

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

THOUGH the preceding issue of this publication has been in the hands of the readers for but a few days, testimonials are already arriving in great number. I want at least ten thousand letters from friends of the physical culture movement, which can be used in court, if necessary, as a means of proving that the literature presented in the PHYSICAL CULTURE magazine is saving boys from a life of sin, young men from weakness and vice, and is plainly pointing the way for girls and young women to a superior womanhood. When thousands of letters can be thus TESTIMONIALS presented from readers who have been actually benefited in this ROLLING IN manner, the sentence that is passed upon me is simply unbelievable, and those who do take the trouble to study the stenographic copy of the proceedings at the trial would have still more cause to wonder. In any event let us hope that we will be able to at least convince the courts that the literature is not obscene. As far as the trial is concerned, no additional statements can be made. The case remains at the stage described in the last issue. My attorney has petitioned the United States Supreme Court for an appeal, and it is to be hoped that this will be granted.

Many of my friends who write to me are apparently under the impression that I am worrying a great deal about the outcome of this case. I have not worried one minute, and do not intend to. My conscience is clean; I have done my duty as nearly as I am capable of recognizing it. Instead of breaking laws, I have been really adding to the stability of the laws by uplifting and advancing the development of superior manhood. When one feels that he has done no wrong, if he has the proper stability of



Women everywhere blindly follow the decrees of the gods of fashion. Their dictates are regarded as immutable laws that cannot be infringed by the female human sheep.

character, he will always feel that the ultimate outcome, whatever it may be, will be for the best. I feel that way about my case. To show how little I am worried about the outcome, I might cite the fact that on the night following the day on which sentence was pronounced upon me, I went to sleep immediately on going to bed and slept as soundly as ever. I am not in the habit of worrying as long as I feel that I have done my duty. As long as the still small voice within cannot censure me, I am completely satisfied. Whatever may be the ultimate outcome of this prosecution, I feel certain it will be for the best as far as the advancement of the principles and purposes that I am advocating is concerned, and after all, there is nothing beyond this that is of any very great importance.

THE educational propaganda that I have been carrying on with the aid of the literature appearing in this publication — which the courts have termed obscene — will, within the next twenty years, perhaps in the next ten years, be largely carried on at the expense of the Government. I make this prediction because I am satisfied that those in power at that period will not only recognize the grave need of knowledge on these important subjects, but that they will freely supply it at the expense of the Government. In other words, the Government will be supervising and paying for the very work that they are now prosecuting me for doing.

FUTURE WORK
OF THE
GOVERNMENT

It does not take a very great amount of intelligence and reason to reach this conclusion. It is plain to any thinking man or woman who has studied the subjects which are being presented in this publication. The knowledge that we are supplying should, of course, be dispensed by every public school, and the time is not far distant when it will be taught in public schools. It should be possessed by the dwellers in every home, and the time is not far distant when it will be taught in every home, even if it has to be placed therein at the expense of the Government. Manhood and womanhood are of more importance than any of the policies of any of the political parties. This fact will become more and more apparent, and its ultimate recognition is bound to come.

I AM presenting herewith a cartoon which portrays the sheep-like attitude of the average woman in following the decrees of fashion. The gods of fashion, goaded on by the desire of financial gain, make their laws, create their styles, always with a view of adding money to their coffers, and sheeplike, the average woman follows the dictates of these lords of creation. The cartoonist has called them fashion gods,

but they might more appropriately be termed fashion devils, for their work is certainly devilish to an extreme degree in many instances. The
THE DECREES constrictive power of the corset, for instance, has brought weak-
OF FASHION ness, sickness, and even physical, mental and moral ruin to millions of women. It is in every sense a devilish device. A prominent physician, whom I do not care to advertise by mentioning his name, says that corsets are an invaluable aid to health and beauty for the modern woman, and that the frequent criticisms made by scientists and reformers are irrational and calculated to do harm. In the same article, this learned (?) gentleman says: "I recommend bacon three hundred and sixty-five times a year on account of the valuable properties of the fat contained in it." The readers of this publication will get a fair idea of his mental calibre from this advice. We have a vast assortment of wise (?) men in every department of science, at the present time, but nowhere will you find such startling pretensions as among those who take it upon themselves to give advice relating to human health.

