

PHYSICAL CULTURE

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

PUBLISHED BY PHYSICAL CULTURE PUBLISHING COMPANY, INC., BERNARR MACFADDEN, PRESIDENT,
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THE EDITOR'S VIEWPOINT

IN the story recently appearing in this magazine, which was the cause of my prosecution, there were many very startling statements made regarding the conditions existing among growing boys. The story indicated very clearly demoralization as worthy of no other name than degeneracy. This perversion exists in homes, in schools—everywhere. I have received thousands of letters commending me for publishing this story, and they still continue to come. I received one today from a thirteen-year-old boy. He is in school, he comes in contact with the boys, he knows what he is talking about. I am reproducing his letter in full. It shows what my so-called obscene literature is doing for this country. If it helps young boys to grow into pure, strong and healthy young men, if it makes a home more happy, you can call it obscene if you choose, but literature of this kind is beyond value to the human race in the present emergencies. The letter follows herewith:

“Bernarr Macfadden,

“My dear Sir:

“Although only thirteen years of age, I have been an interested reader of your valuable magazine for the past two or three years, having bought it at the newsstands. I must commend your pure, noble stand regarding the youth of this country. Your story “Growing to Manhood in Civilized (?) Society” is an exact reproduction of conditions existing at this time not only in schools but among youths all over this country. It is not an exaggeration in the least. I am in sympathy with you in your trouble. It seems mighty strange to me that the highly educated and fair-minded (?) judges could have condemned you so unjustly. But do not be discouraged. Remember that thousands and thousands of physical culturists are behind you in your fight.

“Ever since I began to read your magazine I have taken regular exercise night and

morning with this result: My muscles have hardened and gained in size, and my health has been almost perfect, and I have felt fine all the time. But until recently I never tried the two meals per day plan. Have been in the habit of eating three hearty meals each day. About two weeks ago I started to eat but two meals daily, dinner at twelve, supper at six. The first morning I felt quite hungry and ate one peach. For the next three mornings I continued eating a peach, but on the fifth day, and since, I have eaten nothing until noon. The feeling of hunger referred to has disappeared, but I drink quantities of water. I can truthfully say that I have felt much more active and have not had that heavy feeling in the morning that I used to have. I have gained about two pounds, which though not remarkable is still worth mentioning in so short a period, as I will probably gain considerably more. I cannot thank you enough for what you have done for me, so have not tried."

This young man does not want us to publish his name, but he can hardly object to its being given to anyone who might desire to verify the authenticity of this communication.

Fellow readers of intelligence, can human beings question the truth of the terrible charges made in that story? If they are true, then what are we coming to? If this pitiable perversion exists in nearly all schools and in a great many homes, what can we expect of this nation in the form of superior manhood and fine womanhood? The immoralities and the mental nastiness that were plainly exposed in this story show a most terrible need of reform in this country in our educational methods. Why are young boys contaminated everywhere with vulgar stories? Why do they see something indecent in nearly everything? Why do they so frequently spend so much of their time among companions whose influence is degrading in character? Can the youths of this country grow up under such conditions and still possess superior principles, fine, strong manhood? If you think so then there is something the matter with your reasoning powers. Men will have to be made of different material. As long as we allow such damnable conditions to exist, those in authority in this country are to blame for the immoralities and the weakness and the devitalized manhood and womanhood that we find everywhere. Can any sane individual endorse the principle of hiding these murderous evils? Should not the brilliant light of day be shed upon this terrible perversion, for if it is looked upon as something mysterious and vulgar, not to be talked of or discussed, then it will continue to exist. It will taint your boys and your girls. It will mar their manhood and their womanhood, it will lessen their strength and their health, and if it does not lead them to an early grave, they will have lost a certain amount of vitality through the demoralizing influence of these evils. I want to say to every humane individual that the time for action is at hand. If the race is to be saved, if the manhood and womanhood of the country is to be upheld, if we are to be destroyed by the effects of our own mental filth, these evils must be recognized and openly combated. Suppose a judge has mistaken my motives, suppose he has misunderstood my work. Has he not by this very act shown in a most em-

phatic manner the frightful results of these mistaken conceptions that are maintained by many persons in high places? No doubt he believes in hiding all these monstrous evils. The following of this theory will mean their perpetuation. Within the last generation more lives have been lost, more vitality has been destroyed, than has ever been sacrificed in a hundred of the greatest wars known to human history. Shall this awful slaughter continue? In the face of all this, men in high places are silent. They are not only silent, but they condemn one like myself who is trying in a small way to stem the rising tide of prudery, which even now numbers its victims by millions.

NOW that the cool weather is approaching, begin to cultivate a love for fresh air. The more you coddle yourself, the more you will need coddling. The more you accustom yourself to fresh air, the more vigorous you will become, within reasonable limits, of course. You cannot secure too much oxygen. Oxygen is life. It is the principal source of all life. Shut yourself in a close, heated room, and your vitality begins to decline. Your body then becomes fertile soil for all sorts of disease germs. In fact, under such conditions, no doubt the body itself often actually propagates the germ that is connected with the disease that often results.

FRESH AIR AND DRAUGHTS

Live out of doors as much as you can. While you are indoors, keep your windows wide open. If you are sitting in a draught, so much the better, at least as long as the body maintains a comfortable degree of warmth. I do not believe in discomfort. I do not think it is of value to anyone to dress so scantily as to suffer from chilliness whenever in the open air on a cold day. One should wear sufficient clothing to maintain warmth, but no more. Coddling should not be tolerated. Thick woolen underwear is an abomination. It starves or smothers the skin, and colds, pneumonia and all sorts of troubles are liable to attack one as a result of inactive pores.

Bodily cleanliness is absolutely essential to the enjoyment of the highest degree of health, and external parts of the body only represent a small part of its surface. The internal surfaces of all the large and small tubes and the organs and tissues, must also be kept clean, and these parts are purified and cleansed by a stream of pure blood which can only be secured when a plentiful supply of air rich in oxygen is continuously furnished to the lungs. Begin right now to cultivate the fresh air habit. If you are called a fresh air crank, you should feel highly complimented, for then you have ample evidence that you understand the value of a clean body internally. Fresh air, too, will keep the "cobwebs" from the brain. Impure air dopes the nerves, blurs the mental powers, and the writer who depends upon the curling tobacco smoke for inspiration has formed a habit that will ultimately destroy his emotional and imaginative faculties.

Live as nearly as possible in pure air all day, and at night, insist upon sleeping in it. The more you breathe the outside atmosphere, the better health you will enjoy. Have your head near or just inside of an open window, and no matter how much the wind blows, or how cold the temperature, you will find increased health and additional happiness as a result of this habit.

BUT very few seem to be aware that the functional processes of the body are performed to a very large extent by the muscles. In the stomach, for instance, food is churned by the muscles surrounding this organ. This is an important part of the digestive process. Now when all the external muscles of the body are weak, you will find a similar condition of weakness existing in the human stomach. The idea is almost universal that the more you eat, the stronger you become. There was never a greater mistake. It is not what one puts into his stomach that creates strength, it is what one digests and assimilates. When the appetite declines, the average indi-

WEAK MUSCLES—
WEAK STOMACH

vidual seeks an appetizer. He is given a tonic or he uses some means to arouse a desire for food, forgetting entirely that it is not more food but more digestive and assimilative power that he needs. Now when the entire muscular system is in a weakened state, the stomach is in a similar condition. In fact, sometimes the stomach is so weak that it is not even able to eject food that is literally forced upon it. For instance, a bilious attack in which the stomach literally throws up everything that is swallowed is a splendid example of a fairly strong stomach. It knows what is good for it in spite of your superior intelligence, and when you refuse to fast, when you force upon it various foods that are not needed, it grows as stubborn as the proverbial mule and makes you fast in spite of yourself. Now a weak stomach should be treated in the same way you would treat any other weak muscle of your body. It should not be overworked. You should keep in mind the fact that the muscles of the stomach can be strained the same as the muscles of any other part of the body. Vigorous health in all cases depends upon how much consideration you give to the requirements of the stomach. If you overeat, then you use a certain amount of vitality to rid the system of the surplus. You waste nervous energy in this manner. Under such circumstances, less food will mean an actual increase in strength and usually an increase in weight, thus proving beyond all possible doubt that the nervous energy required in disposing of the excessive amount of food was lowering the vitality, and the general vigor of the body. Don't overwork your stomach. Give it enough to do, but remember there are times when it needs a rest. This is especially to be noted after a period when it has been overworked. An athlete, for instance, in training for a contest, if he takes too much exercise, grows "stale." In other words, he becomes weaker, loses

vim and energy. Now absolutely the same thing applies to the stomach. If you overwork this organ, it grows stale, it loses the energy necessary to digest food, and under such circumstances, it needs a rest either in the form of a fast or a very abstemious diet.

The blood-making process begins in the stomach. A great many diseases begin in the same place, for it is usually impurities in the blood caused by the inability of the stomach to properly digest its contents, that make nearly all diseases possible. Take care of your stomach and it will take care of you.

WE never dabble in politics. It is out of our line. As a nation we must place the man above the dollar before politics can be a feature of this publication.

The political fights of today are on a money basis. There are discussions of high tariff and low tariff; debates as to how the trusts or the railroads may be controlled, and many other questions that have nothing beyond financial features. To be sure, there has been a plank added in each of the platforms of the two great parties, advocating a department of health—the Republican party maintaining that it should be carried on by the organization that to a large extent already exists for this purpose, and the Democratic party maintaining that an entirely new organization should be developed

POLITICS AND PHYSICAL CULTURE

for this new department. But do the leaders of either of these two great parties consider this part of their platform of any special importance? I am very much inclined to think that they do not, and when you cast your vote this fall, let it be a vote for principles, not for party. Select the man or the party that according to your conscience and intelligence will best carry out the principles that stand for a superior manhood and a better womanhood. If in your mind there is no party that stands for principles of this nature, then vote for those who you think will most nearly approximate your ideals. The time is not far distant when the theories advocated in this publication will become important political questions. The health plank in the two great parties, indicates one small step in this direction, but just watch the trend of the times. Manhood and womanhood are of more importance than dollars and cents. Today human lives and human sufferings are but of little moment, but a great awakening is coming, and even before the presidential election of 1912, the trend of public opinion will unquestionably begin to demand that political questions recognize the man before the dollar.

WHAT do you think of the improvement that I have made in this publication within the last few months? Might it not even be termed a great revolution? And it has all merely come from my being able to give a large part of my time

to the work of filling it with interesting and instructive matter. There are still greater improvements ahead. I want to make this magazine so good that none of our friends can really afford to do without it. It will not be a question of whether or not you want it—you will simply have to have it, for it will not be a luxury, it will be a staple that will be needed in your life every month of the year. If it teaches you nothing, at least it comes as a monthly reminder of the great importance of maintaining the

HAS PHYSICAL CULTURE IMPROVED?

highest degree of physical vigor. Our object is to make strong, virile men; superb and beautiful women. Men who are masters of themselves, women who have shaken off the yoke of conventional slavery. We stand for the higher manhood, the nobler womanhood, and in advocating these principles, we are bound to make enemies. For instance, the man who is a libertine at heart detests our high ideals. Judging others by his own debased nature, he will do everything he can to belittle our efforts. On several occasions reports have reached me of statements made by persons in reference to my own life and character, that were the grossest kind of libels, and if I had proof that could be used in a court of justice in the state of Michigan, at least, these scandal-mongers would be placed in jail where they rightfully belong.

I want my friends and readers to know that I practice what I preach, and whenever you meet one of these miserable skunks whose one object is to blight and destroy the reputation of everyone whose lives may be cleaner than their own, I would like to see him get what he rightfully deserves, and I do not care to say in print just what that is.

Bernarr Macfadden

Former Physical Culture Plant For Sale or To Rent

The plant of the Physical Culture Publishing Company, located at Outcalt, New Jersey, post office address, Helmetta, New Jersey, is for sale or rent. This plant consists of a building 225 feet long by 48 feet wide. 48 feet of the building has a second story, which was formerly used for the office of the Publishing Company. The building is fitted with shaftings, boiler, and a 35- and a 15-horse-power engine. From 30 to 50 horse power can be secured from the water supply the year around. The

private switch, our own property, connects us with the Amboy Division of the Pennsylvania Railroad, and you can load or unload direct from the cars. The Publishing Company owns the water power, three or four acres of land, in addition, and two or three other smaller buildings. Property will be sold cheap, or can be rented at a reasonable price with the privilege of buying. For further particulars address Chester A. Burt, Manager Physical Culture City Land Company, Helmetta, New Jersey.

Chest-Weight Exercises in Bed

By Bernarr Macfadden

A SERIES OF EXERCISES WHICH GIVE ONE THE SAME OR GREATER BENEFIT THAN IS SECURED FROM THE USE OF CHEST WEIGHTS, AND WHICH CAN BE TAKEN IN BED WITHOUT APPARATUS OF ANY KIND

THIRD LESSON



DOUTBLESS the reader will discover, in the third lesson of this series of exercises, additional evidence of the value of this particular system of movements, provided they are given a thorough trial. In answer to several inquiries that I have received, I would say that these exercises can be taken on any soft sur-

face. The ordinary bed, as a rule, is quite satisfactory. Please note, however, that I do not recommend a feather bed. A bed of this kind is, of course, too soft. The usual hair or cotton mattress is just about the right consistency to make the exercises enjoyable and effective. Of course, they can be taken on the floor, though when this is the case, the portion of the arm which supports the body should rest upon one or more cushions. If this protection is not given, there is a liability of bruising the flesh of the arm. It would be almost impossible to take these exercises on a hard surface without bruising the flesh of that portion of the arm by which the body is sustained.

These exercises can be taken in the morning before rising, or at night before retiring. These are the most convenient times, especially for busy men, though it is not absolutely necessary that they be taken at this time. They can really be taken at any period during the day, provided one has the time. As to which is better, morning or evening, I

would to a very large extent leave that to the individual. If you are compelled to rise very early in the morning, as a rule it would be better to take them in the evening. If your duties do not require you to rise earlier than seven or eight, then, of course, half an hour or longer could be easily and advantageously devoted to these exercises.

The reader will note that another advantage of this system of exercises, in the fact that, if taken at the time suggested, they require little or no preparation or change in one's everyday habits and pursuits. While it is undoubtedly well that one vary the muscular movements which are caused by his daily occupation or customs, it is not easy for one who is not accustomed to regular exercise to secure such variety. However, from the very nature of these movements, one who has not previously indulged in exercise will find that they furnish a gradual transition from muscular inactivity to a desire to perform the movements.

Exercise, like virtue, supplies its own reward, and with many it has been found that although the performance of regular exercise was originally looked upon as a task, rather than a pastime, one discovers, in time, that he actually looks forward to the exercises as a most enjoyable detail in his everyday existence.

Of course, it is important that no detail which tends to the betterment of one's physical condition be overlooked. While one who pays no attention to exercise, and who tries to better his condition through a careful supervision of his

diet, will meet with gratifying reward, and while one who places his faith in hydropathy or any other methods of improving the physique, will not be disappointed, the wiser course is to indulge in every means of improvement which Nature provides for retaining a strong constitution or for rebuilding a body which from one cause or another shows evidence of vital deficiency or deterioration.

I must repeat again that it is necessary

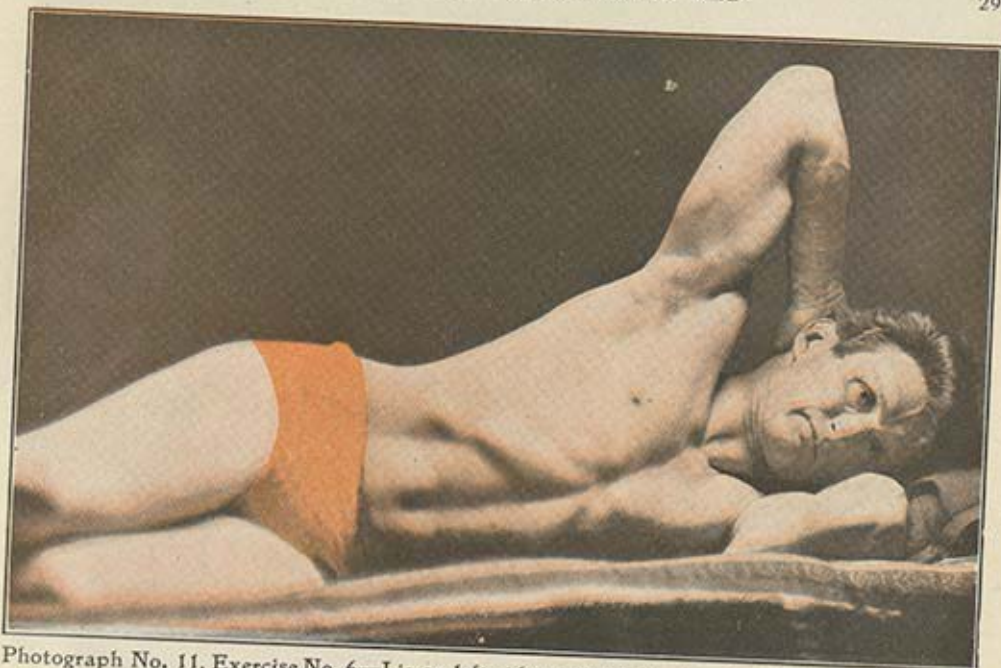
to continue each exercise until the muscles are thoroughly tired, and also be careful to fill the lungs completely at frequent intervals. This article and the previous article of this series are illustrated by photographs of the writer just previous to the publication of the article. It indicates very accurately that I practice what I preach. In other words, I believe in keeping yourself in good physical condition at all times.



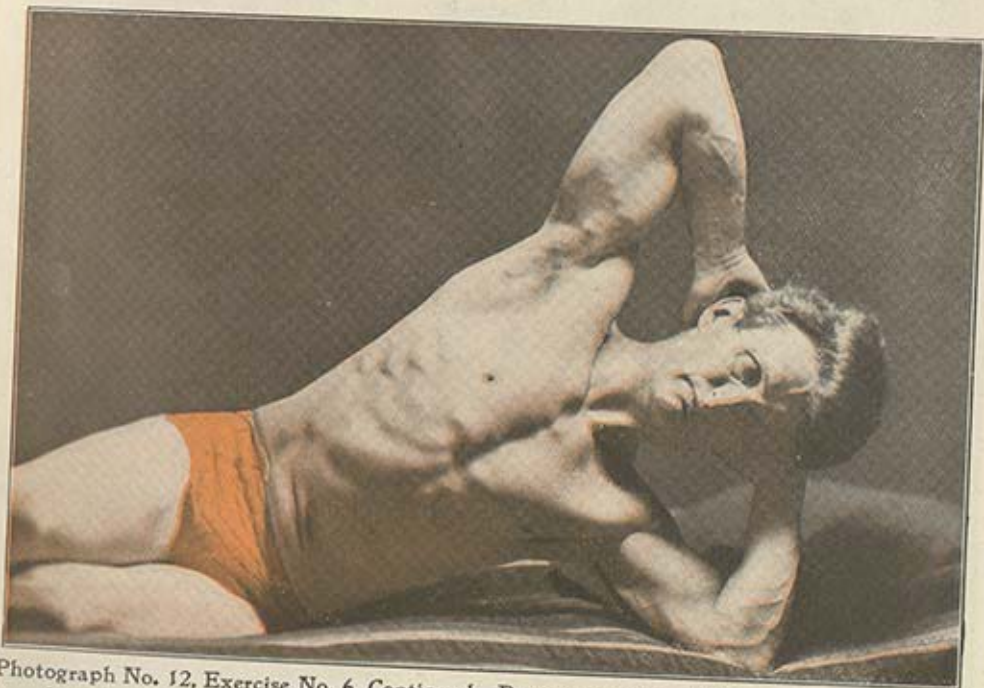
Photograph No. 9, Exercise No. 5—Lie flat, face downward, with elbows close at sides, as shown in illustration. Now raise chest as high as possible by pushing downward and forward with elbows. You will then assume position shown in next photo



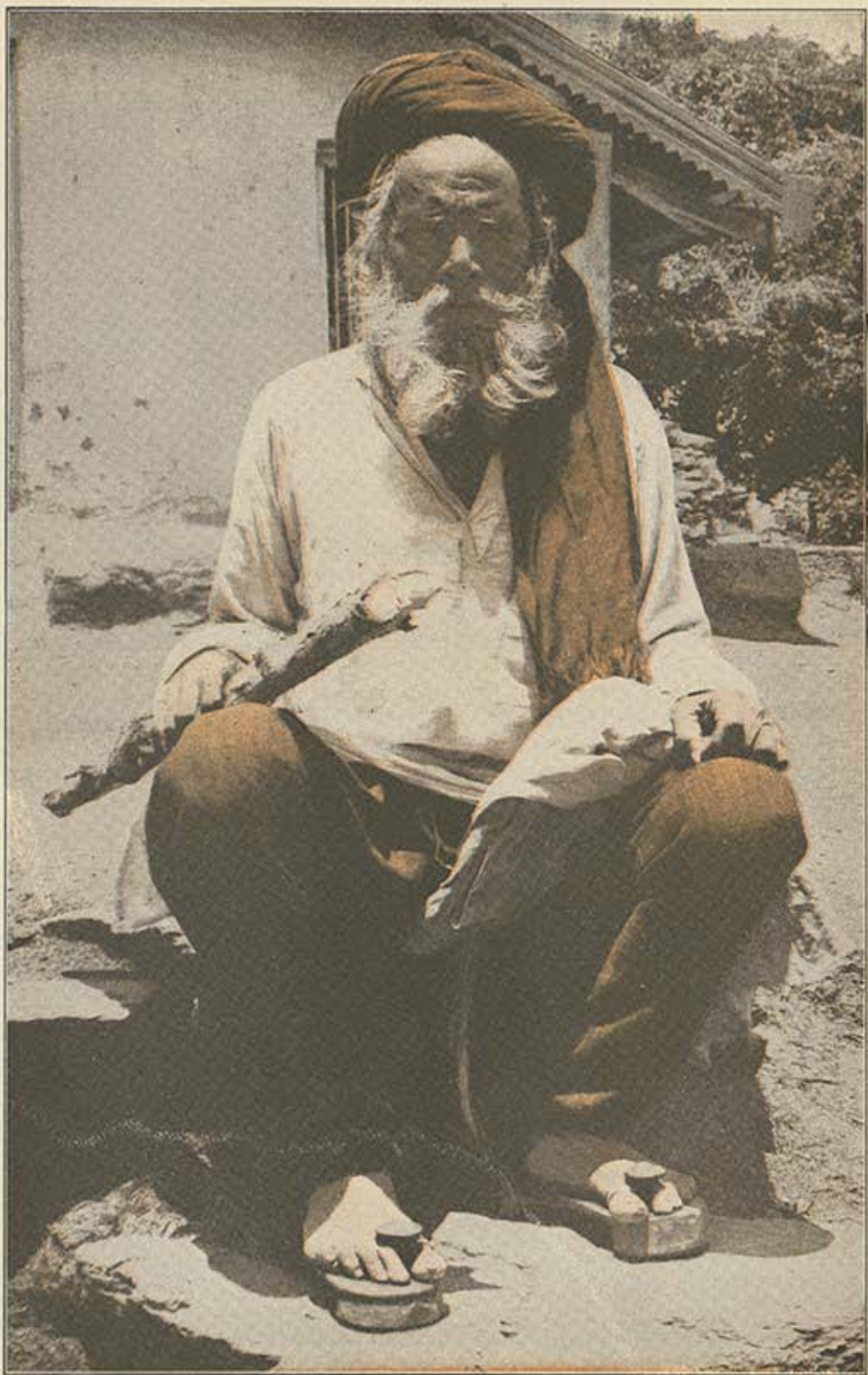
Photograph No. 10, Exercise No. 5, Continued—Be sure to rest weight on elbows. Return to first position and repeat until tired. For muscles on the forward part of shoulders



Photograph No. 11, Exercise No. 6—Lie on left side, with left hand under head, and elbow on a line with shoulder, as shown in above illustration. Now raise weight of body by bringing down elbow as much as possible. Body will then assume position shown in next photo



Photograph No. 12, Exercise No. 6, Continued—Be sure to raise as high as you can. Resume former position and repeat until tired. Take same exercise with position of body reversed. For muscles or the back of shoulders



From *Mercograph*, copyright by Underwood & Underwood, New York.

A type in India. Probably the oddest shoes in the world. A flat block with a large knob which slips between the first and second toes. This shoe is worn by the lower classes in India



From stereograph, copyright by Underwood & Underwood, N. Y.

Types of natives of India. Massage as practised at the bathing ghats of Benares, India

Life in India

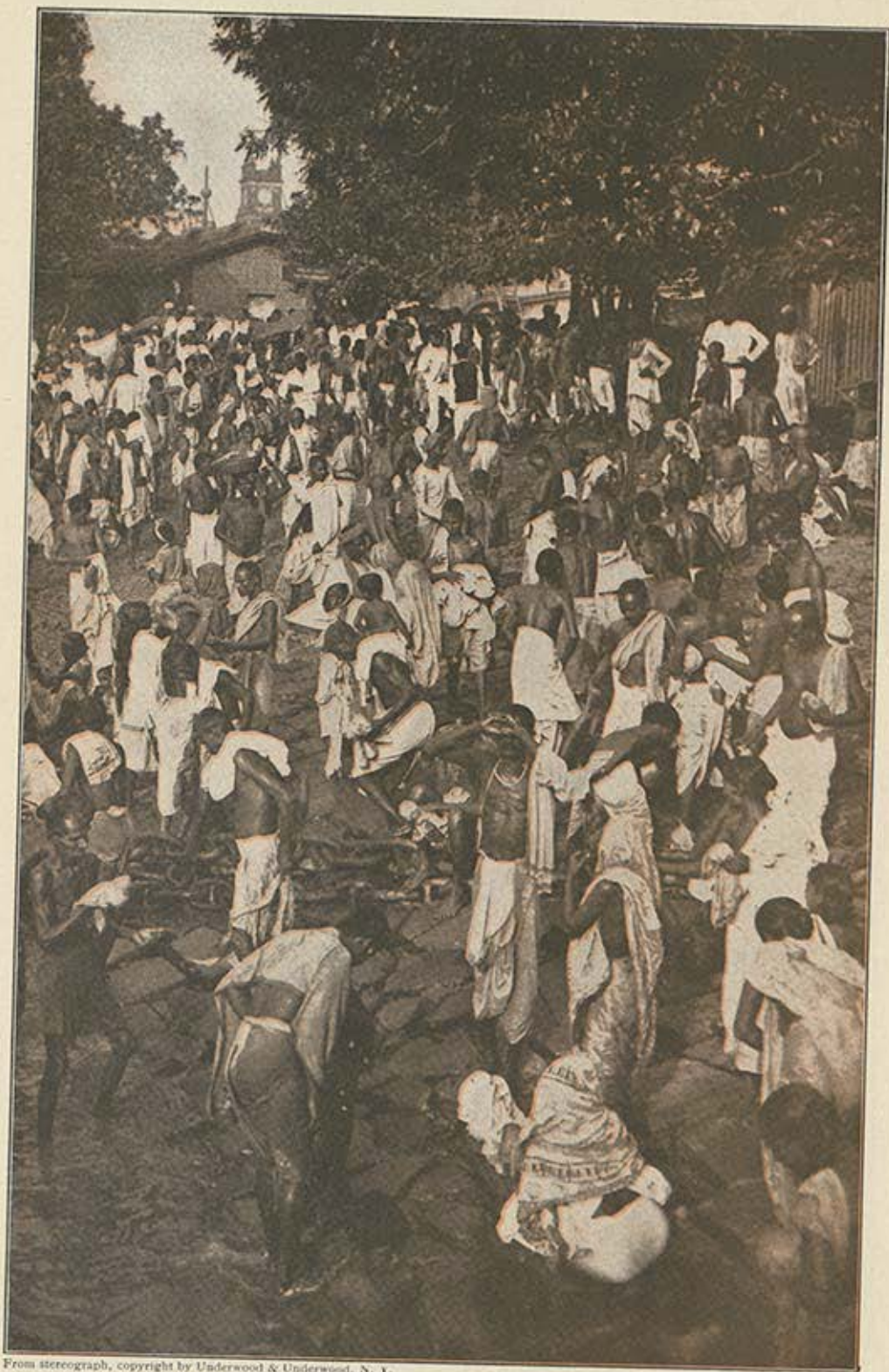
By Maud Johnson

TO the student of physical culture and natural living a visit to a country like India is intensely interesting. While we could hardly approve of their diet from a hygienic point of view they certainly have an advantage over us when it comes to outdoor life, dress, simple habits, etc.

Their houses are of the simplest kind, made of clay, bamboo or often having simply a cemented floor and a thatched roof, the sides being open entirely. This affords protection from the sun, at least, and here the family can rest in comfort, lying about on the floor on mats or rugs. As there is no furniture and as the houses are quite small, there is no housekeeping to do. The man of the household may earn a few pennies by working in the

field or serving the English in some capacity and this pittance buys him a little rice and that is all he needs. The rest of the family may spend their time in meditation and dreams. The lady of the household may make a journey or two a day to a neighboring pool or water pipe and carry home a jug of water. Certainly that is simple living.

As to the dress, that is about as scanty as the house. The women wear one piece of cloth, which serves as skirt, waist, cloak and head dress. This cloth is a little over a yard wide, and from six to ten yards long, according to the taste and desire of the wearer. It is wrapped two or three times about the waist and hangs to the ankles. As the end of the garment is brought to the front a bunch



From stereograph, copyright by Underwood & Underwood, N. Y.

Bathers of India drying off on the banks of the Holy Ganges, near Benares, India

of it is gathered into the waist, leaving a full fold to hang gracefully at the front. Then the cloth is brought under the arm, or over it as desired, across the back and the end thrown over the head. Some wear in addition to this a small bodice having short sleeves, and cut very low in the neck. This costume is worn by the Mohammedans, the Hindoo wearing only the one cloth. The genuine Mohammedan costume, however, includes very loose, baggy trousers, while the cloth is wrapped about the upper part of the body only.

