns are very commendable, though if a separate skirt is worn, it should be arranged to

hang from the shoulder, being supported by buttoning or hooking on to some strong underwaist made for that purpose.

It is of course unnecessary for me to mention that one should always breathe through the nose, for every one knows the reasons for this. There are cases, however, when it is useless to attempt it, for when engaged in active sports which necessitate fast breathing, it is often impossible to secure sufficient air unless you breathe through the mouth.

In taking the exercises which are here illustrated, which will be followed by others next month, I would advise that when you have inhaled a full breath, you make a further attempt to inhale a trifle more and then exhale. With each exhalation try to force out of your lungs all the air possible, so that the new breath will fill them with perfectly fresh and pure air. This will also make you feel a desire to take a deep, full breath, and will in that way stimulate and help on with the exercises.

PHYSICAL CULTURE TREATMENT OF SICK CHILDREN PROVES TO BE HIGHLY SUCCESSFUL

By C. Gilbert Percival, M. D.

Sleeping in an open room, four degrees below zero, the twenty-six patients of the Children's Hospital are thriving in their winter quarters, at Wellesley, Mass. Most of these children have spinal or hip disease, and are tubercular.

Strange to say, the children are all the better for this Spartan treatment, and wake with keen appetites and reviving health every morning. The children are living in a wooden shanty attached to the main hospital building. It has sliding doors and walls, more like barn doors than anything else. These walls slide entirely back, leaving fresh air to sweep through the room and over the little cots where the children sleep. These 26 patients have been carefully selected and are closely watched by physicians in charge, so that the strenuous treatment, as it will at first appear, will not prove too much for their strength. But all the children so far have not only stood it well, but are improving daily and are showing by their increasing appetites and gay laughter, that this mode of living fully agrees with them.

Two stoves temper the extreme cold of the house by day in winter, but the children are so bundled up in the warmest of woollen clothing that they do not mind the cold, and, in fact,

do not know that it is cold. Instead of undressing at night to go to bed, they just change their dress, putting on hoods, jackets, stockings and mittens, and are so heavily wrapped up in heavy woollen blankets that they cannot suffer from the cold. They sleep in flannel night gowns with flannel hoods with a deep frill about the neck which keeps all air from everything except the face. The blankets over them are of heavy red wool.

At seven o'clock in the morning they are awakened and taken to a warm room, bathed and dressed. Nourishment of the plainest and simplest character, consisting of milk, eggs and cereals, are given them in plenty and at frequent intervals, and they are growing strong and healthy more rapidly than under the old hospital regime of treating infantile tuberculosis with impure air and drugs.

The fresh air treatment is now recognized all over the world as the only means of treating tuberculosis successfully, and those with lung troubles at Wellesley now quickly find relief.

So successful is this open air plant that arrangements are already being made to build a much larger and better building with glass walls, which will be opened in fair weather.

Ideal Babyhood

By *Marguerite Macfadden*

It's when the birds go piping and the daylight slowly breaks,
That, clamoring for his dinner, our precious baby wakes;
Then it's sleep no more for baby, and it's sleep no more for me.
For when he wants his dinner, why, it's dinner it must be.

—*Eugene Field.*

BABY'S food is a subject of the utmost importance at all times, whether it be provided by the mother from Nature's fount, or artificially prepared. Needless to say, none other compares with that supplied by the mother, if she be in a normally healthy condition. But she must regulate the nursing periods with the utmost care, so that overfeeding, with its distressing, oftentimes serious results, is not the consequence of her laxity in this direction. Many a tired or harassed mother will nurse the baby whenever it is restless, as the most prompt means of soothing and quieting it; little realizing that she is harming it by so doing, and is but laying up future trouble for both herself and her baby.

If the mother is from any cause unable to nurse her child, or, (I shrink from saying it) unwilling to do so, the preparation of artificial food is of vast importance. It is to be deplored that a baby must be forced to take a substitute for its natural food, but if the necessity arises, exquisite care and attention are called for if baby is to be properly nourished. In the first place, the bottles, nipples, and utensils used in the preparation of the food, must be kept solely for that purpose. After using, they should be at once washed and rinsed in a solution of borax and water, heated slowly in a vessel upon the stove, and boiled for twenty minutes. Then, having the fresh food in readiness, let the bottles cool sufficiently, fill, cork with absorbent cotton and set away in a cool place until needed.

As regards the food itself, authorities differ vastly, but the endeavor of the manufacturers has always been to make the substitute as nearly akin to mothers' milk as possible. For those who can afford it, probably the best substitute is

that prepared and supplied by the Walker-Gordon Laboratories, where the utmost care is taken, in the handling of the milk. The cows' stables, to say nothing of the milkers themselves, are kept scrupulously clean, and the preparation of the food itself is approved by the highest authorities. Branches of their laboratories are to be found all over the country, and great pains are taken in expressing the food, already bottled for each nursing.

Of course most mothers will prefer to prepare the food themselves, unless they are able to entrust this task to an experienced trained nurse. No definite rule can be given for the amount of milk necessary for a hand-fed baby at any given age. It will not vary much from one pint per day for an infant of six months. Baby should never be wakened to be fed, but it will be found that if food be given before lying down to sleep, probably baby will sleep much longer than if in need of nourishment.

Prof. S. P. Sharples, who has made the subject of milk a special study, and has made hundreds of analysis of the fluid, says: "The best way to prepare cows' milk for a young child is to allow it to stand for a few hours until a portion of the cream has raised, then carefully remove the cream. At each meal, take the proper portion, say for a babe at nine months, one cup; at twelve months, one and one-third, morning, noon and night, but no hard and fast rule can be laid down for each individual. Place the vessel containing the portion in a dish of hot water for a sufficient time to warm it. Cream or very rich milk is totally unfit for an infant. Children will be found to do well on Ayrshire milk, since this is not much richer than skimmed Jersey. Above all, do not add either sugar or water to the milk,

the former only invites a sour stomach, while the latter destroys the nutrient property of the meal. As baby grows beyond milk, gradually add to its diet fruit, and grain, with whole wheat bread, baked potato, and rice, all of which are wholesome, healthful and nutritious. Prunes are excellent as a regulator if such be required, with their laxative effect. It is to be hoped that baby's diet will be of such a wholesome nature, and given in judicious quantities, so that constipation or gorging, with their attendant pain and distress will be unknown. But should such a condition occur, the emptying and washing of the bowels will afford prompt relief. To give an internal bath, or injection, tepid water or water the temperature of the body will be required (and it is well to have had it previously boiled), a little olive oil, and small rubber syringe, with flexible tiny rubber catheter to attach. Lay baby over on his left side, and insert the rubber catheter lubricated with olive oil gently into the rectum and allow the warm water to siphon in slowly, using as much as can be retained without distress. After a very few moments, relief will be afforded. If food is not given in excessive quantities, beyond baby's power of digestion, if daily exercise is freely indulged in, and a liberal allowance of distilled water is given to drink between feeding, constipation should be unheard of. Daily massaging the bowels very gently after baby's bath, with a little olive oil, will usually do away with any tendency in this direction. With a little uncooked strengthful or rolled oats given occasionally, dry, allowing baby to eat them with his own little fingers, which will afford him lots of pleasure, a natural, wholesome, regulator may be administered. Probably many a mother will think this unlikely, but just try it. Baby's weakness for putting everything in its mouth will suggest its being tried, and its relish will insure the food being eaten.

Should the reverse condition of the bowels manifest itself, it should not be neglected, as a persistent diarrhoea is very weakening, but care should be exercised to arrest it after at least twenty-four hours duration. It may be that an attack of this kind is but an

effort on the part of Nature to throw off some impurity, but the stools should never be so frequent or persistent as to admit of their containing mucus, which is an evidence of a distressing condition of the lining of the bowels. To arrest such an attack of diarrhoea, keep the bowels warmly covered, give an injection of plain boiled water, boil all drinking water, give sterilized milk, with barley water (Robinson's Prepared Barley, an English preparation, being about the best obtainable for making the latter, when any food is given), though abstinence from food for a period is the better plan. Avoid giving any ripe fruits, indeed nothing should be taken in the shape of nourishment, unless it be barley or rice water or sterilized milk, for a few days, until a normal condition is reached. Persistent diarrhoea urges the wisdom of consulting a physician. Very frequently such a condition of the bowels will manifest itself through imperfect cleansing of the bottles, nipple; or cooking utensils, from which the baby's food is taken, therefore I must again urge scrupulous care in this direction.

When both mother and baby have rested sufficiently after the arrival of the latter, it is well that it should be put to the breast, as the first secretion therein acts upon it as a purgative, the taking of which is usually followed by a movement from its bowels, within a few hours. The excretion is of a tarry character, and is known as the meconium. The somewhat scanty secretion of the breast will for the first three days prove ample for baby's needs, unless it be the addition of an occasional spoonful of distilled water. It is to be hoped that in this allegedly enlightened age no mother or nurse will permit of baby being dosed with "teas" of various kinds, or nostrums of any description, under the belief that more nourishment is required than Nature has provided for the mother. If Nature be but permitted, she will perform her work aright and fully.

The supply of true milk comes upon the third day, and is usually accompanied with a sense of uneasiness, fullness, and unrest. It is well that baby should nurse at once and thus afford the mother relief. If the first supply of

milk be over abundant, it is wise to draw off a little of it, just before putting baby to the breast—so that it may not flow so copiously as to cause discomfort to the baby. Nature will very soon adjust her supply to baby's needs, so that for only a short time will it be necessary to exercise this care.

From this period on, to at least the ninth month, this natural food should constitute baby's sole diet. As regards the number of daily feedings, authorities differ widely, but the almost universal opinion of physicians is, that babies are all overfed. The difficulty is not to solve the problem of feeding babies enough, but of feeding them seldom enough. Dr. C. E. Page, in his book on "How to Feed the Baby," says: "It is my belief, verified by experience in the case of my own infant, and from other substantial proofs, that three meals a day, with sufficient restriction at each, are all that should be permitted from birth, and the intervals between each feeding should be at least from five to six hours." I myself tried this plan, having the very highest opinion of Dr. Page's ability, but in the instance of my own baby, it was proven to me clearly that the food supply was insufficient. So I found it best to nurse my baby every four hours for the first two months, gradually increasing the intervals between meals. As she grew older and until weaned at ten months, she was ready for three meals, but satisfied with them, during the twenty-four hours. Her breakfast was at seven, dinner at twelve and supper at five. Many advise gradual weaning, that is, from breast to bottle, substituting the latter for an occasional feeding and gradually increasing the use of the bottle as the breast feedings are reduced. However, this method did not appeal to me, as it necessitated another trying time for baby, before the bottle was finally discarded. So I simply handed baby over to a wise and kind woman, who for two days and nights cared for her, not urging food upon her, but just giving her an occasional drink of water, or skim milk. On the third day, I took the little one under my own care again none the worse, but rather the better for her partial fast, and ex-

hibiting no inclination to return to Nature's fount.

It may be well for me to mention just here that baby, during all her nursing period, never knew what it was to reject or vomit one teaspoonful of her food, while constipation, hiccoughs, etc., etc., were things unknown. I gave her water frequently, which practice I still follow, she taking a drink the first thing in the morning and others at mid-morning, mid-afternoon, and at night, just before going to bed, and at any other time that she indicated a wish for it. Many a "wee one," I feel convinced, cries or frets for a drink of water, only to be given food or something else that is undesired. Do remember that baby's milk is its food, not drink, and so give it an occasional drink of water. Cow's milk when first drawn is best for baby, after weaning. Otherwise, care should be taken to have the milk slightly warmed, so that it may be of the temperature of new milk. In changing from the breast to cow's milk, it must be remembered that, as the latter is heavier, more solid, and therefore more difficult to digest, one must guard during the change against overfeeding. With my baby there appeared to be a slight disinclination for milk in a sufficient quantity, so that I tried feeding her on uncooked strengthfude, or rolled oats with a little warm skim milk on it, three times a day. On this diet she grew and thrived amazingly. Sugar was never given her, but prunes, (soaked from eight to ten hours,) or dates pitted and thoroughly washed, were keenly relished, as also a piece of ripe apple, with the occasional juice of an orange, a little sweet cider or grape juice. These, with the later additions of a baked potato or slice of whole wheat bread, proved a most satisfactory and satisfying diet. She never experienced any discomfort, constipation, or the so-called childish ills. At fourteen months of age she is the proud possessor of twelve teeth, which caused her no distress whatever. So much, then, for the diet *par excellence*, Nature's supply of milk, which every mother should provide her child with for at least nine months, and longer if thought wise. We may now pass on to the subject of a substitute food.

Women's Question Column

By *Bernarr Macfadden*

Going Barefooted

Q. Do you think the wearing of sandals as beneficial as the good old way of going barefooted. Do you think girls of fifteen and sixteen years too old for this last?

A. Although sandals may be considered as a decided improvement on air tight leather shoes, yet even their use cannot be considered as healthful as going barefooted. You are certainly not too old to go barefooted, in fact, it would benefit men and women at any time of life to follow this practice as much as possible. Your only difficulty will be in disregarding the opinions and remarks of your conventional and prudish friends and neighbors. If you are so located that you can avoid such annoyance, so much the better for you. By all means, go barefooted as much as you can, there is at least nothing to prevent you from so doing in your own home, at all seasons of the year. Remember that, not alone in connection with the feet, but with all parts of the body, it is best at all times to wear no more clothing than is absolutely necessary.