One writer has made the statement that if corsets were necessary to the female sex they would be born with a corset. I might go further, and say that they really are born with a corset, which should be formed by muscular tissue and braced by the bony framework of the spinal column and the ribs. There is no need of any other corset. This is especially true if the muscular walls of the abdominal region, which are squeezed into a shapeless mass by the average corset, have been properly strengthened and developed. To be sure one cannot advise the average woman to immediately stop wearing corsets when she has been accustomed for years to the support they afford. The change would have to be made slowly. Muscles which have been weakened by disuse on account of the constant support of the corset would have to be strengthened and made symmetrical in contour before one could expect to throw aside this device. There are also occasions where support is required for a large bust. I might add, however, that where a woman has taken proper care of herself and has avoided superfluous fat, there is little or no need of developing large bust.

I want to say to the young men readers of this publication whatever your views may be of fashion, when you are looking for a wife, avoid the woman with a tightly-laced waist as you would a rattlesnake. Such a waist usually indicates an empty head, and in nearly all cases, as soon as the first blush of youth is over, it is accompanied by all sorts of female complaints. If you want a poor, frail, complaining woman for a wife, then look for a tightly-laced waist. If you want a wife who is a woman in every

sense of the word, one who can become a capable wife and mother, one who will be an ornament to a home, search for a life partner who has refrained from deforming and injuring her body with this devilish device. Vast numbers of women who might have possessed womanhood of a superior degree have become sexless nonentities, members of the neuter gender, actual ciphers in the world from this one cause alone. Avoid the tight-laced waist. Search for womanhood of the truest and noblest type.

BEGINNING with this issue of the magazine, we are presenting an innovation which I believe will be received with pleasure by every one of our readers. Instead of publishing exercises in a monthly article, as has been our custom, they will be printed in two colors on a chart. They will be placed in the magazine in such a manner that they can be easily removed and hung up on the **OUR EXERCISE CHART** wall. Our friends will, therefore, have a constant reminder of the exercises before them throughout the month. After they have read the article referring to them, the pictures themselves will readily give one the idea of the proper movements to make in taking the exercise, and I think readers will appreciate this change because of its convenience.

IN the last issue, I republished an editorial by the editor of the "Ladies' Home Journal," in which he very emphatically arraigned the "Wild Oats" theory. Everywhere we find a deplorable need for knowledge on this important subject. Young men, and men who are not young, are wasting their vitality, lessening their manhood, destroying the best and noblest part of their individualities, through the mistaken conception of morals with which they become imbued by the wild oats theory.

If a man understood the physiological laws of life, if he realized the value of his manhood, and if he then continued to follow out the conventional morality, I would say that he is a fool of the first order. The average man desires **THE FOLLY OF MEN** to be strong, he likes to have stability of character, and to possess these superior signs of manhood, he must necessarily conserve his physical resources. The average man seems to be of the opinion that this physical assets are inexhaustible, that he can throw away his vitality, waste his nervous energies in a most extravagant manner, and still possess the strength of character, the steadiness of nerves, and the vigorous muscles that are associated with and are a part of superior manhood. The theory of sexual necessity that is everywhere advocated is damnable in its effects upon manhood. It has sent millions of men

to early graves, it has lessened the vitality and the mental and physical vigor of millions of others. If you want a clear brain, if you want the force, virility, and other superb powers that are within the reach of the average man, you will have to live the higher life, you will have to learn to conserve the physical resources, you will have to obliterate absolutely from your mind the idea of sexual necessity. It can be proven in practically every case that there is no such necessity. It is a pitiful lie, though it has debauched vast numbers of splendid men in the past and the same diabolical theory is still continuing its terrible work. A little experimentation by any intelligent man will prove the accuracy of these statements. When by following certain rules of life one is able to greatly increase the mental powers, give more clearness to the brain, more accuracy and quickness to the reasoning process, is it not convincing evidence? Not only can this result be achieved by experimentation with the continent life, but a stronger muscular system can be developed, the nerves can be made more steady, and manhood can go on, under the influence of this higher development, to heights never dreamed of.