The men wear different costumes, according to their station and position, many, of course, being employed by the English and dressed in livery. A common costume is the wearing of a long, close-fitting coat which reaches almost to the ankles and is made of white material in summer or dark cloth in winter. The

ordinary native, however, is simply clothed in a wrapping such as the women wear. This cloth covers only the lower part of the body and is wrapped about the waist, the end being brought tightly between the legs, thus forming a sort of trousers, not exactly tailor-made, however, as the front frequently hangs almost to the ankles, while in the back the leg will be exposed far above the knee. Some men wear only a loin cloth. The children—bless their hearts—the children go nude! Think of it! Awfully immodest, of course, but then they are healthy and happy, and after all that's what we are living for. It was my pleasure to see a little fellow of perhaps seven or eight years going along the street one day with nothing on but a dainty pair of slippers and a red flower in his hair. He was taking such long, manly strides, swinging his arms and



From stereograph, copyright by Underwood & Underwood, N. Y.

Jehu in India—a typical old bullock-driver at Agra with clumsy wooden-wheeled cart

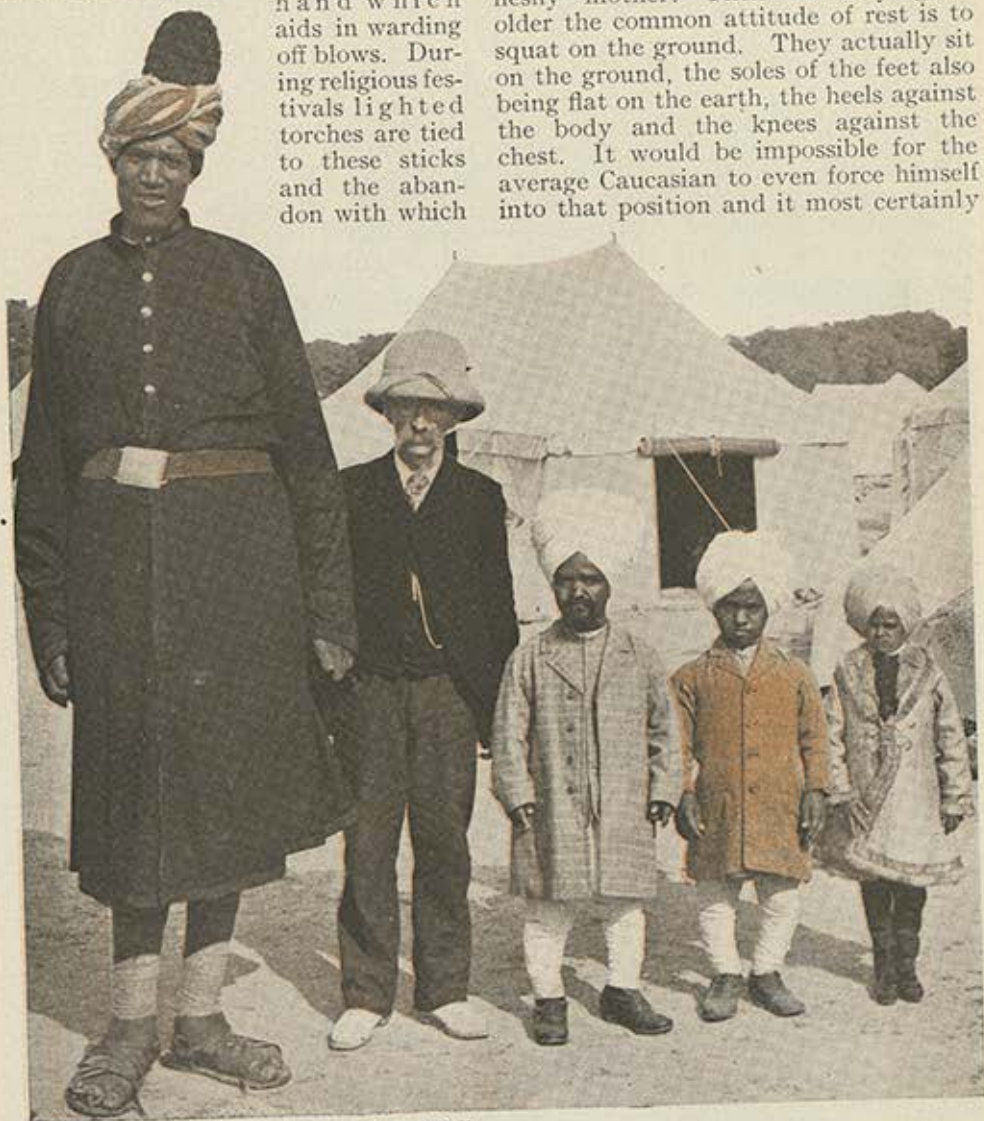
singing with the joy and freedom of a bird. But old or young, the male Indian glories in his turban. This, wrapped about his head in graceful folds contains about as much cloth as his impromptu trousers.

A very common exercise and one indulged in especially during religious festivals is somewhat similar to our fencing, though sticks are used instead of swords, and a padded glove is worn on the left

hand which aids in warding off blows. During religious festivals lighted torches are tied to these sticks and the abandon with which

they thrust these lighted brands into the face of the adversary is thrilling, to say the least.

The Hindoo does not need any training in physical culture. His every act from childhood to the grave is a form of exercise in accordance with Nature and sure to keep him supple and wiry. When a child is taken out by a parent it is set astride the hip. Imagine a child a few months old astride the hip of a large, fleshy mother! Then as they grow older the common attitude of rest is to squat on the ground. They actually sit on the ground, the soles of the feet also being flat on the earth, the heels against the body and the knees against the chest. It would be impossible for the average Caucasian to even force himself into that position and it most certainly



From stereograph, copyright by Underwood & Underwood, N. Y.

The long and the short of India—Cashmere giant, 7 feet, 8 inches in height and Patna midget, 28 inches high, Delhi

would not be restful. Yet a Hindoo in walking along the street and suddenly taking a notion to rest will collapse into that position so quickly that it reminds one of those old fashioned toys that by a slight motion of the hand could be made to fold and unfold so rapidly that the eye could not follow the motion. And when once in that position they remind one of a three-section ruler.

This knee-chest position is one universally recommended for constipation. The Hindoo takes this position about twelve hours out of twenty-four, and so he is not troubled with this dreaded modern affection. Being such children of Nature and unrestricted by clothing they always breathe deeply and fully and always bend at the hip. You never see them bend at the waist. The back is always straight. I was specially interested in watching one of the natives loading our vessel at Penang, Malay Peninsula. He wore nothing but a loin-cloth, so I could watch the movements of his body easily. The breathing was deep and full, the abdomen swelling and falling with the freedom seen in animal life. Oh, we have much to learn from our Oriental brothers. And when it comes to walking, there is no one that can walk with the grace and ease of an Indian. Such rhythm, such harmony in every move! This is undoubtedly due to the fact that they walk barefooted and are not hampered either by clothes or by awkward burdens. They never carry anything in the hands. Just notice the difference in your walk when the hands are free and swinging and when you are carrying a half dozen bundles. The moment you carry anything in the hand your muscles are under a tension, and your movements become stiff and awkward. If a native has nothing but an umbrella he will carry that on his head when not in use. The act of carrying something on the head also induces graceful, even walking. Women pass along the street with a baby astride the hip and a large jug of water on the head. Yet they are unconscious of either and walk along easily and gracefully, absorbed in their own thoughts. If their

attention is attracted by some passing object they will turn slowly and quietly, never raising the hand to steady the burden. The Indian women can give us lessons in poise and self-possession. There are no nervous women in India.

In bathing the Indian is as simple as in other things. A dip in a pool or a ducking under a hydrant satisfies him. They love the water as one naturally must in so warm a climate and never miss an opportunity to stop and throw some water over their feet and legs, either at a hydrant or a puddle of water in the street, even though this puddle be in the main street of a city like Calcutta.

While the chief article of food is rice, which in itself is wholesome, those who can afford it supplement this with a great variety of vegetables and fruit. Many sweets are used and much clarified butter, articles of diet which do not well agree with a stomach accustomed to plain, unseasoned food. Buffalo milk is used in great abundance and when we insisted on having cow's milk and insisted on proof of the fact that it was cow's milk, the animal was driven to our door and milked before our eyes. The cow is sacred in India and as Mark Twain says, all its products are used. He classifies these products as "milk, cheese, butter, etc., etc." The cow dung is used for fuel. Women and children go out in the streets and gather great basketfuls which they carry to an empty field where they knead it into cakes, mixing with it some of the earth. These cakes are spread out in the field and allowed to dry. Then they are gathered and sold for fuel. This is used so universally in India that the making of these cakes becomes quite an industry and some people spend their whole time at it. One often sees whole fences and houses covered with these cakes stuck there to dry.

India cannot boast of its civilization as we understand civilization, but it has an oldtime civilization and wisdom from which we could learn much. Certainly the poise and self-possession of its people is an object lesson to the tense, hustling northern races.



Miss Irene Bentley, a favorite American actress. She believes in regular exercise and sensible dieting and bathing

Physical Culture an Essential in the Life of an Actress.

By Irene Bentley

THERE is physical culture and physical culture. One kind is a blind, unreasoning practice of the principles of the science with a total ignoring of the needs of the peculiarities of the individual. The other is a sane and sensible application of the health-laws taught by this magazine, governed by the knowledge that what may be good in one case, is not necessarily so in another. In other words, while physical culture is, in general terms, an all-round specific for the ills which mind and body are heirs to, yet it must be modified by conditions and governed by circumstances. In my opinion, if it appears to fail, the fault does not arise from any weakness or defect on its part, but rather from its unwise and unreasoning application.

I say these things because I have benefited so much from the science. But this has been because I, or rather my advisers, were sensible enough to fit it to me, rather than to insist on my being forced to fit it. The best things of life may be made the reverse unless the fact just stated is borne in mind. Temperament and constitution must always be considered and a régime of any sort must be made to accord with these, if satisfactory results are looked for.

Thus, in my own case, a reasonable amount of flesh food in my daily diet is an essential—of that I am assured. Others, however, are better off for a vegetarian table. Now it would manifestly be as improper for me to insist that my vegetable-eating friends should take to steaks or chops as it would be for them to declare that I should forever shun these same edibles. In both cases, there are constitutional needs which we cannot afford to ignore.

The same kind of thing takes place in regard to bathing. Now, I would as soon think of going without my morning cold—quite cold, mind you—bath, as I would without my tooth-brush. I simply cannot do without the delicious, in-

vigorating plunge—if I can get it—or, failing that, a sponge off from head to foot. Yet I am sensible enough to believe that a bath of this type would work harm to lots of people, especially those whose physiques have not been trained to hardiness by years of physical culture. All the same, I have met well meaning.

I don't mean to say but that I missed some of the things that I *had* to give up, but this was only in the very early part of my experiences and even then, I knew that they were doing me harm. Thus, I used to be extravagantly fond of coffee, and could, or rather did, drink it four or five times a day. But I suffered for my weakness in the way of wakefulness and nervousness. Then physical culture came to my aid, and the amount of coffee I consumed was gradually reduced until now I rarely touch it. And what applied to coffee applied also to several other small vices of a dietetic sort which I had not so many years ago. As to specific physical culture details of my daily life, it runs something like this: I rise pretty early as a rule, but if I have had an especially fatiguing evening before going to bed, I know that the body has a right to an added period of recuperation. My breakfast is always light, and usually consists of a roll, some good butter—I am very particular about this last—a glass of milk and sometimes but rarely, a little cup of tea or coffee. Lunch is almost equally modest, but I make it a rule to have fruit and cereals served. At dinner, I indulge in a little meat and rarely drink anything. Fruit and vegetables again form the bulk of the repast.

Before breakfast I exercise with dumbbells or the clubs. Between meals, study and professional work, I take all the out-door recreation and exercise that is possible. I have no fixed régime for this last, believing that the exercise that fits in with one's humor will be of the greatest benefit. Personally, I prefer horseback riding, walking and swimming.



Theodore Combis, Del Monte, Cal., a superb specimen of physical development

A Powerful Specimen of Manhood

By Alfred Edwards

MR. COMBIS, whose photograph appears on the opposite page, has sent us his entry for the contest for the most perfectly developed man. He was born in 1884 in Athens, Greece. In his early youth he did but little to develop his body. When he was eighteen years of age, he became interested in the Greek gymnasiums, and soon became a superior gymnast. Before an audience of 35 000 people, in the Grecian games, he was awarded two first prizes in a contest on horizontal bars, and two second prizes, one for the flying rings and the other for the standing jump, his record for this standing jump being eleven feet, three inches. In a contest of Greeks in New York in 1906, he won one first prize throwing the discus, Greek style, 89½ feet, and one first prize by putting up a hundred-pound dumb-bell twelve times without swinging. He also won a first prize throwing the pot, weight twenty-four pounds, with a run, Greek style. At an exhibition at the Y. M. C. A. in Boston, he lifted 218 pounds twice in succession with one arm. He also lifted a man weighing 177 pounds high overhead with one hand, gradually raising him while he (Combis) was in a lying position.

Mr. Combis rises at five o'clock, taking a half hour's exercise out of doors before breakfast, summer and winter. Every morning you can see him running on the beach, diving, swimming, and taking various exercises with dumb-bells, Indian clubs, etc. Mr. Combis is a vegetarian, also a sworn enemy to alcoholic drinks and tobacco.

For a young man of his years Mr. Combis shows a development of which he has good cause to be proud. In addition to the photograph we produce herewith he has forwarded to us others which furnish ample proof that his physique is of a high degree of excellence.

We are still receiving many interesting photographs of those desiring to enter our Prize Competition, and shall take advantage of every opportunity to publish those photographs which are most suitable for publication, from the present time until the date of closing the contest, January 1st, 1909. Those competitors whose photographs are not published in the magazine previous to that date, however, must not form the opinion that their entries have been decided upon by the judges of the contest, as all photographs submitted will receive the full attention of the judges, whether or not they have been selected for publication in our pages. We append a list of measurements furnished by Mr. Combis in connection with the photograph appearing on opposite page.

Neck	15½	ins.
Arm	14½	"
Arm flexed	15½	"
Elbow	11½	"
Forearm	12½	"
Forearm flexed	14	"
Wrist	7½	"
Chest Natural	39½	"
" Small	38½	"
" Expanded	43½	"
Waist	32½	"
Hip	37½	"
Thigh	23½	"
Knee	15½	"
Calf	14½	"
Ankle	9½	"



One of the natural bath tubs that Miss Ethel Vallance substitutes for the modern porcelain lined affairs

A Rival of Miss Newkirk

By Marion Walford

A WESTERN YOUNG WOMAN WHO HAS BEEN TRYING TO EQUAL THE MAGNIFICENT PROPORTIONS OF THE WINNER OF THE FIRST PRIZE OFFERED FOR THE MOST BEAUTIFUL DEVELOPED WOMAN IN THE WORLD

IN the first physical culture exhibition given at Madison Square Garden, New York City, there was a thousand-dollar prize offered for the most perfectly developed woman in the world. Competitors from every section throughout this country and England competed for this prize. Miss Emma Newkirk represented the state of California. She had grown up on a ranch. She had been accustomed to the wild, free life that is usually adhered to by people of this character. She was fond of swimming, rowing, running and all sorts of outdoor sports. She not only carried off the honors for being the most perfectly

developed woman of the many hundreds of competitors that were anxious to secure the honor, but she won several of the prizes in the running races. You might almost say that she could run like a deer. Perhaps not so fast, but there was that wild grace in every movement that would to a certain extent remind one of a deer or an antelope. You could not find anything like her anywhere around New York. She was a superb woman, beautifully developed, with all the strength and health that accompanies a physique of this character.

You can well realize the temptations that were thrown in her way and the



Miss Vallance engaged in one of her favorite exercises

opportunities of every character that were presented to her after winning the distinction of being the most perfectly developed woman in the world. Artists of all kinds were of course desirous of having her pose for them. Theatrical managers offered her inducements, but these things did not attract her. After remaining in New York a short time, she returned to her native town and married her old sweetheart. She was evidently a true woman, her instincts guided her rightly and her influence has unquestionably been of the best at all times.

One is especially reminded of Miss Newkirk, whose name, by the way, has been changed for some time, because of a letter and photograph received from another Western girl who has apparently many similar characteristics, at least from a physical standpoint. We are publishing some photographs of this young woman, and her own letter which accompanied these pictures will furnish more accurate information of herself

than we can supply. Her letter follows:

TO THE EDITOR:

Miss Newkirk's success in the Physical Culture Exhibition of 1906 made me resolve to follow in her steps, and endeavor to equal her measurements even if I could not gain a like financial reward.

To help prove that the method of living, moving, and having our being, advocated by your magazine is not only a beneficial craze, but that it is the healthiest and best way of life yet known is my aim in writing this.

I was born in London, England, twenty-five years ago; a city where it is



Miss Vallance, ready to step into the bath that Nature has so well prepared for her, just outside of her tent

hard for child life to get true knowledge and right exercise. But blessed with a good mother who had somehow gotten sense above the average, flesh food was a forbidden diet in my early years, and has remained soever since.

Corsets I have never worn, and in consequence the muscles of my body are strong and firm and I never feel as if I am "falling to pieces" as I have heard girls say if they leave their corsets off for a day.

Tea, coffee, and alcohol in any form I have never used, and the drug store draws no revenue from me.

Emigrating to the west two years ago, where conditions are more favorable to our principles, I decided to add a few of your special exercises to my already unorthodox behavior—feeling that food reform is but the beginning of physical culture. The result is shown in the ap-

pendent list of measurements. I have always been accustomed to a cold bath every morning and the picture shows my present bathroom, a few steps from my canvas bedroom, where I sleep whatever the weather may be.

I am often complimented on my healthy looks, which I believe are due to my habit of walking. In this part of the country where every one rides, it is something strange to see a woman walk to town and back—a mere matter of seven or eight miles.

Age, 25 years; neck, 13 inches; chest, expanded, 35; hips, 37½; calf, 14½; elbow, 9½; height, 5 feet 4 inches; chest, 33; bust, 35; thigh, 23; ankle, 8; forearm, 9½; weight, 140 lbs.; chest, small, 32; waist, 28; knee, 14½; arm, 11; wrist, 6½.

ELSIE VALLANCE.

Ellensburg, Wash.



Miss Vallance at the tent home of which she is so fond

Gaining In Weight

THE DIET AND GENERAL HABITS OF LIFE REQUIRED WHEN DESIROUS OF GAINING WEIGHT

ONE of the most difficult problems that is presented in the building of general vital vigor, is that which confronts those who are not able to add sufficient tissue. The normal body, when developed as it should be, should be well-rounded in every part, and should have the appearance of symmetry. There should be no lankness or leanness, which is destructive to symmetrical contour. Therefore one possessing ordinary health should approximate that particular weight which is necessary to give the body the vitality and strength needed to maintain it in a proper condition. Too much weight ultimately means a diseased condition, although the ability to add fatty tissue is really a sign of health. It means good assimilative organs. It means that a large part of the food that is eaten is absorbed and used by the system.

FAT NOTHING BUT STORED ENERGY

The functional processes of the body have prepared what might be called a reserve fund of energy. Fat simply represents stored energy. The hibernating bear secretes enough energy during the summer, in the form of fat, to last him all winter. His assimilative organs, through generations of habit have developed the particular characteristic which enables him to prepare for this contingency. Any animal, human or otherwise, that is well-fed and in a healthy condition, if not required to take too much muscular exercise, will "get fat". A farmer has no difficulty in fattening his pigs, for instance. All he has to do is to enclose them in a pen where they can-

not run around too much, and feed them all they can stow away. He rarely finds an animal that cannot be fattened in a similar way, and when he finds one that does not respond to this treatment, it is because of ill-health. It is suffering from some disease.

ONE IS STRONGEST WHEN AT NORMAL WEIGHT

Now, practically the same thing applies to the human animal. If you place yourself under right conditions, i. e., feed yourself properly, do not take an extraordinary amount of exercise, and your functional system is all right, you will get fat, and if this result cannot be secured, then there is something wrong with your habits of life, or your vital organism. Now, there is what is termed a normal weight for everyone, and in order to determine your exact normal weight, I would say that it would be that particular weight at which you possess the most strength and endurance. For instance, you take a fat man, and gradually, as his weight is reduced he grows stronger. The thin man, as his weight is increased, gradually grows stronger. Therefore, it should be the object of every individual to attain normal weight, or in other words, that particular weight at which his strength and endurance are at their highest standard.

DISEASE OFTEN PREVENTS ONE FROM GAINING WEIGHT

To those who are desirous of gaining weight, I would say, first of all, determine whether or not you are suffering from some disease. If such is the case, of course, you cannot expect to increase in weight to any great extent while such disease continues. This diseased condition, of course, may be largely induced by your habits of life. You may be eat-

ing more than you can digest, you may not be taking enough exercise to keep the muscular and vital organism in proper condition, you may be working too hard at your occupation. All these things must be taken into consideration if one is suffering from excessive thinness. As a rule, if there is no disease that one can readily locate, the defect is one of assimilation. You are not assimilating enough food. You must remember it is not what you eat but what you assimilate that gives you strength, and adds tissue to the human body. A grave mistake is made by many who are desirous of gaining weight, in thinking that the more they eat the more chance there is of increasing in weight. In the majority of cases, the reverse condition obtains, that is, a reduction in the amount of food is actually required to enable them to gain in weight. You must remember that every human body possesses a certain amount of nervous vigor.

YOU CAN EAT SO MUCH THAT IT MAKES YOU THIN TO DIGEST IT

Every vital organ of the body calls upon the nervous system for its share of the nervous energy. Of course, muscular efforts consume a great amount of nervous energy, but as a rule they increase the supply by increasing the general vital vigor. Now, for instance, when you eat a meal a certain amount of nervous energy is transmitted from the nerve center to the stomach and intestines for digesting and assimilating this meal. It is very easy for you to understand that in case you consume more food than the digestive organs can easily handle, if you eat more than is needed to nourish the body, this surplus supply requires an additional amount of nervous energy in order to eliminate it from the body. It has to go through the entire alimentary canal, and has to be acted upon by all the various juices that are required in the digestive process. Therefore, over-feeding represents perhaps the most prevalent evil among those who are desirous of gaining weight. The average person suffering from emaciation remains in that condition in many cases solely because of the habit of eating

more than is needed to nourish the body. If you are eating more than you need, as a rule, all you have to do to gain in weight to is lessen the quantity by about half, and although the first week may indicate a slight decrease in weight, thereafter in nearly every case there will be a great deal of increase in weight, and of course with an increase of this character there will be an increase in general vitality and vigor.

TOO FREQUENT MEALS ESPECIALLY IF FOODS ARE

Another mistake that nearly everyone who is increasing weight is eating —“piecing” between meals. It is out, of course, the idea that the more they eat the better chance they will have for increasing the tendency of the functional system to deposit additional tissue. If you want to gain in weight, never piece between meals. Never eat unless you thoroughly enjoy your food. Avoid eating as a mere duty. It is the thorough enjoyment of food that accelerates the activities of the functional processes which supply the digestive juices. Therefore, when you thoroughly enjoy a meal, it is attacked by these juices immediately upon its entrance to the stomach and the process of digestion and assimilation go on easily and harmoniously.

THOROUGH ENJOYMENT OF FOOD NECESSARY TO DIGESTION

Now, in order to more thoroughly carry out the idea of enjoying your food, it is suggested that the number of meals be lessened each day, for instance, instead of eating three meals a day, eat only two meals daily. I have never found a thin individual who has not been benefited by eating two meals a day instead of three. In practically every case they would be able to eat more and enjoy more, and of course, digest more, when eating two meals a day than when eating three. Following out the theory of never eating unless you enjoy food, you will find that if you wait for your breakfast until ten or eleven o'clock you will have a keen appe-

tite and every bite of food will taste delicious, and under such circumstances, it does you far more good than when you eat as a duty or just because it is meal-time.

MODERATE EXERCISE ABSOLUTELY ESSENTIAL

In order to gain weight, it must also be remembered that not only the diet but various other conditions must be suited to physical improvement. Exercise of the entire muscular system is absolutely essential. There is no need of having an elaborate system of exercise, but every muscle in the body should be used with a certain amount of regularity. As has been stated in my article on the "Secret of Human Power", the building of increased muscular energy adds to the supply of electrical or nervous energy deposited in the nerve centres, and from these nerve centers one secures the nervous energy that is needed to digest the food and distribute it throughout the entire body. Long walks, for instance, are especially valuable in the building of general vital vigor, and these when combined with deep breathing exercises, are in nearly all cases warranted to increase the functional power and the result is an increase in the fatty tissue deposited. Of course, while these walks are being continued, one will as a rule not add a great deal of tissue to the body. The exercise keeps the weight down, but during the time you are taking these walks you are building increased vitality, and when you begin to lessen the number of miles you walk each day, then the vital organism will of course begin to add weight to the body. Outdoor exercises of all kinds are especially recommended. You cannot secure too much oxygen. As nearly as possible you should actually live out of doors. You ought to sleep next to an open window, or if possible right in an open window. Foul air has a devitalizing influence upon the body. A plentiful supply of oxygen builds increased vigor. In fact, one of my correspondents whose entire time is devoted to scientific research, stated, it may be remembered, that with every breath you draw, there is a certain amount of electrical energy, and if the air is depleted of

oxygen, the amount of electrical energy that is secured with every breath is unquestionably very greatly decreased.

MENTAL INFLUENCE IMPORTANT

To gain in weight, one must be mentally satisfied. You cannot expect to add fatty tissue to the body if you are worried about anything. No one ever gained anything by worrying, in fact the tendency to worry is to a certain extent the sign of a nervous disorder. It might in some instances be called a disease. Do not worry about anything. Make up your mind to develop a feeling of mental calmness, of mental satisfaction, and fight for these characteristics to the very end. This is absolutely essential in order to attain all there is in life, and it is especially necessary if you are desirous of gaining in weight.

MILK OR RAW FOOD DIET ADDS TO VITALITY

Now, of course, there are various special diets which in most cases would be inclined to add fatty tissue, but in every instance, these diets bring about this result largely through increasing the strength of the vital organism. For instance, in most cases of emaciation, the raw food diet, if adopted properly and continued a long enough period, will add considerable fatty tissue, or at least enough to bring about what is termed normal weight. The milk diet is especially noted for its ability to add fatty tissue. Nearly everyone who adopts this diet and follows it conscientiously for a period will very greatly increase in weight. I have known cases where the patient has gained as much as three pounds in a day, and it is not at all infrequent for one to gain a pound a day for a considerable period. The weight added by a milk diet, however, is not always of the most satisfactory character. It is sometimes inclined to be soft and flabby, unless a great deal of exercise is taken at the time you are following the diet. If special endeavors are made to harden the tissue as fast as it is gained, it is often very satisfactory in character, and to those who might be interested in giving the milk diet a trial, I would specially suggest that they secure a lecture of mine

on the subject, which was referred to on page 54 of the July issue of *PHYSICAL CULTURE*. This lecture contains detailed instructions for following out this diet, and information of this nature is absolutely essential in order to follow a milk diet to advantage.

MILK DIET MUST POSITIVELY NOT BE MIXED WITH OTHER FOOD

Many become interested in a milk diet and act on the idea that they can take a large quantity of milk and at the same time eat the ordinary foods. This is absolutely impossible, and the results in many cases are disastrous. In order to follow a milk diet, you must take nothing but milk, with the exception possibly of various acid fruits that you may fancy. Anything else of any nature must be positively avoided. Many are inclined to favor the use of raw eggs for gaining weight. They can, of course, be combined with the ordinary foods with advantage. They can be taken in the form of egg-nogs, in which they are shaken up with milk, or can be combined with a fruit juice of any kind and thoroughly shaken. Grape juice or apple juice, with an egg shaken or beaten thoroughly, or stirred with an eggbeater,

makes a splendid drink, which is appetizing as well as nourishing.

If one adheres to the raw diet, three and even four meals a day can often be eaten with advantage. One seems to be able to digest more and to get more "good" from an uncooked diet than from a cooked diet. A very appetizing way of preparing raw eggs is to beat the yellow and the white separately and then stir them together with the addition of a little sugar or the small quantity of whipped cream. This combination with whipped cream tastes very much like the filling of a charlotte russe, and as one can well realize, it contains a very large amount of nourishment. In order to help those who might be desirous of trying these suggestions, I will, in the next issue, briefly outline a diet that can be followed in a general way with advantage. These suggestions may not apply to all cases. Many require advice adapted to their individual needs, but I will say that, as a rule, if one who has not sufficient weight will follow out the suggestions I have made in this article and also give the diet that I will outline in the next issue a trial, he will be surprised at his gain in weight and will also greatly increase his general vital vigor.

(Concluded in next issue.)



A group of visitors and patients at our Health Home at Orchard Leigh, Chesham, Bucks.

Our Coming War with Japan

By Hito Saurichiki

In addition to the various letters we are presenting in this issue we are publishing an article by a well-known Japanese, Mr. Hito Saurichiki. He is a New York importer who was partially educated in this country and at a college in England. He has also travelled in Europe, and is well versed in international feeling as far as Japan is concerned. In 1902 he was sent by the Japanese Government to Germany and England, to study the textile trades of those countries. He is familiar with China, and has travelled in Manchuria prior and subsequent to the late war, so that his opinions are worth noting.—Bernarr Macfadden.

LET me say, in the first place, that I have a profound admiration for America—its honorable people, policies and institutions. Such admiration also, is not of that kind which may come to the hasty traveller impressed by the cordiality of welcoming friends, vast expanses and tremendous buildings. Rather in my case, is it the outcome of a close and critical study of American men and women, and all that they stand for, material and mental.