Massage and Muscular Development

Q. Is massage good for developing the forearm? If so, should a cream be used.

A. You have probably got the ideas embodied in your question from the "advice" department of one of the daily newspapers. There is only one real way to develop the forearm, or the muscles of any other part of the body, and that is by means of exercise. Massage is useful in such cases of invalidism or weakness, in which one is unable to take exercise. Massage will arouse a good circulation of blood in the tissues affected, and this will naturally tend to strengthen and build up the parts to some extent, but it will not bring about any marked muscular development. The external use of a cream may help to soften the skin somewhat, but even in such instances it is the "rubbing in" that does the good—not the cream itself. The cream can have no influence whatever in building up the tissues underneath. Massage, however, after severe exercise, will usually help to take the stiffness out of lame and tired muscles.

Wrists and Ankles

Q. How may the wrists and ankles be developed?

A. It is practically impossible to develop these parts in question after maturity, though without doubt, where the condition of the general health is improved they may in some cases be enlarged a little. Remember, however, that they can be greatly strengthened, even if not enlarged, for exercise not only

develops the muscles, but strengthens and makes firm the bones, cords, tendons and all the tissues of the body. The better the circulation, the more vigorous will every part become. You should remember also that small ankles and wrist are usually a desirable possession. You are built on the race horse order in contrast to the heavy phlegmatic draft horse type. Almost all celebrated athletes have small ankles and wrists.

Reducing a Double Chin

Q. Kindly advise one of your lady readers how to reduce a double chin?

A. I would suggest considerable massage of the part, together with the faithful practice of exercises for the neck. You may be able to devise exercises for the neck yourself, though if you prefer, you can take those published some months ago in our former magazine, *BEAUTY AND HEALTH*. In addition to this, however, you should adopt general means for reducing the weight of the entire body. In a coming issue of this magazine I intend to present exercises designed especially for this purpose, but in the meantime I would refer you to my special home treatment for reducing weight, which can be secured from this office in the manner referred to in the note at the head of the General Question Department.

Cold Sponge Bath During Sickness

Q. Kindly state how soon after confinement a woman may safely begin to take cold sponge baths in the morning.

A. This can be done just as soon as she is able to recuperate from such a bath immediately and with a comfortable degree of warmth. In some cases this would be very soon after the birth of the child, depending upon the constitutional strength and vigor of the mother. If the use of very cold water seems to be too much of a tax upon the system, tepid water may be substituted. It is probable that, in many cases, a sponge bath would be beneficial even before the patient is able to leave the bed, and this applies to many other kinds of sickness. If the feet are put in hot water just before or during sponge bath, or a hot water bottle is placed at the feet, it will be much easier to enjoy the bath and readily recuperate from it.

Enlarging the Calf

Q. Kindly give some method of increasing the size of the calf.

A. There are a number of exercises which will help to accomplish this, though perhaps the best and most commonly used is that of rising as high as possible on the toes. It is best to place the toes on a board or some object slightly higher than the heels, and if necessary

you can practice it on one foot at a time in order to make the exercise more vigorous. But remember, that no matter what exercise you use, it will be necessary for you to thoroughly tire the muscles of the part if you wish to materially increase their size. Climbing stairs or hills would be excellent for this purpose if you do it right, that is, raise the body high on the toes with each step. Rope skipping can also be recommended.

Use of Bandages

Q. Do you advise the bandaging of a mother after birth of child?

A. In some cases where a woman is weak, or her physical condition not what it should be, this may be a prudent measure for two or three days, though even in such an instance it is doubtful if it accomplishes any real good. Where one is in a properly vigorous and healthy condition, and possessed of normal strength, it has no advantages whatsoever.

Starch as a Food

Q. Kindly advise me in reference to the value of starch as a food?

A. Starch has a due and important value as a food, though it, or rather, starchy foods, may be used to excess and with consequent harm to the users. It is classed among the heat or energy producing nutritives and helps to form the fats of the body. Potatoes consist largely of starch, as do also a number of other vegetables, while fine white flour also contains an excessive amount of it. You need not worry about not securing enough of it, for it will be found in sufficient quantities to satisfy all your requirements in the various edible grains and in most vegetables. It would pay you to study some good book on the chemistry of foods and so learn their respective dietetic values.

Treatment of a Paralytic

Q. Can you advise me how to treat a woman of fifty-four who has had a paralytic stroke? She is just about as strong as ever, but the left side is numb.

A. The external use of cold water, and especially the cold wet sheet pack, will be found to be very effective. Massage would be beneficial, though as much active exercise as the patient can take with comfort would be better. Occasionally, the alternate application of hot and cold wet cloths might be recommended, finally allowing a cold pack to remain for some time. However, above everything else, I would impress upon you the importance and necessity for constitutional treatment. Every natural means known to the physical culturist should be used to help build the highest possible degree of general health, and this will doubtless require some radical changes in the patient's general habits of life. Would suggest that you read my special home treatment for paralysis.

Psoriasis

Q. Kindly advise treatment for psoriasis. Patient is a young woman appar-

ently in the best of health. Her head was recently one mass of scales, drawing her eyes so badly that she could not close them in order to sleep. A prominent specialist is making very slow work of curing her. She has been told that it takes seven years for the disease to be eradicated from her system.

A. It might take even longer than seven years to get rid of this trouble by means of the regular medical treatment. Every attention should be given to the general health and to diet, since the trouble is partly and in some cases mainly due to constitutional causes. Of course the habit of wearing clothes in the prevailing "civilized" manner has considerable to do with this and nearly all other skin diseases, hence one should wear as little as possible, having linen next the skin, or cotton but never wool. Diet should be of a strictly vegetarian kind, fresh fruits being used very freely. Patient should take frequent baths, but irritating soaps should be avoided; pure castile soap only should be used. Cold wet packs are to be recommended, and care should be used not to irritate the affected parts. Fasting would help to purify the system, and would therefore aid in the cure, as would also the free drinking of water.

Fear of High Places

Q. I am afflicted with an awful form of nervousness which comes upon me whenever I get above the level of the ground. For instance, I cannot go up in high buildings or over bridges without experiencing the most alarming sensations of fear and nervousness, often producing severe headache, and I cannot possibly sleep upstairs, unless I take a powder. It is ruining my nerves and almost drives me insane. Can you offer me any relief?

A. Of one thing I am positively assured, namely, that you are making your condition immeasurably worse every time you take a sleeping powder. If you cannot sleep, then it would be better to remain out of bed and awake, engaging in some work that will thoroughly occupy your mind. Your symptoms are the result of your nervous conditions rather than the cause, and if you could get out in the country for several months, sleep on the ground floor, and build up perfect health, you would doubtless get over your distressing conditions. At all events, it is unwise to court the trouble by going in high places. There is a possibility that this peculiar manifestation is the result of some prenatal influence, in which event your own physical condition is not to be blamed for it, and it will necessarily be much harder for you to contend against it. Simply stay on the ground, try to avoid worrying over it, do all you can to build up your general health, avoid drugs and all may yet be well with you.

Detailed Menus for One Week

By Marguerite Macfadden

MONDAY.

Breakfast.

Prunes,
Price's Wheat Flake Celery Food
With Cream,
Poached Eggs on Toast,
Cocoa.

Dinner.

Creamed Salmon Egg Sauce,
Baked Potatoes,
Boiled Hominy,
Cabbage Salad (No. 3)
Date Pudding.

Supper.

Tomato Aspic,
Graham Gems,
Queen Apples,
Postum Coffee

TUESDAY.

Breakfast.

Apple and Apricot Compote,
H-O and Cream,
Creamed Eggs,
Morris Corn Muffins,
Hot Milk

Dinner.

Cream of Asparagus Soup,
Chicken Stew With Corn Dumplings,
Chocolate Pudding With Hard Sauce,
Nuts and Raisins.

Supper.

Nut Boudins,
Orange and Lettuce Salad,
Bananas on Toast,
Chocolate.

WEDNESDAY.

Breakfast.

Oranges,
Deviled Eggs With Water Cress,
Steamed Graham Bread,
Banana Cocoa.

Dinner.

Okra Gumbo Soup,
Minced Chicken on Toast,
Parsnip Nut Roll,
Steamed Pudding,
Grape Juice.

Supper.

Lettuce and Nut Sandwiches,
Velvet Cream,
Oatmeal Gems,
Chocolate.

THURSDAY.

Breakfast.

Bananas,
Corn Meal and Griddle Cakes,
Swiss Omelet With Nuts,
Postum.

Dinner.

Sousa Soup,
Black Beans and Tomatoes,
Brussels Sprouts,
Cauliflower Salad,

Estella Pudding,
Drink, "My Fancy."

Supper.

Macaroni Croquettes,
German Toast,
Patty Pan Nut Cakes,
Cocoa.

FRIDAY.

Breakfast.

Baked Apples With Rice,
Oat Cake,
Hominy Croquettes,
Egg Postum.

Dinner.

Cream of Rice Soup,
Baked Blue Fish,
Succotash,
Beets in Vinegar,
Fig and Nut Pudding,
Grape Juice.

Supper.

Chartreuse of Fish,
Corn Starch Puffs,
Banana Junket,
Cocoa.

SATURDAY

Breakfast.

Grape Fruit,
Strengthened With Raisins,
and Cream,
Graham Griddle Cakes,
Cereal Coffee.

Dinner.

Southern Tomato Soup,
Egg Chops With Peas,
Boiled Cauliflower,
Baked Potatoes,
Spinach Salad,
Steamed Bread Pudding.

Supper.

Egg and Celery Salad,
Johnny Cake,
Neapolitan Mousse,
Hot Chocolate.

SUNDAY.

Breakfast.

Oranges,
Boiled Rice and Cream,
Blanquette of Eggs,
Rye Bread,
Postum.

Dinner.

Bean and Corn Soup,
Chicken Pie,
Boiled Rice,
Mashed Potatoes,
Water Cress Salad,
Cocoanut Pudding,
Lemonade.

Supper.

Mushrooms on Toast,
Mayonnaise of Celery,
Peach Conde,
Chocolate.

Creamed Salmon.

Bring one pint of milk, into which you have put a dessertspoonful of capers, to a boil, into this stir two hard boiled eggs chopped fine, a little salt and a dash of white pepper. Open a tin of salmon and mince it on a hot platter. Dredge it liberally with flour and over it pour the milk dressing. Set in a hot oven for five minutes. Serve garnished with parsley.

Cabbage Salad (No. 3).

Take one crisp white cabbage, chop fine, season with salt and pepper. Put in a saucepan one pint of cider vinegar, one cup of sugar, a dessertspoonful of mustard, one large spoonful of salad oil. When hot, add one well beaten egg mixed with one tablespoonful of flour; stir and cook, then pour over the cabbage. Set aside until cold, then serve.

Cabbage salad should never be served warm, but requires to be thoroughly chilled.

Date Pudding.

Mix and sift one and one-half cups of graham flour, one-half teaspoonful of soda and one teaspoonful of salt. Melt one-quarter cup of butter, add one-half cup of molasses, one-half cup of milk, and one egg, well beaten, with one cup of dates, chopped fine, mix thoroughly, turn into buttered mould, and cover; steam for two hours and a half. Serve with hard sauce.

Tomato Aspic.

Put one can of tomatoes, one slice of onion, two bay leaves, a few celery tops, and a teaspoonful of salt, in a saucepan. Bring to boiling point, and add two tablespoonfuls of vegetable gelatin which has been soaked in half a cup of water for half an hour. Stir until dissolved. add the juice of one lemon and one dessertspoonful of sugar and strain. Pour into a mould, stand on ice for four or five hours. Turn out and serve with mayonnaise.

Graham Gems (No. 2).

Two and one-half cups of sour milk, one egg, half a cup of sugar, one tea-

spoonful of soda, one teaspoonful of salt, two cups of graham flour, and one cup of flour. Bake in well greased and heated gem pans twenty-five minutes, in a quick oven.

Queen Apples.

Pare and core your apples, and drop them whole into boiling water, cook until tender, with three whole cloves, one slice of lemon, and small piece of cinnamon. When done, remove from water carefully, so as not to break them. In a double boiler prepare one quart of custard, sweetened and flavored to taste, pour this over the hot apples, and serve.

Apple and Apricot Compote.

Few people know what a palatable breakfast sweet may be made by soaking over night one cup of dried apples and one cup of dried apricots. Place over the fire with the addition of water enough to cover, and let stew slowly until perfectly tender. Sweeten to taste. Serve cold.

Creamed Eggs.

Six hard boiled eggs, one and one-half cups of sweet milk, two level tablespoonfuls of butter, one and a half tablespoonfuls of flour, one-fourth of a teaspoonful of salt, two tablespoonfuls of chopped parsley, put the butter, flour and seasoning in a saucepan over the fire, when melted and mixed, add the milk and stir until it thickens. Reserve the yolks of two eggs, add the remainder of the eggs sliced, simmer five minutes, stir in one tablespoonful of the parsley, pour on a hot platter, garnish the top with the remainder of parsley and yolks pressed through a sieve, serve immediately.