Men, conserve your vitality, store away your manhood, stop being mere fools by allowing yourselves to become the victims of conventional idiocy that destroys body, brain and character.

Bernarr Macfadden

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Developing a Powerful Physique

The Science of Physcultism

WEIGHT-LIFTING WITHOUT WEIGHTS—THE DEVELOPMENT OF THE BODILY POWERS THROUGH PHYSCULTISM, THE SCIENCE OF ACQUIRING STRENGTH THROUGH SPINAL DEVELOPMENT

By Bernarr Macfadden

LESSON No. I.

WITH this issue I am beginning a series of exercises which I think my readers will find extraordinarily valuable in the development of a powerful physique. If you wish to be very strong, if you are not satisfied with ordinary strength, by following out the instructions that will be presented in these pages from month to month, you will develop muscular and vital vigor that will be really amazing. Strong men can be made far stronger, men of ordinary vigor can enter the strong-man class, and there is no reason why those who consider themselves weak cannot develop into strong men, through following out the instructions that I will present, provided their efforts continue a sufficient length of time.

Of course, every individual inherits a certain amount of vital and muscular vigor. Many may assert that one cannot go beyond this, but it must be remembered that very few individuals develop all their attainable physical forces. In fact, little or no attempt is made by ordinary individuals to develop their bodies; therefore, when scientific efforts are made to greatly increase their vital and muscular vigor the results are sometimes astounding. I always try to avoid advocating ideas unless I know what I am talking about. The principles I am now presenting have been tried out; in other words, they are really beyond the stage of theory. I am able to present not merely theories, but facts. The instructions embodied in this series of articles will be illustrated each month by

a chart beautifully printed in two colors, and if you follow the lessons closely they will, from the standpoint of the development of the muscles and vital energies, bring quicker and more satisfactory results than anything which has ever been given to my readers heretofore. I make this statement because in this exercises you first of all begin the process of developing vigor directly as the course of all human energy. The result of this method is to radiate increased power to every part of the body.

To a certain extent the information that will be given in this series will be what many may recognize as the outgrowth of the theories that have been presented in the series entitled "The Secret of Human Power." In that series of articles, I simply tried to present in a superficial way the fundamental principles upon which the science of Physcultopathy is based. Please remember that Physcultopathy is, one might say, the adaptation of these theories to the cure of disease. In other words, is primarily a healing art. Physcultism might be called the science of "getting strong." The methods that will be used with this object in view recognize first of all the necessity for strengthening the muscles and cords surrounding and adjoining the spinal column.

Now I wish to especially emphasize that I have been trying out these particular theories during the last three years, and I want to, furthermore, add that the results that I have personally obtained from these methods have been truly amazing. In other words I have

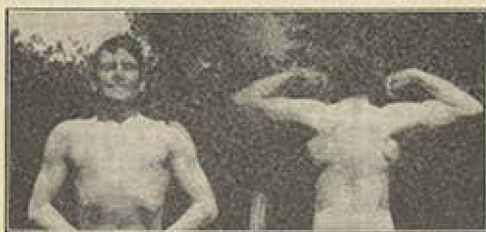
greatly increased my own strength by following the particular exercises that I intend to present to my readers. I have increased it far beyond what I really thought was possible. As my friends can well realize, I am not in the heyday of youth. As a rule a man is supposed to be possessed of the greatest strength and endurance between the ages of twenty-five and thirty-five, and a great many athletes begin to decline in strength at twenty-five or thirty. This, of course, is accounted for by lack of exercise, excessive eating, overwork, or dissipation of one kind or another. I really believe that a man should acquire his complete development physically, at thirty or thirty-five, and should retain that great vigor up to fifty, and in some cases even beyond that age. Although I have passed the age of forty, I find that I have been able to develop a degree of muscular vigor that is really greater than that which I possessed ten or fifteen years earlier. In other words, I am able to perform feats of strength at the present time that were beyond me when I was younger. This proves to me beyond all question of doubt that this result has been achieved through the superiority of the methods that I am now using, and I intend to explain and illustrate the ideas that I have acquired so plainly in this publication month by month, that anyone who will read and follow the instructions I publish can acquire a complete understanding of the principles of this new science.