But I confess that of late, this admiration has been clouded with sorrowful wonderment. Why? Because of the want of logical sense on the part of a large proportion of the American public. If this illogic had been confined to the unworthy and illiterate of this honorable land, it might have been overlooked and perhaps, forgiven. But it seems to have been shared by all classes, the high and the lowly; the wise and the foolish. Hence the wonder and the—to me—regret. I allude to the unreasonable attitude that so many have assumed toward Japan, because she is, following the example of every other great civilized power in taking steps to guard herself and her possessions against attack and aggression. Because she is thus justifiably engaged, she is accused of designs which are foreign to her interests; opposed to her policies and repugnant to her national genius. And the most loud-mouthed and persistent of those who condemn her, are to be found in that section of the American public of which I have spoken.

Civilization is supposed to be order. That it is unhappily often otherwise, is the result of the selfishness of individuals. But anyhow, all order or civilization, using whichever term you please, depends upon the power of a person or a community to insist upon it. The infringement of the rights of one or many is disorder. It is the duty of the police or the soldier to restore order by force. Thus we have the Police and the Army and the Navy. The existence of these three in a nation is a sure sign that this same nation is of a civilized kind. As a rule too, the more powerful the militant or order-enforcing body or bodies, the stronger and more civilized the nation. Thus it makes its laws respected at home, and its just demands honored abroad.

Now when Japan began to emerge from her sleep of many years, and take her place among the Powers, her rulers, in accepting the new civilization, accepted too, the modern modes of warfare. They looked abroad and saw that the most powerful and respected of European countries had giant fleets and huge armies. The higher the phase of civilization, so it seemed, the more perfect the machinery for the destruction of human beings. In fact, the price of civilization appeared to be measured by the war appropriations annually voted by the rulers of these countries. Plainly, if Japan wanted to be ranked among the Great Powers, there was only one thing to be done—and she did it. She proceeded to form an Army and Navy of the most modern type and with what success, I need not

relate in view of somewhat recent happenings.

Now what I am trying to lead up to is this; after the close of the war with Russia, my country began to realize that there are penalties attached to success, and that these are often exacted by those whom we have counted as among our sincerest friends. It was so in this case. I will not attempt to act as the mouthpiece of Nippon's authorities in this connection, but will content myself by saying that they knew that it was necessary to strengthen, to perfect and to increase her fighting facilities. Any other country in the world would have done the same thing at the same juncture and would have been given credit for its foresight and wisdom. But in the case of Japan, it was different, quite different. She was accused of all sorts of unworthy ambitions, and unscrupulous designs, and the chief of her accusers was that portion of the American people who give heed to the unreasoning sentiments of a "jingo" press and the loud-mouthed utterances of "jingo" politicians! Japan, so it was declared by these, had but one object in perfecting her offensive and defensive equipments and that, war with the United States! *Why* she wanted war with this country was set forth with much specious argument, and certain alleged facts and certain alleged figures were cited in order to prove the truth of these unkind and unjust statements.

The silliness of it all! Had Japan stood alone in the matter of increasing her military efficiency there might have been some justification for all these tales. But as I have already said, she was merely following the example of all the other Powers in this respect. Great Britain might build Dreadnoughts by the dozen; Germany might enter the race for naval supremacy; France might follow suit, and also do that which she pleased to add to the effectiveness of her magnificent army; the United States might seek to become the second naval power of the world, and all this would pass without exciting much comment and less suspicion. But when Japan took steps to secure herself, there

was a storm of suspicious denunciation. The absurd phantom of the Yellow Peril was invoked, the White races were invited to band together to restrain the coming encroachments from the Far East, and all sorts of dire possibilities were prophesied—mainly by the nation which we had been taught as children to look upon as our inalienable friend, this being the United States of America! The elephants of the Old World and the New, had a bad attack of hysteria when the Japanese mouse made its appearance upon the floor of the earth! This was all so utterly uncalled for, and so unutterably stupid. Japan has just emerged from an ordeal which would have tried the financial standing of one of the richest nations. It will be years before she will cease to feel the effects of the struggle as far as her purse is concerned. She is normally a poor nation and the fruits of her recent victories will not be made manifest in her national life for a long time to come. She is just getting her breath, so to speak, after a trying contest. Yet we are asked to believe by a "jingo" press, that she is even now contemplating an aggressive campaign against the United States! That she is willing to offer the gage of battle to a country whose resources are practically inexhaustible, and whose inhabitants are noted for their aggressive patriotism! Not only that, but that she is prepared to meet the allied White races who have interests in the Pacific! That she even has designs on New Zealand and Australia—colonies of her ally, Great Britain! Of course, after this, we may expect anything from a press that is capable of promulgating such lies, or a people that is equal to the task of swallowing the same. I simply allude to these yarns for the purpose of showing how unlikely they are, and how easily those who do not stop to reflect, are gulled by politicians seeking votes by appeals to manufactured prejudice.

As to the statements that Japan is seeking to extend the scope of her interests in China and other countries of which she is the neighbor, these are quite true. As to the tales that she will attempt a monopoly of trade in these

parts, that is quite untrue. Whatever may be her wishes in the matter, she knows that it would be impossible to shut out the competition of foreign nations by force of arms. But there are other ways of securing the trade of a territory besides that of burning gunpowder. Fair dealing, a knowledge of the requirements of one's customers and so forth, will win where mere force will lose. It is possible that some of Japan's future commercial rivals may not be content to meet her and compete with her in the field of legitimate endeavor, but may try to secure by the use of force that which they cannot obtain by other means. In such an event—which I trust that an honorable Providence may forbid—the sons of Nippon will not be found wanting. But I do not look for this event. Rather, I expect that the future markets of the great and awakening East, will be controlled by those who can best supply them, and that this will be done peacefully and without bloodshed. At all events, let us hope so.

A wise Frenchman—perhaps I had better say, a *cynical* Frenchman—once said that we view the misfortunes of our neighbors with a certain if concealed satisfaction. However that may be, it is positive that we do not observe the rise and progress of an individual or a nation without feeling some amount of envy and even chagrin. It is to this unhappy quality of the human mind that I attribute a good many of the things unkind that have been said and done about Japan, by her older sisters in the family of civilization. Apart from that though, Japan has broken up the tradition that found so much favor in Europe, and for that matter in America, that the East was the happy hunting grounds of predatory Powers. Thus, not so many years ago, the European country that had a real or fancied grudge against China, could grab territory belonging to that nation at its own sweet will. Japan however, has taught China and the White races in general, that those days have gone for ever. What Power is there in existence to-day, that would dare to seize Chinese territory because some zealous, but ill-advised,

missionary had been handed the punishment that he richly deserved by a population whose most cherished and sacred beliefs he had grossly insulted? If this were attempted, China herself would have something to say through the medium of her small but modern army; and I fancy too, that Japan would not view with unconcern any attempts on the part of Europe to obtain a further footing on Asiatic soil. What is sauce for the goose is sauce for the gander, so one of your honorable proverbs says. The United States enforces the Monroe Doctrine. Is there any reason why a similar doctrine should not be in order on the further side of the Pacific, supported, if needs be, by the allied arms of the nations most concerned? Personally, I think not, but of course, I am only expressing my own beliefs.

The motto of the Volunteer branch of the British Army is, so I am told, "Defense not Offense." This motto applies exactly to the present position of Japan. She is only seeking to hold that which she has and that which is coming to her. Her naval increase, her added army expenditures which by the way, have been greatly exaggerated by the foreign reports, are all to the end in question. She looks for expansion it is true, but the expansion which follows on growing trade, and not that which waits on conquest. If, as it is charged, she has already met and overcome some of her rivals on commercial battle-fields, that fact simply proves that she is better equipped than her antagonists. If in the future she repeats her experiences in this regard, she is but furnishing added weight to the conclusion in question. The best man wins no matter what form the fighting takes.

If unhappily, the trade or other rivalries of the Far East ever call for the dread arbitrament of war, I do not think that Nippon will be found wanting. But with the increasing responsibility which attaches to those who are responsible for the drawing of the sword, the tremendous financial strain on the combatants, and the general horrors of modern warfare, I do not believe that the questions which are sure to arise in the future, will ever seek solution on the

battle-field—at least as far as the East is concerned.

A Voice from the Philippines

TO THE EDITOR:

This is the second time I have taken pen in hand to voice my views, and it is sincerely hoped you will grant me at least as much prominence as you gave one Albert Young ament the "Coming War with Japan."

Now, Albert is so young and filled with inexperience, that he calls the Japs friendly and good little neighbors. Had he been in the Philippines during the insurrection, he would have found Jap officers scouting all over Luzon, and, to my way of thinking, aiding our little brown "brothers," who never failed to practice barbarity, such as burying a soldier alive near a red ant-hill and unwritable mutilations of bodies.

During the building of the far-famed and costly Benguet Road several hundred Japs were there employed, and after the Russian fleet was destroyed they started to run the Americans off the road. But we happened to have old frontiersmen and ex-soldiers enough to prevent it.

In Bagnio, where I was the postmaster, some of them defied the authorities and persisted in creating a disturbance around the hospital to such an extent that a whole company of constabulary were ordered out to capture them. All of which goes to show how peaceful and good they are.

Their army officers (in reserve) are at present conducting bazaars, ice cream stands, and other catch-penny schemes to an alarming extent all over northern Philippines. Peddlers carrying packs of goods ostensibly for sale, go from place to place assiduously mapping the country as they go.

Only recently I was asked if I had any magazines which gave the pictures of the various warships coming here, and if I knew how many and what size guns they carried: this by a Japanese proprietor of a bazaar where the American ladies go, and think the Japs are so cute and interesting.

Interesting because they flatter the vanity of the ladies by naively dropping a remark about some of our navy, and drawing forth a glowing description almost without fail if the lady happens to have been on the boat.

Let young Albert come where he can see for himself the trend of affairs Japanese, and his views will change materially.

LORENZI.

Manila, Philippine Islands.

An Ex-Sailor's View

TO THE EDITOR:

Having read "A Canadian's View," in your July number. I beg permission to write a few words in reply to the same.

First: That Mr. Geo. Gray don't know, what he is talking about, when he says that American sailors and soldiers eat too much.

I am an ex-sailor myself and been through the mill, and I am really angry about these base lies.

Second: Does this Mr. Canadian expect the Americans, in order to serve Uncle Sam, to become like yellow Japs and eat rice and fish. I wonder if he himself lived on that, when he travelled through the United States. He claims he has visited navy yards, but he learned very little about our bluejackets, as he very plainly shows.

Third: That he had better keep his nose out of our affairs altogether. He shows his ignorance the very first shot out of the box, then he is talking about ill feeling between Canada and the United States like a little boy in school.

Now a few words to you Mr. Editor: If you want to improve your magazine, keep articles like: "War and the Workingman," and "A Canadian's View" out of it. You are making yourself a lot of enemies with their foolish opinions.

I hope that these few words are not in vain. In any event I will always remain a constant reader of PHYSICAL CULTURE.

W. W.

M. F. O. and W. Asso., Buffalo, N. Y.

European Nations Think We Need a Dressing Down

TO THE EDITOR:

Your editorial consideration of probable war with Japan, attracts my attention in PHYSICAL CULTURE for June. I agree with you that a test of the situation lies in Japan's willingness or unwillingness to sign an arbitration agreement with this country, and believe emphasis should be placed upon that as the preliminary move before increased naval and other protection is insisted on at this time. When that first point has been settled, it will be time enough to urge additional preparation for war by spreading Hobson's opinion of conditions.

In these days when the power of suggestion is no longer disputed seriously, it is a factor to be reckoned with and ought not to be abused by anyone realizing its importance, as I believe you do. Therefore, it impresses many besides myself as a mistake to have war faced from the standpoint you and others assume. Those who most want peace are not busy discussing war and the more one has reason to believe that "we get what we prepare for," the less desirable it becomes to plan vast protection, for those dexterous inventions of warfare are not to be left unused. The temptation is strong to find out if they can do what is claimed for them, and beyond mere experiment. It is this cumulative tendency of thought on the subject that to me, is the real menace.

There is admittedly a feeling abroad that this nation is at that youthful stage of growth when it needs a "dressing-down," and the mental attitude has so much to do with matter, that those grasping its significance are bound to lend every effort to controlling

and guiding affairs safely through crises such as these. The ignorant lament that many of life's trials are inevitable and to be taken for granted, which is all folly to the student seeking wisdom, who learns that rational living can make parturition comparatively painless, an infant's teething less hazardous, "sowing wild oats" superfluous,—and numerous things of like import. Sages have ever lauded the union of youth and wisdom, and if there be any truth in the assertion "a little child shall lead them," then it behooves this child or nations to become that leader it is predicted it will be by losing no time in achieving the above combination. To do this the real lovers of peace, who are the thinkers of all races, must assert themselves and compel the acknowledgement from the less discerning that mind is master of all situations (and I'm not a Christian Scientist who says "all is mind," either). But if arbitration invariably follows war, let us insist that it precede war, and so the latter be avoided. Thus gradual disarmament can occur when the above policy is inaugurated and the respect of all other nations drawn toward us when we refuse to fight and arbitrate afterwards, but do the latter only in solving all difficulties. The nation that would dare to play the bully and attack us when we refused to go to war—well, I don't believe I could take the responsibility of trying to name it. Certainly I don't think Japan would have the hardihood, and if it did, I have no doubt the emergency would take care of itself to our credit and discourage a repetition of the performance on the part of the aggressor taking into consideration the present era of civilization.

To further deter mankind from pursuing that horrible course for any motive whatsoever, earnestly wish I might distribute broadcast, in leaflet form, the able article by Prof. J. N. Larned in this year's January *Atlantic Monthly* entitled "The Peace Teaching of History." If you have not seen it, I would heartily commend it as worthy of your attention, if you are undecided about continuing the subject in the magazine after Captain Anderson's article appears therein; unless you should come to some conclusions similar to those given here and choose to present that side as well, so your readers may also choose on which side they will place their allegiance.

MRS. W. N. FRY.

Los Angeles, Cal.

Some Scathing Criticism

TO THE EDITOR:

I have been an interested reader of your books and magazine for several years. They are good and they are doing good. But sometimes you get side-tracked Mr. Macfadden; and sometimes you run past your station. Politics, sociology, economics, etc., are not in your line. You blunder when you get switched on to them.

It is disappointing to read articles in *PHYSICAL CULTURE* glorifying warfare (which

is hell), appealing to a bloody patriotism (the "last refuge of scoundrels") after the fashion of public school hero-histories. You have truthfully pointed out that the United States army is a degenerate, diseased body of men—and you regret it! I say it is a hopeful sign of the times. It means that "Patriotic" murder has ceased to be respectable and that only degenerates consent to enlist as professional murderers! In spite of the fact that our corporation-owned government is flaunting gilded invitations in the face of six million starving, jobless workingmen so few are enlisting that our standing army is getting smaller.

You talk about a possible war with Japan, Mr. Macfadden. Why should we fight? Will killing our brown brothers improve us in any way? Is it because we (or Japan) cannot produce the necessities of life without fighting, wolf-like for them?

There are two classes, distinct classes, in this country, and in Japan—and in all other advanced (?) nations,—one class that produces, and one class that owns the means by which things are produced. Eighty per cent. belong to the first class. In busy times they work their lives out (for the second class) and receive just enough to keep them alive and in working condition. Sometimes on Saturday nights, exhausted and miserable, they spend a few cents for the relief that whiskey momentarily affords. In hard times like the present, when work is scarce they starve, their families go in rags and sleep in the gutter. And the warehouses are bursting with the very grain they have grown. The store rooms are crowded with the clothes they have made and the cloth they have woven. Why don't they help themselves to their things? Because the bread and the clothes and all the other things belong to Class No. 2. Well, why doesn't the producing class buy them back? It's money is gone. Why? And here our well meaning but mistaken friends, the Prohibitionists, actually have the gall to tell us that the working class suffer from poverty because it drinks! And you Mr. Macfadden, strongly imply that the overwhelming majority of our population is overfed!

The second class—the capitalist class—twenty per cent. of the population—produces nothing (sometimes it raises a little hell) yet, as you well know, it riots in a luxury undreamed of by tyrants of old, and revels in intemperance and debauchery.

I asked you, "why should we go to war"? Suppose we do. Will it be to improve the condition of the workers? The answer is no! If we fight it will be for markets to increase the wealth of the wealthy—and that will be the only reason no matter how thoroughly it be masked by "Patriotism," or "Justice" or "Freedom," or anything else.

Suppose we do go to war. Who will do the fighting? Morgan? Corey? Rockefeller? Gould? That is enough, you see the point.

P. W. RAYMOND.



My Confidential Letters to Men

These letters are written in reply to communications received here, though of course they are selected with a view of giving advice of a personal and confidential nature on subjects of vital interest. I especially desire to deal with subjects that assume grave importance when a young man comes in contact with problems appertaining to love, marriage and divorce.—Bernarr Macfadden.

A READER has especially suggested that some opinions be expressed in this department upon the experiences of Sarah Koten, who is now imprisoned in the Tombs, New York City, charged with murdering a man who, she claimed, ruined her. I consider this suggestion appropriate. Sarah Koten was ambitious to become a nurse, and while employed in a factory she saw an advertisement that aroused her interest. This advertisement had been inserted by Dr. Auspitz, who conducted a small sanitarium in New York apparently for the one purpose of performing illegal operations. Sarah Koten answered this advertisement. The doctor in charge was pleased with her appearance and promised her employment. She was young and unsophisticated, but ambitious and willing to learn. To Sarah Koten her employer was a remarkably handsome man. His hair was black and his beard set off a pale face while his large dark eyes seemed to catch and hold her in a spell. His smile was charming, his voice low, while his manner had the confidence of a man accustomed to making everybody like him. This, so it was stated in the story of her experience, was the first impression made upon her by Dr. Auspitz. Her duties at the sanitarium were not arduous in character. She had not remained there long before Dr. Auspitz plainly showed his liking for her. There is no necessity of giving de-

tails. It need merely be said that Sarah Koten found herself after a time in a condition that made it necessary for Dr. Auspitz to suggest that she allow him to perform an operation upon her similar to that which was required by most of his patients. She had been present at several deaths in the institution, and the remembrance of her terrible experiences on these occasions caused her to refuse to submit to the operation. The more the doctor insisted the more stubborn she became, and the doctor finally became incensed at her attitude and told her either to submit or get out of the institution. She decided to leave. She felt very bitter against her former employer and finally appealed to the law to punish him. She had no evidence that would be considered of value in an ordinary court, and he was released. All these tragic experiences had by now nearly driven her insane, and she then became controlled by the one idea of vengeance. She finally devised a plan to accomplish her purpose. She telephoned the doctor to call on a certain patient whom he was attending, she waited in the hall for his arrival, and as soon as he appeared confronted him and fired a shot that resulted in almost immediate death.

The New York papers have taken up this case and letters from prominent men and women everywhere commend the girl's action. They seem to believe that she had a right to take the law into

her own hands, and if this be true, does it not prove with terrible distinctness the pitiable defects of the law as it appertains to offences of this character? The world at large is applauding the act of this woman, and yet in the eyes of the law she has committed murder, and the penalty for this offence in New York State is electrocution. She will probably go free. She deserves to be freed. She has already been punished to practically the limit of human endurance. She has trusted and has been deceived. She has given her love and her life, and has had it cast aside as worthless. And yet, is not this case a picture of the experiences that have been repeated and are still being repeated in the lives of thousands of young women? Even the average young man considers it quite the thing to win the confidence of a young girl, then to deliberately lure her to her own ruin. It is not at all unusual. It occurs so frequently that it is commonplace. "All is fair in love and in war", is a statement that has been repeated many times. There was never a sentence expressed that is more devilish in character. All the hellish conditions that exist during war may call forth and may actually excuse dishonorable actions of every character, but there is no such excuse for acts of this kind in the relations between man and woman. A man who will coolly and deliberately deceive and bring to ruin a woman in the manner that this doctor did Sarah Koten, deserves death. Such miserable degenerates are in the way. They taint and pollute all with whom they come in contact. They have no morals, no honor, and no character. Such men are nothing more than sexual beasts, and yet I venture to say that there are a great many thousands of men that are at liberty and who are in many instances in high places who are as bad if not worse than Dr. Auspitz. They would probably have done the same thing under similar circumstances. It is about time for the so-called laws of this country to protect women from these beastly degenerates. You find them everywhere seeking for prey. Their winsome smiles, their well-groomed appearance, often deceive even the well-informed, but these

men in most cases go on with their brazen and pitiless conduct, until their dissipations destroy their unnatural desires.

Prudery is solely to blame for this monstrous condition. Everything that appertains to sex is enveloped in mystery. The average young woman knows absolutely nothing of herself. Everything that appertains to the emotion of love is a deep mystery to her, and though she may have been warned in a careless way of the wiles of men, the warning is of little or no value to her. As a result of our infernal educational methods, thousands of girls become the mere tools of these sensual scoundrels. You will often find young men from what you would ordinarily term refined parents, boasting of conquests of this nature. They will often describe to their companions the disgusting details of amours of this character. This is not unusual, it is the regular thing. Men of this character are found in every community. They often represent a large part of that community. And yet there is no degenerating influence that is so damnable and so tragical in its results as that which is represented by these pitiless characteristics. Degeneracy of this kind means individual and national ruin. Immoralities of this kind mean weakness, oblivion and death. The future of any nation is founded upon the morals of womankind, and when the laws of a nation protect the libertine, the roue, the conscienceless scoundrels that prey on innocent girls and do their best through false promises to lead them into a life of ruin and shame, then all I can say is: God help the country. We are going to the dogs faster than the fastest express train that ever whirled over the rails. Our morals are all wrong. Our principles are perverted. Our ideals of manhood and womanhood have been crushed into a chaotic mass.

There should be one code of morals for man and for woman. The editor of the *Ladies' Home Journal* comes out nobly in defense of this standard. He is a man among men. His efforts are apparently not guided entirely by the dollar mark, and it is to be hoped that many other broadminded, conscientious, and intelligent editors will come out and

favor this pitifully needed reform. Men are given a most terrible conception of the moral law everywhere by their companions. They are not allowed to read anything that will "set them right", and young men go out into the world fully impressed with the infernal perversions that everywhere pass current as the right thing in this so-called enlightened age. As a result of this diabolical system, young men are turned loose like a lot of young devils. They are without honor, without character. They go forth seeking what they can slay. Their one object is to work injury upon some innocent girl. And this is called progress, and we boast of our enlightenment, of our wonderful educational methods. Is not a condition of this kind enough to bring a blush of shame to the cheeks of any enlightened and conscientious individual? And can anyone deny the existence of the horrible evils just described? The average young man secures his morals from the "street", from the slum and the slime of degenerate companions. What we need to-day is manhood. What we need is an intelligent conception of some of the truths of life. Every boy in the beginning of his career is usually honest, ambitious, and desirous of leading a life that will guide him toward the highest degree of attainable happiness. But with prudery standing in front of truth, and the false principles and perverted theories of honor staring him in the face at every turn, he finally joins the "crowd". How could he do otherwise? To be a man he feels

that he must ape the other men. He must have his amours, his intrigues. He must demonstrate his manhood. He, too, must be able to boast of his immoralities, of his conquests with the fair sex.

Some may not like this picture. The truth often "hurts", and it is about time that the truth which is represented by the conclusions voiced in this article was hurting many people in high places. It is high time for us to begin to demand a moral reform. The time has arrived when we should demand for the future boys and girls an education that means something. The young men and the young women of the future should know something of themselves. They should know the moral law in its most minute detail. Sex should be as thoroughly understood as the alphabet. Knowledge in reference to it should be considered of far more importance than even the "three R's". It is better to know the laws of sex than it is to know how to read. You may suffer for a want of knowledge of this character, but through ignorance of these vital laws you can taint the very fountain of life. You can pervert your morals and destroy every possible chance for the attainment of success or happiness. I hope Sarah Koten is freed. And furthermore, I would like to see a national law enacted that would insure a similar fate to every man of the type represented by Dr. Auspitz, for then the human race would take a great step forward, and a girl need not fear that every man she meets has dishonorable designs upon her.

To Live 200 Years

Wu Ting Fang, the Chinese Minister to this country is apparently an ardent advocate of the theories we are promulgating in every issue of this magazine. He thinks that through the aid of a scientific diet and other methods he has adopted that he will live for a period of two hundred years. We present herewith the seven rules that he considers essential in order to secure the desired results:

- 1.—I have given up my breakfast, taking two meals a day—lunch and dinner.
- 2.—Abstain from all flesh food. My

diet is rice, or when I go out to dinner, whole wheat bread, fresh vegetables, nuts and fruits.

- 3.—I avoid all coffee, cocoa, tea, liquors, condiments and all rich foods.

- 4.—I have given up all salt also, because it is found that salt makes one's bones stiff.

- 5.—I masticate every mouthful of food thoroughly before it is swallowed.

- 6.—I don't drink at meals, but between meals or one hour after meals.

- 7.—I practice deep breathing and take moderate exercise.

General Question Department

By Bernarr Macfadden

Our friends will please note that only those questions which we consider of general interest can be answered in this department. As we can only devote a small portion of the magazine to matter of this kind, it is impossible for us to answer all the queries received. Where the letters, however, do not require lengthy replies, the editor usually finds time to answer by mail. Where an answer of this kind is required, please enclose a self-addressed, stamped envelope.

Friction Bath

Q. In a recent issue of your magazine I saw mention made of a friction bath. Will you kindly give me some information about a friction bath?

A. Some time ago we published an article commending the dry friction of the skin as a means of assisting in the building of general vital vigor. This friction of the body can be taken with moderately soft bristle brushes or with a rough towel. It is a splendid means of waking up the internal functional system, and is especially valuable on rising in the morning. These dry friction baths, as we often term them, consist of rubbing or brushing the entire surface of the body until it is pink from the acceleration of the circulation brought to the surface by the friction. Every part should be thoroughly brushed or rubbed, to bring about this result. As the result of this treatment, the roughest kind of skin will usually assume a velvety smoothness and softness that is pleasing in all cases.

Vegetable Oils

Q. The term "vegetable oils" is frequently used in your literature. Kindly inform me what kind of oil is meant thereby.

A. In referring to vegetable oils, we mean any oil that is made of a product that comes from the vegetable world. This is to distinguish the oils that are made from the animal world, such as cod-liver oil and the various oils made from ordinary animal fat. Olive oil is no doubt the most valuable of all vegetable oils. Coconut oil is used a great deal in cooking instead of lard, and there are also various other vegetable oils that can be recommended for the same purpose.

Well-Developed Breasts

Q. Is there any way to restore the breasts to their original plumpness and fullness after a woman has borne and nursed a baby. Why do they become so flabby and remain that way?

A. There is no reasonable excuse for the breasts losing the symmetrical contour of youth immediately after the birth of the first child, as is usual with most women. It is usually caused by a lack of general physical vigor, and in practically every case if a woman will take proper care of herself and maintain the vigor and vitality which is her just due, by various exercises, the breasts will in every case assume their former shape. Of course the development of the muscles around the chest is especially essential where one desires to be free from defects of this kind.

Dissipation in Work

Q. Do you consider it harmful for a physical culturist or anyone to work so extremely hard that his nerves are affected? Could he not accomplish as much mental work, or any other class of work by keeping cool and collected instead of working himself into a state of nervous excitement in his anxiety to accomplish whatever can be undertaken?

A. It is certainly advisable for one to remain calm and cool. Nothing is gained in any kind of work by allowing one's self to become nervously excited. In such a mental condition one can hardly be said to retain complete control of himself, and the work that he is doing usually suffers in quantity as well as in quality. And, furthermore, a continuance of the mental excitement of this character will in nearly all cases ultimately result in nervous prostration, while if one retains complete control of himself and is always calm and cool-headed, he can do an enormous amount of work and still avoid the unpleasant symptoms of a serious disease of this character.

Whistling for Developing the Lungs

Q. Do you think that whistling will develop the lungs? I have never seen this referred to in your magazine.

A. Whistling is a splendid exercise for developing the lungs, especially where it is followed out in accordance with the rules of expert whistlers. For in whistling in this man-

ner, the sound is produced in all cases by the outgoing breath. Those who follow whistling as a profession maintain that it is impossible to secure a satisfactory tone while the breath is being drawn in. It is a much better lung exercise when taken in this way, for the reason that one is required to draw in a much larger amount of air than would be necessary when whistling in the ordinary way.

A Sweat Bath

Q. In a book entitled "Autology" I find the following: "If you are eating or drinking or behaving so badly that you need Turkish or steam baths, or something else than the old-fashioned soap and water, why not resort to blood-letting or starved leeches? You would get more good out of one such treatment than you can ever derive from a legion of sweat baths. If you really want a good sweating out, one that won't merely sweat the water out of the skin and fat but will stir up and burn and remove impurities from your very flesh and marrow, take a brisk five-mile walk, then lie down and sleep it off if you want to. Artificial or passive sweating is a delusion." What is your opinion of the above statement?

A. There is no question about the great advantage of exercise, such as a walk or a run, for eliminating impurities from the body over a sweat bath of any kind. Very active exercise not only throws out a vast amount of poison, but at the same time increases the general muscular, nervous and functional vigor. For those, however, who are not able to take exercise of this kind, a sweat bath is in many cases of very great value, especially if it can be taken without breathing the foul air of the hot rooms that in many cases are not ventilated except at rare intervals. Steam baths I consider far better in nearly all cases than a hot-room bath, for after a steam bath, as a rule, one will not feel tired and languid, though in many instances a feeling of this kind is noted after taking the ordinary Turkish bath, which consists largely of profuse sweating in a temperature ranging from 120 to 160.