Morris' Corn Muffins.

Put two cups of yellow corn meal into a mixing bowl, add two tablespoonfuls of butter, a teaspoonful of salt, and a teaspoonful of sugar. Now, pour over all a half pint of scalding milk; mix and when cool, add another half pint of cold milk and one cup flour. Beat until smooth, and then stir in carefully two

teaspoonfuls of baking powder and three eggs beaten light, without separating. Bake in gem pans.

Cream of Asparagus Soup.

Wash one bundle of asparagus, cut into small pieces and put into a saucepan with enough boiling water to cover. Simmer for three-quarters of an hour. Remove the tips with a fork, press the remainder through a sieve, saving the water in which it was boiled. Scald one quart of milk, rub together one tablespoonful of butter and two of flour until smooth, stir this into the scalded milk until it thickens. Add the asparagus and water pressed through a sieve, also the tips. Season with salt and white pepper. Serve.

Chicken Stew With Corn Dumplings.

Cut up a good large chicken. Place a tablespoonful of butter into your skillet, and put the chicken in it to brown, then lift carefully with a skimmer and put into a saucepan. Into the butter remaining in the pan, rub two tablespoonfuls of flour; brown carefully. Add to it one pint of water, stir constantly until it boils; strain over the meat, cover and simmer gently for an hour. A small onion added improves the flavor, but may be omitted if desired. Salt should be added when the chicken is half done. Ten minutes before serving, mix in a bowl one-half cup of corn flour and one-half cup of wheat flour. Add one-half teaspoonful of salt and one teaspoonful of baking powder. Mix thoroughly, then add about a gill of milk to moisten. The dumplings must be moist, not a batter. Take a teaspoon, dip it in the sauce of the meat, and place it on top of the meat, and so continue until the entire surface is covered. Each dumpling must have a

certain portion exposed. Cover the kettle, cook for ten minutes without lifting the lid. When ready to serve, arrange the dumplings on the edge of the dish as a garnish; put the meat of the chicken in the centre, strain over the sauce and serve.

Chocolate Pudding With Hard Sauce.

Butter the size of an egg, one cup of sugar, one cup of milk, one-half cup of water, and one egg, beaten light. Mix all together and thicken to a light batter with sifted flour, in a little of which has been blended two teaspoonfuls of baking powder. Grate squares of good chocolate, and dissolve in a tablespoonful of hot milk, and add last, mix thoroughly. Steam in double boiler for two hours and serve with hard sauce.

Nut Boudins.

One pint of mixed nuts chopped fine. One tablespoonful of butter, two tablespoonfuls of dried bread crumbs, one-half cup of boiling water, two beaten eggs, salt and pepper to taste. Put ingredients over the fire and stir until nicely mixed. Fill custard cups two-thirds full. Stand in a baking pan half filled with boiling water, and bake in moderate oven twenty minutes. When done, turn carefully on a heated platter, and pour over them a cream sauce.

Deviled Egg With Water Cress.

Boil six eggs, hard. When taken from the hot water cover with cold water to prevent the whites from turning dark. When cool, remove the shells and cut in two. Take out the yolks and press through a sieve. Add one tablespoonful of olive oil, or butter, salt, pepper, mustard and vinegar to taste. Fill the whites with the mixture. Serve on watercress.

A CHANCE FOR HIS LIFE

A certain Philadelphia physician was called to see a sick man and on diagnosing his case found that he had typhoid fever. He immediately informed the patient that he would recover. "How is it that you are able to state so early in my case that I am sure of recovering?" asked the patient. "Well," drawled the doctor. "Ninety-nine per cent. of typhoid fever patients die and one per cent. get well. I've lost ninety-nine cases and you are my hundredth; therefore you are sure of recovery."

The Passage of the Pure Food Bill

A TRIUMPH OF PUBLIC OPINION AND HONEST LEGISLATORS—
MANUFACTURERS OF FOOD PRODUCTS, DRUGS AND
LIQUORS MUST PRINT ON THE PACKAGES JUST
WHAT THE CONTENTS CONSIST OF

By J. Walter Smithson

NOW that the Federal measure popularly known as the "Pure Food Bill," has passed the Senate, it will occur to the person of average intelligence that it, or something equivalent to it, should have been in force many years ago. Up to the present, unscrupulous manufacturers of food products have been permitted to rob and poison the public at their own sweet will. It is an unhappy fact of our so-called civilization that scoundrels of the type just alluded to are among its by-products, and it is an equally scandalous fact that they have hitherto been permitted to pursue their nefarious practices unchecked. Also that there was nothing in our vaunted jurisprudence to properly deal with them except in those cases, too few and far between, when there was brought to light some one of the many murders which they committed through the medium of their poisonous products.

It is true that in the past there have been sporadic attempts to enact laws to deal with these criminals, but in almost every instance such laws were stifled at birth by means of the lobbyists in the employ of the food men. The immediate and vigorous fight that would be waged upon such a measure, was a sufficient proof of the vastness of the evil with which it proposed to deal, and the calibre of the corruption fund that was used by the evil-doers. However, public opinion seems to have done that which our legislators were incapable of encompassing, and so it comes about that as already stated, the Pure Food Bill has passed through the Senate by a vote of 63 to 4, the opponents to it being Senators Bailey, Bacon, Foster, and Tillman. It is also stated that Senators Teller and Frazer announced

that if they had not been paired, they too would have voted against it. To the person of average sense and moderate honesty it seems incredible that any individual, unhampered by interest or ulterior motives, could be found in the whole broad stretch of this country to vote against a measure which has for its end the protection of the public against those of its most insidious, unscrupulous and powerful enemies, for such those are who strike at the very root of a nation's integrity by undermining the public health.

It is true that the dissenting senators gave some plausible reasons for their refusal to vote for the bill. But the fact remains that the manufacturers of impure food products are legion, and to make matters worse, those whose bodies they pollute and wreck and not infrequently kill, are those whose means do not permit them to insure themselves against dietetic poisoning by purchasing foods that are above suspicion. In other words, it has, in the main, been the poor who have the "canned food" or "bottled food" habits that have been the chief sufferers. An official list of those killed or injured within one month by using adulterated food includes four persons who died from eating canned "mushrooms" which were really toadstools, three poisoned by cheap candy, three by wood alcohol contained in flavoring extracts, four infected by typhoid fever germs found in cheap ice cream, two babies poisoned by formaldehyde used to preserve milk, some hundreds of persons made sick by rotten canned meat, many scores made ill by alleged fruit jellies, several hundreds of persons poisoned by beer manufactured from glucose, the process including the use of sulphuric acid made from an

arsenic bearing mineral, scores killed or brought dangerously near to death by ptomaines bred in canned goods, etc.

Many of these cases were reported by health officers or officials of the various states in which they occurred. But it must be remembered that such reported cases do not represent a tithe of the actual cases of ruined health and often death due to the same causes, which never come under the cognizance of the authorities. Neither does the list include the multitudes of little ones made ill or killed by impure milk, especially in the big cities of this country. In New York alone, there is a constant fight being waged between those criminals who in the poorer districts sell adulterated milk or milk from diseased animals or milk in other ways unfit for human use, and the Department of Health officials. Seizures of such milk are common and arrests are frequent, but the moment that there is any let-up on the part of the authorities, the East Side, for instance, is literally flooded with the foul stuff, and the death rate of babies takes a sudden jump upwards.

The opponents of the bill, in their stock arguments against it, intimated that it would "interfere with the liberty of the citizen," that "the government could not legislate to protect the health or morals of the people within a sovereign state," that "it placed too much power in the hands of one bureau of the government," etc. It seems to the writer that these arguments are so peurile and so obviously misleading that they are hardly worth answering. But it may be stated that no citizen has the liberty to ruin the health or jeopardize the life of his fellow citizens, that it is the duty of the government to protect the morals and health of citizens, and that Federal affairs are in the hands of bureaus that on the whole work in a very satisfactory manner. Anyhow, it is certain that of two evils it is infinitely worse to poison people by the hundreds of thousands than to admit of a technical disregard of the ethics of Federal legislation.

Mr. C. W. Post, whose public spirited effort in the direction of arousing general sentiment in favor of such a bill, and his subsequent work looking to its passage, are alike worthy of our com-

mendation, says that "This pure food legislation is a pure movement of the people for public protection. It will be opposed only by those who fatten their pockets by deceiving and injuring the people. The people have allowed the slow murder of their infants and adults by the tricky makers of food, drink, and drugs to go on about long enough. People now demand the right to know exactly what they eat. To be told by a maker or retailer that the food is 'pure' is not satisfactory. Candy may contain 'pure' white clay, or 'pure' dyes, yet be very harmful. A citizen of the United States has a right to food protection even when he enters another state than his own, and hence it is in order for the government to take control of this matter, and provide a national pure food bill to govern all the states."

There is absolutely nothing in the measure which will conflict with, or in any way do harm to, the honest makers of food products. The core of the bill is, that the ingredients of a food product shall be printed on the package, and that it shall be unlawful to make or to ship from one state or territory to another state or territory "any article of food, drugs, medicines, or liquors which is adulterated or misbranded, or which contains any poisons or deleterious substances." It will be seen by this then, that our friends, the quacks, are as hard hit by the bill as are their fellow criminals, the makers of impure foods, which is a matter which will make all honest citizens rejoice.

The examination of drugs, liquors, foods, medicines is to be made by the Bureau of Chemistry of the Department of Agriculture. On demand, any manufacturer, dealer, or producer is required to furnish the Department of Agriculture with samples of his wares, and on his refusing to do so, may be fined \$100.00 or imprisoned for 100 days, or both. The person convicted of selling adulterated or misbranded food, incurs a fine of not less than \$500.00, and one year's imprisonment, or both, for the first offence, and a fine of \$1,000.00 or one year's imprisonment or both for the second offence. Also a person so convicted, must pay all cost and expenses of inspection and analysis.

Comment, Counsel and Criticism by Our Readers

If, at any time, there are any statements in *PHYSICAL CULTURE* that you believe to be erroneous or misleading, or any subject discussed regarding which you take issue or upon which you can throw additional light, write to us, addressing letters to this department. We intend to make this a parliament for free discussion. Problems that you would like to see debated, interesting personal experiences, criticisms, reminiscences, odd happenings, etc., are invited. We shall not be able to publish all letters, but will use those of greater interest to the majority of readers. For every letter published we will present the writer, as a mark of our appreciation, with a subscription to *PHYSICAL CULTURE*, to be sent to the writer or to any friend the writer may designate. For the convenience of our office kindly write us after the publication of your communication, giving name and full address of the person to whom you wish subscription to be sent.—Bernarr Macfadden.

CONCERNING THE STUDY OF SOCIALISM

We publish herewith a few letters from our readers concerning Socialism. Since the publication in February of a letter from Mr. D. Webster Groh, decrying Socialism, we have received many communications from Socialists, numbering perhaps in the hundreds, in reply to him. It is of course impossible for us to publish all of these, the proper place for which is in the publications devoted exclusively to the study of socialism. *PHYSICAL CULTURE* does not intend to enter the field of socialistic or other political discussion. Our policy is to concentrate our energies on the work to which this publication is dedicated, namely the building up of a perfect, strong, healthy and vital race of people.

Yet we know that present social conditions are of a very unsatisfactory sort in the case of a large part of the population. We realize that the reason some have to work not only all day but nearly all night as well, is because many do not work at all. However, we are doing as much as we can to better all this in our own way, and it is safe to say that as soon as the world at large thoroughly understands the laws of health there will come marked changes in our economic conditions. Nevertheless, I would strongly advise the study of social and economic problems. In fact, a little over three years ago the writer went to much expense to publish a weekly magazine devoted exclusively to the discussion of social, economic and political

reform, but it was not supported and had to be abandoned after being published for six months at a great financial loss.

Health and vitality are man's first and most important requirements. The race cannot endure without them. No very great improvement in social and industrial conditions for the "submerged tenth" can be expected until the mass of the people acquire a higher degree of intelligence, and it is impossible for them to learn to think clearly as long as their habits and modes of living are of an abnormal kind. Physically weak and warped, their mental activities clogged and impeded by reason of the wretched quality of blood supplied to their brains, they cannot advance and must retrograde. Of course our Socialist friends would argue that unfavorable industrial conditions are responsible for their physical short-comings, which is, in part, true, though not wholly so. The two influences act and react on each other. And while I would earnestly advise all up-to-date students of life, health and progress to study Socialism, the single tax, municipal ownership and all other theories of social reform, and draw their own conclusions in regard to each of them, yet I consider the individual acquisition of vitality and perfect health to be the most important consideration for each one of us. And until an effort is made by each individual to better his physical condition, his social or political condition will remain unchanged. Our readers will please consider that with this article the discussion of Mr. Groh's letter is closed.—Bernarr Macfadden.