My readers will please observe that the exercises must be taken just exactly as

described in every way, for this is absolutely necessary in order to secure the most satisfactory results. You will keep in mind continually that first of all I want to straighten up the spinal column, the source of human energy. I wish to develop the cords and muscles around the neck and back. The object of this is to stimulate the production of energy, and to develop extraordinary strength of the back and neck. This is necessary to hold the body properly erect. It is essential to pull the spinal column into a proper condition, for when you have a strong spinal column and when all the bones of the vertebræ are in a proper position, the nerves that issue from the various parts of the vertebræ are in a healthy condition. They then supply more of the electrical energy which is so much needed throughout the entire physical organism. All this means increased muscular and vital vigor, and the instructions that I shall give you each month will be partly devoted to strengthening the muscles and cords surrounding and adjoining the spinal column. I will of course also give various exercises for using and developing all other parts of the body. The lessons that will be supplied with charts will be short and easily understood. The methods advocated can be more plainly described through illustrations, and it is my plan to give twelve lessons in chart form, such as I am presenting this month.

Instructions for performing the exercises illustrated in the supplement accompanying this issue will be found on page 117.

Saved His Life.



TO THE EDITOR:

The accompanying photograph shows the result of seven months' use of raw food and

your exercises. I am growing stronger every day. My weight at this time is 207 pounds. Your magazine saved my life after the four best M.D.'s of Fondulac, Wisconsin, declared me a hopeless case, dyspepsia and constipation being the trouble. I weighed 170 pounds when I discontinued their medicine and services. I am now reading up with a view of becoming a physical culture instructor.

Long live Bernarr Macfadden, who to my mind is the greatest benefactor of suffering mankind!

C. D. PRICE.

Jamestown, N. D.

The Stiff, Starched Collar

By David Hutton Anderson

A PROMINENT SCIENTIST TELLS WHY IT IS SO HARMFUL—
THE RESULT OF DISCARDING THE COLLAR IN THE NAVY

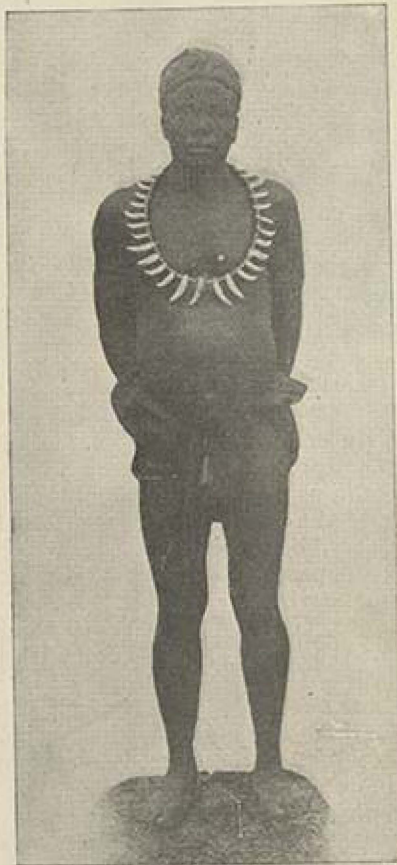
A NOTE of warning against the conventional stiff, starched collar has been sounded by Professor Charles William Fordyce, a prominent English physician. In a recent speech before a body of scientists in London, he called attention to the nervous diseases which could be traced to the use of this obnoxious article of attire, and furthermore, declared that no small proportion of the maladies of the throat and lungs were due to the same cause. One of the results of his address is the formation of an Anti-Collar League in the British metropolis, among the members of which are a number of well-known men. These are pledged to either go collarless altogether, or to wear a soft, turn-down in place of the regulation "high" and hard collar.

The outcry against the ugly, stupid and unhygienic article in question, is by no means a new one. It dates back to the time that the collar as we now know it, first made its appearance, which was about two generations ago. In the interval, there have been a whole host of modifications, but the basic and harmful idea has remained—that of several thicknesses of linen of varying widths starched to the stiff-

ness of a piece of board, bound round the throat in such a manner as to bring about the troubles of which the Professor speaks.