Colic in Babies

Q. What is the cause of colic in babies, and how is it treated? Would exposure to a draft cause it?

A. Colic, in nearly all cases, is caused by over-feeding. More milk is given the little one than it can possibly digest, and the symptoms of colic simply represent the effort on the part of the functional system to rid itself of the surplus supply. The best way to treat colic is

the application of very hot wet towels, just as hot as the little one can bear them without burning. Change them at frequent intervals if the symptoms continue. If the treatment quiets the patient, he can be allowed to go to sleep in the towel. Exposure to a draft should not cause a complaint of this character. In fact, neglect to furnish a proper supply of fresh air often so lessens the vitality of the child as to make possible complaints of this character.

Tobacco-Soaked Young Men

Q. In what way are tobacco soaked young men attractive? I am a young man and cannot find anything very pleasing about the breath of a young man who uses tobacco, and am wondering how the average young woman finds anything attractive in the users of this weed.

A. There are times when I have found myself wondering in a similar way. We are all, however, to a certain extent creatures of habit. Those who are accustomed to associate with young or old men who make a practice of using tobacco, take the habit as a matter of course, and therefore do not find anything especially offensive about it. It is certainly impossible to have a sweet, clean breath if one is in the habit of smoking and using tobacco in any form. Furthermore, tobacco adversely affects the general nervous system. It dopes the nerves, destroys the natural delicacy of the nervous powers, and blunts the emotional nature. After one has used tobacco for a great number of years he practically loses the power to enjoy or to suffer. It is impossible to really live under these circumstances. Victims of the tobacco habit merely exist, that is, after they have become slaves to the habit for a number of years. Tobacco lessens the endurance and general muscular vigor, and should be avoided by every one who desires to possess the highest degree of muscular and nervous vigor.

Insomnia and Exercise

Q. Can insomnia caused by mental strain or nervous irritability be controlled by the exercise of any specific muscles?

A. Insomnia can nearly always be relieved by mild physical exercise. As a rule the exercise that uses the muscles at the small of the back or those muscles surrounding the spinal column are most effective in relieving these particular symptoms. The exercise, for instance, given last month in the article "The Secret of Human Power," is especially beneficial for this purpose. Most any exercise, however, that will use the muscles throughout the entire body, and thereby draw the surplus supply of blood from the brain, will be effective in relieving insomnia.

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 may be able to 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.

Sand Dangerous If Wrong Sort Is Used

TO THE EDITOR:

Beg to say that I have had an unpleasant experience with the sand cure, and am inclined to believe that it was account of the quality of the gravel selected, but it was the nearest I could find to your description. Went first along the Arkansas River bed and along the bottom, and finally found some promising sand in a sand and gravel excavation on the top of a hill near here, but it not only did not seem to produce improved defecation, or help me over my obstinate constipation, which has lasted many years, but seemed to upset my general system and make me feel "dopey," and finally I broke out in the worst case of hives I ever saw. I never had the hives before in my life. I let up for a few days and started again, when the "dopey" feeling again came on, and with it a pain in my head that became almost unendurable upon stooping far over as I do when taking my physical culture exercises. Had to stop the stooping exercises again and the sand also for a time, and am letting it alone till I can be sure I get the right kind of sand. May I ask if any one has it for sale to whom I can send. Think there is too much red granite and also a great deal of silica, and perhaps some other injurious mixture in sand of this locality. Was really afraid, from the way my head ached and pained upon stooping, that there was danger of an aneurism, as headache is something I very, very seldom have.

Holly, Col.

A. R.

NOTE.—Sand should be brown and round in character, not sharp, and is safer if sterilized before using.—EDITOR.

Sand Recommended

TO THE EDITOR:

If I can say anything to help along the sand treatment I will gladly speak.

I am an invalid of long standing with an ailment that affects my nervous system. It really troubles my bowels the worst. I have tried nearly all systems of cure, with more or less help, but the help would always fade if I quit the treatment.

After many experiments I tried sand, with splendid satisfaction, and patted myself on the back, thinking I had found a help that no one else knew of.

I don't feel that I can describe to you the great comfort that it gives.

I get the sand used for making granite pavements. It is large and round. I have used this many months, and there can't possibly harm come from it.

I take a spoonful with my supper each day, and divide it into three portions to get it mixed well with my food.

Some one advised to take it before meals, but I don't see the reason of that.

I think that the sand cure opens a new world for the invalid or anyone needing it.
Kirksville, Mo. HOMER L. CHASE.

Chicago School Children Furnish Startling Proof of Degeneracy

TO THE EDITOR:

I have just finished reading in a late number of **PHYSICAL CULTURE** your criticism of Edward F. Bigelow's lecture on "Child and Nature." Bigelow is said to be president of the Agassiz Association, but his peculiar philosophy stamps him as being a "professor" of some kind. We have had and still have a number of "professors" in Chicago who disturb the circumambient by periodical fulminations on such grave subjects as: "Will the white man become an Indian?" or "Will the coming man be bald?"

Taking Mr. Bigelow's philosophy and carrying it to its logical conclusion, we ought to obliterate, if possible, all of the knowledge we have acquired in the centuries of turmoil, suffering and misery through which the human race has gone. It is difficult to consider patiently such rubbish as Mr. Bigelow gathered for his lecture, and it is doubly difficult to understand how a man of intelligence could suggest such a blighting method as that of keeping the young in ignorance of the most momentous problems that have to do with the welfare of the human race. "Don't teach the child too much. Let it teach you." Isn't that a wonderful piece of advice? Bigelow would have the child get his information on the street corner and the alleys, but never, no never, in the school nor even in the home. As illustrating the results of Mr. Bigelow's method of education, the examination of a number of Chicago school children a few days ago is pertinent and to the point. Out of

3,963 children examined by the health department, 2,389 were found defective. The afflictions ranged from nervous diseases, fourteen, enlarged tonsils 807, to 313 defectives from malnutrition and anemia. Adenoids, heart disease and various other troubles were found by the physicians. The percentage of defectives is about 60. With this startling condition confronting us the suggestion that Japan may defeat us in a war a few years hence is not so absurd as some of our Fourth of July patriots would have us believe. Much is being said about the divorce evil by those who are not able to see deep into the social fabric, but to any thinking, observant man the divorce evil is a mere ripple compared with the evils of ignorant and perverted parentage, filling our prisons, asylums and reformatories with its unfortunate victims. Let us hope that Mr. Bigelow's advice fell on barren ground. I do not need to encourage you to go on in the good work you are doing. The field is a large one, the task is difficult, but the truth will prevail.

A Minister Tells of His Experience Struggling for Health

TO THE EDITOR:

In my efforts toward health, I worked against an acquired tendency to pulmonary disorders, and hence failed to accomplish the longed-for results of a robust physical being for some time.

Three years ago I moved from Illinois to Central Alberta, Canada, and out here on the wide, windy prairies, where the snow lays continuously for from four to five months out of the twelve, I commenced to find that greatest of all earthly blessings—a sound body. In common with most bachelor homesteaders, I have lived to a large extent on heavy biscuit made from white flour, and on all the horrors of the frying pan. But, although I could not foresee it, the day of emancipation was at hand. One day I ran across Fred Tull, another single homesteader, and also an enthusiastic "physiculturist." He lent me a copy of Adolph Just's "Return to Nature," and some copies of *PHYSICAL CULTURE*.

In these I found the science of a simple, clean life made attractive and plain. First of all I became a vegetarian (although I was almost fearful that I would die without the sustaining power of meat), next I began a series of exercises night and morning, and followed these with a tub bath of cold snow water. Often I would get up in the morning and break the ice out of the tub in order to take my bath.

Mr. Tull also lent me some of your books. From these I learned some facts that were certainly startling to one who had lived this life as I had been, and I changed my habits toward a cleaner, nobler manhood.

Next, I sent for and received a copy of "Fasting, Hydropathy and Exercise." Herein I found set forth the great value of abstinence for a time from food and temperance in eating. I made a start on a week's fast, but

friends arriving cut it short at the end of a day and a half. Again I started and failed at the two-day mark. Finally, about the middle of April I set off for Alberta College at Edmonton. Before I had been long at school I found another student who was as ardent an enthusiast as myself.

One Saturday night Maclean (my physical culturist schoolmate) came in my room and said, "Newton, let's go into a fast for a week." In view of my past failures you will readily understand my hesitation, and why I replied: "No, Mac, I won't, but I will go in for it until to-morrow night."

Thus started the most memorable week of my life up to this time. Sunday night came and we decided to continue the fast. Monday came and passed, with all its hard study and lectures and still we felt strong. The news somehow got out and our comrades chaffed us unmercifully, while our teachers called it everything from "a foolish piece of business," to "a dangerous thing to do." 'Twas within a month of examinations, and the teachers who had our welfare at heart and our special friends among our schoolmates almost besought us to "stop our folly," and "not to spoil our chances of passing our examinations."

From their standpoint, however, it was all in vain; we were more determined than ever to finish. Day followed day, and we became weaker as Saturday night approached; however at last the week was up, and we broke our fast by drinking a glass of milk shake.

Most of the time I found it difficult to study, but kept up my class work in good shape. Mac weighed 169 pounds May 16th (when we began), and I weighed 149 pounds on the same date. May 23d Mac was down to 153½ pounds, while I tipped the scales at 135½. Thus in one week he lost 15½ pounds and I only 13½.

No, we didn't die, neither did the old professor's sage counsel sink deeply into our hearts when he said: "'Twas a dangerous experiment, and you don't want to repeat it, you were liable to ruin yourselves."

Far from making a failure of my studies I received the praise of my teachers whom I will credit with being fair-minded, although not modern "physiculturists."

Physical culture methods proved invaluable as an aid to written examinations. I would get up in the morning, take about ten or fifteen minutes' exercise, a dry friction bath, and follow all with a cold natural bath. Thus I went into the examination room feeling, so to speak, like a fighting cock, and easily outstripped scholars who had a far better knowledge of the work, and this simply because I kept my powers (by physical culture methods) completely under command and ready for instant action.

Trusting that *PHYSICAL CULTURE* may have a long and useful career, and uplift thousands as it has myself, I remain,

REV. J. H. NEWTON,
Norbo, Alberta, Canada.



THE VIRTUES OF OUR METHODS PROVEN

Saved from Being a Physical Wreck

TO THE EDITOR:

I am a constant reader of your valuable magazine, and I feel that I couldn't be without **PHYSICAL CULTURE**. It greatly elevates one's morals, and one who reads it views life differently from those who don't.

Before reading **PHYSICAL CULTURE** I was in a fair way to become a physical wreck, but a friend persuaded me to subscribe, with the happy result that it has raised me above debasing thoughts, and makes me want to strive for higher ambitions. Because I follow the teachings of your magazine I am called a crank. I am also the object of much ridicule because I eat no meat nor breakfast, and also because I go barefooted.

Respectfully yours,

Hurdland, Mo.

RALPH HALL.

Freed from Weakness—The New Life a Revelation

TO THE EDITOR:

For six years I had been failing every day. I doctored and doctored, took nearly every drug that ever had its place in an apothecary's, and this time last year had given up entirely the hope of ever regaining health. I'd go squares out of my way to avoid seeing people I knew because I looked so awful, and *many thought I had consumption*; but now I am the picture of health, and everybody exclaims: "You are like a country girl, with your red cheeks and bright eyes."

Truthfully, I cannot believe that I am the same person. Life, too, is so different, there seems to be so much to live for; and you have done all this for me, and I can only write a few words of thanks in return. I will never go back to the old way of living and eating, although I am called queer and freakish. I wish to say that last winter was the first in (8) eight years that I escaped the "Grippe," and I attended my mother through a most severe attack of same. As far back as I can remember every winter I had a most severe cough, which always lasted four or five weeks, but this past winter I had no cough nor cold. I was also subject to tonsillitis, which came as often as once and twice a month, and would leave me so weak I could hardly walk for days, and by the time I'd recover I'd have another attack. Such was my existence, together with indigestion and sluggish liver. Can you imagine how miserable I was all those years?

Believe me, I will ever be grateful, and

never fail to tell others what you can do for them. May God bless you and help you in your great work is the wish of

Yours sincerely,

Pittsburgh, Pa.

NELL L. WATSON.

Always Exhausted and Weary—Now Rarely Feels Tired

TO THE EDITOR:

I feel I cannot speak too highly of your magazines. I have been reading them month by month for about nine months. They have been the making of me. Before I commenced to read your magazines I was always ailing, weary and tired—always feeling exhausted. Now I am pleased to say I very rarely feel tired, and I am in perfect health and able to enjoy life to the fullest extent. I feel I have something to live for now. I wish I had known about your magazines six years ago. Doctors are a thing of the past now. I follow up the exercises and also the morning bath, which entails a certain amount of sacrifice, as I have to be at work by six o'clock. I would rather go without breakfast than go without my bath.

Blackburn, England.

B. L. G.

A Fool to Remain Sick

TO THE EDITOR:

The magazine is fine, its principles finer, old Mother Nature finer yet. I have firm faith in physical culture, after being down very sick with hæmoplegia, that I could not walk alone or even stand up.

To-day I am 100 per cent. improved and still gaining, though I am not as strong yet as I would like to be. No more ignorant doctors for me. Seeing is believing, and I have passed the stage of ignorance the majority of the people are in to-day. It is true we learn through our mistakes, and that I was a fool to be sick is a fact.

Omaha, Neb.

CHESTER R. MORSE.

Cured of Rupture of Twenty Years' Standing

TO THE EDITOR:

I am willing to do all I can to aid you in your fight against prudery. I am already deeply indebted to you, for by following your instructions I have cured myself of a bad rupture of twenty years' standing, which occurred when I was two years old.

Wishing you every success in your good work, I remain,

Very sincerely yours,

Dorchester, Mass.

COREY H. WETMORE.

A New Zealander Saved from the Asylum

TO THE EDITOR:

A few months ago I was as near a raving lunatic as it is possible to become without being in an asylum straight jacket. Mr. Macfadden's pupils took me in hand as a free patient to prove to New Zealand the value of his work, or I would never have known of the existence of physical culture. Thank God! he taught me how to live and be happy and be a man. I had all the vices it is possible to acquire. He has cured me of them all, and made me a true man. I would not go back to the misery I have endured for all the gold in this fair land. I wish to thank him from my very heart, and also those who have assisted him.

I now wish to join his band of knights, if he will take me to assist with all my strength the grand work he has so well started. I will give my life willingly, to the building up of a moral, physical, and intellectual community.
Paeroa, N. Z. G. MUIR.

A Conductor for Twenty-five Years—Cured of Nervous Prostration

TO THE EDITOR:

I have run a passenger train on the Kansas Division of the Frisco for twenty-five years, and on January 1, 1908, I was compelled, on account of nervous prostration, to take an indefinite leave of absence, and went to St. Louis where for the greater part of four months I was an inmate of a beautiful hospital under the care of five neurologists, but did not get much relief.

On June 11th I was strolling through Forest Park at 5.30 A.M. and met Dr. Hart, a dentist, who told me about "Marriage, a Life-long Honeymoon." I bought a copy on June 12th, then "Diseases of Men," then "Strength from Eating," "Strong Eyes and Muscular Power and Beauty."

I will be fifty-one years old July 11th. I weigh 136 pounds. I live on vegetable diet. I am using the treatment for eyes and "Muscular Power and Beauty," and I am feeling younger every day.

As I have handled 6,873,000 passengers in twenty-five years, and have worked on one division of the Frisco all the time, I have thousands of friends. You say in your PHYSICAL CULTURE that you need my help. You don't need it one-tenth as much as my many friends.

What Four Years of Physical Culture Accomplished

Many of our readers will be interested to learn the name of the young man whose portrait was published on page 110 of our August number, with the statement that the photograph there reproduced had reached us without any marks of identification.

The illustration in question was a portrait of Mr. R. Schinzing, of 216 E. 78th St., New York City. Mr. Schinzing is a German by birth, and came to this country twelve years ago. He became interested in physical culture

My muscles, in spite of the short time I've taken the Macfadden treatment, are as hard as steel, and I am egotistic enough to believe that if it were necessary to fight a prize fighter that I could without very much effort make him ready for the ambulance in the first round.
Bonner Springs, Kan. W. H. SHIPLEY.

What Physical Culture is Doing to Reform Prisoners

TO THE EDITOR:

A close friend, Rev. Hall, a prison chaplain in Alabama, sent me a letter from a Brooklyn man who is serving twenty years in Alabama. He read, I believe, PHYSICAL CULTURE, and told what a good effect it had on him, and how it would help the other prisoners morally if they would only take care of their bodies.

To-day Rev. J. J. D. Hall takes charge of the Galilee Rescue Mission in Philadelphia. I was deeply impressed with the good influence your PHYSICAL CULTURE had on this prisoner. I was interested in what you said about eating in recent number. On January 21st I started to live on less than twenty-five cents a day. I wanted to practice economy and prepare myself for the hardship of the mission field, study prison, labor and social problems, etc. For breakfast and supper took bread and milk and grapes, and for dinner a ten-cent plate of beans.

To-day I am once more eating with my family, but never expect to go back to hearty or over-eating again.

Have always been interested in exercise. At Williston Seminary, out of over two hundred, I pitched for the ball team, played half back on the eleven, and was their fastest runner.

At Yale played one practice game on the university eleven, but was stopped by my mother. I pitched for the nine when they held the championship over all the colleges, and for two years held the championship in the 100 yards and 220 yards, rowed, played tennis, etc. Two years ago, after using dumbbells, Indian clubs and sawing wood I swam across the Hudson, although I had not swam in the river for twenty or thirty years. I am forty-five years old.

This is my seventh year in prison work under the Brotherhood of St. Andrew. I spend Sunday afternoons in the White Plains jail, go to Sing Sing, the almshouse, hospitals and rescue mission.

Tarrytown, N. Y.

C. FRED O'DELL.

four years ago, and through following our theories has obtained the development exhibited in his photograph.

Mr. Schinzing's measurements are as follows: height, 5 ft. 8 ins.; neck, 16½ ins.; chest, normal, 43 ins.; chest, expanded, 47 ins.; waist, 29½ ins.; hips, 36 ins.; thigh, 22 ins.; knee, 14¼ ins.; calf, 15 ins.; upper arms, 16½ ins.; ankle, 9 ins.; wrist, 7 ins.; forearm, 12¼ ins.; age, 25 years; and weight, 165 lbs.



GEORGE WILLIAMSON

From Another World

A CAUSTIC ARRAIGNMENT BY ONE WHO VIEWS US FROM THE STANDPOINT OF AN OUTSIDER. HIS CRITICISMS ARE SEVERE AND CONTAIN FOOD FOR THOUGHT

By George Williamson

Here is some very plain talk. There are no doubt many exaggerations. Some readers may even think that the writer is crazy. Others may feel that such extreme sentiments should not be published. I think, however, that his views at least deserve a reading. We have been drifting along in almost hopeless egotism about long enough. It is time we saw ourselves as others see us. This is my excuse for publishing a series of articles by this author.—Bernarr Macfadden.

SIXTH INSTALLMENT

NOWHERE have I ever come in contact with the extraordinary precociousness that I find everywhere in children in this country. If this forwardness, or extraordinary brightness, assumed a beneficent character, there would be no especial cause for complaint, outside of the actual physical harm which comes to the average child, because of the lessened vitality following in the train of encouraging precocity in a growing boy or girl. The vital energies of a child should be devoted almost entirely to building up physical strength, to rounding and perfecting the body, for at this time of life, the functional organism is developing a physical foundation. It is building up a body which must last one throughout life, and when parents entirely ignore this fundamental principle, and in every conceivable way encourage a child in precocious manifestations of intelligence in any particular line, they are laying a foundation for future ills of all kinds. When a large part of the nervous energies is diverted to the brain of a child, in every instance other parts of the body are bound to suffer. A large amount of brain work could hardly be termed natural even in an adult, and when extraordinary efforts are made to develop the mind of a child to an extent beyond the normal, it is absolutely sure to stunt the growth of the child and to lessen his nervous and vital energy from every conceivable standpoint.

So often I have heard, since I have been in your country, the statement that a nation grows weaker and wiser. One might just as reasonably say that you are growing more intelligent and more foolish year by year. Wisdom is not a part of weakness. With wisdom should always come the knowledge that is necessary to build up and maintain strength in the highest degree. Nowhere throughout your entire so-called civilization are the startling results of your distorted conception of life and miserable educational methods so clearly shown as in your own children that I meet everywhere in the streets, in the parks, and in the various homes I have visited. I do not mean to cast any disrespect upon the children. They are not to blame. It is the fault of teachers and parents. Your children are marvelously bright. There are but few mental ciphers among them. Their brain has been stimulated in some cases almost to the breaking point. In fact, the worship of mental attainments has for many years so engrossed your attention that you have belittled or almost entirely lost sight of the necessity for the physical foundation. It is only within the last few years, apparently, that any attention has been given in a general way to development of bodily vigor. The great vital strength given you by your pioneer ancestors and by those who have come to your shores from foreign countries, has enabled you to ignore many of the great vital laws and

still exist as a nation. The time, however, has gone by when this monstrous evil can be allowed to continue. The public have awakened to the need and the value of fine physical bodies. They begin to know something of health. They are beginning to understand that this wonderful gift can be obtained by following out the simple laws of life such as are being so plainly set forth in the columns of this publication.

In Japan and China, there has been instilled into the mind of every child the need for giving to their parents the respect that is their just due. It may be possible that they have gone to one extreme in this regard, but you have gone to the other. Why is it growing children everywhere in your country seem to have but little respect for anything or anybody? It may be because they have never been taught to thoroughly respect themselves, for one must first of all have self-respect if one expects to extend it to others. I remember on one occasion seeing a cripple hobbling along the street, and before and behind him were about a dozen children ranging from seven to twelve years of age, and they were doing everything they possibly could to make life unpleasant for him. Apparently not one of these children had been taught the necessity of considering others. Selfishness was apparently the first and foremost of their characteristics. They cared nothing for the feelings of this poor cripple and every remark that was calculated to annoy or anger him was aimed in his direction. I could hardly blame him when he raised one of his crutches with a threatening gesture toward a young boy who appeared to be the leader.

Now, no doubt this is a little bit unusual. I do not think by any means that children in every neighborhood would stoop so low as to take advantage of a poor cripple. But there is in nearly every growing boy, especially, an attitude of disrespect and an inclination to blot out every tendency to consider others than himself.

Now, what is to blame for this terrible state of affairs? Do your children acquire these characteristics at school? Do they come from their parents, or

from whence is the influence that brings this blight upon the future men and women of your country? Is it not possible that it begins first of all in the home? Is it not possible that in many homes at least children first of all lose respect for their own parents for their general attitude especially on subjects appertaining to sex? A child is always taught the value of truth-telling. As nearly as possible, from this standpoint he is instilled with a high moral purpose, but at the same time he is often given a debased idea of his own body. The word "shame" is flaunted in his face at frequent intervals, and he learns to be ashamed of things of which there is often no need of shame. A child listens with rapt attention to the story of Santa Claus. He is told of the wonderful powers of this mythical person, how he rides over the roofs and through the air, how he comes down chimneys that are often one-tenth of the size he is supposed to be, and frequently one of the first shocks that come to a child as to the honesty of his parents is when he learns from outside sources that there is no Santa Claus, that he exists only in the mind of his parents, and at that very moment, the respect that a child should have for father and mother is shaken because of the knowledge that he had been told a falsehood, and that year after year they had been deceiving him.

When a little one joins a family or some of the neighbors' families, to their eager inquiries as to where the new baby came from, they are given various fairy tales, or else they are told that they have no business to ask such questions. All of which simply tends to arouse the curiosity of the child and consequently subjects of this nature frequently form quite an important part of the conversation of young children. Your little boys and girls are precocious, are unusually intelligent, entirely too much so for their own good, and the average parent seems to act as though they should be an applicant for the "foolish house". In other words, fathers and mothers everywhere seem to think that their little ones are not able to see through all this falsifying, and as a rule very early in life they lose confidence in their own parents. They

lose respect for father and mother, and it is entirely natural for such children to do a little falsifying on their own account. If your own child catches you telling an untruth, can you blame him for returning you in kind when he has such a bad example before him in his own home?

Your children are everywhere disrespectful to their elders. In many cases they are suffering from what you might call an overweening self conceit. I have come across not a few pig-headed little egotists that have been made so entirely by the mistakes of parents, and it is a sorrowful though unquestionable fact that these children always see the time when they have to learn, by what is often severe suffering, the evil nature of these characteristics. The man or woman who wishes to go through life harmoniously and is searching for all attainable happiness, must of necessity consider other people. If you do not consider others, there always comes a time when others will not consider you. You usually get what you give. If you extend every courtesy, if you are considerate of others, as a rule you can expect a certain amount of this sort of consideration to return to you. A disrespectful child, if he does not learn the error of his ways before he grows into manhood, for instance, will have no consideration for the feelings of others. He will ride roughshod over those who may often deserve every courtesy, and I need not go into details as to the results of such treatment. A kind word, a civil tongue, are often priceless in value. They smooth over the rough places in life. They add to one's power for good. They increase one's efficiency. They will do more to bring those things in life that are so needful for happiness and success than any other mental characteristic. Children should be taught to respect their parents and their teachers, but I might add at the same time that parents and teachers should deserve to be respected. The mind of a growing child when it is bright and keen is especially critical. Inconsistency on the part of parents will usually be very quickly detected and after you have been convicted in the mind of your child of acting the part of a

hypocrite, you have then and there entirely lost his confidence. Thereafter you are nothing but a pretense. You try to teach your children to be honest when you are yourself dishonest. You try to instill high ideals of honor while at the same time you stoop to dishonorable conduct yourself. I would plead with all the power that I possess for an open-minded treatment of children. The parent should have the confidence and the respect of a child in all things. A child should run to his parent and tell his secrets, should make him a confidant just as he would his chum. In fact, a parent should be looked upon in the light of a chum, for then the child is not so liable to seek other friends among his companions who might have a deleterious effect upon his character. I may be mistaken, but from what little I have studied the subject, it seems quite plain to me that the want of consideration for their elders is almost entirely due to the mistaken attitude of the parents and teachers in deceiving children as to the nature and character of their sexual functions. The conception that they receive on these sacred subjects from companions who can furnish the information that their parents refuse to a certain extent taints and pollutes the entire growing period of their lives. Parents are afraid even as they advance in years to talk plainly on these subjects; teachers never discuss them, and though as they mature they frequently learn to view these matters from a right standpoint, as far as their parents are concerned the harm has already been done. The childish confidences, the intense affection of a child for its parents, have been diverted or affected in one way or another by the attitude of the parent on these sacred subjects.

Everywhere throughout your country I find frequent reference made to the inability to secure honest and conscientious employees. This seems to be especially true in the eastern section. Now if a man was absolutely void of all conscience, if he would simply sit down and coldly and calmly reason with himself entirely from a financial standpoint, he would learn that it would pay in dollars and cents to be honest. Now the aver-

age young boy fresh from the perverted influence of the companions he comes in contact with in the average school in your country, is after the "dollars". He wants to make money. He has not been especially impressed with the value of honesty. He sees all around him men who apparently become wealthy through following what most people consider to be dishonorable methods, and as a rule he begins early to look out for the "coin". His conscience in most cases has been doped or entirely obliterated because of the general disrespect for everything and everybody that has developed in his mentality, and the fact that honesty is a factor of more than unusual value has never been impressed upon him. This is the state of affairs that we find in nearly all cities. I must admit that it is otherwise in the country and in most smaller towns. But I find business men everywhere complaining of the difficulty of securing honest and efficient employees. If they secure a man who is honest, they will usually find that he is too dull to be of any use to the business. If he is especially bright, as a rule, they will find that he needs watching. And all this accounts for the "checks and double checks" that seem to be necessary in all your business enterprises. It has come to such a pass that every man with whom you deal must be looked upon as a thief until he has proven himself to be honest. You have to watch everybody. You can trust no one. Brothers are often against brothers, sisters against sisters, and what is absolutely sure to bring out all the meanness and "littleness" in human character is the death of a wealthy relative in a large family.

Sometimes the "squabble" begins even before death. I remember reading the other day of a bitter quarrel that began between two brothers at the deathbed of a man who was to leave a large fortune behind him. They could not wait until his eyes were closed in death, and this gives one a very accurate idea of what can be expected from those whose ideals of life are figured entirely from a financial foundation.

"By their fruits you shall know them." The results of your civilization, of your educational methods, stare me in the face everywhere I go. Your children might easily be made to grow into fine, strong men and women, but as a rule they grow up and mature like weeds in a garden. They come in contact with and absorb all that is bad and destructive but that which is good and beautiful and true is hidden and often enshrouded in a vulgar mystery. There is something grander and nobler in this world than that which has to do with money. Financial things should only be incidental. They should be the stepping stones which lead to good works. They should be the means to an end and not the object of one's life. The terrible scramble for wealth has confused most people. They seem to recognize in wealth everything necessary to make life sweet and beautiful and delightful, while in reality it can never bring rewards of this nature. In order to secure such rewards, one must have character, one must be a man or a woman, strong, resourceful, and in complete possession of all the instincts and emotions and powers that should accompany a perfectly developed human being.

More About the Directory

TO THE EDITOR:

I take off my hat to Harry Wibert, the man who in the July P. C. magazine suggested a Physical Culture Directory. He has hit the nail on the head. The only wonder is that some one has not suggested this before.

I sincerely trust that you will follow his suggestion, and that physical culturists who enroll will do all in their power to get acquainted. I myself enjoy the company of some true blue friends, but not being physical culturists, they do not understand me per-

fectly. Even my father and mother have called me a crank for eating only two meals a day.

Mr. Editor, I desire, above all things, physical culture friends. I am willing to meet them half-way, but don't know where they are. Won't you show the way to find them now? There's no time like the present, you know.

You have, through your magazine, done me much good before, and this would be the greatest kindness yet.

Oakland.