Socialism Does Not Mean "Dividing Up"

TO THE EDITOR:

In the February number of *PHYSICAL CULTURE* you publish an attack on Socialism by D. Webster Groh, to which I wish to take exception. It is quite evident that your correspondent is attempting to criticize something of which he knows nothing. He shows his ignorance of the subject by asserting that Socialism aims at a plan of dividing up; it is the dividing-up proposition to which Socialism objects. It would be impossible to conceive of a more perfect system of dividing-up than has developed under the present capitalistic system. They call it profit, but it is nothing more nor less than a division of the value created, and the right to it is justified by the ownership of the tools. Under Socialism the means of production (tools) would be owned collectively and every producer would thus be entitled to the full product of his labor. It will do away with predatory wealth and poverty; it will give every individual an opportunity to provide the necessities of life; it will make one thousand and one things possible that are utterly out of the question under the existing conditions. Any one who will study Socialism without prejudice—with a view to learning what is really is, must realize that it is the inevitable solution to the great world problem. To appreciate it you must know it and to know it you must study it.

As a subscriber to *PHYSICAL CULTURE* and an admirer of the principles that it advocates, I conclude reiterating the suggestions and advice of Henry Elbert Bushey. Yours for the emancipation of humanity,

J. F. UHLENBROCK.

315 Lincoln Ave., Chicago, Ill.

The Socialist is the Man Who is Really Alive

TO THE EDITOR:

I am moved to say a word in defense of Comrade Bushey on Socialism and Physical Culture. When a well grounded Socialist reads a criticism of the kind which Mr. D. W. Groh offers on Socialism in your February number he usually feels that he is justified in entertaining an "emotion" the color of which may be likened to an equal mixture of smile, pity and pain; a wide smile that there is another "innocent" abroad, followed by a sense of pity for his ignorance, this followed by a pang of pain, all merging into one grand belly-ache, over that hoary old platitude about "dividing up." I have never yet read a criticism of or argument (in fact there is none) against Socialism in which the writer thereof, was not convicted out of his own mouth. In this connection it would be interesting to know where Mr. Groh gets his information on the subject; especially is this true when a man attempts to present his views upon a matter that is of international concern. To speak plainly; what he knows about Socialism could be registered on the wing of the proverbial Irishman's flea and what he don't know about it would fill a library.

At the very outset Comrade Bushey enthusiastically proclaims himself a physical

culturist. Doubtless he is either a well man, or is fighting for health and gaining in that direction as the years go by. Evidently Mr. Groh does not desire to grant him so much. This seems to agitate my funny bone. To say that Socialism is more important than physical culture is not in the least "absurd," but it certainly is the very height of absurdity to say, "if he had a healthy body and mind he would probably not be a Socialist." In these degenerate days the health of body, mind and spirit is a decidedly "comparative" commodity. In truth the Socialist is the only man who is to-day really alive, and this is strikingly so when an average is reckoned on the environment of all men. Bluntly put, the man who is not a Socialist is "dead to the world" so to say. If he be a wage worker he is too stupid to know where his vote belongs; if he be a middle-class man he is too blind to see; and if he be a capitalist he does not want to see lest he find something greatly antagonistic to his interest.

The Socialist Party is the only political organization that actually counts "noses" in estimating its membership. When a man butts into this party he is "ringed" and the comrades are "onto" him. In other words he is looked upon as "class conscious" or is soon taught to be so, and his ballot never goes astray. Thus the Socialist becomes the sane man of the world. Politically, industrially, and historically he understands the trend of things. The Socialist votes for the co-operative commonwealth or the highest form of construction which we now conceive, while the other man votes for chaos and gets what he votes for in the present order of destruction. Socialism, therefore, is all engrossing and it is perfectly correct to say that it is more important than physical culture. At present every teaching that seeks to reach the physical, mental and spiritual of mankind touches only the "individual." It positively has no place in the hearts of the "people." Under Socialism all things are possible to the human race. Then opportunity and environment will mean practically the same thing. Socialism shows the way. It is the hope, the aspiration of the world. The Socialist party is really and truly the only "Salvation Army" of the human race. Fundamentally it spells industrial liberty for every man, woman and child, and eventually it will become noted as the most spiritual movement known to history. Once we are industrially slaves no more, the highest essence of man, THE EGO, will have a chance to rise and unfold itself, and the triune man of the physical, mental and spiritual will then enjoy life's fulfillment, with no limitation other than that which may be set by Dame Nature. And the children of men will be taught a close communion with Nature. They will fall upon her breast in loving obedience to her mandates, instead of running away from her as we now try to do, only to fall by the wayside because of little or no understanding of the "why" of her reprimands.

Socialism is not in the "dividing up" business. On the contrary it is going to put a

quietus on this "dividing" which we have at present, inasmuch as we are fools enough to hand over seventy-five to eighty-five per cent. of our wealth to the capitalist while we struggle through life on the measly pittance which is left, and this is what we call "good." Mr. Groh's conception of what he calls "government," "state" and "corrupt" politicians is very amusing. Under Socialism our government will be industrial, and maybe it would be fair to ask him how his "corrupt politicians" are going to "graft" when, under a Socialistic regime, there will be nothing of the kind for them to feed upon? Neither is Socialism "confiscation." On the contrary, again, we are going to put a stop to this "confiscation" which is going on right before our eyes every day, but as yet we have not sense enough to know it. Socialism means "restitution." The Socialist is after the earth and the fullness thereof and he is going to get it.

C. B. WAY.

Toledo, Ohio.

"Comparisons are Odious"

TO THE EDITOR:

The pages of a PHYSICAL CULTURE magazine are not the place for a discussion of Socialism—and there is absolutely no standard of comparison by which the relative value can be accurately determined. I myself am both Socialist and Physical Culturist. However the arguments advanced by D. Webster Groh, of Hagerstown, Maryland in a reply to Henry E. Bushey, are of the vintage of 1870 and I feel obliged to answer them. The Socialist does not want to divide up the other fellow's property. He wants to restrain selfish individuals from monopolizing the common heritage of all. The Socialist does not denounce capital. He denounces the greed of the capitalist whose god is profits, no matter how obtained. He does not want to put the property of the nation in the hands of corrupt politicians. It has been there too long. He wants to take it away from them and restore it to the people. All the corrupt politicians are enemies of Socialism, remember that. Why not read up the subject and learn what Socialism really is, so that if you don't agree with it you can combat it intelligently? In closing let me say that if the Socialist ideals were applied to industry, our republic would be really a republic both political and industrial, and that every man and woman would have leisure and means for physical as well as mental development.

MARK E. SWAN.

New York City.

Economic Conditions Must Be Considered in Their Relation to Health

TO THE EDITOR:

I notice in the February issue of PHYSICAL CULTURE an article by D. Webster Groh, which is printed under the heading "Takes Issue Against Socialism." Now, anyone who knows the least thing about Socialism, even the common dictionary definition of the word, can see that he does not take issue against it, but rather against a figment of his imagina-

tion. Mr. Groh makes a former writer in your magazine say that "economics is more important than health." Now I suppose that the former writer and also Mr. Groh mean by the term "economics," economic conditions, i. e., the material conditions and the social environment under which the great mass of the people have to live. I will not say that economic conditions are more important than health, but rather that economic conditions are the basis of either ill health or good health—the economic conditions which produce the struggle for existence in the most intense degree, makes for the worst ill health and physical degeneracy of the masses. On the other hand, the economic conditions which make for the least degree of intensity in the struggle to make a living, will produce among the masses the greatest amount of good health, both physical and moral, for which your magazine is so well contending.

It is well known that the physical form and stature of the people have degenerated considerable in the last few decades because of the bad material conditions—and they are continually growing worse—under which they have to live. As a partial proof of this I will mention the fact that most of the European nations, and England especially, and the United States not excepted, have to reduce their physical standards and measurements in order to obtain a sufficient number of recruits for the army and navy.

M. H. SPANGLER.

Seattle, Wash.

Slum Dwellers by Choice

TO THE EDITOR:

In your February issue, G. Edward Lind laments the condition of tenement houses and slum dwellers, as if they were there by compulsion instead of by choice. Yet when we go into those slums and offer their occupants double wages on farms and at other work in the country, they flatly refuse, say they "don't have to do farm work"—"don't want to be an old hayseed," etc., and that crops might rot before they would help save them.

So he is wasting much misplaced sympathy over straw men and conditions that don't exist except in books of fiction, or possibly as exceptions to the rule.

It is proverbial that tramps will not work. Likewise slummers prefer slums to the country.

Reasonable labor is simply physical culture exercise made doubly beneficial by its useful products. Why then shorten the hours of this exercise or labor by compulsory laws? Is not every person the best judge himself of how long he wishes to exercise or labor? Proverbially corrupt politician ownership (i. e. government ownership), of everything can't improve matters.

D. WEBSTER GROH.

Hagerstown, Md.

One Way to Get Whole Wheat Flour

TO THE EDITOR:

I have been a reader of PHYSICAL CULTURE for several years, with much benefit. I see that many have trouble in getting whole

wheat flour. This is the way we do it. Add about a double handful of clean middlings to the flour when baking. This is enough for two or three loaves. It is fine for biscuit. Try it; am surprised you did not think of this. You are handling the farmers, pretty rough! "Those farmers ain't all bad."

Marion, O. OHIO FARMER BOY.

Red Tape Rules of the School-Room a Menace to Health

TO THE EDITOR:

In the school which I attended, one of the rules was to have each boy leaving the room write his name, time of leaving and return in a book kept for the purpose. At the end of the month, the excess of a certain number of times as fixed by the teacher lowered the boy's standing in the class. The method most in vogue was to allow only one boy at a time to leave the room. A few teachers refused the pupils permission to leave altogether. The last two methods often caused great distress and endangered the health of the lads.

It is bad enough if a healthy boy or girl has to sit still two or three hours in the study of things which are of little use, if any, and of less interest, without having such fool rules to hinder them from attending to their natural wants.

New York City.

C. F.

Lives on Milk and Condemns Salt

TO THE EDITOR:

I liked the article entitled "Shall we use Salt? If so, Why?"

My interest is readily understood when I assert I have used no salt in my food or any other way for the past four years.

I have no desire for it, but on the contrary, hate it. Common salt is a dead and inorganic matter—therefore cannot be in any natural living organic matter.

Health is my life study, and all I say is based on practical demonstrations on my own body. I agree with you in your noble stand against patent medicines, drugs, chemicals, alcohol, tobacco, etc., for nothing of this kind, any more than salt, pepper, sugar or vinegar has passed my lips into my stomach or blood for four years. I will be fifty years old April 10, 1906 and weigh 175 pounds, and stand 5 foot 9 inches. I eat no food of any kind but fresh cow's milk and drink nothing but absolutely pure water. I eat no meat, bread, vegetables or fruit—only the cow's milk. I am thoroughly satisfied and have no desire for any other food. My experience may be of advantage to the public.

J. H. TODD.

San Francisco, Cal.

A New Vibratory Exercise

TO THE EDITOR:

If you have never tried the following exercise would like to have you do so. Stand in an upright position on a solid foundation relax the muscles as much as possible, then jolt the body by rapidly springing the knees. This exercise when taken properly will vibrate every fiber in the body.

After a thorough experiment several years ago I came to the same conclusion regarding

the use of salt as you expressed in your last number of PHYSICAL CULTURE. F. C.

Substitute for Leather Can be Found

TO THE EDITOR:

George Carl Anderson in your February issue states that he is a firm believer in non-meat eating, but thinks it would be almost impossible for us to get along without leather. In answer to this, I would say, if we can find substitute for meat, why not substitute for leather in the same way that celluloid now is largely used in the manufacture of articles which were formerly made of horn and bone. If it is cruel and gruesome to slaughter animals for their flesh, it is certainly not less inhuman to deprive them of their lives for the sake of their hides. There are already various inventions on the market which take the place of leather, but the refuse hides from the slaughterhouses must be utilized as a matter of economy. When vegetarianism becomes universal and peace and harmony reign on earth, we shall have no use whatever for animal leather. It is a natural law which always manifests itself, that wherever certain things become extinct, other and improved things take their places in the great evolutionary process of the world.

Fruitvale, Cal.

F. ANDERSON.

Live Air and Live Water

TO THE EDITOR:

Your invitation to your readers to shed light on the distilled water question prompts me to say that it makes a difference if it is "living water"—wherein a fish is in his element—or water so dead that he might just as well be in the air. Take a bottle four-fifths full of the latter, press in the stopper and shake for one minute smartly, then turn the bottle partly upside down loosen the stopper and you can hear the inrushing air twenty feet away. There is then the element of life in it and there is no better medium to put the same into the system except by way of live air in the lungs. But suppose you aerate your distilled water with sterilized air you will find your fish giving the distress signal very quickly.

Whether we eat or drink or breathe, I think we can do it more effectively by keeping in mind we have to deal in Nature with a substance that is to the human engine what the electric spark is to gasoline motor; without that flash you might as well have water in your tank. I once took the "life ferment" out of the air in a common one quart fruit jar by immersion in boiling water an hour and a half and the next day put in a mouse weighing two-thirds of an ounce, I reckoned this about equal to a six and a half foot cubical box to a man of 150 pounds, it would take him twenty-four hours to breathe it once; the mouse behaved just as another mouse did in another and more deadly gas, but that with the air in was *chemically* unchanged—the mouse died in less than one-tenth of the time it should have carried him.

Yours in quest of the light,

WILLIAM P. SHAW.

South Attleboro, Mass.