This magazine has often voiced its protest against this article which is beloved of the "dude" and treasured by otherwise sane men with the same idiotic persistency that they lavish on the silk hat and the long tailed coat. Most men are a little mad on some point, and nearly all civilized people appear to be a bit affected on one matter—the starched collar. It would seem that on no other ground can their devotion to this unreasonable article of daily wear be explained. Before we speak further of the many reasons why people in general and physical culturists in particular should forswear the starched collar, let us find out why and wherefore man—at least, fashionable man—deems it necessary to wrap up and thus emasculate a part of the body which Nature intended should be as much exposed to the weather as is the face.

It seems that the collar had its origin in savage vanity. Its earliest form was a rude necklace of shells, the teeth of wild beasts slain in the hunt, or the teeth and small



The primitive "collar" was of savage origin and consisted of a string of teeth or claws of wild animals or men; these attesting to the bravery of the wearer.



The women of some of the tribes of Central Africa wear but little more than collars made of strings of beads.

bones of an enemy killed in combat. Such "collars" attested the prowess of the wearers. It is a curious fact that this instinct to decorate the neck comes, in the case of savages, before a desire to adorn any other part of the body. Travellers who have visited far-distant and primitive lands, tell us that the wilder the tribe, the more striking is the tendency to string things around the neck and denude the rest of the body. In Central Africa there exist races who habitually wear nothing but a necklace of beads, and the more important the individual, the more strands there are to the necklace. One of the chiefs of these tribes furnishes a remarkable spectacle to civilized eyes, swathed around the neck as he is, with dozens of bands of beads, the rest of his person being naked, or nearly so. With these,

the most desired thing that the white trader or traveller possesses is a starched or celluloid collar, and happy is the savage who becomes the owner of one of them. By which it will be seen that the dude and the savage are alike in this respect.

A remarkable and significant fact in connection with the collar is, that it was unknown, or rather unused by the people of classic times and countries. Indeed, the ancient Greeks and Romans classed collars with other things that distinguished barbarians from the cultured. Collars and trousers were put in the same category in this respect. Among the art of the periods in question which remains to us, there is not depicted even the trace of a collar. As it is admitted that the dress of the ancients was hygienically and artistically perfect, it

will be seen that this absence of the collar, constitutes a very strong argument against the latter.

Up to the Middle Ages, the collar was unknown among the civilized races. As has been intimated, neck adornments were worn then, as now, by savage or semi-civilized races, but the nations with any pretence of learning or refinement, knew naught of the collar. Then the collar, in the form of the ruff, suddenly came into existence, its origin being, so it is said, the desire of a French monarch to hide an ugly scar. Be that as it may, the ruff grew in popularity and size until the reign of Queen Elizabeth of England, and it later gave place to the lace or embroidered collar of the cavalier and the plain linen square of the Puritan.

In the time of the Georges, the neck-

wear of fashion took on the form of the "stock" but the collar proper resumed its reign in the early thirties. The Byronic collar, that uncomfortable, low-cut arrangement of starched linen, was, about the time of Lord Byron's vogue, much affected by romantic youths on this and the other side of the water. And lastly, we have the collar of to-day, which is an evolution from bad to worse, from a hygienic point of view. We need hardly describe it. Suffice that we now propose to make clear some of the reasons why physiologists unite in denouncing it.

In the first place, it prevents the skin of the throat from receiving its due share of fresh air. This is a serious matter when one remembers that ventilation of the surface of the body is almost as essential as is a supply of pure air for



The neckwear of Uncle Sam's Jack Tars. Notice the magnificent development of this portion of their bodies, due to the absence of the starched collar.

breathing purposes. But the stiff collar, because of its height and material—the small openings normally existing in the linen being filled with the starch—effectually shuts away from the throat skin, two-thirds of the air which is demanded by health. The consequence is, that the pores of the neck become clogged with impurities that would have been destroyed by the admittance of a normal amount of oxygen, the flesh becomes incapable of enduring any exposure to draughts or changes of temperature; the organs of the throat and nasal cavity are affected for harm for the like reason, and the whole region becomes a seat of constant disorder. The throat, which should be a sort of hardy plant capable of enduring all sorts of change and weather, has been turned into a hot-house exotic by the collar and it is no wonder that trouble results at the slightest opportunity.*