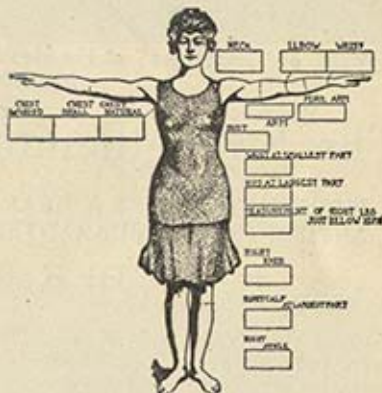
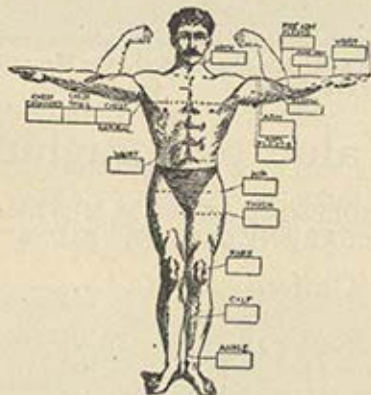
F. L.

Prize Competition For Perfect Men and Women

AS previously announced, our prize competition to determine the most perfect men, women and children will remain open until January 1st, 1909. From time to time, we will reproduce in these columns the photographs of those contestants who possess a notable degree of development. The competition has been extended to this length of time in order to enable all readers who desire to enter the contest to get into the best possible physical condition before being photographed, in order to do full justice to their development and symmetry.

While we have published the rules of this prize competition a number of times, we take this opportunity of placing them before our readers again in order that there may be no

through the medium of photographs and measurements of the competitors. These photographs should be sent as soon as possible, and it need hardly be added that they should exhibit to perfection the physical development and attractions of their originals. Accompanying the pictures, too, must be the names, ages, weights and measurements of the competitors, the latter in accordance with the line cuts published recently. Photographs of competitors should be of such a description as to show their proportions hampered as little as possible by clothing. As far as men are concerned, the photographs reproduced on other pages show the type of garment or fleshings as they are best suited for our purposes. Female contestants may dress as they please, but we recommend the use of underwear of a dark color.



These Drawings Show Measurements which Should be Supplied by all Competitors with their Photographs

misunderstanding of the conditions which govern the contest.

We propose to give one hundred dollars in gold to the most perfectly formed man. There will also be twenty additional prizes, consisting of valuable works on physical culture, yearly subscriptions to our magazines, and so forth.

We will give one hundred dollars in gold to the most perfectly formed woman.

A gold medal will be presented to the boy under fourteen years of age who most closely approximates ideal standards.

A gold medal will be presented to the most perfectly formed girl under twelve years of age, and we also propose to give twenty additional prizes of a valuable nature to other well-formed girls.

A gold medal will be presented to the parents of the most perfectly formed baby of physical culture birth and breeding.

The contest throughout will be conducted

These are easily procured at any dry goods store. In putting them on for photographic purposes, we should warn our fair readers that wrinkles are very often productive of poor effects when the wearer faces the camera.

It is distinctly understood that when competitors send us their measurements and photographs, their so doing implies the right of our magazines to publish these, together with all information relative to the original. Don't forget to send us full details about yourself, such as whether you are a physical culturist, wholly or in part; a user of ordinary diet; an athlete or otherwise; married or single, and so forth.

In the event of two or more competitors in any of the classes tying, the prize will be divided.

The competition will close on January 1, 1909, after which date no entries can be received.



A "bunch" of "happiness" at the Health Home at Battle Creek, Mich., the Mecca for all physical culture cranks

The Strengthening Value of Laughing

FUN THAT AROUSES A HEARTY WHOLESOME LAUGH A MENTAL ANTISEPTIC, AND GUARANTEED TO CURE ANY CASE OF "BLUES"

By Kathleen Clifford

I believe that it was Ella Wheeler Wilcox who said, "Laugh and the world laughs with you; weep, and you weep alone." And she is more than right, for you might even say laugh and the world seems brighter, weep and you are wrapped in gloom. In other words you can so influence your life that it will be full of joy and sunshine, or you can fill it with dark foreboding that will send you to the depths of human despair. I believe in laughing! Let yourself "loose" and give vent to your individual characteristics and laugh! laugh!! laugh!!! Long, loud, heartily. Don't wait! Try it now!—Bernarr Macfadden.

HAVING played children's parts, I must, naturally, have observed the small people. I have made some discoveries for myself, some as old as the hills, perhaps, but most fascinating to a student of these embryonic men and women. Note their freedom of movement. When a child runs, it runs with every muscle in full play, the legs and arms unrestricted, the eyes sparkling, the mind intent upon the act of running. Epictetus told us long ago that "Every habit and faculty is preserved and increased by correspondent actions, as the habit of walking by walking, or of running by running," and in their unconscious philosophy, children

are our masters. We, their elders, sit and wish to be able to run as they do. They execute their wishes, running, playing, shouting, developing daily the muscles to be utilized in after years. This brings us to physical culture, that great conservator of youth. Daily, these youngsters breathe deeply, jump, cry, laugh—ah! let me impress laughter upon those seeking for health, strength and beauty.

Young children naturally have musical tones for laughter, clear and liquid. Later on, with their wonderful imitative faculties alive, they acquire guttural tone production from hearing it, or a harsh, staccato shriek that is ear-splitting.

We teach singing, why not laughing, one of the most beneficial of exercises, and one of which the severest and fad-diast of physical culturists approve.

Many a sad or tragic moment has been relieved by a laugh. A man once confessed to me that a woman's laughter at night on the street in Melbourne saved him from firing the suicidal bullet. He listened, wondering what she found in the world good to laugh at, leaned out of his window and her almost hysterical mirth brought a smile to his lips. When his eyes again wandered to the revolver, he had changed his mind about self destruction.

On my way to South Africa from England, I was constantly on deck, laughing and chatting, as I am a very good sailor. When I had been in Cape Town for some time, I received a letter from an old gentleman who had been my fellow passenger on the trip out, wishing me success, adding: "Never lose your laugh. It did much to cheer a sad and lonely old man during our recent long voyage."

Things like these set me thinking of the benefit of laughter. My belief in it has a deep-set conviction of its possibilities in physical culture as its basic feature.

Following out my investigation, I inquired as to its effects on students of that science. One teacher reported that he quite insisted upon class work, because the students laughed so heartily at each other and that every laugh to a student in physical culture was worth twenty lessons. He also told me of one man whose laugh was rusty, who was anæmic, cranky, dyspeptic, no joy to himself or to others. When he first began to laugh, the other students nearly had hysterics, so queer a sound it was, full of jerks and sizzles, as though the mechanism had not been used in years. Three months from that day, that man's hearty laughter indicated the change that had taken place in his entire physical condition. His skin was clear and rosy, his eyes bright, and his laugh rang out full and free as a child's. There, you see, I am back to my belief that children and laughter are synonymous, youth and joy going hand in hand.

When I speak of children, I mean, children of Nature as well—even savage races. They laugh—a thing civilization has hushed and conditions have killed. To me, the saddest of all sights is the person who never laughs. Just so much



Maybe you don't like our smile, but it's the real thing. If you don't believe it, then look in the mirror and see whether you can do as good

naturalness is spoiled when laughter is restrained. And by that I do not mean the laughter that disturbs or shocks the nervous system of the hearer, for that is forced and brutal, but I do mean the real, hearty mirth of the natural being.

At one time I thought that the pigments in the skin had something to do with laugh-muscles, but as children of all colors have the faculty in common, I came to the conclusion that it was the

result of maturity, civilization, unnatural culture, sadness, sorrow and poverty. Children and savages indulge in no such feelings, therefore they laugh.

Truest of all words penned are:

"Laugh and the world laughs with you;
Weep, and you weep alone."

So let's laugh, not necessarily thoughtlessly or cruelly or harshly, but let's laugh. Laughter is the tonic God gave to every man and woman.



Well! Say! How do you like us? Happy? Well I guess yes! Try it yourself. It's good for what ails you!

Vegetarian Breaks Endurance Record

Karl Mann, German pedestrian, has just visited Yale University, and smashed the endurance record on Professor Irving Fisher's endurance measuring machine.

This machine measures endurance by registering the number of times a heavy weight can be lifted with the knee. The ordinary record on the machine is between thirty and sixty times. The record for Yale athletes is 175. Last year Horace Fletcher, the apostle of thorough chewing, reached 350, but Karl Mann pushed the record to 687.

These results, like the results of pre-

vious experiments of Professor Fisher, confirm the theory of his colleague, Professor Chittenden, that people eat too much meat and eggs, or, in scientific terms, too much "proteid". Karl Mann's "proteid" is moderately low, being 80 grams a day, instead of 120, which was the old standard of Voit and Atwater. Mr. Mann uses no meat and few eggs.

Indications from the experiments of Professor Fisher are that mental endurance is also promoted by a diet relatively free from highly nitrogenous food, such as meat and eggs.

The Secret of Human Power

By Bernarr Macfadden

STIMULATING THE NERVE CENTERS BY VARIOUS MOVEMENTS THAT WILL STRENGTHEN THE MUSCLES ABOUT THE SPINAL COLUMN, AND BY MASSAGING AND STIMULATING THE CARTILAGINOUS TISSUES BETWEEN THE VERTEBRÆ.

ARTICLE V.

HOW THE INTERNAL ORGANISM IS STRENGTHENED

IN previous installments of this article I have called attention to the very great value of the particular theories advocated herein for strengthening the internal organism. It would be impossible to emphasize this point too strongly. Internal strength is necessary to bodily vigor. The vital organs manufacture the blood, from which the elements that go to maintain and build up the entire human organism are secured. Now, as previously stated, the internal organs secure all the energy necessary for the performance of their functions from the nervous system. Each organ requires a certain amount of power to force it to continue its efforts. The entire functional system is self-operative. Its efforts are involuntary, and if there is need for energy, there is a call made upon the nervous system for the power required.

Now, in developing the muscles around the nerve centers, more healthful action of these parts is secured in every instance. More nervous energy is stored away, and then, as one might say, one has more life or vim, but one really has a larger supply of human electricity, that can be used as needed by the voluntary or involuntary muscles of the body. When you increase the supply of nervous energy, the internal organism is not only strengthened (that is, the tissues forming the walls thickened and increased in vigor) but it has a larger supply of nervous energy to draw upon when needed.

HOW THE STOMACH IS STRENGTHENED

Let us take the stomach, for instance, one of the most important of all the internal organs. The influence of the particular theories advocated in this series of articles upon the stomach is in the nature of a strong tonic, that has no bad after-effects. For instance, the food that you eat, strange as it may seem to many of my readers, is digested very largely by the muscular efforts of the walls of the stomach. As you can well realize, the digestion of the food that you eat depends to a very large extent upon the strength of these muscles. The strength of the muscles is secured almost entirely from the nervous or electrical force that has been stored away for use by the functional system. In proof of this, if you should exercise so hard by running or walking such a great distance as to entirely exhaust yourself, your appetite for food would disappear entirely, or if you had a desire to eat anything, it would be an abnormal craving, for the stomach, in such circumstances, is not able to digest food. Food would simply have to lie there undigested until sufficient nervous force had accumulated to make the stomach properly perform its functional process. Of course, a moderate amount of exercise would increase your appetite, for then the system would be calling for more nourishment, and there would be enough nervous energy to digest whatever food you might eat, but when the exercise is continued beyond fatigue to exhaustion, as previously stated, then there should be



Arch back from hips as shown in illustration. Bring head back as far as possible. Maintain position a moment, then relax, lying on back, and repeat until muscles of back of neck and back are thoroughly tired.

no appetite, for food could not be digested under such circumstances.

The stomach, therefore, is strengthened by securing an additional supply of nervous or electrical energy. It actually thickens the muscular walls of the stomach itself and gives it more of the nervous energy essential for performing its office. The digestive juices that flow into the stomach from the various glands also depend upon nervous energy for their activity. These glands require an electrical or nervous impulse, just as does the stomach, in order to carry out their work properly, and the strength and quantity of the digestive juices, of course, very materially affects digestion and the general processes of caring for the food while in the stomach.

THE VALUE OF FUNCTIONAL VIGOR FOR ATTAINING EXHILARATING HEALTH

It is perhaps hardly worth while for me to impress upon my readers that functional vigor is really a part of exhilarating health. Health means a har-

monious working of all the functional processes. A high degree of functional vigor naturally insures a satisfactory supply of blood. It insures proper elimination. The poison that is always present even in the healthiest body is eliminated through the various depurating organs existing for that purpose. A high degree of functional vigor insures the proper performance of this important office. The body is then properly nourished, it is kept clean and purified, and is consequently strong in all parts. This is absolutely necessary, as one can well realize in developing and maintaining exhilarating health. When one possesses health in this high degree, life might be termed a constant delight. Work is a pleasure, no task is difficult. The hardest kind of labor is easy to perform, whether it be mental or physical in nature. Your strength is abundant; you are almost surfeited with power. At times, when enjoying health of this high degree you almost feel as though you were walking on air. There is a lightness, a resiliency in your bounding steps

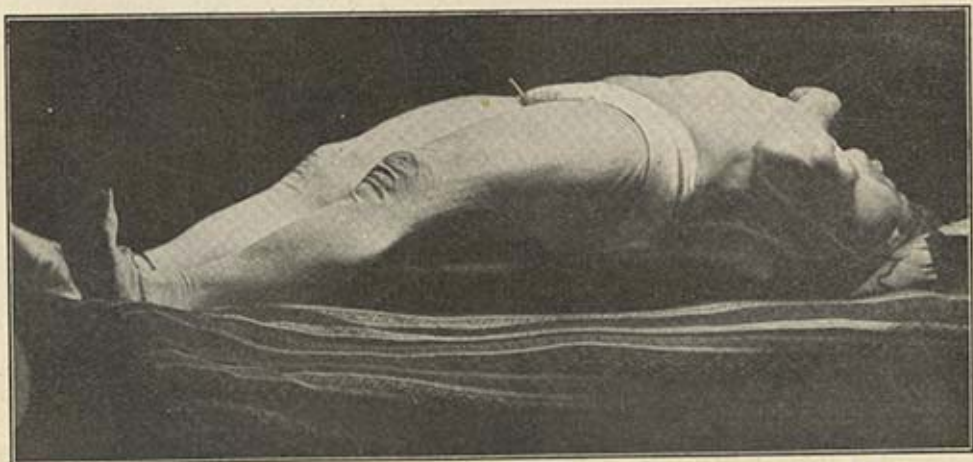
that at times seems to make life a veritable joy. The possession of exhilarating health means living in the highest sense of the word. Ordinary health as a rule means a mere existence. The crawling worm, we might say, enjoys health, but in a blind way. He crawls through life groping about here and there. He does not live. But the wild horse or the wild buffalo of the plains revels in his abounding strength. He lives and breathes in to the full the joys of life. He is often surfeited with power. There is nothing in the life of a crawling worm that could be suitably compared to these virile specimens of animal power, and I would say to every reader of this magazine, it lies with you whether you shall be a strong, virile animal, as far as your physical nature is concerned, or a miserable little crawling worm. You can be either one or the other. You have been invested with the instincts and the powers of what is said to be the highest of all animals, and if you fail in your duty to yourselves, if you fail to take advantage of your own opportunities, then you have only yourselves to blame.

VALUE OF STRENGTH IN CURING DISEASE

If you do not possess health of the highest degree, then you must be suffer-

ing from some disease. If you do not possess the gift of abounding health that I have previously described, then there is something the matter with you. Regardless of the nature of this complaint, the value of the theories advocated in this series of articles will be beyond price, for no matter what your complaint, may be, a large amount of nervous energy is absolutely essential in order to bring about a definite and permanent cure. The failure of the body to properly maintain a high degree of health, is nearly always due to functional difficulties brought about through improper diet, muscular inactivity, dissipation, and various other evils that are found everywhere in this enlightened (?) age.

Now in curing an ailment of any kind, the functional system must, of course, be set right. It must be made to work harmoniously, and the vastly increased amount of nervous energy that can be secured and actually stored up by the body from the following up of the theories I am herewith advocating, would cause every organ of the body to work more smoothly and harmoniously, and disease of any nature would slowly but surely begin to disappear. Vital vigor is at the highest point when through constant efforts you have been able to develop a degree of muscular and vital strength necessary to actually force the



Lie flat on back. Now raise central portion of body, arching back as show in illustration, and resting weight of body on back of head and the heels. Hold weight for a brief moment then relax, reclining on back, and repeat the exercise. This exercise is very difficult and considerable strength must be acquired before it can be satisfactory performed.

body into a proper performance of its duties. Then you will find that your ailment, whatever its nature may be, has almost entirely disappeared.

DISEASE INDICATES VITAL DEPLETION

Disease, regardless of its nature, in nearly all cases indicates vital depletion. The vitality is lowered below the normal. The supply of nervous energy has been materially lessened, or else the nerve centers through some difficulty are not able to properly supply the required energy. All these results are caused in most cases by what we term vital depletion, and this lack of vitality or lack of nervous energy can be satisfactorily remedied in practically every instance by adhering to the methods we advocate in this magazine in a general way, and especially by giving attention to the means we offer you in this series of articles for adding to your vital vigor.

MANUAL LABORERS CAN BE BENEFITTED BY THESE METHODS

It is usually quite a problem for the average manual laborer as to whether or not he can be benefited by taking additional exercise of any kind, and as those who are in the habit of using the muscles all day are frequently tired out at night and exercise of most any kind seems an irksome task, you can hardly blame manual workers for questioning the value of additional exercise. The ordinary occupations of manual workers require the use of only a part of the muscular system. These few muscles are, of course, in many instances, overworked, while other muscles of the body are used but very little. Where this is continued year after year, the result is that the body is pulled into various shapes which are far from those it should assume to maintain proper proportions. I would, therefore, say to the manual worker, learn something of your body. Learn its anatomical structure and its muscular needs, and those muscles that are not being used daily in your work should be given a certain amount of vigorous use at frequent intervals.

I would hardly advise a manual worker

who goes home completely tired out, to take up additional exercises at that particular time, but some other time when he is not so tired and he feels he has a certain amount of reserve energy, the active and thorough use of those muscles that are not brought into play during the day at his regular work will be of very great benefit. I have seen this demonstrated in a large number of cases.

This is especially true as to exercise referring to the parts of the body we are desirous of perfecting in this particular series of articles. If the muscles all around the spinal column are strengthened and thoroughly developed in every way, they will not only increase one's general vital vigor, but those in the habit of doing hard manual labor will find that their general strength will be very greatly enhanced, because they will then have more nervous energy to be used in their labors. Where the occupation requires a certain amount of lifting, of course, the muscles at the small of the back will not need to be given very much attention, but the muscles at the back of the neck and between the shoulders should be given regular exercise. Not only that, but all the various exercises that are inclined to lengthen the spinal column, and to push the vertebra together, will be found a very great stimulant to the muscular and vital organism. In fact, every exercise that has been given in this series of articles can be used by the manual worker to very great advantage, provided his occupation does not call for a great amount of lifting, and where such work is performed to a very great extent, those particular movements bring into play those muscles should, of course, be avoided.

THE NERVES OF THE BRAIN WORKER

The brain worker requires nervous energy. He can hardly secure too much power of this kind. The more vim and vitality one possesses, the more life and spirit one can put into his brain work. Continuous brain work is said to be the hardest kind of labor, and the statement is undoubtedly true where the work is continued for protracted periods or where one works long hours each day. The efforts of the brain, however, depend

very largely upon the physical efficiency, upon the possession of a high degree of nervous energy, and because of this, there is nothing that I know of that will so stimulate the vital energies of the brain worker as the methods that I am herewith presenting. The exercise gets right at the seat of the nervous powers. They almost directly affect the brain itself. Accelerating the circulation through the entire spinal column very materially enhances the healthfulness of this particular organ, and at the same time encourages the nerve centers in their efforts towards storing up a large amount of nervous or electrical energy. I have never previously presented a method that was of such great value to brain workers. In fact, most of the brain workers can take the exercises I am presenting in this issue and will note an almost immediate increase in their general mental energies. They will quiet the nervous system. They will be inclined to draw the surplus amount of blood from the brain, which often accumulates there in excessive quantities through a large amount of brain work, and they will be inclined in every instance to make one more calm and cool and resourceful from a mental standpoint.

NERVOUS SYSTEM THE SOURCE OF BRAIN POWER

Mental power depends upon nervous vigor. The nerves are the source of all brain power. A brainy man is always a man in the possession of a high degree of nervous energy. In some instances he may be phlegmatic from a physical viewpoint; at the same time, in order to possess more than usual brain power, he must have back of it a strong nervous foundation. He must be full of nervous energy. Though in a general way the truth of these statements is realized by brain workers everywhere, it has never been impressed upon them sufficiently to make them understand the necessity of trying to increase their supply of nervous energy. The methods advocated in this series provide a powerful means of stimulating the mental energy, and anything that stimulates the mental energy, gives one additional increase of general intel-

ligence. He has more brain power to work with, and he has more nervous energy that can be converted into brain energy. Those who may have occasion to doubt these statements will be literally amazed at the results of a trial of the methods herein advocated. I do not pretend for a moment that they will bring about such a change in one's mental power in a day or two as to be immediately noticed, but if they are given a few week's trial, I do claim that the change will be startling in character, and frequently, if the exercises are taken but one, two, or three times there will be a very noticeable change for the better. It is to be remembered, however, that usually, if the exercises are taken rather vigorously in the beginning, there is a slight soreness and stiffness, which will, to a limited degree interfere with brain energy. If the exercises are continued, however, after the soreness has slightly disappeared, the good results will then be noticed and you can secure the highest degree of physical vigor, and at the same time do a vast deal towards the acquirement of those mental energies essential to secure the wonderful power usually possessed by a "brainy" man.

CIRCULATION IS LIFE; STAGNATION IS DEATH

Because life is represented by circulation, movement, it can be readily seen that the more perfect the circulation, the more life one would possess. Death always occurs where there is stagnation. For instance, if the blood was stagnant in any part of the body, and was not allowed to circulate, that part would quickly die and would actually drop off of the body. Tie a string around any of your fingers so tightly that the blood cannot circulate therein. The finger will soon turn black and will finally drop off. An increased amount of nervous energy insures more thorough circulation. It insures an acceleration of activity of all the functions that have to do with the circulation of the blood. Therefore you have more life. The minute atoms of death that linger in the body everywhere are carried away, thrown out. The new lifegiving cells

are brought into the various parts of the body where they are needed. The body is therefore properly nourished. It is full of life and vitality and it is only then that you know what it is to live. It is then that you realize the meaning of the term exhilarating health.

HOW TO TAKE A SICK MAN OUT OF BED

Following this I expect to supply information for a treatment, that can be given by others or taken by one's self, that is of very great value if one is "sick in bed" with an ailment of any kind. The method will be clearly described and illustrated. In order to give the reader an idea of the value of the suggestions I shall make, I would say that I have used the methods on patients who had been in bed for some time with what was said to be a serious ailment, and in some instances the patients were able to immediately thereafter get up and go about their ordinary duties, thus showing the marvelous

value of stimulating the nerve centers and thereby awakening bodily energy. In other words, in some cases, this method, in a few minutes' use, will actually enable one to so awaken the nervous forces that the patient will get up and walk, though he may have previously been so weak as to feel incapable of getting out of bed.

A SIMPLE METHOD OF STRENGTHENING THE SPINAL COLUMN

In each issue up to the present time, I have presented various simple exercises for stimulating the spinal column, the nerve centers. In the next issue, I shall present a variation of the exercises that have been previously published in this series. It is my intention to show you how you can conveniently stretch the entire spinal column. The stimulating effect of this upon the nervous organism is almost immediately noticeable, and in the building of great strength or the cure of disease it is of very great value.



Photograph Underwood & Underwood, N. Y.

Scene at a unique foot-ball game, at the London Scottish Sports. A. L. Purvis, the well-known Rugby international player, makes a good run under novel circumstances



Persian troupe of acrobats, who perform wonderful stunts, led by the lady in center of group

Behind the Scenes at a Circus

By Frances Eugenia Bolton

THE DRESSING ROOM OF THE CIRCUS "FAIRIES"—HARD WORK IS THE ORDER OF THE DAY—NO TIME OR INCLINATION FOR THE IMMORALITIES SOMETIMES ATTRIBUTED TO CIRCUS FOLK

The extraordinary strength exhibited by young women circus performers gives the lie to the statements that are often made as to their moral lives. Strong, vigorous, beautiful womanhood cannot long accompany an immoral career. The article shows something of the "inside" of the life of a circus girl. There is but little time for rest. She is busy every moment, and as her duties require vigorous activity of the entire muscular system, she is as a rule, a fine specimen of womanly beauty, and retains her youthful appearance to an advanced age.

—Bernarr Macfadden.

THE performers in a circus of the higher class (such as Ringling Brothers' show) begin their strenuous day between eight and nine o'clock in the morning, when they leave the palatial cars, where, in Pullman berths, they have been rocked to sleep like Vanderbilts, by the motion of the train. They are garbed in conventional clothing at this time, but it fails to hide their graceful, well-developed, symmetrical forms. There are bright eyes, glowing and merry, in evidence, with a

debonair manner and an apparently sociable spirit. If they have heart-breaks and sorrows, and gloomy backgrounds to their lives, they certainly know how to conceal them. With courageous front, they face the public. They actually appear well-bred and even cultured, and their manners seem fit for my lady's drawing room. We are assured that they have characters in keeping with their appearance, and for the most part are irreproachable people. There are some exceptions in their pro-



Austrian acrobats—three sisters and a brother, born in four different countries of parents who were both circus performers

fession, as in other walks of life; but for the most part, they deserve respect and admiration instead of rebuke and disdain.

After eating of the best hotel fare in a charming dining room, they repair to their dressing-tents, from which they emerge in their tournament outfits, mounted on their parade wagons and decorated horses, to begin the daily parade at ten o'clock. How their train sparkles in the sunlight! The impressionable beholder imagines that he has been transported from a plain, commonplace city or village to some charmed denizen of the abode of kings and princes. "The band begins to play, the elephants walk around." The parade is in full-swing—free to everyone—and country men and women mingle with the club-women and professional people who line the streets of the town. Stores are empty. The crowds are silent; even the babies in arms are quiet. To most of the spectators nothing is worthy of not-

ice but the parade; and it is enough.

The parade is over, and back come the queens and princes with their radiant train of horses, and cages of wonders and animals. As the performers enter the dressing-tent, let us enter with them. The large tent is divided into two compartments, one of which is occupied by the gentlemen performers, the other by the ladies. The sides of the compartments are lined with square, iron-bound trunks. We have noticed in the gentlemen's

department the various big heads, bonnets and ruffled gear worn by the clowns. Mr. Hartzell, the chief clown, a fine manly performer—who plans the clowns' jokes and performances, and who has served the Ringling Circus for twelve years—steps out to answer our questions and to introduce us to his wife, the matron of the girls and the keeper of the ladies' wardrobe. Mrs. Hartzell has a fine, strong face and physique—clear, brown eyes, brown hair, and a tanned, ruddy complexion. She is so open-mannered, and possessed of such camaraderie that we could easily see how she inspired and kept the good will of her tentful of cosmopolitan girls. She is the proud mother of a brawny, handsome circus performer, who towers head and shoulders above his medium-sized, young-looking mother.

In the girls' compartment are novelties on every hand. In the midst of trunks and strange apparatus for hang-

ing garments, for washing, ironing, and mending, are the girls, the chief attraction, stripped of their tournament gear and arrayed in bright-colored kimona wrappers. Everyone is busy doing something, though Mrs. Hartzell told me they were resting. "Resting!" I exclaimed. "Do you call this rest?" "It is the only kind they ever take," she laughed. Many were washing their underwear, vests and tights in small tubs with doll-baby washboards. Others were ironing with a novel flatiron heated with a gasoline contrivance and called, I think, the "Morrison" flatiron. The tubs were in chairs that could be folded up, the tables could also be folded. Two barrels of water stood on one side of the tent. On the ropes, in the sun, hung silk tights, vests, underwear and hose in brave array. The performers, male and female, and the workmen do their own washing during the flying weeks of the circus, which accounts for the varied-colored, flag-like display on the ropes. Those who were not washing or ironing were sewing, crocheting, embroidering, writing or reading. There were no cots for lounging—not even a rocker in which to relax. The handiwork of the girls was very artistic. I wondered, as I looked at the beautifully-designed pillow covers, doilies, lace work, etc., what circus girls would want of such things. I found out afterwards that they had homes in which they were as much interested as are other women in their homes, and which they decorated with as great delight. They were talking and laughing together, as other girls do, with the exception, that during a stay of four or five hours in the dressing-tent, I heard not one word of slang. The girls were as

lady-like in manner as they were beautiful in form and face.

Such industry, such tireless zeal, radiant good nature, and enjoyment of moments of relaxation I have seen in few private homes of this or of foreign lands. There was no mention of aches or pains, and when I asked if they were ever sick, they laughed, answering, "Of course not. We know nothing of female weaknesses and nervous disorders."

"What! Don't you ever have auto-intoxication?" I asked in a sort of bewilderment. "You eat meat."

"Not we," they said. "We eat whatever is set before us three times a day, and we make use of the strength it is intended to supply, and 'Dame Nature' makes no complaint. Our strenuous activity is the secret of our health."

"Talking of auto-intoxication," remarked Mrs. Hartzell, "my husband has quite a fear of it, and every once in a while declares he will quit meat, but



The famous Jackson family of cyclists, who have toured Europe three times



Mrs. Gazelle Jackson, a skilled cyclist, and the youthful looking mother of a son towering a head above her

when he sits down to the table, he generally orders the usual ration of roasted, stewed or fried meats, and then I have my laugh."

"Is he not well?" I asked.

"As well as can be; but the no-meat theory has a charm for him and 'auto-intoxication' is a long word, you know.

"As to the health of our girls and men, I want to say that this outdoor, active life renders them immune to the common ailments of people who live indoors. For instance, when we began our work in the south this spring, it rained almost continually for weeks. Our dressing-tents and grounds were carpeted with slush at every point, and sometimes

flooded so that we stood in water above our ankles. Our short dresses were often wet, and our ring was so heavy that our light wagons could hardly drive at the speed desired, and yet not one of us took cold or had a snuffle.