General Question Department

By *Bernarr Macfadden*

In the past we have at times published detailed information for the treatment of various diseases by natural means. As it is impossible for us to repeat these instructions in this column from month to month, for the benefit of individuals who have not read them, we have therefore adopted the following method of helping those who are in need of detailed advice of the character in question. We have prepared special home treatments for all of the common diseases, giving full detailed instructions, with a daily regime. The price of these instructions is one dollar each, but those who send us one dollar for a subscription to the magazine and five two-cent stamps will receive a special treatment for any common disease they may name, or a coupon entitling them to the privilege of taking advantage of this offer any time during the life of their subscription. This will enable all of our subscribers to secure a treatment for almost nothing.

Treatment for Sprained Knee

Q. Is it possible to cure a sprained knee by exercise?

A. Any attempt to exercise with a sprained knee would only make matters worse. A sprain of any kind requires absolute rest until the connective tissues shall have had time to mend. Immediately after the sprain, the knee should be treated with fomentations of hot water, which might be continued for two or three hours. Subsequently, cold water bathing can be recommended, and a cold wet cloth should be wrapped around the part on retiring and left there all night. Before attempting to use the sprained member, you should be sure that the tissues have completely mended, after which exercise will be in order to strengthen the parts that have been weakened by disease.

Care of a Bunion

Q. I suffer a great deal by reason of a painful bunion. Can you advise a remedy or some means of relief?

A. It is absolutely necessary that you secure some form of footwear that will not irritate the part of your foot affected. Some shoe dealers make a specialty of making such. An Indian moccasin might be found comfortable to bring relief. For temporary relief soak the foot in cold salted water. The trouble is invariably caused by unsuitable footwear, and if this be removed, it will in time right itself to a greater or less extent. An expert chiropodist might also help you to a thorough recovery. A cold wet cloth wrapped around the affected foot and allowed to remain all night will often bring relief.

Gain Weight Through Exercise

Q. How can one gain weight without losing work? Can one gain by exercising?

A. The first part of the question is rather indistinct. But as I understand it, you do not desire to adopt a treatment that would cause you to lose time at your work, and I would say that such loss would be unnecessary. You can gain weight by natural means and

still continue your daily occupation, unless it is exceptionally exhausting or unhealthful. In the case of the average individual who is under weight, a normal amount of exercise will usually result in his gaining flesh. Of course, an extreme amount will result in loss of weight, but where one is too fat, any exercise will tend to reduce him and bring his condition back to normal. Other factors should also be considered. For instance, the average thin person eats too much, thus constantly depleting his functional energies and making it impossible for him to build up. You should drink water freely between meals, though not at meal times.

Varicocele

Q. Kindly inform me if varicocele can be cured by natural means? Is weight lifting a dangerous form of exercise for one afflicted with this trouble?

A. Varicocele can be cured by natural means, in fact, this is the only satisfactory way in which it can really be cured. Appropriate exercises are required to bring into play and strengthen the muscles of the adjacent parts of the body, indirectly strengthening these tissues also. The use of cold water is one of the most important parts of the treatment, and the cold sitz bath is indispensable. An improvement in your general bodily health is also necessary. The natural treatment for this complaint is very thoroughly presented in my book, *Superb Virility of Manhood*. Weight lifting is hardly to be recommended as a means of exercise under any ordinary circumstances. At any rate, it would not be advisable until your general bodily condition is more vigorous, and then the question should be considered without reference to your former varicocele.

Cure of Pimples

Q. I note the recent question and your answer under the heading, "Pimples and Young Men." Having given us the cause, will you now kindly give us the remedy for this complaint?

A. Having been given the causes, it appears to me that the remedy should be obvious to

you. You should build up a vigorous degree of general constitutional health, and adopt every known natural means for purifying the blood. You should avoid over-eating and improve and strengthen your digestive and assimilative powers by the means which have been presented in these columns from time to time. You should drink very freely of water between meals, and take a great deal of active exercise, preferably in the open air, in order that all impurities in the system may be eliminated. By way of local treatment, I would suggest cold water bathing and brisk rubbing with a dry towel, as rough as you can endure without too much discomfort. Sun and air baths are invaluable.

Foods to Help Overcome Constipation

Q I have a tendency towards chronic constipation. Would you kindly advise what foods are best to keep the bowels regular?

A. You should avoid white bread, pies, cakes, and all sorts of white flour products, as well as cheese. While whole wheat bread can of course be recommended, yet it would be a greater deal better if you would use considerable raw wheat, the whole grain, soaked in cold water for twenty-four hours, eaten raw, or if you prefer, steamed or cooked until soft. This is a very cheap form of food. Use considerable olive oil with your meals, and in connection with green salads. Fruits and vegetables of practically every kind can be recommended also. Free water drinking and active exercise are important aids to one suffering from this malady.

Weight Lifting

Q. I wish to be possessed of a large muscular development. My habits are sedentary, weight about one hundred and fifty-five pounds, and I am not a hearty eater. Would you advise the use of very heavy apparatus to begin with, for instance, fifty pound dumb-bells?

A. I certainly would not advise the use of heavy weights to begin with. It is questionable if they should ever be used for daily exercise. It would be much wiser for you to attempt to secure a normal muscular development, rather than a particularly large one, and the former could be acquired without resorting to weight lifting. If you are built upon a tall and slender plan, it may not be natural for you to acquire what appears to be a massive development, and in that event any efforts on your part to accomplish this by means of the violent, straining, forcing process of heavy weight lifting would result in your taxing your system beyond its powers and so draining your vitality. Still, if you are already quite vigorous, and find a fifty pound weight easy to handle, it may not hurt you. A great deal depends upon your constitutional strength. But as you increase the weight, as is usual with this type of athlete, and continually

attempt to lift greater weights which tax you to the utmost limit of your powers, you are more than likely to do yourself harm. And if you really wish to acquire an abnormally large development, it is necessary to pursue this "forcing" method. All that you should aim at is a development that is natural, symmetrical and graceful throughout, in accordance with the general lines upon which you are built, whether short and stocky, or tall and long limbed. Either type of physique may be made attractive from the standpoint of appearance.

The Power of Habit

Q. A few years ago, through circumstances which were not of my own choosing, and by reason of an ignorance on sexual matters for which I myself was not to blame, I learned an abominable habit from companions. Through your magazines and books I have since found the light, but the force of habit is so powerful that though I am now thoroughly aware of the ruinous nature of this practice, yet I cannot refrain from it. I am known to have an unusually strong will in dealing with other matters. How can I break the habit?

A. Habit is one of the strongest forces in the world, and in the fight against it, you have before you one of the hardest struggles that a man can engage in. However, the longer and the harder you fight, the stronger you will become. You must expect to fail time and time again, perhaps, but a dogged, persistent determination to conquer, will ultimately win for you. There is no easy or secret way of curing yourself of this habit. Simply break away from it, then if you return to it, break away from it again, and so continue to struggle with all your might. Acquire as nearly perfect health as possible. Engage in out of door pastimes and athletic sports. Keep your mind in the right channel. Avoid morbid thoughts of every nature by voluntarily interesting yourself in affairs of a wholesome character, such as music, literature, art, gardening, carpenter work, furniture making or anything useful or inspiring, according to your individual tastes. Keep your mind interested, and see that you have all the companionship you can get. Companionship, of course, should be only of a helpful kind, and the presence of young ladies for whom you have a deep respect, would be especially helpful. It may take you a year to finally conquer the habit completely, but as you improve in strength and health you will ultimately win. The same applies to the tobacco, alcohol or other drug habits. Good habits are just as strong as bad habits, and if your entire time each day, for the rest of your life, is filled with useful endeavors and wholesome, uplifting pastimes, these will soon become matters of habit with you, leaving no room for bad habits. Above everything, avoid idleness.

The Athletic World

By Arthur F. Duffey



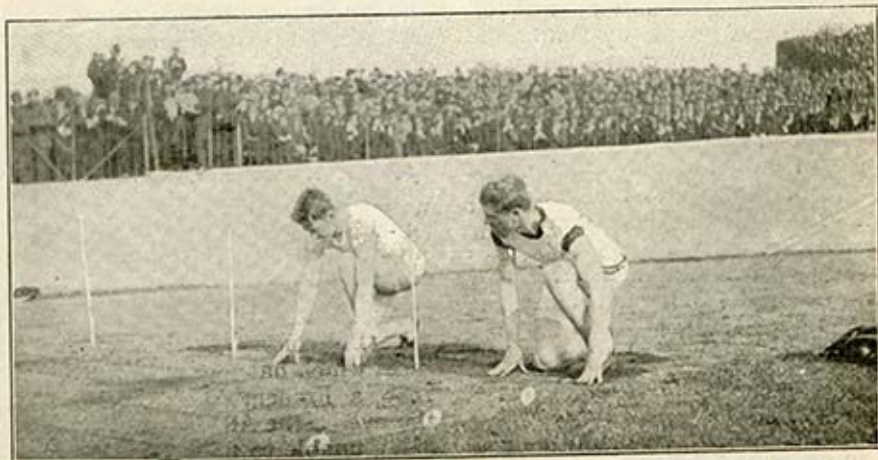
ATHLETIC World readers have been following with a great deal of interest the happenings in the various branches of sport that have taken place during the strenuous winter season. In previous seasons, many of the athletes have been wont to rest up a bit during the month of April, but with the unusual activity that is so prevalent in the field of sport, they have found it necessary to continue their training more or less, with the result that, with the approach of May, many are in a fair condition to continue their spring and summer work on the athletic field.

The month of May generally finds athletics in full swing. Baseball men who, during March and April, have been caged up more or less, confined to the limit of gymnasiums, which in some cases are perfectly inadequate from a physical culture standpoint, are glad to find themselves once more upon the diamond. Amateur and professional teams alike have about completed their rudimentary training, and are now devoting their time to the technique and skill of the greatest of our national games.

The rivers are becoming crowded with ambitious oarsmen, both intercollegiate and club, who eagerly look forward to the contests which are to take place in the aquatic world.

In a word, the coming of spring seems to prompt the followers of manly contests to forget all squabbles of a minor nature in the sporting world, and to enter into their respective contests with the one intention of bettering their bodies and helping each other along the road of health and athletic prosperity.

The Olympic Games at Athens this year will bring together some of the most famous track and field performers in the world. We go to press a month in advance of the games, which are doubtless, at this date, being closely followed by the athletic world. The contests will, so I believe, resolve themselves into practically a dual meet between America and England. Somehow or other the non-English speaking nations do not seem to follow athletics with the zest and satisfaction that the English speaking nations do, and consequently their athletes do not display the same form or ability.



Start of a Match Race between Morton and Duffey, at Celtic Park (Scotland),
Won by Duffey, 10 1-5 Seconds

As the Britons concede the superiority of the Americans in the weights, they will devote their attention to the track events and the jumps. In the Olympiad of 1900, held in Paris, America easily won the majority of championships, but this year I believe that the struggle for supremacy will be much closer, owing to the inexperience of many of the American representatives, these last not being in the class of the athletes who appeared in the Olympiad in question.

Britain's representatives in the sprints will undoubtedly be J. W. Morton, S. L. H. present British champion, and J. W. Stark, the Scotch champion, who has chased Morton on several occasions to the tape. These two athletes are one of the fastest couple of sprinters that England has ever produced. It is true that many claim that they are the equal of Downer and Bradley, the erstwhile champions, but to my mind they cannot be classed with the latter. Morton is rated as a ten second man, but cannot be relied upon to consistently accomplish that time. Stark at his very best is only equal to 10 1-5 seconds.

Pitted against these two sprinters will be Archie Hahn, Eaton, Schick, Queyrouze and Moulton, all of whom have established enviable reputations. With the exception of Hahn and Eaton, the remaining sprinters have not as yet shown any public form. The couple named competed at the games of the Boston Athletic Association, and although Hahn was beaten by Eaton and other New England sprinters, this is no real criterion of the Westerner's true form. Eaton always has proven himself to be one of the greatest indoor runners we ever had, but out-of-doors and especially in a 100-meters race, he is not so fast. He lacks the necessary finish of a good hundred-yarder. The committee and the athletes themselves, so I believe, are putting too much confidence in the ability of Schick, Queyrouze and Moulton. A few years ago these men were capable of winning championships, but to-day I believe that it is otherwise. They are all big men and require a long period in order to condition themselves. So on Hahn then we will have to rely to uphold our prestige in the sprints. Morton of England during his recent

visit to America was very desirous of meeting Hahn in the sprints, and now his hope has become a reality. Morton will prove a worthy foe, but Hahn should defeat him by at least a yard.

The probable outcome of the sprint will be Hahn, Morton, Schick and Eaton. In the 400 meters Hillman, of N. Y. A. C., and Schick will face Lieut. Halswell, the present British champion, who won the event last year in 50 4-5 second, on a very slow track, which time, I believe, was equal to 49 2-5 on a faster track. In addition to Halswell, will be Watson, ex-Scotch champion, and L. de B. Reed.

Oh! for a Maxey Long or a Taylor! America is pinning her hopes on Harry Hillman, and with all due respect to the clever Mercury footer, I think that Halswell will defeat him at Athens. True, the Englishman's time is not so fast as the American's, but Hillman will find that there is a vast difference between competing in Greece and America.