"Our performers take a cold sponge bath twice a day and our girls never lay off an hour through the whole season, never ask for excuse from tournament or performance."

I felt of their firm muscles in different parts of the body and found they were not soft and flabby, as in the ordinary woman; but firm and even hard. They could show at will bunches of muscle in arm, leg and back equal to their robust brothers. This condition, however, had not made them ungainly or unwomanly; but rather the reverse. Many of the



Blossom Jackson, a beautiful young cyclist



Mrs. Jackson, "The White High School Rider of England," in her cowboy garb

girls from various parts of the world, told me they had begun their life as circus performers, either through a circus family connection, or by natural evolution of a boy-and-girl imitation of what they had seen in a circus.

The writer conversed with the performers in the large compartment, walled in with every girl's trunk, in which was her private wardrobe and her professional attire. This trunk holds only her own things. There is a further array of large trunks, the keys of which Mrs. Hartzell holds, in which the tournament raiment is kept. This is the property of the company, and is seen only in the parade and in the march of performers before the acts begin. I was introduced to one after

another of the girls. One of them is Mrs. Jarvis, a beautiful girl with a face like a flower, of delicate color and contour, surrounded by curly blond hair. Her countenance brings to mind one of McCutcheon's heroines, and her tender blue eyes lend attractiveness to her dazzling smile, that shows the pearls in her mouth and dimples in her cheeks. She is simply unforgettable, and Mr. Jarvis is to be exonerated from all blame for falling in love with and marrying her. She is petite, too, yet her small bones are covered with firm and rounded muscles, and six times a day, besides her three tournament rides, she races in the ring as "The White High School Rider of England." She looks charming in every costume; but is a little more "fetching" in her cowboy gear than any other, as she appears in the accompanying picture. She makes a hit at every ride; but is altogether too much engaged, both out of and in the ring, to know of the admiring eyes upon her.

The charge that circus girls are flirts, coquettes and immoral characters, is altogether unjustifiable, in most cases. Their lives are too busy, too strenuous, and they are under too severe a surveillance for indulgences of that kind. Think of their program. They rise at seven, breakfast between eight and nine,



Rose Wentworth, the charming Equestrienne

dress for parade, parade until 11.30 A. M. and the way they rest I have described. Not a moment is wasted. They have lunch, and immediately after, dress again for tournament before their acts, then hustle back and prepare again for their parts in the ring as acrobats, trapeze performers, aerialists, riders or bicyclists. They dine after the afternoon performance, and go through the same routine in the night entertainment, sing at a final vaudeville, and then hustle to the train between eleven and twelve ready for their night's ride and sleep. Besides they could not lead immoral lives and keep their strength for the arduous business. They are, in general, a class of women to be respected, and admired, rather than censured. Does the fact that they have become physical models by strenuous denial of inertia indicate nothing? What does it mean to be able to race in a ring at breakneck speed, or to perform feats on the trapeze, and to do acrobatic and aerial marvels? It means specialized senses, skill, self-control, keen insight, wit, courage, moral stamina, patience, hope and faith.

With Mrs. Jarvis, whom I have described and whose picture appears, were two other charming girls, Rose Wentworth and Josephine Clark, both fine equestrians. One of these had left at home a six weeks'-old baby, and her maternal longing found expression in continual references to her "darling". The majority of the girls are married, and perform in the ring with their husbands. If unmarried, they take part with brothers.

In preparation for the afternoon performance, each girl took a sponge bath. They were never nude, however, but made their modest ablutions under kimonos. They emerged in silk tights of varying shades, and it was then that their round, graceful figures appeared to best advantage. Circus girls' forms are real, they do not pad, nor do they need to. There are no protruding abdomens, round shoulders or ungainly poises. After the tights came the revelations in dress. The dress for the ring represents the individual tastes of the wearers. Many among the girl performers were the designers and makers of their own

wardrobes. During the interval between November and April, the off-season of the circus, the women are busy with domestic duties, and with the preparation of the garments for the next season. I could not but admire the artistic designs, the harmonious colors, the spectacular effects attained by the costumes. Were it possible, I would bring before you this galaxy of health and beauty, changing with three different costumes during the performance, as gorgeously the combination in a changing kaleidoscope.

One of the notable things is that many of these women, who look like girls in their teens, are mothers of children from babies to great fellows towering over the mother's head by head and shoulders. The "Old Age Germ" does not seem to flourish in their colons as in those of ordinary women. They do not show the ravages of years and tears, and it is not because they know some secret to eliminate the lines from their faces with some magic cream, or because they cover their defects with powder. I saw very little powder used and no rouge at all. Only two or three made use of "rats" in dressing the hair. The circus life must surely be "rough on rats". I wonder if we ordinary women, addicted to invalid habits, can see any way out of it by a study of the circus girls' life.

The only professional man or woman—outside of performers and cooks—is the physician and surgeon. They have no beauty-shop to go to for manicuring, hair-dressing, massaging, or make-up. Each girl is supplied with the facilities for doing her own beautifying. How impracticable it would be to depend on hair-dressers! To have completed the toilettes of so many in so short a time, would have required at least fifty hair-dressers. It was very interesting to see each girl arrange her hair in the mode suited to her face—to see them metamorphosed from sturdy athletes in tights to bright butterflies arrayed in costumes of gauzy tarlatan, rustling silk or gorgeously embroidered, oriental velvet, and with what dispatch it was done! It was a delight to look on and pick out pictures to illustrate the loves of the poets, the dreams of the artists, and the settings of history.

Some of these artists have their children with them. Mrs. Hobson has a bright six-year-old, who is being trained for circus life, and manifests more than the usual intelligence of a school-educated six-year-old. Mr. and Mrs. Shaw, the aerialists and fancy riders, have children at home. Mrs. Shaw looks like a young miss on her horse, and her attainments in the ring are marvelous. The women of the circus manifest great nerve, not only in their performance, but under accidents and injuries. One night Mrs. Shaw fell so that the end of a trapeze cut and bruised the flesh of her leg half-a-yard. She finished her act, in spite of the pain and blood, and the only regret she uttered was that she had torn and stained her tights. Mrs. Stickney fell thirty-five feet and so injured her spine and legs that she was laid up nine weeks. To the surgeon's questioning anxiety, she laughingly said, "Just look at that," and held up a tooth that had been knocked from her mouth.

A wonderful example of nerve is shown by the Jackson troupe, the bicyclists, whose photos are herewith reproduced, in their double riding stunt. This troupe consists of Mr. and Mrs. Gazelle Jackson, with her sisters, Alice and Blossom, and her three brothers. They are wonders on the bicycle, and have toured Europe three times. Mrs. Jackson, whose picture is given, looks not more than nineteen, and yet she is the mother of a son

who towers head and shoulder above her. Blossom Jackson is a remarkably beautiful girl.

The Persian acrobats, whose picture is here shown, are marvels of physical proportions and beauty. The Austrian performers are a brother and three sisters, children of an Austrian mother and an Italian father, whose children, born in four different countries, began public life at the ages of seven, eight, nine, and eleven.

Circus people substantiate charges detrimental to girls of various towns because of their immodest attention paid to circus men. Mrs. Hartzell said: "The surprising thing is that these girls, from highly cultured homes, take liberties with our men that circus girls would be ashamed to take. In fact, if they did so as openly as the town girls do, they would be discharged, and yet our girls have the reputation that in truth belongs to those who malign them."

Beyond question, circus people are not so bad as some people imagine; but on the whole they are people from whom those who have criticized them, may learn much, and we who have censured them, may profitably follow their example in many ways. We would do well to reflect on the rigor and simplicity of their training, and become as fine models ourselves as they are in physique and character.

Aids to The Gastric Juice

By HARRY G. HEDDEN

The most uncommon attribute of the human race is common sense.

Over-fullness of stomach will not make up for emptiness of head.

Many sentimental people are also semi-mental.

Tight lacing never very greatly improves loose morals.

Courts are institutions established throughout our country for the purpose of dispensing *with* justice.

Open-mindedness is a rare virtue; open-mouthedness, a common vice.

Some doctors use scarcely any scruples except the scruples of the apothecaries' weight.

The most highly fashionable resort of "high society" is that resort of high temperature owned and managed by his Satanic Highness.

Perhaps it is to be expected that women will use falsehoods to cover up their false hair.

It is better to be even a swiller of swine than a swiller of wine.

If some people should take into their bodies as much vile poison in one day as they are in the habit of taking into their minds every day, they would speedily bless the earth with their absence.

The most stylish train in the world is the "Sin Special".



Castor Adonis Roth at sixteen months. Has slept out of doors winter and summer ever since the day of his birth. Don't he look it? Give the hot house flowers a chance to grow similar vigor.

The Average Man

By Charles Merriles

FROM a merely physical standpoint, what is the condition of the average man? This is an interesting question. I have made that query of myself and of others a great many times. To look at the average man, garbed in conventional clothing, no matter how handsomely he may be proportioned, you will usually find but little to admire. Of course, there are a few exceptions where the health and strength and fine proportions are of such a superior order that they become evident even through the clothing worn, but as a rule it is otherwise. A man may have a really superior form, but when he is dressed up in a manner to hide the shameful (?) outlines of his body, he is far from presenting an attractive appearance. Whatever beauty the human body possesses is to a very large extent destroyed by the clothes we wear. Not only are we unable to see the beauty of outline that some few individuals are lucky enough to possess, but the final result in nearly all cases is the total destruction of this beauty of the body largely through the influence of clothing.

Now when I concluded to make an investigation for myself as to the physical condition of the average man, the same problem as was presented when I proposed to secure some information as to the physical condition of the average woman again presented itself. How could I secure material from which to form conclusions? I did not want to go to gymnasiums, because there the average standard of manhood is higher than you will find on the street, or in the factory, or in the office. I wanted to know the condition of the men that I might meet on Broadway or Fifth Avenue, in New York, or in any other large city. I wanted to see just how they would look divested of all clothing.

I finally concluded to adopt the same method that I used with the women. I

turned to the newspaper as a means of finding the men that I wanted. I advertised for a man, to pose in athletic costume, and I made it quite plain that I did not care for athletic figures. I must admit in advance, however, that most of the applicants were under the impression that they had athletic figures, or they would not have applied in answer to my advertisement. This may to a certain extent account for what I would call the superior specimens that I obtained, and surprising as it may seem to the reader, they literally came by the hundreds. I had no idea there were so many men convinced that they possessed athletic proportions. My advertisement was to be answered at a certain photograph gallery, and the place came very nearly being mobbed. The young man who ran the elevator was finally ordered to refuse to take any more applicants to the gallery, and the result of this refusal on several occasions came very near ending disastrously to him. Several of the athletically inclined young men seemed to be possessed of more than an average share of fighting instincts, and it seemed to be difficult for them to hold their temper. From the few, however, that were allowed in the gallery, I selected those whose photographs are presented with this article and the one that will follow in the next issue. I made no effort to pick out the applicants. I simply took the first that applied regardless of their physical condition.

Now when I stated that I was generally surprised at the result, I used a very mild expression. I was simply amazed. I had no idea that you could pick up men in the careless manner that I did and still secure such fine specimens. In general physical appearance, and from a standpoint of actual manhood, they far excelled the young women whose photographs were reproduced in my previous articles. Many of the young women

taken proved in an amazing degree the existence of a condition almost directly opposite to what I had intended. To be sure, they were not perfect specimens, in fact, they were far from perfection, but there was a sturdiness, a general inclination toward symmetrical outlines, that really surprised me. There is, of course, considerable advantage in knowing how to pose the human body in a manner to secure symmetrical outline in a photograph, and as I was there for the purpose



Samuel J. Miller, New York City, student, 18 years of age. Figure good, general development indicates immaturity, though physique is unquestionably far above the average in strength and symmetry.

who applied to pose for these articles were miserable specimens. A few were not far from what I would term physical wrecks, but the young men were strong, and sturdy, and were in nearly every instance actually fine specimens of physical vigor.

I had proposed taking the photographs originally more for the purpose of showing the physical defects of the men whom one would pick out in this careless manner, but I must candidly admit that nearly every photograph that I had



E. Knowles, New York City, a waiter by occupation. An ordinary physique, which shows more than average vigor. Development fairly symmetrical, though scientific body-building would make a wonderful change in this figure.



Gus Naimole, New York City, a newsdealer. Strong and sturdy but lacking in symmetry. Scientific physical development would round out and perfect his proportions and add considerable weight.

of securing distorted figures, in posing the various young men whose photographs are reproduced, unquestionably it was difficult for me to avoid giving instructions as to position of the body that would bring out their best points. In fact, but few of them were as erect as they appear in the photographs I herewith reproduce. There is not one of the figures but that might be almost marvelously improved through general physical development, hardly a man among

them whose strength would probably not be doubled by the adoption of scientific methods of general development.

In the four photographs I am presenting in this article, four different occupations are represented, viz.: student, waiter, newsdealer, and machinist. To a limited extent, their physical development is indicative of their occupation. You will note that the student has rather small arms compared to the development of other parts of his body, though on account of his immaturity, of course, you cannot form very definite



John Sancier, Edgewater, N. J., Machinist by trade. A powerful well-made young man of twenty-five years of age. His development secured entirely from his occupation.

comparisons from the development of the body. In the waiter, for instance, the legs are quite sturdy as a result, no doubt, of the large amount of exercise required in walking. In the newsdealer, there is a certain robustness noted with very moderate development, indicating no doubt the result of a life which is spent largely out of doors. In the machinist, there is very clearly noted the result of a great amount of hard muscular work that has brought into active use the muscles of the chest and arms. His arms and chest are well developed, though his body throughout is very symmetrically proportioned. In fact, this man offered perhaps the best specimen of all around physical development that I had the pleasure of examining. His entire body indicates very clearly that his occupation had been the means of bringing about a very superior bodily condition.

In fact, all those occupations that actively use the upper part of the body in nearly all cases do a vast deal toward the development of superior manhood. Of course, the ordinary exercise taken in walking gives the legs a great deal of use and inclines to develop them to a limited extent, and when combined with any occupation that actively and vigorously uses all the muscles of the upper body, you can then depend in nearly every instance upon securing a physique of more than average development. The occupation of machinist is especially favorable to the development of the arms and chest, though of course quite frequently it is combined with breathing of dust that floats about in the air in various machine shops. Still, in spite of this unhealthful condition, as a rule men of this type are superior representatives of manly vigor.

Perhaps one of the most healthful occupations in the world is that of a bricklayer or a stone-mason, where they are not compelled to breathe the dust that may arise from their labor. They work in the open air, they are compelled to give a certain amount of use to the muscles of the upper part of the body, and whether or not they know anything about the value of deep breathing, their labor is sometimes so strenuous that

they are compelled to take deep breaths. Out of door occupations are, of course, at all times preferable. Man was not made to breathe the confined atmosphere that is usually found in the average warehouse, factory or office. A man who lives out of doors, and who therefore secures his full supply of oxygen develops a sturdiness that is impossible for the indoor worker to ever obtain. Of course sometimes matters are equalled through bad dietetic habits, for instance, a man living out of doors eats a great deal more than one whose occupation is indoors. The oxygen in the air keeps the appetite in good condition, and unquestionably men of this type are more prone to the habit of overeating than those living indoors.

Don't live indoors unless you have to. That is unquestionably the plain conclusion that one very naturally derives from the facts at hand, if one views the various occupations without prejudice. I am not saying for a minute that one cannot live indoors and be healthy, first of all, because some men possess such fine vital vigor that no matter how they break the laws of health, they somehow manage to keep in vigorous condition. Other men learn how to take care of themselves, learn what they can eat and how much they can eat, and somehow keep in good health.

Those who do not possess a great deal of vigor and refuse to learn how to take care of themselves, usually pay the penalty very early in life and a tombstone soon marks their last resting-place. Of course, when indoor occupations are of an active nature—where they keep one moving around, either walking or using the various muscles of the body—they are much more advantageous than when they are in the nature of an office position. For it is an unquestionable fact that the body must be used. The muscles, when they lie inactive, are bound to become flaccid and weak, and ultimately diseased.

In the next issue, I shall present additional photographs, and will refer to other occupations and to the general outline of the body as required in the development of a perfect figure, which will no doubt be of interest to the readers.



Photo by Pictorial News Co.

Contestants in Marathon Race. The winner, J. J. Hayes, is No. 26, in center of photo

American Athletes at the Olympic Games of 1908

By Jay Bee

ALTHOUGH details of the Olympic Games of the current year may be regarded as matters of history rather than news, it is nevertheless interesting to review the performances of some of the athletes who represented the United States in the stirring contests which occurred at Sheppard's Bush, near London, during the latter part of last July.

While the keen degree of rivalry be-

tween the nations participating in the Games was responsible for much deplorable bickering, the feats achieved by the competing athletes were of such a striking nature as to enable the true lover of athletics to soon forget this "fly in the ointment." This fact was well-illustrated by the splendid reception given to the returning athletes in New York City, and the numerous lesser celebrations the country over.



Photo by Pictorial News Co.

100 Meters Race, third heat, Cartmell, U. S. A., in the lead

It cannot be denied that the showing of America's athletes at the Games was remarkable, in view of the fact that they were meeting the picked men of England on their own soil, and in spite of the difficulty of foreign athletes becoming inured to the climate of that country within a short time. Of course, these

disadvantages were shared by the visiting athletes from all countries, and this fact serves to make their striking performances more commendable than the athletic achievements of men competing under conditions to which they are accustomed.

It is gratifying to observe the attention



Photo by Pictorial News Co.

Voigt, United Kingdom, winner five mile flat race

given to the meet in the columns of the daily press. Many of the deductions arrived at by sporting writers, in considering the results of the contests, evince their grasp of the lessons taught by the failures and successes of American athletes in the various events.

A most pertinent conclusion was voiced by a public official of New York City, as quoted in a metropolitan daily. In commenting on the success of English athletes in out-door sports, such as long distance walking, cross-country running and steeplechase races, he observed that it would be to the advantage of those interested in athletics in this country, if they would advocate a more widespread introduction of these forms of sport. Contests of this nature require no apparatus, nor any special place for their performance, and if indulged in by the public generally would result in the acquirement of strong, healthy bodies and a corresponding degree of physical and moral stamina. The fine showing of our athletes in those events which are most popular in this country proves, beyond question, the fact that in time they would become equally proficient in the sports referred to by the gentleman quoted.

A striking feature of the Games was supplied by the appearance of a large number of young ladies in calisthenic drills, and other gymnastics. A group of Danish lady-athletes rendered an exhibition, in groups and as individuals, of many graceful and interesting exercises. This feature of the Games was also widely commented on by the public press, and the splendid poise and pleasing contour of the fair exhibitors brought forth much favorable comment. It is gratifying to observe that the world is at last awakening to the fact that perfect figures and beautiful outlines are to be attained through natural means more readily than by means of torturing de-



From stereograph, copyright by Underwood & Underwood

M. J. Sheridan, U. S. A., who made a record throw of 124 ft. 8 ins., in the Greek style discus throw



From stereograph, copyright by Underwood & Underwood

T. C. Irons, winner of broad jump, at 24 ft. 5 ins., which constitutes the Olympic record

vices or exaggerated details of dress, and with far better results from a hygienic standpoint.

The athletes representing the United

States at the Games embraced within their ranks the very cream of the performers to be found in this country, and it is therefore not a surprising matter to find them placed as winners in so many of the athletic events. The photographs of a number of the successful performers in various lines of sport are reproduced in connection with this article. Particularly noteworthy were the performances of Melvin Sheppard, who was the winner of the 800 meter run in 1 min. 5½ sec., and of the 1500 meter run in 4 min. 3½ sec., and the victory of Smithson in the 110-meter hurdle, as well as that of Bacon in the 400-meter hurdle. Ray Ewry, who won the standing high jump, and Irons and Porter, who respectively captured the running broad jump and the running high jump, also performed most creditably. Gilbert and Cook, who were tied for first prize in the pole vault; Flanagan, who won the hammer throw at 170 feet 4½ inches, and Ralph Rose, who won the shot put, all gave creditable accounts of themselves. The splendid work of Sheridan with the discus has already been referred to in these columns, as has the great feat of endurance performed by Hayes in the winning of the Marathon.

Let us hope that when the next biennial Olympic Games are held, in the United States, we shall be able to witness an advance in the popularity and success of outdoor athletic sports which will correspond favorably to the progress evidenced by the London meet.

Prudery, The Horrible Serpent

TO THE EDITOR:

By George, Macfadden, you're right in that editorial on prudery. In the old Bible we read that "God looked upon his work and saw that it was good," but in later days "St. Anthony looked upon it and saw that it was vile"—a suggested addition to a revised version.

The path an innocent child must travel is made rough and unwholesome by ignorance, and with that horrible serpent, prudery, ever ready to wind them in its foul and slimy folds, fouling the promise of the golden age and wrecking the vision of the republic.

Yours sincerely,
Saskatoon, Canada. R. G. BROWN.



THE AUTHOR

Confession of a Divorced Man

By Horace Kingsley

BRIEF SYNOPSIS OF PREVIOUS INSTALLMENTS.—The author of this story became very much enamored with Grace Winston, a young woman in his home town. He learned that she was engaged to another man and he decided to go to New York City. After being there for about a year he met a young actress who attracted him. Some information was given to him, about her that was not to her advantage. He tried to destroy her influence over him and concluded to break the acquaintance with her, but was unable to do so. She finally convinced him that the statements he had heard regarding her were false. A character whom the author calls "Slim Jim" plots to injure him in his employer's eyes. A Mr. Perkins, who is in the same office and boards in the same house becomes angered at him. Because of Perkins' attitude the author examines his books and finds there evidence of his dishonesty. Perkins is arrested, but vows that he will have vengeance. Edith Maxwell, the actress, has been annoyed by a man named Morgan, who was formerly her attorney. She asks the author to

protect her. He easily bests Morgan, who swears vengeance and keeps the officers on his track, but the author avoids arrest. One night he is awakened and finds the house in which he lives in flames. After hurrying out he is not able to find Miss Maxwell. He rushes back to save her, but nearly loses his own life in the attempt. Miss Maxwell was found the next morning. She had been visiting friends the previous night and this accounted for the author's inability to find her. He visits Miss Maxwell quite frequently and they finally become engaged. Miss Maxwell goes on a visit to her sister, and the author, feeling the need of a vacation, goes to a resort near New York. While waiting for the train he meets an old friend of his home town, who informs him that Grace Winston had married, but that her husband had turned out to be a drunkard. The author marries Edith Maxwell and for a short time they are happy. Edith tires of home life, she goes back to the stage. They quarrel frequently. He becomes suspicious as to his wife's fidelity and watches her. He is amazed by finding her with Morgan, his old enemy. The author's anger is greatly aroused, and he is at first inclined to be revenged upon Edith and Morgan. He accidentally encounters Perkins who had accused him of committing the crime for which he was arrested. The latter is but a wreck of his old self and cowers before the author's anger. He claims to have some information of great value to the author. The author meets his wife the next day and insists upon a separation. She finally agrees to this. He goes back to live with the Malcolms. As he leaves a train one morning he looks ahead and sees Grace Winston, his old sweetheart in the car ahead. He tries to board the train, but the gates are closed in his face.

SIXTH INSTALLMENT

I STOOD there looking after the swift-moving train. What could Grace Winston be doing in New York? Had her troubles with her drunken husband culminated in a separation? Was she here to earn her living? These and many other questions occurred to me at the moment. There appeared to have been but little change in her. Her smile was winsome as ever, and the brief glimpse I had of her thrilled me as in years gone by. I turned and walked slowly away. For the moment, business seemed unimportant, and as I made my way toward the scene of my daily duties, my thoughts dwelt in the realms of the past. It is really strange how the features of certain person will so impress themselves upon the human mind. I knew there were thousands of women perhaps far more beautiful in appearance than Grace Winston, but there was a certain something in her features, impossible for me to describe, that had a weird influence upon me. I cannot say that it was always pleasing. It was

really painful at times. When I first came from home with the remembrance of her face so clearly stamped in my mind, there were occasions when I would see features that were slightly similar to hers, and I would be affected in a strange way. I have sometimes thought that this very strong attraction which a first love seems to have for one, is really indicative of God's great plan in mating men and women. One's first love is always the strongest. In many cases it may be far from the wisest, but where a man and woman can find a congenial mate in the first really serious attachment that comes their way, I believe that the possibilities for a happy married life are far more satisfactory.

Everything had not been pleasing with me in a business way for the last few months, and perhaps I cannot really blame the manager for the frequent complaints that he made against me. On this particular morning, for instance, he called me into the office and severely reprimanded me for neglecting some very

important matters that were part of my duties.

"What's the matter with you, Kingsley? You gave promise of being one of the most capable men I have ever had in my employ, but you have fallen down terribly in the last few weeks."

"Well, I might just as well be honest, Mr. Wicks, and say that I'm not myself. I'm not actually sick, but I'm not well. I'm going to try hard from this on, and see if I cannot get back my old energy and ambition."

"I don't want to be harsh, but you must show more interest in your work, or I shall have to fill your position. I cannot allow my business to suffer."

"I suppose I could not expect more," I replied.

He turned away, and I went back to my work, fully realizing that I would have to change, or else I should surely lose my position. My interest in life, however, had abated to a large extent. Previous to my marriage, everything appeared to me in glowing colors. I was ambitious, full of energy and life and enthusiasm. I felt that I was equal to almost anything, but now I could almost say that I was exactly the reverse. I did not have my former capacity for work. I was dull and slow instead of being quick and alert and fully alive. The sight of Grace Winston that morning, however, to a certain extent awakened me from my chronic listlessness. I can hardly say that I had any definite hopes as to what was to be the result of my gaining some knowledge of her, but my old love for her had never abated. It was just as intense as ever; this was indicated quite clearly to me at the first glimpse of her features that morning. I tried to put a little more interest into my work on that day, and I think I succeeded, but on several occasions I naturally thought of Perkins and wondered if the information that he possessed in reference to Grace Winston was anything more than what I probably already knew, and that is, that she was in New York. He might, however, know her address and further details in reference to her which would be of special interest to me. I determined, however, that I would again call on him that

evening and see if I could induce him to give me some information in reference to her. I fully realized that it would be impossible for me to attempt to find her in a big city like New York. I could, of course, write home and some of her friends there might be able to give me her address, though possibly her husband had caused her so much trouble that even her old friends there might not know her present whereabouts.

I was tired when I arrived home that evening. I suppose this was because I had exerted myself more than usual that day. A telegram was handed me immediately upon my arrival. I quickly tore open the envelope and read, "My bondsman has refused to continue. I cannot secure another. I am in jail. See me immediately. Perkins."

I read the telegram twice to be sure I fully comprehended its meaning. Evidently his bondsman had some reason to believe that Perkins would not appear and had refused to assume further risk in his case.

"Anything serious, Mr. Kingsley?" asked Mrs. Malcolm, who had handed me the message.

"No, nothing, as far as I am concerned but Perkins has had to go to jail."

"Oh, that's too bad. He wasn't such a bad sort."

"No, I suppose this was his first offense, and I hope the lesson will be a good one for him. He wants me to see him at once."

"Why, what can you do?"

"Well, I don't know that I can do anything, but I suppose it is my duty to see him, and I will go at once."

"Not without your dinner?"

"I don't really care for anything to eat, so I will hurry to him."

I showed the telegram to the first policeman I met, and asked him to direct me. After considerable difficulty, I found the "Tombs", the name given to the jail, and I was allowed to see Perkins. They did not allow him to come down and see me, but they escorted me to the door of the cell in which he was confined. This door was nothing more than a gate made of heavy iron bars. It was an unusual experience for me. Perkins looked haggard and worn.

"I'm glad you have come to see me," he said as he stretched his hand through the bars to shake hands with me. "I'm simply down and out. My bondsman went back on me."

"Why, what's the trouble, Perkins?"

"I really don't know. He asked me to come down here to see him about the case yesterday, and I came here not thinking it was of any importance, and, lo and behold, he vacated my bond and turned me over to the police while I was here, and up to now I haven't been able to get another bondsman."

"Well, what do you want me to do?"

"I hardly think it is worth while for you to try to do anything in helping me to secure a bondsman. My case comes up day after to-morrow. If I could be bailed out easily, it would be much more pleasant, but as there is only two days till the case comes up for trial, I suppose I can stand it."

"Then in what way can I especially aid you?"

"Well, Kingsley, you know what I was talking about the other day. I want to make sure just where I stand. If you do not appear against me, I do not think it is possible for me to be convicted. You are a necessary witness for the prosecution."

"I'll do all I can for you, Perkins, without actually incriminating myself or doing anything that is dishonorable."

"Has Wicks said anything to you about attending my trial as yet?"

"Yes, he mentioned it to me a short time after you were arrested, but he hasn't referred to it again."

"Why can't you simply stay away?"

"If Wicks does not insist on my coming and if I am not subpoenaed, I shall be glad to stay away. I have no desire to testify against you."

"I'll tell you what you can do," replied Perkins. "Can't you simply disappear for a couple of days? Go on a vacation, remain at home sick, or something of the kind?"

"If I do I will probably lose my position, as Mr. Wicks censured me severely to-day because of my neglect of various duties, and if I should remain at home sick, they would get me there with a subpoena."

"I'll tell you what I think I can do," said Perkins, drawing close to me and talking in very low tones. "I've a friend who knows the clerk of the Court, and I'm sure I can so arrange it that you will not be sent a subpoena. The only thing I have to fear, then, is a request from Mr. Wicks for you to attend the trial."

"He knows what day the trial is coming off, does he not?"

"I suppose his lawyer must keep the record, and will no doubt keep him posted, and if you are at work to-morrow, you will probably be instructed to attend the trial. Suppose you visit some very sick relatives, and telegraph Wicks that you will be back in two or three days?"

"I can't do that, Perkins, that's downright dishonorable."

"You have got to do something for me, Kingsley. You cannot expect me to help you and you do nothing in return."

"You say you'll help me, but I've had no evidence as yet that you can be of any real aid to me. Why don't you tell me something?"

"I'm not going to give up until I know you are going to help me."

"Why don't you tell me Grace Winston's New York address, for instance?"

"What do you know about her New York address?" he replied, apparently greatly surprised at my question.

"I saw her on the elevated train as it drew away from the station this morning."

"You did! Well, you know that she is in New York, but you know nothing further. You help me out, and I'll not only tell you her address, but will give you other particulars that will interest you."

"Why, hello, Doctor!" said Perkins, turning from me at this moment and speaking to a large, fine-looking man who just then approached. "This is Dr. Milford, Mr. Kingsley," turning to me after shaking hands with the doctor. The doctor was impressive in appearance, and he returned my greeting in such a strong, well-modulated voice that I was favorably impressed at once.

"I'm surprised to see you here, Per-

kins. I thought you were out of this trouble," said the doctor.

"No, not over with it, though I expect to be in a couple of days."

"I hope this is the last of the case, for you are not in a condition to have worries of this kind."

"I suppose there is nothing further, Perkins. I'll leave you with the doctor," I said, about to move away.

"No, nothing, except I hope you will decide to do as I ask."

"I'll think it over," I replied as I bid them both goodbye. I had gone but a few steps when Perkins called me back.

"Would you mind waiting a few moments downstairs? I want the doctor to meet you."

"I'm in no special hurry, and I'll wait," I replied, and I was wondering what the doctor could possibly have to say to me of interest. Though I had said I was in no hurry, I was impatient to get away from the place. It was far from being inviting and was inclined to give me the "glooms." Here was one of the numerous institutions for human torture, where man worked out the old idea of an eye for an eye, a tooth for a tooth, or a life for a life. It was simply over again the theory of "Vengeance is mine." Jails should really be nothing more than reformatories, schools for developing the body, the mind and the character, but, instead, they are as a rule nothing more than primary or advanced schools for criminals. Even if justice was at all times carefully considered in meting out the punishment to those who are thus confined, the principle itself, to my mind, is bad. But when I considered that many who richly deserve punishment are allowed to go free while many others who do not deserve it are dealt with harshly, you can well understand that my impressions of such a place were far from pleasing in nature.

I had waited but a few minutes, however, before Dr. Milford joined me. The doctor was an interesting personage. He was one of those characters that strike one as being strange and unusual. He was, to all appearances, about sixty years of age. He wore a long iron gray beard. His hair was thick and heavy and of the same color. He was big and

broad-shouldered, and had a deep, strong voice which was really pleasing to hear.

"Perkins wanted me to intercede with you in his behalf," said the doctor, as we left the building.

"He has already interceded with me about the limit," I replied. "I want to do everything I can for him without being dishonorable. He can hardly expect more."

"He is really a sick man. I've been treating him for several weeks, and had just begun to see results, but this shock will give him a setback."

"What's the trouble?"

"I don't usually talk about the diseases of my patients, but I suppose you might just as well know that he has consumption, and although I'm sure he will recover if treated properly, confinement such as he is compelled to endure at the present time would soon give him a serious turn for the worse."

"I suppose you're right, Doctor, but as his trial comes off day after to-morrow, he should not have to remain there long provided he is not convicted."

"Yes, let us hope for the best. But you are not a well man yourself, Kingsley," he said turning to me and looking me over critically with his keen dark eyes.

"I fully agree with you, Doctor, but I've been taking all sorts of remedies and I do not seem to get any results, and have about concluded to stop doctoring."

"You should have come to that decision a long time ago."

"What! You are a physician and do not believe in doctoring?"

"That's it exactly. That is, if by doctoring you mean drugging."

"That's interesting. It always seemed strange to me that one should take poison in order to cure disease, and if you can do anything for me, it won't be hard to interest me."

I had an extended conversation with the doctor, and finally made an appointment to meet him the next evening at his office. I had not at any time actually been sick in bed, but ever since the second month of my married life, I had not been feeling in what I would term good health, and to a very large extent

my incapacity in a business way was unquestionably due to my physical condition. I would have gone home with the doctor that evening, but he had some patients that were waiting for him, and promised to see me the next evening.

During our conversation, he propounded many theories that were new to me, and to a very large extent the conclusions that he set forth were thoroughly in harmony with the theories of the physical culture propaganda. He believed that disease was simply a means used by the physical organism to cleanse itself, and that it should not be changed from its natural course; that the body should be assisted in relieving itself of the impurities that cause the disease, but that in no case would it be deemed advisable to use any means which would change the symptoms or the actual nature of the disease. All this was to me at that time of extraordinary interest, and the next evening I was at his office on the minute to keep my appointment with him. He greeted me pleasantly, and won my confidence by his frankness and apparent honesty.

"So you maintain that drugs are not necessary for a cure," I said as I settled myself in a chair that he indicated.

"Yes, I maintain even more than that. I maintain that they are detrimental to a cure. You have a fairly good frame, you ought to be a strong man. You ought to be full of life and energy at all times. In other words, you ought to possess buoyant health."

"I fully agree with you, Doctor, but how am I to secure it?"

"That is my business," said the doctor. "All you have to do is to follow my directions. I do not prescribe drugs, but instead I instruct you how to live. I remove all the causes of your ailment by prescribing certain rules of life that you must follow strictly day by day."

The doctor's questions brought out, of course, my marital troubles.

"Had I been your physician at that time, you might still be happily married."

"How could anything you might advise in any way affect my married life?" I replied, surprised at his statement.

"How does the following out of definite rules of life, affect one?"

"Of course, usually toward a higher degree of health and strength."

"That is it exactly. You married as do most young men without the slightest knowledge of the physiological laws which should govern the life of man and woman under such circumstances."

"I never knew there were such laws. I was simply guided by my instincts, as I suppose are nearly all young people."

"And now you're paying the penalty."

"Yes, I've been paying it for some time."

"Had I known you as a young man and had I been able also to educate your fiancée before marriage, if she was a woman of character, I am satisfied that there would have been no unhappiness in your married life."

"It is hard for me to believe that, Doctor. I tried everything I could possibly think of to make things go easier, but instead of there being an improvement as a result of my efforts, the dissatisfaction and the unhappiness seemed gradually to increase."

"I know. That's the natural result of a perverted conception of marriage that exists everywhere."

"But you could not have interested my wife in anything of that kind."

"Why not? She loved you, didn't she?"

"Yes. For a while, I think she did."

"Well, wouldn't she naturally want to retain that intense regard? She surely is not seeking unhappiness. She undoubtedly wanted to make life congenial and happy."

"I suppose she did."

"Then is it unreasonable to suppose that there is some cause for the torture you have had to endure that is comparatively easy to find?"

"Well, one of the causes, I believe, is my wife's ungovernable temper."

"Perhaps you may also have a little temper of your own," replied the doctor, smiling broadly at me.

"Maybe I have, but there is a limit to what a man can stand."

"But will you not admit that there must have been a very great change in your feelings toward each other, in order

for even a high temper to be unpleasantly aroused?"

"Yes, that's true. For the first few weeks of our married life, we were as happy as two turtle doves."

"Then there crept in," interrupted the doctor, "a slight feeling of coolness towards each other. There was not so much pleasure in being in each other's company. You missed the pleasing thrill that comes with a touch of the hand or a glance of the eye."

"Well, well! You have described it most minutely. Those are the symptoms to a dot."

"All those changes were induced through physiological causes. If the love between you had been as intense as it was when you were first married, it would have been impossible for you to quarrel, would it not?"

"Yes, that is true."

"Now at the same time I instruct you as to the proper method of living in order to obtain the highest degree of physical and mental efficiency, I will also give you information on the vital subject of marriage that will be of very great value to you. I will give you various books that you can read to advantage. Of course, as a married man it is your duty to go back and live with your wife."

"That's impossible, Doctor."

"I know you say it is impossible, but suppose you tried married life according to the plan that I would suggest."

"That might be all right if we were just beginning, but the fire is burnt out. There is nothing left but ashes, and you cannot stir up even a spark in the dead embers."

"Oh, you think over my suggestions, and see what your wife has to say about them."

There was a great deal more of this conversation than I care to record, but I can truly say that this doctor was the means of beginning a reformation in my life the value of which could not be fittingly determined. I read various books that he suggested would be of value to me in learning the physiological principles by which every man and wife should be guided. I started to read them eagerly, with all the intense interest that

one should give to a subject of such grave importance.

The next morning, while busily engaged at my duties, Mr. Wicks called me into his office.

"I understand Perkins is to be tried to-morrow. Have you been subpoenaed?"

"No, I haven't."

"Well, you probably will be subpoenaed to-day, so you had better arrange your work so as to attend the trial."

"All right, Mr. Wicks," I replied, but my heart sank within me. I was really beginning to feel sincerely sorry for Perkins, and would have given a great deal to have avoided the necessity of testifying against him. And then, there was the extra inducement of securing information which he seemed to think was so valuable to me. All that day the question was before me, "Shall I, or shall I not, testify against Perkins?" The problem was really a serious one, and it was now in its acute stage. I had to decide one way or the other. If I should testify against Perkins, I really felt that he would be convicted. If my testimony should not be obtained, he would no doubt be released. I was worried so much by the matter that I finally concluded to consult an attorney whose services I had required on two or three other occasions. I called on him at his office that afternoon. I described to him the details of my difficulty.

"You certainly don't have to attend unless you are subpoenaed, though, of course, if you purposely stayed away, you might lose your position."

"I haven't received a subpoena up to now. I will probably receive one if I go back to the office, or if I go home to-night."

"Yes. So if you don't want to be subpoenaed, you had better stay away from your place of business and your home also. As far as I can see, the only penalty you have to face is the possibility of losing your position in case you fail to testify, and you are surely not tied to one job. You can get another."

"Yes, that's true. But I've been there now for some time and I somehow don't like to change, and furthermore, I do not like to leave my present place

with a bad record behind me. I would not want the manager to think I had done anything dishonorable."

"That is true, and it is for you to decide. How about your marital troubles?"

I had gone to see him on a former occasion with a view to securing advice in my troubles with Edith, and this accounted for his query.

"Well, there is no special change except that I finally decided to insist on a separation."

"Oh, what's the use? You will only get married again after a while and get into the same old trouble."

"Yes, but I shall be careful next time."

"Careful, the deuce! You don't know the world as well as I do."

This attorney, I think, was one of the most unpleasant characters with which I ever came in contact. He was a "dyed-in-the-wool" cynic. He did not believe in ideals of any kind. He was exclusively a practical personage. When I had gone to him about my marital troubles he had said:

"Oh, grin and bear it! Suppose your wife isn't true to you. What do you expect? You may marry another one and find her a great deal worse."

His experience in life must have dissipated all faith in human nature. He had stated to me on two or three occasions that a man was a fool to trust any woman.

"Surely you must have some faith in some women," I asked. He laughed aloud at my query.

"Faith in some women! Why, my dear fellow, it does not pay to have faith in anybody."

"I cannot agree with you. I believe that it is better to have faith and to be deceived now and then, than to feel that no one is worth trusting."

"That may be all right for you, Kingsley, but you are too trustful. You are too easy. It seems to me you are old enough to have your eye-teeth cut."

"They are being cut fast enough," I replied. "I am getting my share of trouble, and it seems to me a great deal more than my share."

"Oh, simply because you are taking it so hard. Your feelings are too easily

affected. Do you know what my advice to you would be in your marital affairs?"

"I did not come for advice on that subject, but I should be pleased to have your opinion."

"I'll give it to you and charge you nothing for it. I would advise you to go and tell your wife that you are a changed man, that you expect but little from her, that you would like to have her try once more to live in peace, and that you will not expect her to live in accordance with your ideas, and that she can live out her own life in her own way without being inconvenienced to the slightest extent."

"Now, if I should follow advice of that character, it would simply mean a life of torture for me, and I am satisfied my wife would find it very unpleasant should she accept such a proposition."

"Oh, you might for a while, but you see, Kingsley, you expect too much. You have these sky-high ideals. You feel that a woman ought to be true to you in thought, word and deed, that she should not even dream of another man."

"No, you've mistaken me. I'm not so exacting as that, I can stand almost anything from a woman, but when I really feel in my heart, in fact, when I know, that my wife is a wife in name only, I cannot bear to continue the relationship. I want to get away from her. I have no respect for her, why should I live with her?"

"But you will go and do this same thing over again."

"I may, but I won't marry an actress, you can depend on that."

"Yes, but actresses are no different from any other women. They are human, no doubt they have more temptations, perhaps they are as a class a trifle more immoral than other women, and no matter whom you marry, you will find a very frequent need for a forgiving spirit. And the liberty that ordinary wives, especially about New York, are supposed to have, can hardly be curtailed in accordance with the ideals that you have somehow acquired. Why go to the trouble of having a divorce and separation, just because you have positive evidence that your wife is untrue to you? Do like most men, let her go her way and you can go yours."

"Mr. Winslow, you're what I would term the limit! If I could not believe there is more in life than you seem to see, I would want to get out of it as quickly as possible. If the time ever comes when I can have faith in nothing or nobody, then I'm done with all worldly cares. My ideals may be too high, perhaps with age I may be compelled to lower them. I fully realize that I have made a grave mistake in my marriage. I cannot consent to become a party to the demoralizing influence that would be continually present if I were to quietly and peacefully endure the deviations from the path of rectitude that my wife seems to consider necessary to her existence."

"My advice is of no value to you, I can see that, Kingsley, as far as your marital troubles are concerned. You will go on in your own way, but I'm afraid you will have to come down to earth, especially if you select your wife in a great city like New York where evil environments of every character surround every growing girl."

My talk with the attorney was of little value. It only served to incense me perhaps a little bit more with Edith. It reminded me of her deficiencies, of her extraordinary selfishness. She considered nobody but herself and her own pleasure, and the thought that she was still my wife and was no doubt still using my name, was a source of a great deal of irritation. Several times lately I had thought of seeking a divorce, but I had heard a great deal about the difficulties that would present themselves under such circumstances.

I was surprised, to say the least, when I arrived home that evening, and found a brief note from her asking me if I would visit her at the theatre that evening, as she had a matter of importance about which she would like to confer with me.

I did not want to see her, but I went in answer to her note. She received me in her dressing room at the theatre. There was no attempt at affection. She was as good-looking as ever, but was quite formal and polite.

"Horace, now that we have separated, do you not think it would be better if we

were divorced?" was her first remark, in tones but little different than if she were talking about the weather.

"I fully agree with you, Edith, it would be better if we were divorced. I have thought of it often, but how? That's the question."

"Suppose I apply for the divorce."

"I have no objection, but upon what grounds will you apply for it?"

"Well, there's only one charge that can be made in New York State, and that is adultery," looking at me significantly.

"Yes, but there is no evidence," I replied.

"Oh pshaw! You can make the evidence."

"Yes, but I won't make it, not even to be divorced from you."

"How do you expect to get a divorce then?"

"Suppose I apply for the divorce from you?"

"Yes, but you have no evidence."

"No, but I think I can get it very easily."

"Not so easily as you think," she replied in sarcastic tones. "I have to get ready for my part. What do you say?" rising, her manner indicating that our interview was at an end.

"I can only say that I won't make any evidence for you."

"Then you can please yourself," she replied, as I hurriedly left the room.

Her proposition practically meant that I would have to appear to be guilty of adultery in the eyes of the law before she could secure a divorce from me. I recoiled at the mere thought of adopting such a method to be rid of her. But the question came to me over and over again, "What shall I do?" Here she was bearing my name and somehow I felt that she was disgracing it at every opportunity that presented itself. But I was helpless. After making detailed inquiries I soon found that it would cost a large sum to secure the evidence necessary to bring a suit for divorce against her with any possibility of success. She was the guilty party, but she coolly proposed to me that I assume the guilt in order to be rid of her.

(To be Continued.)

Diet and a Beautiful Voice

By Gurdon A. Fory

THE INFLUENCE OF DIET UPON THE HUMAN VOICE

This article was written especially for singers, but the information which it contains is of equal value to lecturers, orators or other speakers. In fact every suggestion given by the author can be used by anyone desirous of cultivating a beautiful, melodious voice, for use in conversation or for other purposes.—Bernarr Macfadden.

WHY Nature elects to use the mucous membranes of the throat and nasal cavities in excreting part of the system's accumulated waste and poisons is not so pertinent as the fact that she does. Certain waste matters find there their most ready exit and there Nature excretes them. Methods of assisting her will be discussed later.

Colds affect the voice primarily at the throat; acutely as hoarseness, chronically as laryngitis. Pharyngitis (chronic sore throat) does not directly affect the voice but may do so indirectly through inflammation of the soft palate, uvula and fauces, thus decreasing the size of the pharynx, which is a resonating chamber. Voices are most affected by hoarseness in the lower or chest registers. Thus basses and contraltos are more completely disabled by it than are the higher voices. Be the hoarseness ever so severe the upper mixed tones and the head tones are not seriously impaired by it. I am not advancing any pet theory of voice building—I am merely stating facts. If the cold be "in the nose" the nasal resonance is clouded or dead, and the tenor cannot "appear"; if "in the head" the soprano has lost her best tones and the brilliancy of her entire voice and must disappoint her audience. Every experienced singer has noticed these facts and can corroborate my statements.

Nature, if permitted, will, in an incredibly short time, remove your "cold," cure your hoarseness and restore your voice to its normal efficiency; and when I say *Nature* I do not mean *drugs*. If you continue without a halt the same

habits which made the "cold" a necessary move of Nature the conditions become chronic and you have catarrh or laryngitis. If you continually take in superfluous or poisonous matter, Nature must, in order to save you, continually throw it off—you *must* have catarrh and Peruna will not cure it. (Having, years ago, taken three large bottles, guarantee and all, I ought to know.) Neither will nasal douches nor inhaled medicated fumes. The mouth, having no excretory membrane nor glands, shows no inflammation during colds and catarrhal conditions and those singers who have been taught to force every tone to resonate "in the mouth" are least liable to disability from colds.

Incidentally I wish to present for the consideration of singers a theory of mine in regard to the fleshiness of tenors in general, or, I might say, in regard to the tendency of fleshily-inclined tenors to be good tenors with resonant voices of high range. That this fleshiness is more general among tenors than among other voices all observant people must have noted. From a boy I have puzzled over it and wished I too were "fat."

The fatty tendency is a constitutional peculiarity and in order to see its connection with clearness of voice we must understand what fat is. To many it is a sign of vigorous health, but the fat one himself knows to the contrary. Why Nature should in one person discharge superfluous matter as catarrhal excretions and in another lay it aside as fat is not apparent but the fact remains that She does. Perhaps it is through a weakness or disability of the excretory sur-



Miss Alice Nielsen, who rose to success in grand opera after giving up a notable career at lighter vocal work in order to study classic music.

faces in the mucous-lined cavities of the fat one—this seems most plausible. At any rate the "fat" tenor has clear head and nasal cavities at the price of a beautiful and symmetrical body. He might have both! The majority of the great sopranos are also of this embonpoint-inclined constitution, though their greater pride in personal appearance inspires them to a more rigid restraint upon the amount of food eaten if not to a better judgment as to its nature.

As I have already said Nature never intended that the human voice should be other than beautiful, rich, resonant, flexible, vibrant. Neither did She intend that the beauty of the human body should be hidden by unsightly fat. The tenor of normal flesh may have the good vocal qualities of the "fat" tenor and *vice versa*. The remedy for each lies in a right choice of foods—a choice that involves not only quality and nature, but, and above all, quantity—a choice that will call for much use of will-power, much vigorous self-denial, much study. But oh, the rewards of it all! To feel the exhilaration of a clean body vibrating from head to toe in response to a voice ringing vibrant and free from out every remotest corner of every resonating cavity! One moment of such god-like consciousness before an audience is a reward to tempt any serious singer from the "flesh-pots of Egypt" to the simple fare of a Daniel.

I should call this a very incomplete and incomprehensive treatise if it failed to present remedial measures in line with its fine theories. The student is ever in search of detailed instructions; he wants elucidation of the minutest sort; is not satisfied with suggested lines of thought which he must follow to logical conclusions in order to arrive at knowledge—he never will be. And so, as a teacher, I shall do my best for him.

"An ounce of prevention is worth a pound of cure." I wish Poor Richard might tell it to each of us in person in his own impressive way. I have shown that a husky voice, a clouded voice, a hoarse voice are the signs of a clogged system and that a clogged system can be only the result of an overfed or improperly fed stomach. If we prevent overfeeding and improper feeding we prevent their deplorable effects on the voice.

If we possessed natural appetites and the original feeding instincts the problem would be very simple. Unfortunately we do not nor do the domestic animals, thanks to the agency of mankind. We might then rely entirely upon instinct in the matter of food selection, both as to nature and quantity. In our present de-naturalized state, however, we must summon reason to our assist-

ance; we must experiment and observe results; we must be ready to *learn* and to *change*.

The great present-day sin is gluttony. If you feed to satisfaction a perverted appetite with perverted food you invariably eat from five to ten times as much as you need. Light eating, *very* light eating, is absolutely essential to an unclogged body. Eat no more than is needed to repair the mere wear of being and living. If one pound of food a day will do it do not eat two. Leave the table before you are "full;" if you have not eaten enough govern yourself accordingly on the next day. You will soon learn and, in the meantime, *you will not starve*. Do not take your next meal until you are *unmistakably hungry* and, above all, never eat between meals. Regulate the amount you eat and the times at which you eat so that when your regular meal time arrives you will be healthfully hungry. It is good occasionally to be hungry.

We have heard and read much recently in discussion of the proper number of meals to be eaten daily. One man is cured of dyspepsia and catarrh by going without breakfast; another by omitting the noon meal; number three eats only one meal a day and is cured of the same ailments. A learned doctor says five meals a day is the only plan sure to prevent overloading the stomach. The German-Americans among whom I grew up in Iowa are a sturdy race, and eat five times a day the year round.

Every one of these plans I have tried. Under any one of them it is easy to overeat. When in Rome it is exceedingly hard not to do as the Romans do. However, out of all the plans I have at length chosen the two-meal idea and have tested it under many conditions with the meals at various hours. The no-breakfast plan I could never find truly satisfactory though I tried it repeatedly at length. For the singer who must sing in the evening it is impracticable since the noon and evening meals are thus thrown too closely together and the latter too closely to the time of singing.

At least four hours should elapse between a meal and any vocal effort even though the meal be a very light one—a

longer time is even better. Singing demands tremendous energy and the stomach should be at rest if possible. Make this a rule as often as you can do so. If I am to sing in the evening I find that a light fruit breakfast at eight and a moderate dinner at two or three in the afternoon leave me in splendid condition, and, since I eat thus when I must sing, I eat thus on other days that I may not be subjected to any irregularity. If one is hungry after the evening's work a little



Andreas Dippel, a tenor whose repertoire enables him to act as director as well as to sing parts in many operas



Miss Lulu Glaser, a favorite singer appearing in light opera and musical comedy

fresh fruit may be taken. Mme. Fremstadt indulges in a bowl of simple oat-meal gruel. Whatever you take be sure it does not prevent your rising next morning with a light feeling and an insistent breakfast appetite.

The nature of the singer's food need not be essentially different from that of anyone else earnestly desiring a clean system. First of all shun meat of *all kinds at all times*. Avoid anything fried or containing dead-animal products as you would poison. Even the pure vegetable oils as cotton-seed oil and olive oil are decomposed when heated above the temperature of boiling water and act as

irritants upon the mucous membranes. They also coat the foods with which they are cooked, preventing the free action of the digestive juices. These same oils taken in natural form or mixed (not cooked) with foods or used as salad dressings are exceedingly wholesome. I recommend that a taste for them be cultivated. Good butter is a wholesome food taken in moderation but must not be melted. Let one of your mottoes be, "No dead-animal products!"

Nuts are tabooed by singers and their M.D. advisers as direct irritants of the vocal cords. I wish to differ with these learned gentlemen. Nuts are meat—rich in fats and proteids. If one should eat a beef-steak for dessert or between meals I have no doubt that he would find it as bad as or worse than the nuts which are generally eaten at such illegitimate times. Use nuts in place of meats for the solid part of your meals. They are a concentrated food and from two to four ounces daily should supply, with fruits, vegetables and cereals, sufficient nutrition for the average person. Eat plenty of fruit and if it be eaten at the *beginning* of the meal one is less liable to over-eat of the heavier foods. Chew every mouthful to an absolute liquid.

Milk and acid fruits form bad dietetic combinations. Dates, figs and prunes are especially wholesome fruits containing no acid and agreeing perfectly with milk and cream.

It seems to me that, in the face of present-day enlightenment, no one of sound intelligence and liberal reading can doubt that a meatless diet is the ideal one. To the students of singing and of singers there should be reasons for the raucity of German voices and for the smooth beauty of the French and Italian ones. These macaroni and olive eaters sing spontaneously as birds and as beautifully; the sausage eaters shout raucously and blame their language for their inability to use effectively the nasal resonance. To me, tone is not so much a matter of vowels and consonants as a matter of resonance.

Why meat is objectionable, why it is irritating to the mucous membranes, why it is poisonous, why every mouthful of it is freighted with waste animal prod-

ucts, it is not the province of this treatise to state.

Along with a light, simple vegetable-nut-fruit-cereal diet take plenty of fresh air exercise, cold baths, deep diaphragmatic breathing with an occasional Yogi "cleansing breath" thus: without raising the shoulders inhale, beginning at the diaphragm, until you can inhale no more; then, by raising the shoulders, inhale still more, hold a moment and exhale forcibly through the wide-open mouth.

But suppose you *have* a cold *now*; suppose you suffer chronically from catarrh; suppose you have even lost your voice to a greater or less degree because of catarrh—what is all this preventive talk to do for you?

If I had a cold I should begin fasting at once and fast a day or two or three, drinking freely of pure cold water if I felt thirsty. I would be continually in the open air if I could. I would sleep with my throat in a cold pack. I would keep the pores of my skin open and active by friction bath and cold water dashes. I would keep the blood bounding through my veins by vigorous exercise and deep breathing. I would *not* indulge in quinine nor "white pine" cough syrup.

In a surprisingly short time, if you cease adding waste to that already in your system, your "cold" will disappear because Nature has no further need of it. Your throat, nose and head will be clear and your voice better than ever before. Eat *VERY lightly* for a week after your fast and don't shun fresh air.

If I were a singer suffering from chronic catarrh I would be a little less strenuous but no less unremitting in my efforts than in getting rid of a cold. The accumulated effects of long-continued wrong living cannot be forced out of the system by long fasting. I cannot advise long fasts. I would simply eat very lightly of a pure meatless diet being careful not to allow a *single retrogression*. I would take occasional short fasts, say one day a week, and I would *keep it up* until I had no trace of catarrh. I would not breathe a single breath of secondary air.

The life which I have outlined for pre-

venting will, if persisted in, also cure catarrhal troubles. Cold water baths, friction baths and local cold water applications are excellent tonics and invigorators.

Get close to Nature, singers one and all! Eat lightly of Her pure foods, breathe deeply of Her fresh air, and you will enjoy the superb vitality of a vigorous clean body and be always "in good voice."



Heinrich Knotte, a notable performer in Wagnerian and other grand opera



Line-up of football teams in accordance with new rules, showing the neutral zone between lines which players must maintain. Bodies of all players, except the snapper-back, must clear points of ball.

The Call of the Oval

By Donald C. Harrison

THERE must be some exceptional quality in a game that can secure such a grip upon the entire student body of a nation of eighty million people that it practically precludes all interest in other forms of sport during its particular season. And just such a game is football. It must be remembered that, though it is most conspicuous in the universities and there achieves its highest development, yet it is played, and sometimes very well, by even a far greater army of young men and boys in preparatory and high schools, as well as in grammar schools, not to mention innumerable outside teams that do not pretend to any educational representation and which range from military organizations and large athletic clubs down to the ninety-pound self-styled "Whirlwinds" of the seventh or thirteenth ward.

On the whole, it is most absurd for our occasional peace-loving, bruise-fearing critics of the game, however poor may be their estimate of "Young America," to argue that it is a pastime that can appeal only to the savage and insane. For surely, out of the millions of enthusiastic

and devoted lovers of the strenuous sport, there can be found thousands who represent the studious, substantial type of youth, those who stand high in the recitation room and debating club, and who seem, even to the violence-decriing critics themselves, to show good sense in other respects. Indeed, it is well known that no small part of those who shine most brilliantly on the gruelling gridiron are also distinguished by their success in the class room. Mad and barbarian they are not, at least not all of them, and yet they love the heroic game as warmly as the rest.

It may be that the objection to this magnificently rugged pastime is entirely a matter of temperament. If so, no one can blame the carping critics, but at the same time no one will give heed to their comments. Football, however, is not for the anæmic pedant. It is a game for the strong, full-blooded, stout-hearted youth, the boy with the love of conquest in his heart, with the courage to dare and to do. And it is not too much to assert that the general indulgence in such a rigorous pastime must inevitably have

its influence upon the character of the nation, developing those elements of strength and fortitude and self-control which young men learn in foot ball.

It is a curiously significant circumstance that practically without exception people who denounce the game are those who have never played it, and therefore cannot understand it. In fact, in the experience of the writer, they are usually those who have never even witnessed it.

It is a sport peculiarly suited to the cool Autumn months, for after the more or less languorous days of Summer one feels again the impetus of vigorous exertion. And just here lies one of the secrets of the game's great charm. It is vigorous, lusty, even violent, beyond any other sport that we know. It gives the very fullest opportunities for the display of courage and strength, as well as for the exercise of skill and judgment. More nearly than any other pastime of the present age it takes on the nature of a severe and prolonged battle, of the terrific strife which giant men in primeval times have had to struggle through, and of which perhaps some dim, unconscious recollection still survives in our subjective minds. It is some such vestige of the primitive in us that makes men love to hunt and fish and camp out under the trees and sky, and which still makes even the gentlest of the fairer sex admire the strong and mighty man who is both able and willing to fight, and to fight desperately.