Although England at this present day has no Alfred Tysoe to uphold her prestige, still in Blunden she has an athlete who is perfectly competent to hold his own with any foreign foe at the half-mile. The American representatives will undoubtedly be Lightbody of C. A. A., present A. A. U. champion and, we trust Parsons of Yale, providing some of the alumni of the latter institution may see the wisdom of advising him to compete for his country first in preference to considering his college as of prime importance. It will be practically anybody's race, but I believe that Blunden will win, with Lightbody second, Parsons third. In the 1500 meters, considering that Sheppard will not accompany the team, we have no hope whatever, for Britain has plenty of milers who are better than 4.25. Butterfield no doubt will win, McGough second, and Sullivan might get third.

American athletes have as a rule generally come to grief in the Marathon races which have been held abroad. In 1900, a Frenchman named Michel won the event, the American representatives being unable to finish. In Mike Spring and Forshaw, America has two fine representatives, but again I feel assured that we will win no championship. The

French or perhaps the Greeks will win this event, with the English runners well up.

In the 110-meter hurdles I select Stronach, of Scotland Harriers, first, with Hugo Friend, C. A. A. second. Just why Amsler was not selected to make the trip I cannot explain, evidently the faculty of Penn will not sanction his going. Last year in the British championship, Stronach defeated Amsler handily, and Amsler was one of the foremost American hurdlers at the time.

If America was ever sure of an event, they can rely on Ray Ewry to win the standing broad jump. This wonderful athlete retains his form with remarkable consistency and as he is still in fine form we may look to him to win.

In all the jumping contests there will be nearly the same competitors. In the running broad jump, Meyer Prinstein will meet O'Connor, the Irishman, and has a good chance to win. The Irishman is rather erratic in his performances, but if in fine form should defeat Prinstein. O'Connor is the present holder of the world's record.

The pentathlon, in which America will be strongly represented, is a combination of five events. It consists of a race for one Olympic Stade, of 192 meters, corresponding to our 220 yards, a standing broad jump, throwing discus Greek style, hurling the javelin and Græco-Roman wrestling. All competitors have to take part in all five events, which will be conducted on the same day in order to test endurance thoroughly.

America's principal representative in this contest may be Martin Sheridan, of the I. A. A. C. Sheridan should win this event, for he is without doubt the greatest all-round athlete the country has ever seen. In the discus event, he is expected to be the mainstay of the American team, but does not throw it in the Greek style. The Greek method is well shown in the statue of the Discobolus, which represents an athlete stooping so that his left hand rests on his right knee and his right arm is swung well back with the discus. It is thrown from a crouching stand. In the American method there has been injected into the sport something of the style of ham-



Donald S. Linden, West End Y. M. C. A. of Toronto, Champion Short and Distance Walker of Canada. Sole Representative of the American Continent in the 1500-meter Walk at the Olympic Games

mer throwing, and Sheridan has so perfected the method that he uses a triple turn within the circle. The Greeks also have mastered the triple turn, and there should be a grand contest. In fact, I am inclined to believe that it will be the most interesting event on the program.

In the pole vault F. B. Glover, with a record of close to 12 feet, should handily win this event for the American team. Aside from the track and field athletes, there are four men who are going to take part in the swimming events. Foremost among these is C. M. Daniels, N. Y. A. C., world's record holder for intermediate distances up to and including 100 yards, and American record holder for distances up to 441 yards.

M. Schwartz, of the M. A. C., a strong middle distance swimmer, N. Spencer, American one mile champion, and H. C. Bomeman, the champion diver, will also represent America.

One cannot help but remark the lack of judgment as evidenced by the make up of the team in some cases. It is desirable that, if we are to be represented in an international contest, the very best men upon our shores should be selected and not men who in some cases are obviously not capable of upholding the honor and athletic prestige of the Stars and Stripes.

In the Olympiad of 1900 held at the Racine Club de France, America was represented by a most formidable team. In fact, never were there such a selection of champions which was proven by the manner in which they wrested the championship from their foreign foes. The reason for such an assembly of real champions was undoubtedly due to the fact that there was no selection by an A. A. U. committee, who in many cases are prejudiced, and inclined to favorites. The colleges and athletic clubs of the United States decided to send their respective teams, which proved a capital and prize winning idea. Of course, the Olympic championships of this year come at a rather inopportune time, especially for the college man, and in view of this fact it would seem to have been a wiser move on the part of the Olympic Committee to have the Games in July, as in the case of the Paris Olympiad of 1900.

In the sprints the American Committee have selected Hahn, Eaton, and Schick. Just why the "wise owls" have overlooked Parsons seems unaccountable. Parsons handily defeated Hahn in the American Championship in 9 4-5 seconds, and as he is a young runner, it seems a grievous mistake to overlook this man, who is the greatest of sprinters of to-day. Schick would do well, I do believe, to give up the trip, considering that he has not been in active training, and furthermore, he will learn that he will not find his speed of 1902 and 1903. As for Querez, I never heard of this runner. Evidently the A. A. U. are endeavoring to have all the different associations represented, irrespective of selecting a real champion from one district.

In the quarter mile run, Hillman and Schick are our representatives. Schick is outclassed. Hillman is rightfully showing, and will no doubt do credit to his country and himself. But why was Taylor, the colored sprinter of Pennsylvania overlooked?

In the half mile Valentine has a right to go, but it is to be hoped that Lightbody will be able to represent his country at this meet.

In the 1500-meter race, which is practically equivalent to an American mile, what seems a gross injustice is the selection of Bonhag and Sullivan in preference to Melvin Sheppard. Sheppard is without question the finest miler we have had since the days of Conneff, and in view of the fine specimens of distance runners that are sure to be present at Athens, representing Great Britain in particular, it is to be hoped that the committee will open their eyes a bit, and consider this elegant runner. Probably one of the reasons, and the principal one, why Sheppard is left out of the team is the current rumor that has been afloat regarding this amateur athlete. Nowadays it seems to be the fashion that when an athlete reaches any distinction he is immediately subjected to severe criticism. It is a dear price that a champion has to pay for his prestige. Prospective champions take heed as to what your lot is to be when you arrive at that so-called enviable position. Sheppard, owing to his wonderful performances, is

made the victim of the committee's whimsical mood. Caspar Whitney's pride is always ruffled when a taint of professionalism attaches to a man, in spite of the fact that he has been heralded as one of those terrible professionals himself. Since this rumor of professionalism is but hearsay, however, let us hope that Caspar will consent to allow his name to remain among the chosen few.

In the high jump one of the greatest jumpers we have had since the invincible Mike Sweeney, has not even been asked to take part in the Olympiad, and that is good old Sam Jones. Just why Sam is overlooked is unaccountable, probably the committee doesn't like his looks. The weights will be well looked after by Flanagan, Mitchell, and Dick Sheldon. In these cases, there can be no question of ability of the respective athletes.

As a whole, the team which will represent America is not up to the usual standard.

The showing of the New York University Gymnastic Team in its recent dual meet with Princeton at University Heights, stamps New York collegians as prominent factors in the forthcoming Intercollegiate Gymnastic Championship. It was the first dual meet of the season that the New York gymnasts have held, and the contest was much closer than had been expected. There were six events and the New York athletes won by a total of 26 points to 22.

In the flying rings contest, Greenfield's victory was well deserved. Last year he got third place in the championship, and he unquestionably will be the strongest New York man for that event this season. His Maltese Cross manoeuvres were superbly done. E. W. McCabe, in the horizontal bar event, who is the present intercollegiate champion in that particular event, lived up to his reputation and scored the highest total of points, 75.6 out of a possible 90. His reverse grand swinging was the feature of the occasion, and evoked generous applause.

The result of the games in the Inter-collegiate Basket Ball League which were brought to a close after a magnificent season, makes the University of Pennsylvania the champion Columbia second, Harvard third, Yale fourth, Princeton fifth, and Cornell sixth. The title of champion will no doubt be contested by Dartmouth, Syracuse, Dartmouth, and other minor colleges which play on smaller floors and seem to be unbeatable at home. But without question, Penn has justly been awarded the honor.

Pennsylvania's rise to the championship shows that the Red and Blue is regaining its former prestige in the athletic world. Last year the Pennsylvania boys lost every game but one, while this year they won every game but one, losing at the opening game of the season with Columbia at Philadelphia. This is the first time in the history of the League that the championship has fallen to a college other than Columbia or Yale. As usual, Columbia started off the season with characteristic vim and spirit, but fell off during the most important games of the League. As this is the first championship won by the Philadelphians, naturally great satisfaction and delight are expressed at the Quaker College, and as due appreciation of the services of the team, the Athletic Association has consented to award the Varsity letter to those who were instrumental in the winning of the honor. This is the first time that the letter has been given for basket ball men at Pennsylvania.

The season as a whole has been characterized by considerable rough play, Harvard in particular being the chief offender. Yale's team did not know the game so well as its opponents, and as a result there was considerable holding and occasional running with the ball. Princeton played a gritty, determined game, but seemed to be lacking in the finesse of the same. There was considerable rough play on the part of the New Jersey boys, but generally when a team is weak in the skill of the game, they are apt to become careless and try to even matters by rough play. Cornell started the season with as good, if not

better, prospects than any other college, but the Ithacans did not pan out any better than last year. There seems to be a lack of team spirit among the basketball players which, despite the individual determination of the men stops the team from winning games.

Next year, it is likely that there will be changes made in the rules of basketball for the college teams. Like football, the play during the season has been rough, many times the players indulging

other colleges that are members of the league are hopelessly in the rear. Chicago is likely to be second, with Minnesota third.

For the first time in the history of fencing, the followers of this graceful exercise will learn, with a great deal of interest, the intention of the swordsmen of America to bring about an international contest between England and the United States. Already we hold contests in various forms of physical culture, with the mother country, and the action of the fencing committee under the supervision of J. Sanford Saltus deserves all encouragement. It is the intention of the committee to have annual contests, for which a trophy of unique design and value has been offered. In fencing the foreigners are more adept with the dueling swords than with the foils, as that weapon has been used to a larger extent there than here in competition. At first, it was realized by the Americans that were the initial International meet to depend upon dueling sword skill, the cup would remain abroad, probably for some time, and although the Londoners at first showed some hesitancy in accepting foils, their consent was finally given and definite news to this effect was lately received.

The London fencing championships are held during the middle of June, and it has been suggested that the International Saltus Cup contest be held immediately after that event. The Americans who are in all probability to be selected are C. Pathan, one of the best dueling swordsmen in this country, and National Champion in 1901, 1902, and 1903. W. Scott O'Connor, present dueling champion; an old time holder of championship in foils, Lieut. Honeycutt of West Point, who just before his graduation was intercollegiate champion; and Fitzhugh Townsend, who was champion in foils in 1900 and 1903. Without question these swordsmen represent the cream of American fencing ability and although the foreigners are capable swordsmen, they will have to be at their best to win.



Tom Nicholson, British Champion Hammer Thrower, Representing Great Britain at Athens

in fisticuffs. This is bound to kill the popularity of the game sooner or later unless new legislation is made in that particular respect. The rules should provide heavier penalties for such behavior.

In the west Wisconsin, by defeating Chicago, is practically assured the possession of the Western Intercollegiate Basketball Championship for another year. The Badgers have lost only one game at the present writing, while the

The plan, being tried by the Lawn Tennis Association this season in an endeavor to arouse greater enthusiasm, and to develop players of

first class ability, is of a most commendable nature. The intention is to hold a series of tournaments for the students of the public grammar and high schools, and then have the winning players of each series meet for the final championship. This is the plan which is in vogue in the interscholastic championships which are held under the auspices of the Intercollegiate Association, and which generally bring out youths who have qualified from the Yale, Harvard, Columbia, Pennsylvania, and other meetings.

To Frederick G. Anderson of Kings County Lawn Tennis Club, and Raymond D. Little, of the West Side Tennis Club, is due the credit of advancing this idea, which, it is to be presumed will bring out new material and not only strengthen the standard of the many championships and section tournaments of this country, but will likewise have its effect on those teams who in future years will compete for the Davis Cup, which is a perpetual trophy.

The idea proposed for the coming season is of a broader scope than one at first would imagine. In a measure it was forced upon the executive committee of the U. S. N. L. T. A. when seeking competitors for the American team that will strive to return the Dwight F. Davis International Challenge Cup to this country this year.

The first series of the tournaments for the school boys will include as many players as possible. It is expected that the Metropolitan Lawn Tennis League, which has accomplished such excellent work during the past two years will direct the tournaments, and the matches will be played on the courts of the clubs that are members of the Association.

Indirectly the National Association will be asked to further the project of bringing the school boys into the sport in the same manner that the English Lawn Tennis Association is now doing in London. The Britons have also awakened to the fact that fresher and stronger material must be developed from the second raters, and even in the

classes below that, and in consequence the British Association intends to hold a number of school-boy meetings this year that will be keenly watched by followers of the sport in all countries where the game has secured a foothold of importance. Without doubt the proposed plan is the most important that the players have so far undertaken, and it promises to advance the interests of the sport to a material degree.

With the American challenging team which will compete for the Dwight F. Davis International Cup in London this year will be Miss Sutton of California, who won the English Championship last season by defeating Miss D. K. Douglas. Last year it seemed to be the consensus of opinion among the British Tennis Associations that Miss Sutton's victory over Miss Douglas was more or less of a fluke, as the Englishwoman had wrenched her right arm during practice just previous to the championship. It was thought by the English followers of the sport that had their champion been in the best of trim, Miss Sutton would probably fared differently. Now that the American lady has decided to visit the British Isles again in order to defend her title the coming championship will be followed with keen interest. In the English ranking for the season about to begin, in the list of woman players the American girl is rated as first with a remarkable record. For the leading championships of Great Britain which she won Miss Sutton is credited with 16 matches, 32 sets and a total of 204 games. She did not meet defeat in any matches or lose a single set in all these contests, and only lost 75 games which do not count in the final result. The average of Miss Douglas the ex-champion for approximately the same play is 809.

The approaching athletic season at Harvard seems to be in a rather bad way, except in the case of the 'Varsity crew, whereas six of last year's eight are back in college and eligible to row again. Baseball starts with practically an entirely new list of candidates, and the track team is not much better off. The regular spring training of the crew, baseball and track teams is now well under way, and an especial effort

is being made in each of these branches of sport to wipe out the defeats of last spring.

Although Harvard seems at present to be opposed to the professional coach, nevertheless the chief interest at the

Cambridge University appears to be centered about the crew, where Capt. Filley and Coach Wray are making their second attempt to develop a championship eight. Capt. Filley was more or less responsible for the adopting of the



Four Representative American Athletes Competing at Athens, all of the N. Y. A. C. Upper left hand corner, W. A. Schick, formerly of Harvard, entered in the sprints. Upper right hand corner, J. S. Mitchell, Entered in weight events; Lower left hand corner, C. M. Daniels, Champion American Swimmer. Lower right hand corner, H. V. Valentine, entered in Half Mile Run.

professional coach at Harvard last year, and, still believing in the efficiency of the system, has selected Wray to repeat his duties of last year. Last year, things did not go any too well with aquatics, there being more or less frictions between the graduate committee and Wray, though what advice the graduates gave was not meant to interfere with the coach. After the decisive defeat of Harvard by Cornell last year, the committee took matters in hand and although it cannot be said that things went worse after they interfered, still it is believed that in the coming season Harvard will hold her end up. In rowing, as in any other athletic contests, championships cannot be won in the short space of a season. In spite of the defeat by Cornell, but there is no question that Wray made good with the Varsity and Freshmen crews, and he and Capt. Filley will have things all to themselves this year. The manner in which they have taken hold so early shows that the Varsity season is further along than it was two months later last year. Coach Wray came to Cambridge last season just after Christmas without any knowledge of his material. This year, however, the two Varsity crews have been working all fall, giving him an excellent chance to size up all the candidates.

The spring work is now well under way with thirty men. The Varsity and second crew have been on the Charles getting an outdoor start fully a month earlier than usual. The material has been well studied by the coach, with the result that a provisional Varsity crew has been picked at once instead of having to wait until the middle of April.

The eight oar shell, as it is rowing at present, is far from what it will be in a month or so, as some of the most promising new men, as well as two veterans have not yet reported. Newhill, who rowed at No. 4 on the crew last year, and who captained the hockey team this year, is resting up a bit after his strenuous winter work. He will resume training immediately and will undoubtedly return to his former seat. Burchard, who rowed bow last year, is not with the squad at present, but later will no doubt be found occupying his old seat.

Amberg, the husky No. 7 in the freshman boat last year and who played centre on the basket ball team, will continue his athletic work. He was an ideal No. 7 in the '08 boat, and will be thoroughly tried out for the Varsity. Another of last year's freshmen who will be carefully watched is Fish who no doubt will show up strong in the Varsity shell.

At present the Varsity is divided into two squads. The first crew catches the water well and gives the boat a powerful drive. The Varsity has rowed some short stretches together that were very smooth and steady. Of the men now in the boat, Capt. Filley has been in the crew three years and was the stroke of it for two seasons. He will no doubt retain his seat this year. Bacon at No. 6, Flint at No. 3, Taffen at No. 2 were all in these seats in the Varsity last year and rowed against Yale. Guild, who is now No. 7, was in the freshmen crew, but has done no rowing since. The other three men were in the freshmen boat last year. Richardson and Glass are big, powerful fellows, and have the making of sturdy oarsmen.

With the selection of the stadium at Harvard by the I. A. A. committee, as the scene of the next intercollegiate championships, college track teams have begun the final stage in their preparations to take part in the contests at Cambridge. The indoor season has closed, and all the college have started work outdoors. The coaches are carefully looking over candidates, and guessing on what the future has in store for them on the basis of that which their men have accomplished in the past.

A review of the intercollegiate indoor track season shows that this year the college athletes have not done as well as usual. Only one record was broken and that was by Parsons of Yale in the 600 yards at the Fordham University games. Cornell has probably shown up as well, if not better, than any college in the East. Her mile relay team at the New York A. C. games defeated both Harvard and Yale, and came within 2-5 of a second of equalling the world's record of 3.28 2-5.

The contests of the winter have served not only to develop new material, but have enabled the trainers to get a line on their prospects. Judging from the unusual number of candidates that have answered the call of Capt. Dives, at Harvard, it is apparent that there must be a new infusion of athletic spirit in the Crimson University. Still during the winter, many of the athletes have proven a disappointment to the older members of the squad. Princeton under the efficient coaching of Copeland has thrown off its listless spirit and has become remarkably strong, and should prove more or less of a factor in the coming championship. Yale's athletes have shown up fairly well, but inasmuch as the team is composed of many experienced runners, this is not remarkable. Although the Blue did not win the Intercollegiate last year, she had a strong team, and has a strong combination again this year, only two winners having been lost. At present Yale looks as a possible winner. Cornell is not so strong, owing to the retirement of some of her sure point winners, but Moakley can always be relied on to bring down a formidable team. Cornell last year won the championship with 30½ points, but it is a safe thing to state that the Cornellians will not score that amount this year. In fact, if the point winners can be relied upon to duplicate their performances at the most she is sure of 18 points. Second place seems quite an uncertainty. The struggle will be principally between Cornell, Harvard, Pennsylvania, and Princeton. Yale feels sure of 26 points, while Harvard is figuring on about 7 points.

Among the star men who are present in the college circles are Parsons, Sheridan, and Cates of Yale, Dives, Dodge, Gring of Harvard. Simons and Armstrong of Princeton, Taylor, Dea and Moffat of Pennsylvania. Phillips, Jackson, Cook and Wilgoose of Cornell.

To Jack Moakley, of Cornell University, belongs the title of champion trainer of America. In the past, athletes and public alike have been accustomed to link the title of foremost trainer with the name of "Mike Murphy," formerly of Yale,

but at present at the University of Pennsylvania. There is no question but that "Mike" was the foremost trainer of his time, and no doubt would continue to hold that honor, if it were not for the coming of old age and ill health. Mike has not been able to follow the game with his usual vim and enthusiasm for the last few years, and as a consequence "Jack" Moakley has by hard and conscientious work, usurped his title and rises to the position which he so justly deserves. Space forbids me to elaborate the career of Cornell's famous trainer, but the good fortunes of Cornell University on the track and field are identified with Moakley's connection with the up-state University.

Recently I was a spectator at the games of N. Y. A. C. at Madison Square Garden, and could not help noticing the remarkable performances of many of the Cornell team. In nearly every event was a Cornell man, which fact indicates that although prospects are not too bright at the Ithaca college for another intercollegiate championship; still all hope has not been abandoned. As a matter of fact, I was informed by some of the Cornell athletes that of the nine men who came down to compete at the Mercury-foot games, all won a prize and naturally all contributed by their showing to the efficient coaching of Moakley.

The games of the N. Y. A. C. were not up to their usual standard, as a whole. There seemed to be a lack of first class performances, but one cannot overlook the heart-breaking relay contest between Yale, Harvard and Cornell. The latter university, much to the surprise of all, romped in an easy winner, with Yale second, and Harvard a poor third.

The two-mile relay race was only second in amount of interest and excitement to the college relay. The easy manner in which Sheppard, "the reputed professional," defeated Valentine stamps the Irish-American runner as a wonder. It is to be regretted that Sheppard cannot represent us at Athens. Valentine was hopelessly outclassed and the Olympia half at Athens will be a bitter pill for him to swallow.

The quarter mile relay proved a victory for the N. Y. A. C., as everybody

expected. Hillman ran spectacularly for about 350 yards, which I judge would be his best distance. From Hillman's racing in the last relay, I believe he is trained too fine, a good fault in view of his coming trip but I believe the speedy New Yorker will be defeated by the Britisher, or Meyer, in the quarter. The star men in the various other events were outclassed owing to the generosity of the handicapper to the top markers.

The recent fight between Battling Nelson and Terry McGovern before the National Athletic Club of Philadelphia was

Boxing closely followed by the pugilistic world. The bout was interesting for manifold reasons, inasmuch as the result was supposed to settle many puzzling questions concerning pugilism. In the first place, the contest was allegedly for the lightweight championship of the world, but to my mind Gans should have been taken into consideration. As this pugilist has not been beaten by Nelson, no just claim can be made to the lightweight championship either by Nelson or the man who overcomes him in the future. Nelson claims the title by right of his defeat of Britt at Colma last September, but Nelson refuses to meet Gans, who for many years has been recognized as the real champion in the lightweight class. Britt and Gans fought in Frisco in October 31, 1904, and after securing a good lead over the negro Britt fouled Gans in the fifth round, thus losing a chance to secure beyond dispute the lightweight title.

Despite the fact that Gans gained the decision over Britt, the Californians made no hesitancy in proclaiming Britt the lightweight champion of the world and when Britt fought Nelson, they advertised the fight as one for the lightweight title.

Aside from the fact that the contest was for the lightweight championship, athletic followers closely followed the fight to see if it would thwart the belief that champions cannot return to their former form. There is no question but what Terry put up a remarkable fight and at times exhibited some of his former ability. But as a whole he was not by any means the fighter that he was in his palmy days. The two little fighters

typified two radically different styles of fighting, McGovern generally resorting to an infighting style, his battles being won or lost quickly. At the tap of the gong he is on edge—a perfect bunch of eagerness, whirling and rushing with might and main until his opponent or himself is knocked out. He seems to literally beat his man down and is so fast that it is difficult for any boxer to sidestep his rushes. Nelson, on the other hand, is a cool deliberate fighter in any kind of contest. He does not possess



Mr. H. F. Strickland, of Toronto, Canada, who holds the swimming record for nine miles in fresh water—five hours and five minutes. He is an enthusiastic vegetarian, and possesses wonderful powers of endurance.

the high nervous temperament owned by McGovern. His success in the ring is due to his wonderful stamina and ability to withstand terrific punishment. The fight between these two fistic exponents as a whole was rather disappointing to the sporting public.

EDITORIAL DEPARTMENT

We are leading a reform that aims for a cleaner, stronger and nobler manhood and womanhood. We are trying to annihilate the greatest curses that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL and TOBACCO.

AT last it looks as though we were about to have a pure food law. For years, the efforts of those favoring this measure have been fruitless. The powerful influence wielded by those who profited by poisoning and defrauding the people, has heretofore kept this bill in the background. No one will deny the importance of such a

THE PURE FOOD BILL

measure. The public needs protection from rapacious swindlers who will stoop to any and every despicable method for the sake of financial gain. The efforts of our governmental authorities could hardly be directed more advantageously than in this instance. When one's food is tampered with, and all sorts of harmful ingredients are added to it, the bodily and for that matter, mental injury resulting therefrom can hardly be determined.

The foundation of a nation's power and prowess is the physical condition of its people. Any influence which tends to lower the physical standard, lessens to a corresponding degree the moral standard. One depends upon, and is really a part of the other. "Tell me what you eat, and I will tell you what you are," is a maxim that has often been quoted and with reason. It is an unquestionable fact that one can determine the strength and importance of a nation by merely inquiring into the diet of its people.

Though the pure food bill has passed the Senate, some are inclined to the belief that its fate is not by any means definitely determined. Vast financial interests will be affected by this measure, and no stone will be left unturned if there is a possibility of defeating it. Let us all use whatever influence we may have to insure its passage. When we pay for an article of food, we want to know that it is exactly what it is represented to be. At present, you can tell but little from the labels as to the contents of a package. For instance, you can buy a bottle labeled honey, that perhaps contains nothing but glucose. You can buy cocoa, that may be largely composed of ground cocoa shell. Examples of this kind might be cited indefinitely.

The purchaser has an obvious right to get that which he thinks he is purchasing. If he does not get that for which he pays, he has been swindled. If, furthermore, the food is adulterated by noxious chemicals, the crime of the packer is all the more manifest. In either instance the citizen has a right to demand that he be protected from the rapacious criminals against whom the bill is directed.



OUR interest in Moses Harman, who is now serving a term in the Illinois Penitentiary for expressing his views too plainly in print on the sex question, seems to cause one of our friends to think that we endorsed every conclusion that he advanced. This is a mistake. If a member of one of the political parties was put in jail for expressing his views on a political subject, would it necessarily follow that the persons who desired his release endorsed those views which got him into trouble?