But apart from this particular feature, which makes its powerful appeal to some of the deeper elements of our nature, the clashing of two contending teams provides a form of exercise which is unexcelled. It offers many of the same advantages that wrestling affords for physical development, though it is more violent and apparently of greater interest from the fact that the contest is not merely between two men but between two diminutive armies, each, however, working with much of the same co-ordination and unity of action with which a single individual would employ the various members of his own body.

The action is as nearly continuous as one could wish, the brief pauses between the scrimmages merely affording that

momentary relaxation which enables the contestants to endure the tremendous demands upon their strength. Regarded strictly from the theoretical standpoint of the physiology of exercise, the game is a most valuable one, inasmuch as those forms of activity which provide frequent though brief relaxation are far more beneficial than those in which the strain or muscular tension is uninterrupted.

Base ball, by comparison, is slow, even though valuable enough in its own way. For if the pitchers are sufficiently successful to deserve their positions, there may be long stretches in the game when its activity is confined to the efforts of not more than three of the eighteen men, while almost never are there more than half of the entire number actually involved, the interest in the great national Summer game apparently depending to a large extent upon its suspense and uncertainty, just as the same elements form the attraction of a game of cards. In football, however, there is no opportunity for loafing, for at least twenty-one of the twenty-two men involved are compelled to bestir themselves with all their might in every play, to say nothing of the strenuous labors of the referee.

A brutal and dangerous game? Well, rough, but not necessarily brutal, and perhaps slightly dangerous, though even the danger is not what it is supposed to be. In computing the comparative danger of the game, it is necessary to bear in mind that each season hundreds of thousands indulge in it, not only during the Saturday matches, but in the daily practice through the week. As compared with the dangers of boxing it must be noted that there are twenty-two instead of two men concerned, so that the percentage of accidents is not so startling as it may seem. It is also a fact that among those who are injured, the majority are not properly trained and in no fit condition to attempt to play such a game. And even admitting a modicum of danger, the fact remains that the benefits far out-class the risks. Of course, the reader's concurrence or otherwise in this view will depend largely, as suggested above, upon his temperament and state of health.

The fact that boxing, for instance, has sometimes resulted in injury does not detract from the value of boxing as an exercise. The countless fatalities by drowning as the result of swimming do not arouse the protest that we might expect, and cannot alter the health-building character of this pleasureable recreation. Even skating, which has no such justification as swimming on the score of usefulness, is the occasion of a considerable loss of life, but it is not criticized. Automobiling, surely, is far more hazardous, and yet we are not likely on that account to abandon so valuable an invention, or rather, product of a series of inventions.

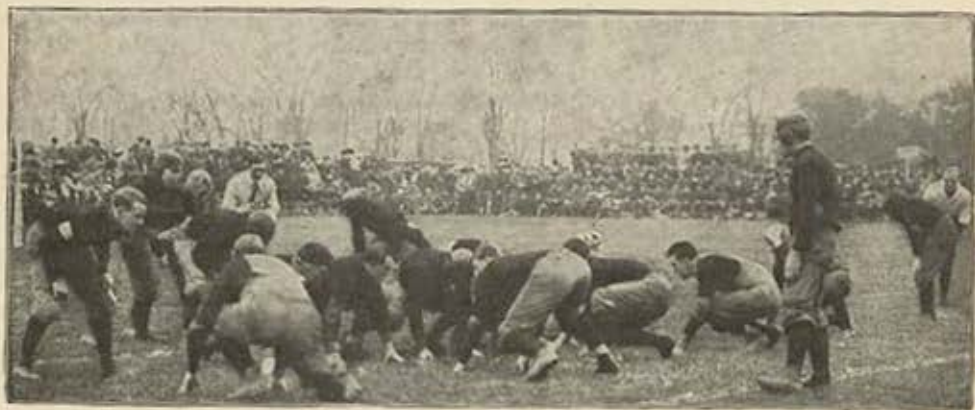
The effort of the last couple of years to "reform" foot ball has probably been as successful as could be expected without too greatly changing the essential nature of the game itself. The purpose of the so-called reform was partly to mitigate the extreme roughness of the tactics formerly employed and partly to "open up" the style of play so as to decrease the practice of heavy mass formations and encourage a tendency towards fast and brilliant work around the ends and over the more open field, thus making the game more spectacular.

One of the most conspicuous results of the changes in the rules has been the development of the kicking game, which is not practiced very generally by all teams. The change also seems to afford the second class organization a better

chance to make an occasional score against evens that seemed impregnable under the old style conditions of play.

There is, however, some question as to whether the modifications have really tended to lessen the dangers of the game, such as they are, or whether a moderate risk can ever be eliminated. It is possible that there is really less opportunity for slugging and foul play, but in the end the entire question of brutality is not a matter of rules but of the dispositions and personalities of the players themselves. We must really expect something of this nature as long as we continue in various ways to foster the instincts of cruelty and brutality so often observed in the life of the world outside of sport.

It is impossible at the early date of this writing to make any prediction as to the relative success or character of the various big teams, though in the West it is probable that Chicago University will stand either at the head or very near the head of the list. The phenomenal success of the Chicago team last year in their experiment of training on a strictly vegetarian diet is one of the best indications of the general awakening on the subject of rational dietetics which seems to be at hand. Probably before long the vegetarian table will be adopted by other foot ball teams, as well as by athletes in other branches of sport in which endurance and perfect physical condition are among the chief essentials to success.



Scene in last years' game between Harvard and West Point. Team on right hand side is playing on the defensive.

Living the Radiant Life

Written Especially for PHYSICAL CULTURE

By George Wharton James

Author of "What the White Race May Learn From the Indian," "The Wonders of the Colorado Desert," "In and Around the Grand Canyon," "In and Out of the Old Missions," "The Story of Scraggles," "Indian Basketry," "The Indians of the Painted Desert Region," Etc.

CHAPTER VII

OUT OF DOOR RADIANCES.

I WANT to radiate a constant, passionate, never-failing love for God's great out of doors at all times, in all seasons, under all conditions, in all moods. I want to understand Nature, to be one with her, to feel with her, expand with her, be reserved with her, be exuberant with her. I want to realize and radiate my kinship with everything that exists in Nature; I am a part of this great whole, all of which is an expression of a great thought of the greater God. By making myself a part of Nature I am able to make allies of all the forces of Nature, and this fact I want to radiate with power and emphasis. I would teach both by word, influence and unconscious radiation that we are able to ally ourselves with all the powers of God as manifested in the world around us. I have learned that, no matter for who else the sun may shine, it shines expressly for me. I would have you learn that it shines expressly for you. It is your sun. It is my sun. Think of it, speak of it, act towards it, therefore, as if it were yours—*my* sun. Whatever its power it belongs to you. Claim it! And so with all the forces. The winds blow for you, the flowers bloom for you, the stars glisten for you, the fruits grow for you, the trees clothe themselves in beauty for you, the birds sing for you, the sunsets are glorious for you, and the sunrises gild the mountain tops with reddish gold for you, the grass grows for you, the creeks sing, the rivers flow and the seas roar for you—the forces of good are all yours, you

are allies with them, and what they are you are, what power they possess, you possess.

What vivification comes into the body, mind and soul of man when he realizes this stupendous fact. He no longer stands alone on the earth. God, to many men and women, is far away, unseen, unknowable, but through His world in Nature we can touch Him, realize Him, learn to know Him, and while we are learning this greatest of great facts we are becoming stronger, more self-reliant, more full of power, more optimistic, more sure of our own footing on earth.

A man may not say of a palace, a house, a garden, a yacht, a fortune, this, these, are mine, but we may each and all—the vilest drunkard, the most wretched harlot, the near-suicide and the night-insane, as well as the poverty-stricken and the oppressed—say and know "the sun is mine, the stars, the rain, the sweetness of the flowers, the blessedness of God's great gift of life. Therefore, I am not poor, I am not forsaken, I am not forgotten. I own much. I will take and utilize these for my eternal blessing."

And as you utilize what you have you become both capable and worthy of larger things. Only those who use receive more. "To them that hath shall be given," and these are the things that all may have and that bless more abundantly than any other things mankind may possess.

Most of us go through life missing what Nature has for us.

In one of Sienkiewicz's books he makes one of his characters say of his betrothed, "I gaze on Nature, too, and feel it; but she shows me things which I should not notice myself. A couple of days ago, we all went into the forest, where she showed me ferns in the sun, for instance. They are so delicate! She taught me also that the trunks of pine-trees, especially in the evening light, have a violet tone. She opens my eyes to colors which I have not seen hitherto, and, like a kind of enchantress going through the forest, discloses new worlds to me."

Reread these two sentences: "She shows me things which I should not notice myself," and "She opens my eyes and discloses new worlds to me." The world's beauty is so common to us that we forget it. Nothing is commoner than the stars, yet nothing more mysterious, wonderful and attractive; the grass is so common that we trample it under foot, yet its beauty, its varied features will repay long hours of study, and it is a joy unspeakable to those who have learned to love it. It is in the common things that we should look for beauty, for lessons in color, in art, in criticism. One of the great students and teachers of art of our country recently wrote a book entitled "The Gate Beautiful." It was the result of a life of concentrated study upon true art. Whence comes true art? What is it? How shall one know it when we see it? The result of all Dr. Stimson's study, placed in that wonderful book, summed up in short is—study Nature, and you will there learn more than all the books and teachers of art can tell you in a thousand years. The author shows by plates spiral vibrations made by the voice, the natural forms of mineralogy, mechanics, astronomy, seeds, fruits, vegetables, fish, reptiles, insects, birds, beasts, flowers and humanity. He shows the exquisite beauty of snow crystals, and of the minute forms of earliest life, found in the diatoms. He sets forth the beauty of leaf and stem in the commonest trees, in shells, etc., until one wonders where his eyes have been, where his appreciation of beauty, in all the years that these things have not

appealed to him. Nature is so flooded with beauty that more than one lifetime will be necessary for any one man to discover the half of it. So because of its beauty I want the men and women who come in contact with me to feel in me a pulsing, living, active, irresistible love for Nature which draws them out into it; arouses in them an insatiable longing to see and know, to feel and comprehend more of the rich beauty so freely exposed out of doors.

Not only in their beauty in form, but out of doors is full of beauty of color. Oh, the sunrises and sunsets at sea, and on the desert, and in the canyons, and on the mountain heights, and on the great plains of Arizona and New Mexico and Utah. What colorist of earth can ever equal them. Titian? Tintoretti? Velasquez? Turner? La Farge? Reid? Why waste words asking the questions? How tame is Titian's greatest color effects side by side with a sunrise on the ocean, or a sunset on the desert. Bostonians are proud of Reid's magnificent paintings in the State House. I enjoy them myself and do not wonder that visitors are struck by the powerful color handling of the interesting historical subjects. But Mr. Reid himself is not so foolish as to imagine that his greatest paintings are more than futile attempts to put on canvas the colors his eyes have seen, his soul has felt, out in the open. So, for color I would radiate a love for out of doors.

And I would radiate a love for all of out of doors at all times. Winter, Summer, Spring, Autumn, in rain and sunshine, in storm and calm, there is something in every condition, every mood for the man and woman who are receptive. When I see newly born infants shut out from the pure air, their faces covered, "lest they take cold," I am filled with amazement at people's fear of out of doors. My babies were put to sleep out of doors half an hour after they were born. The latest and most approved methods of treating tuberculosis is to make those afflicted with it sleep out of doors. There are camps in Michigan and in the snowy regions of New York, in the Adirondacks, where, throughout the Winter, patients sleep out of doors with

the best of results. Be not afraid. Go out of doors as does the Indian. Learn of him and be wise. He is a believer in the virtue of the outdoor life, not as an occasional thing, but as his regular, set, uniform habit. He *lives* out of doors; and not only does his body remain in the open, but his mind, his soul, are ever also there. Except in the very cold weather his house is free to every breeze that blows. He laughs at "drafts." "Catching cold" is a something of which he knows absolutely nothing. When he learns of white people shutting themselves up in houses into which the fresh, pure, free air of the plains and deserts, often laden with the healthful odors of the pines, firs, balsams, of the forest, cannot come, he shakes his head at the folly, and feels as one would if he saw a man slamming his door in the face of his best friend. Virtually he sleeps out of doors, eats out of doors, works out of doors. When the women make their baskets and pottery, it is always out of doors, and their best beadwork is always done in the open. The men make their bows and arrows, dress their buckskin, make their moccasins and buckskin clothes, and perform nearly all their ceremonials out of doors.

I wish I could radiate to every human soul what I mean by having one's mind, one's soul, live in the open. Words fail to convey what I mean. The sense of largeness, of expansion, of breadth, depth, width and height are as tangible in soul results as in those of body. No one can live in the open all the time and become sordid money-grubbers like the pitiful multi-millionaires of Wall Street. If they are to become rich they do it in a large, expansive, virile way that commands respect. It is only the shut-in man that can add to his millions by cheese-paring methods, by grinding the face of the poor, by counting up cents and nickels and dimes wrung from the labor of the children of the poor.

Read these lines from a wonderful poem of the out of doors by Edwin Markham, and see how much you can make it mean to yourself:

"I ride on the mountain tops, I ride;
I have found my life and am satisfied.

* * * *

I ride on the hills, I forgive, I forget
Life's hoard of regret—
All the terror and pain
Of the chafing chain.
Grind on, O cities, grind;
I leave you a blur behind.

I am lifted elate—the skies expand;
Here the world's heaped gold is a pile of
sand.

Let them weary and work in their narrow
walls;

I ride with the voices of waterfalls!

* * * *

I swing on as one in a dream—I swing
Down the airy hollows, I shout, I sing!
The world is gone like an empty word!
My body's a bough in the wind, my
heart a bird!"

Never in a thousand years can one get such pure, sweet, pulsing, living and stay-long-with-you delights as these in a city. Granted there are pleasures in the ball room, and they are doubtless great, but can they begin to compare with the delights of out of doors? Languor next day, ennui, jealousies, heart-burnings, gossiping, cruel slandering, ruination of health, too often come with these city pleasures. Then, too, the ball room in its desirable form is only for the rich, while the poor may enjoy everything good of the great out of doors. The city has its theatres, operas, concerts, lectures, and the like, but they are generally at night, compelling people to be out when they should be in bed, turning day into night, and reversing the natural order of things. And the artificial is never equal to the real, the unnatural to the natural.

Then, too, the out of doors is such a teacher; and not a teacher of the arid, formal, dry, embalmed knowledge, but the real living facts. As Robert Louis the well-beloved, says:

"There is certainly some chill and arid knowledge to be found upon the summits of formal and laborious science, but it is all round about you, and for the trouble of looking, that you will acquire the warm and palpitating facts of life."

(To be Continued.)

Physical Culture Doctors

A CHANCE FOR YOUNG MEN AND WOMEN TO
SECURE AN EDUCATION THAT WILL ENABLE
THEM TO TREAT THE SICK IN ACCORDANCE WITH
THE METHODS ADVOCATED IN THIS MAGAZINE.

THE demand for drugless physicians is increasing at a very rapid rate. The wonderful success of the osteopaths has given emphatic evidence of the doom of medical methods. This remarkable change in public opinion shows very plainly the marvelous possibilities for a new profession of healing, which takes advantage of every conceivable natural method in the treatment of disease and the building of general bodily vigor. Such a profession is practically guaranteed success in advance. The demand for nurses that are familiar with natural methods of treatment is already far in excess of the supply. There is practically no school today which thoroughly trains men and women in the science of caring for the sick in accordance with these very valuable methods. With the object of filling this long felt want, a school for educating doctors of Physcultopathy and nurses who work under the direction of those educated in these natural methods, has recently been formed. This school will give enthusiastic young men and women, anxious to take up a career of this kind, an opportunity to learn a profession that will promise them a career that should be satisfactory, financially and otherwise.

This course of study is given in the Bernarr Macfadden Sanatorium at Battle Creek, Michigan, and every advantage will of course be offered to the students for the study of the hundreds of cases that pass through the hands of those in charge of this magnificent institution.

In the regular course no fees are required, though applicants are enrolled for three months on probation, and if they prove satisfactory they can then

enter on the regular course of study. A few students will be accepted who can pay for their board and tuition in services, in fact, especially competent students who wish to put in full time on the nurses course can secure a small compensation after the three months probation, in addition to board and tuition. The work of the students, as those interested can well understand, after they have become somewhat familiar with the methods, will be assisting in the treatment of patients. Thus they will learn by doing. There is no knowledge so valuable as that which is acquired by actual experience, and the general policy of hospitals in the training of nurses will be followed in this school. In other words, the prospective nurses will secure most of their training from actual experience under the direction of skilled nurses. Students will be required to attend lectures and recite daily, and at regular periods examinations will be held and students will be advanced to their merits.

A six-months post-graduate course will be given, in which advanced students can be allowed to graduate as doctors of Physcultopathy, provided they can pass the examinations given at the end of this course. For this post-graduate course, including all examinations and graduation certificate, there is a fee of \$50.00, though a limited number of students will be given board during this period in exchange for special services in addition, thus limiting the expenses to those which are required of all students of those who desire to take a post-graduate course to the amount named. Those wishing to enter this profession can secure further information by addressing the editor of this magazine.

Our Physical Culture Directory

A DIRECTORY THAT WILL CONTAIN THE NAMES AND ADDRESSES OF INDIVIDUALS INTERESTED IN THE THEORIES ADVOCATED BY THIS PUBLICATION. NAMES CANNOT BE ACCEPTED FOR DIRECTORY AFTER NOVEMBER 24th

WE have on two or three occasions in recent issues of the Magazine referred to the general demand everywhere for a Physical Culture Directory. Those who believe in the theories advocated in this publication very often reside in a community in which they are not able to find congenial persons of either sex. They are almost as much alone as if they were in a desert, and very frequently right in the same community there are persons who are interested in the same theories and who would no doubt be glad to know of others with similar ideals. A Physical Culture Directory would, therefore, solve the problem. In every community one would easily be able to find those for whom he would find a feeling of fellowship.

Several have offered to publish the directory, but no matter who might publish it we feel that we would be held responsible for the proper performance of the work, and we have, therefore, concluded to publish it ourselves in connection with our subscription department. Some time ago we ran a correspondence department in the magazine and charged those that were desirous of inserting a brief advertisement a price a little less than our advertising rate, which is \$1.60 a line. We, however, feel that we can get out the Physical Culture Directory in connection with our subscription department at a price but little beyond that which we charge for the subscription. We have concluded to offer all our readers a chance to be represented in this directory for ten cents beyond our regular subscription price. This refers to new subscriptions or renewals. Simply remit \$1.10 and you will be credited with a year's subscription, and your remittance will also cover the cost of inserting your name and address in

the Directory with a few other details we will ask for, and also the cost of a copy of the Directory sent to your address. Those desiring to have more information published in reference to themselves than that for which we ask can do so at the rate of fifty cents a line, consisting of eight words. We would like to get as many names as possible in this first Directory, and hope that every subscriber on our list will renew, and we can date their subscriptions a year from the time it expires, no matter what month this may be. No credit can be given to those who have recently subscribed. They will have to pay for an additional yearly subscription in order to secure the privilege of the offer mentioned.

In giving us your name and address, please write it in the manner that you are ordinarily addressed, prefixing it with Mr., Mrs., or Miss, or whatever may be the usual manner of addressing you.

Write very plainly.

I enclose \$1.10.

Begin my subscription with..... number.

Name.....

Street Address.....

City.....State.....

Height.....Weight.....

Color Hair.....Eyes.....

Religion.....

Condition of Health.....

Education—Poor, Fair, Good, Superior, Very Superior.

same way that they are precipitated and form incrustations on the bottoms of kettles in which such water has been boiled.

Now, even if the individual just quoted who, by the way, is a prominent figure in the medical world, lays excessive stress on the harm which comes from the use of "raw" water, it is certain that a large part of the evils which afflict the body may be traced to the use of be-fouled water. By such water is meant not only that which contains an undue proportion of the mineral salts named, but also holds a lot of matter which humanity has no right to inflict upon its stomach. Rotting vegetation, insects, dead animals and birds, the refuse from human habitations and so forth, are the inevitable accompaniments of water which traverses a stretch of open country before it reaches the home of the city dweller. Not pleasant to contemplate perhaps, but actual, nevertheless.

"If you could see what I see," said the keeper of one of the suburban reservoirs of New York City to the writer, "you'd never drink water again."

A glance at the speaker's nose showed that he wasn't given to the use of the "pure element". But when he went on to tell of the things that he found and fished out of the broad stretch of water over which he had charge, one felt like forgiving him for his anti-temperance principles. The story was a gruesome one, and there is no need to repeat it here. But it is duplicated in the case of all the supplies of water for big communities. And one of the upshots of the matter was, that the writer from that day on, has drunk distilled water only, with an incidental improvement of his health, to say nothing of the disappearance of imaginative qualms. Which properly brings up the subject of distilled versus "raw" water.

Now, certain persons have in the recent past, tried to make out that the use of distilled water, was not only unpleasant but positively dangerous, basing their theories on the alleged fact that the inorganic salts in "raw" water were essential to health, and if these were eliminated by the action of distillation, the results would be disastrous in the extreme. Also, was it averred, that boil-

ing or filtering would remove any of the dangers which might be found in "raw" water, due to putrefying vegetation or animal flesh, or microscopic organisms. But alas and alas! this is another case in which theory has come in contact with fact, and has got it in the solar plexus in consequence. Only distilled water is used in the United States Navy and he would be a bold not to say untruthful person, who would state that our sailors show any signs of physical deterioration because of the constant work of the water-still on ship-board.

Again, all the drinking water used by the United States troops in the Philippines is distilled. In regard thereto, Major Walter D. McCaw, surgeon of the United States Army gives some striking testimony.

In the past, distilled water has not been used to the extent that it deserved by reason of the difficulty of obtaining it. It is true that it could be bought by those who resided in big communities, but this was no consolation to those less luckily placed. Then too, bottled distilled water was sometimes apt to taste "corky" unless fresh. The home-made still was troublesome, ineffective and slow. To buy of the nearest druggist was an expensive proposition.

But all that is changed. Handy and economical stills are now on the market which are suited to the needs of the small or large household. They are as easy to manage as is the ordinary kettle—easier in fact, if the statements of some of their enthusiastic admirers may be taken for granted. You turn a tap, ignite the gas jet, and very soon, the distilled waters begins to run. Simplicity is the key-note of all domestic affairs nowadays, and the distilled water still is no exception to the rule. And if you have no still you can catch rain water, distilled by Nature, on roofs that are absolutely clean, and store it in clean vaults or vessels, and it's always ready for use. But if there is any question about the cleanliness of your roofs or the vessels in which the water is stored, beware! And if you live in the sometimes putrid atmosphere of a large city and try this plan also beware! Therefore the still is usually the safe method.

I HAVE received many reports from various parts of the world of the appalling results that often accrue from prudery; but the most amazing product of prudery that has ever been called to my attention occurred in Toronto the latter part of last summer. There are splendid opportunities in and about Toronto for swimming. The Toronto "Saturday Night," has given some details of the incident to which I refer:

DROWNED BY PRUDERY

"A little boy fell into the Don, a small crowd quickly gathered, and a policeman was soon on the spot. Almost coincident with the arrival of the officer there appeared on the scene a young man well-known in the East End as a good swimmer and diver, and he, hurriedly enquiring as to the exact spot where the child had gone down and undressing as he spoke, prepared to dive. But the policeman, steeped in the modesty and virtue of Inspector Archibald, interfered. There were people about. It was daylight. 'Have you a swimming suit?' he demanded of the volunteer life-saver. The young man had not, nor was one to be had. 'Then,' declared the officer of the law, 'you cannot strip naked and go in here.'

"The most serious offense any citizen of Toronto can commit is, of course, to dare to bandy words with a policeman. There are other offences more severely punished, but none more surely. The young man could not strip and plunge in. The child was not recovered, but some time later the body was secured by somebody properly garbed according to the by-law governing swimming and diving within the city limits.

"The interference of the policeman with this life-saver at a time when every second was precious was too preposterous a piece of Bumbleism for real life. Yet it was reported in the daily press without comment, the result being that in the recent drowning accident in the Humber, when young men hurried to the spot and began stripping to dive for the youth who had gone down, numerous law-abiding, but newspaper-reading citizens warned them that they must not do so — the police would arrive at any moment and arrest them. So this youth, too, drowned where he sank. But thanks be! decency was observed.

"What's the matter with us as a people that the sight of the naked human figure must be absolutely forbidden, even though the figure be that of a life-saver rescuing a child? Surely it were better that the maiden modesty of a policeman should be shocked by the sight of a naked rescuer flashing into the water than that a child should drown. It were better even that a few prudish citizens — if they are as prudish as Inspector Archibald has striven for many years to make them — should faint along the beach at the shocking sight of a naked rescuer, than that there should be no rescue at all. But such does not seem to the Archibaldian view.

"It is impossible to believe that any sane person, not in uniform, would fail to denounce the action of the policeman as stupid and unwarranted, yet the idea was allowed to go abroad that not even to save a fellow-creature's life must a person bare his complete figure, and so bystanders at the Humber repeated what the policeman had said at the Don, and the chance to save a second life was allowed to go by as a sacrifice to an unhealthy, if not an indecent, idea of decency.

"After putting up, for many years, with a police influence aggressive beyond all reason, surely it is time the common sense of the city revolted when children are allowed to drown because volunteer rescuers do not happen to have brought drapery with them!"

To every word of the above I can most emphatically say Amen. When lives are lost in a moment right before your eyes, because of the filthy conception of the human body with which the mind of some men are tainted, it is about time to call a halt. There are millions of lives being lost for the same reason. They are lost slowly, but just as surely, although you cannot see them die before your eyes, and they do not go down in a moment. It usually takes years to destroy the wrecked body. When the laws of any city are so miserably interpreted, it seems to me there ought to be men with spirit enough to break them again and again, until the public will rise up in their might and demand that they be protected from such criminal injustice. It has often been said that laws are made for the dispensation of injustice, that the most beneficent laws, when they are interpreted by a combination of prejudice and ignorance, can easily be used as a means of oppression.

Prudery is rampant in practically every civilized country, but I am inclined to think that Canada has a little more than its share. This magazine has twice been refused the privilege of the Canadian mails. On each occasion the excuse was made that they objected to our advertisements, but that was a subterfuge. There were other reasons. The physicians of Canada object to our plain talk. We are telling people how to cure themselves, we are teaching them common sense methods that the

same way that they are precipitated and form incrustations on the bottoms of kettles in which such water has been boiled.

Now, even if the individual just quoted who, by the way, is a prominent figure in the medical world, lays excessive stress on the harm which comes from the use of "raw" water, it is certain that a large part of the evils which afflict the body may be traced to the use of be-fouled water. By such water is meant not only that which contains an undue proportion of the mineral salts named, but also holds a lot of matter which humanity has no right to inflict upon its stomach. Rotting vegetation, insects, dead animals and birds, the refuse from human habitations and so forth, are the inevitable accompaniments of water which traverses a stretch of open country before it reaches the home of the city dweller. Not pleasant to contemplate perhaps, but actual, nevertheless.

"If you could see what I see," said the keeper of one of the suburban reservoirs of New York City to the writer, "you'd never drink water again."

A glance at the speaker's nose showed that he wasn't given to the use of the "pure element". But when he went on to tell of the things that he found and fished out of the broad stretch of water over which he had charge, one felt like forgiving him for his anti-temperance principles. The story was a gruesome one, and there is no need to repeat it here. But it is duplicated in the case of all the supplies of water for big communities. And one of the upshots of the matter was, that the writer from that day on, has drunk distilled water only, with an incidental improvement of his health, to say nothing of the disappearance of imaginative qualms. Which properly brings up the subject of distilled versus "raw" water.

Now, certain persons have in the recent past, tried to make out that the use of distilled water, was not only unpleasant but positively dangerous, basing their theories on the alleged fact that the inorganic salts in "raw" water were essential to health, and if these were eliminated by the action of distillation, the results would be disastrous in the extreme. Also, was it averred, that boil-

ing or filtering would remove any of the dangers which might be found in "raw" water, due to putrefying vegetation or animal flesh, or microscopic organisms. But alas and alas! this is another case in which theory has come in contact with fact, and has got it in the solar plexus in consequence. Only distilled water is used in the United States Navy and he would be a bold not to say untruthful person, who would state that our sailors show any signs of physical deterioration because of the constant work of the water-still on ship-board.

Again, all the drinking water used by the United States troops in the Philippines is distilled. In regard thereto, Major Walter D. McCaw, surgeon of the United States Army gives some striking testimony.

In the past, distilled water has not been used to the extent that it deserved by reason of the difficulty of obtaining it. It is true that it could be bought by those who resided in big communities, but this was no consolation to those less luckily placed. Then too, bottled distilled water was sometimes apt to taste "corky" unless fresh. The home-made still was troublesome, ineffective and slow. To buy of the nearest druggist was an expensive proposition.

But all that is changed. Handy and economical stills are now on the market which are suited to the needs of the small or large household. They are as easy to manage as is the ordinary kettle—easier in fact, if the statements of some of their enthusiastic admirers may be taken for granted. You turn a tap, ignite the gas jet, and very soon, the distilled waters begins to run. Simplicity is the key-note of all domestic affairs nowadays, and the distilled water still is no exception to the rule. And if you have no still you can catch rain water, distilled by Nature, on roofs that are absolutely clean, and store it in clean vaults or vessels, and it's always ready for use. But if there is any question about the cleanliness of your roofs or the vessels in which the water is stored, beware! And if you live in the sometimes putrid atmosphere of a large city and try this plan also beware! Therefore the still is usually the safe method.