The sex question has been shrouded in vulgar mystery about long enough. The public are demanding, and must have, knowledge on this subject. Moses Harman was trying to supply this knowledge to the best of his ability. The critical friend of ours alluded to, says that Harman advocated too much freedom; that such views would eliminate marriage, and thus destroy home and home life. I do not believe that such results would be possible. I believe that education on this question would, in every case, make the home ties stronger. And why, too, so much talk about free love? I am sure that no one wants that kind of love that can be bought. It must be free, or

it is not worth having. That is the only kind of love that ever has made, and ever will make a home permanently happy. Those perverts who advocate promiscuity under the name of free love are breaking every law of God or Nature and fully deserve the degeneracy that quickly takes their kind into oblivion. But we should remember that it is the enslavement of love, so-called; it is the turning of this human emotion into a marketable value, that has resulted in so much misery and general deterioration physically, mentally and morally.

Any man who advocates theories which strike at the home, is a public enemy of the worst sort. All normal boys and girls look forward with pleasurable anticipation to the time when they will have a home of their own. The home instinct is very strong in many species of birds and animals. The desire for a home, or the desire to mate, is an instinct. Our present educational methods are devoted largely to the elimination of this instinct, and as a result, the more education, so-called, the fewer homes you find.

The home should be the Heaven of our earthly existence. It should be the ultimate outcome of every normal human life. Within its sphere should be realized all the exquisite anticipations of our early dreams. It must be admitted that the hard, cold, stern realism of the average home life, does not fulfil our anticipations. These results have come about because of prudery, because men blindly enter the realms of home life. Comstockery is to blame for marital unhappiness. It is this vicious nastiness that has allowed men and women to mate in ignorance of all the laws appertaining to this relation. Moses Harman, now seventy-five years of age, shows by his features and fine head of white hair, that his life has been clean and wholesome, and whatever his theories may be or have been, I do not believe they will do otherwise than make the home ties stronger and more permanent. It is to be hoped that his imprisonment will help to call the attention of the public to the need of a mighty reform relative to these vastly important subjects.



In an editorial which appeared in a recent issue, I stated that I was desirous of carrying on a series of elaborate experiments with babies in order to prove the needlessness of the high mortality now prevailing. That editorial proclaimed a serious intent on my part. I can now announce that this experiment will be made, beginning sometime during the coming summer or fall. The following letter has been sent to the Mayor of each of the large cities which I would like to have represented in this experiment.

OUR EXPERIMENT WITH BABIES

My Dear Sir:—The editorial entitled "An Experiment with Babies," a copy of which I herewith send you, was published in the February, 1906, issue of PHYSICAL CULTURE Magazine. This editorial was the outcome of much consideration on my part, together with much correspondence which I have had with a number of persons who were not only interested in its subject-matter, but, were in many ways, fully qualified to pass upon the feasibility of the experiment on the general lines proposed.

Since the publication of the editorial, I have not only been in further correspondence with the individuals in question, but have in addition, received a number of unsolicited suggestions—many of which were both illuminating and valuable—from those interested in the project as outlined. More than that, I have been gathering data and making a series of independent investigations bearing upon the matter. The total outcome of all of which is, that I propose to begin the experiment in earnest at an early date and that too with the co-operation of those who are in a position to unite practice with theory.

There are a number of reasons, scientific as well as sentimental, why the experiment should be geographically as well as racially, of a very representative type indeed. To this end, I propose to secure a baby that has been born in some one of each of the great centres of population in the United States. It is relative to this phase of the experiment that I am now writing you.

Can you, Mr. Mayor, either through the medium of your personal influence, or valuable suggestion, advise me as to what individual or institution I should apply for an infant for the purpose stated? Each baby will be named after the city where it is secured. This inquiry is of course of a preliminary nature, but I may add that guarantees will be given to the parents or guardians of the child that every safeguard, physically or mentally, will be thrown around it. The "experimenting" that is to take place in connection with it, will be on the most health-

ful and hygienic lines, and nothing whatever will be done to jeopardize its well-being in any respect, but quite to the contrary.

The editorial herewith is at once the explanation and excuse for this communication in the belief that you will recognize the importance of the questions involved, and their bearing upon the well-being of the human race of the future, I am asking you, sir, to be good enough to favor me with an early reply. Anticipating your courtesy in this respect, I am, sir,

Very respectfully yours,

(Signed) BERNARR MACFADDEN.

Vegetable life of every kind has been greatly improved under the influence of modern intelligence and research. The same can be said of animal life, as far as the lower animals are concerned. The human being is practically the only species in the animal world, that has not secured any advantage from modern research. It is time for a little of the experimenting on the lines in question to result in something of value to man. The making of money has so far been the one and only aim of individuals and nations. The success and power of a nation is popularly measured by its financial resources, but the falsity of this view was very clearly proven in the late Japanese-Russian War. It will be a long time before the human race will be able to change the standards of value from money to man.

All the babies that I shall secure for carrying on this experiment, it is my intention to adopt. I am satisfied that this experiment will be vastly more interesting and productive of far more pleasure than is derived from a dog kennel, a racing stable or any other fad of a like nature, in which wealthy men are frequently interested. In addition to proving the theories I have advocated so frequently in this magazine, I shall be able to describe the progress and development of these babies, in a manner that I believe will prove of vast interest to every reader.



SINCE dictating my last editorial on sour milk, I have been doing some experimenting on my own account. The editor of *Wilshire's Magazine*, who, I am glad to note, is interested in physical culture, sent me a suggestion for preparing milk, which I have tested and can highly recommend. Milk containing cream should

be allowed to stand for about ten days in a warm room. Then mix
A SOUR MILK milk and cream very thoroughly with an egg beater, and you will
RECIPE have a drink that you will admit is superior to anything you have ever tasted. It is like creamy foam, slightly acid, and for healthfulness could hardly be surpassed. I think it would be better to put the milk in self-sealing glass fruit jars, so it can be kept free from the impurities that might be absorbed by it from the air. If an egg beater is not handy, part of the milk can be poured from the fruit jar, and it can be thoroughly shaken, giving a similar effect to that produced by the beater. Perhaps there are other suggestions that my readers might make that would be well worth testing.



THE best method of building up the morals of a community or a nation, is to increase the general physical fitness of the latter. Physical wholesomeness means the possession of superior physical instincts. Morals are, after all, a matter of instinct. One who is not instinctively moral is liable to be immoral, regardless of

the degree of intelligence he may possess. Physical
PHYSICAL CULTURE A culturists in nearly every case, lead cleanly lives.
GREAT MORALIZING FORCE They have no desire to be otherwise than moral, because their every belief tends toward morality.

A normal human being of superior instincts, clings to one love from choice.
 A remarkable proof of this conclusion was found in Miss Emma Newkirk, who will be remembered as the winner of the contest for the most perfectly developed woman in the first Physical Culture Exhibition, held in 1904. Miss Newkirk came to New York from a small town in California. She had all the vigorous country fresh-

ness of the average girl brought up under rural influences. It would be useless for me to describe the temptations that this young woman encountered in a big city like New York after winning this prize. She was sought for by artists, theatrical managers, and men of every class and type. She went through it all coolly and tactfully, protected by the natural instinct of her own superb womanhood. No one could come in contact with her without admiring her wholesome personality, but after remaining in New York a short period, she returned home to marry her old sweetheart.

Her lover is a miner, and had gone to the far north, to Dawson City. All discomforts incident to a life of this kind had no terrors for her. She was going to the man she loved. That great city, New York, with all its wealth, its luxury, offered nothing that was attractive to her. She was a true physical culturist, and her one desire was to be with the man she loved, regardless of the hardships she might be enduring. She is now living at Cleary, N. W. T., a small town not far from Dawson City. In a very exciting recent campaign, she was elected one of the school directors from her home town. There is no doubt that physical culture ideas will be carried out fully in this school if her influence can bring them about.



AT a recent test made by the Committee of Athletic Fields of the Board of Education of New York, there were only three boys out of seven hundred who could, while hanging from a bar, raise themselves until their chin rested on the bar. This illustrates the deplorable physical condition of the average city boy and girl. And then, we have the incomprehensible audacity to wonder why there are so many physical and mental incompetents.

NEW YORK CITY WEAKLINGS

Here we are, in a so-called civilized community; and progress and enlightenment are permeating every sphere of life, so it is declared. But until the last two or three years, but little or no interest has been taken in the physical welfare of boys and girls, in the schools of our large cities. Boys have grown to manhood as best they could. Hampered in early boyhood by the vices bred by prudery they have struggled along as best they might. Many have dropped into the grave long before manhood was reached. Others arrived at adulthood possessed of indifferent powers of mind and body. A few only acquired vigorous, sturdy bodies, either from the original possession of great vitality, or an accidental avoidance of the evils with which they come in so close contact. When the details of the educational system of to-day are dissected, it is indeed pitiful to compare conditions as they are, with what they might be. The pupils in our public schools have long and often brain-wrecking lessons in a multiplicity of studies. At stated intervals, they have examinations. The penalties are more or less severe if they do not pass these examinations. But did you ever hear of a school that had an examination as to physical fitness, as to physical improvement? And yet no one will deny that hardy, vigorous health, and the high morality that is born of it, are a hundred times more important than all the combined studies in the curriculum of the public schools.

There are thousands of school children suffering from serious physical defects, besides the usual physical weakness due to improper food, ventilation etc., who could easily be helped and cured by judicious attention. If you should go through school without learning the multiplication table, it would be considered disgraceful, but you can graduate with honors, even if possessed of a poor, miserable, frail body. Of course, it is not quite as easy to develop a rugged physique as it is to learn the multiplication table, but it merely requires a moderate amount of intelligence and properly directed effort.

Weakness in a boy or girl, should be considered a disgrace. The examination of all students as to physical fitness, should be made at regular and stated intervals. Certain improvement in a physical way should be demanded, and can be obtained if the student is given a chance to secure them. For instance, take these seven hundred boys referred to—with perhaps an occasional exception, every one of them could be developed into a fine, strong, vigorous man. But in all probability, they will grow up but little different from the average in point of weakness, mentally, morally and physically.

THE work of building my own home at Physical Culture City has just begun. I have hardly had time to give the plans as much thought as I would like. In the building of the average home, but little if any thought is given to the health of the occupants. Air and sunlight, the two great essential elements in the maintenance

HOW I AM BUILDING MY HOME—USE SUNLIGHT FOR HEATING

of vigorous health, are usually shut out by every possible means. In spite of every human effort, though, the air manages to creep in through crevices and other minute openings, and the human beings occupying abodes of this character, somehow manage to exist. I cannot say that they live, because living means something more than the mere ability to move around.

It is my intention to build a home in which sunlight and air will be welcome at all times. I look upon these as friends of the first order, and not as enemies, as they usually seem to be considered. I consider them the great vital essentials of life. I have often wondered why some clever inventor did not devise a practical means of using the sunlight for heating purposes. There is no heat that is quite so pleasant in cold weather, and it appears to me that the problem is not by any means difficult to solve. For instance, you can go into a greenhouse on a very cold day while the sun is shining, and you will usually find the temperature too warm for comfort. While carrying on some experiments last winter, I tested the temperature of a greenhouse on a very windy day when the outside temperature was fifteen degrees above zero, yet inside the thermometer registered ninety-eight degrees in the sun and seventy degrees in the shade. The problem therefore of heating a room to which the sunlight has free access, would be comparatively simple on a clear day. But the question naturally arises as to how we can secure heat when there is no sun? I am inclined to think that a little experimenting would soon solve that problem. It is a well known fact that you can store heat for a long period, almost to a similar extent that you can store cold in the form of ice. Now, if a large surface of the sunlight could be concentrated on a very large tank of water, or something that would absorb and retain heat, it appears to me that this heat could be used as needed for heating a room or a house. I intend to carry on several experiments with a view of learning something of definite importance on this subject. It is my intention to give my readers the advantage of the details of the plans for my home, as they are worked out during and after its construction.



MANY readers of this magazine have carried on experiments on diet and exercise, the results of which would undoubtedly be of very great interest to our readers. Now, I would like to have short letters from them clearly explaining such experiments, and the results derived therefrom. For instance, if you have made a change in your diet and it has been of very great advantage to you, tell us about this change in all its details. If you have made a change, and it has resulted disastrously, information regarding it will be of equal value. Any data that would help our various readers to guide their life aright; that would assist them in broadening their views on health subjects, will be of aid. If any special article of food has proven very beneficial, tell us about it. I recently received a letter from a subscriber who enthusiastically commented upon onions as a blood purifier. Now, there are many other articles of food the value of which might be emphasized, and there are many combinations of food that our readers have no doubt tried to their advantage. That my correspondents may feel that they are receiving something for the time that they expend on writing us, I would say that for every letter that we publish, I will be pleased to give a year's subscription or any of our premium books of equal value.

SHORT LETTERS FROM EXPERIMENTERS WANTED

value. Any data that would help our various readers to guide their life aright; that would assist them in broadening their views on health subjects, will be of aid. If any special article of food has proven very beneficial, tell us about it. I recently received a letter from a subscriber who enthusiastically commented upon onions as a blood purifier. Now, there are many other articles of food the value of which might be emphasized, and there are many combinations of food that our readers have no doubt tried to their advantage. That my correspondents may feel that they are receiving something for the time that they expend on writing us, I would say that for every letter that we publish, I will be pleased to give a year's subscription or any of our premium books of equal value.

Bernarr Macfadden