Then again, the stiff collar keeps the throat at a temperature which Nature never intended and which she very properly resents. Put your fingers inside your collar at any hour or on any day, and see how that you are subjecting your neck to a constant "hot-room" treatment which your common sense must teach you is sure to work havoc with the tissue and delicate parts involved. To get "hot beneath the collar" is no figure of speech. When a man does anything or undergoes anything which causes his temperature to rise, such rise is equally distributed. Now if one part of his body is already hotter than the other, it follows that it will become still hotter in proportion. The neck being already unnaturally heated by the collar, therefore gets hotter than ever. The act of an angry man, especially if he be of a full-blooded habit, unloosing or trying to unloose his collar, is familiar to most of us. He is so hot "beneath the collar" for the reason that the warmth induced by linen and constricting band, is unendurable.

Apart from the physical consequence of this undue heating of the throat, there is much harm done to the appearance of the throat of a high collar devotee. Do you ever ask yourself how it is that the

average man has a thin, scrawny throat that is totally unlike the throat of the athlete or the sculptor's statue? The throat of civilization—the typical throat—is yellow, thin, lined and altogether ugly. It follows the law that, whatever serves its purpose is beautiful; and that whatever does not, is homely. Because it only partially carries out the intent of Nature, being rendered incapable of so doing by its swathing, it is in consequence, the unattractive thing which it usually is. Contrast such a throat with one that will be found supporting the head of any of Uncle Sam's Jackies and note the vast difference. In the case of the sailor, his throat is bare in pretty nearly every weather. It knows not of the "collar of civilization" and in consequence, is full, handsome and good to look upon. Also, because its arteries and nerves are not compressed or hindered in their work by a collar, both of them are enabled to do their duty to the full. The result is, that a sailor rarely or never has facial neuralgia, while his ruddy face and general cheerfulness are proverbial. The intelligent physician will tell you that these things are but a few of the indications that the head and brain are alike getting their full quota of blood. This brings us up to another of the indictments against the stiff collar, which is its interference with the circulation.

It need hardly be stated that anything which prevents any part of the body from obtaining its full share of the blood, is bound to work a whole lot of mischief. This the collar does in almost every instance. It has been stated by a prominent scientist that "pain is the cry of a nerve for blood." This will account for the neuralgic afflictions from which the slave to the high collar habit suffers. This is saying nothing of the host of other evils which arise from the starched and stiffened bandage. Incipient atrophy of the flesh of the neck and lower part of the face; skin disorders; hysteria; flushing or burning of the cheeks and a lot more or serious complaints being among them. One of the best known oculists of modern times told the writer that he had repeatedly cured certain diseases of the eyes by ordering the

patients to go without collars for a month or so. In every case a cure followed. The fact was, that the organs, subjected to special strain, did not get sufficient blood to nourish them and replace the wear and tear of their tissue, their "starvation" being accomplished by the stiff collar.

Headaches also spring from the collar, so Dr. J. Carey Loughton states in the *Lancet*; this arising from the veins involved not being allowed to freely do their work. The result is, a species of congestion which takes the form of a headache.

The dirt and perspiration which form on the inside of the collar and which are pressed against the skin for many hours at a time, constitute a real danger to the health. Permanent skin disorders have been known to come about from this cause, and there are on record in medical annals at least two fatal cases of blood poisoning arising from the same source. But apart from this, the idea of a layer of dangerous moist filth being in contact with one's flesh, is by no means pleasant to the cleanly hygienist. Professor Du Roiseneau, the famous French bacteriologist, claims to have discovered twenty-seven species of disease bacilli on the inside of a man's collar on a warm day in June. Six of the species were those which are said to cause affections of the skin.

One of the gravest of the charges against the stiff collar is, that it has a bad effect on the pneumogastric nerve. This nerve, which is said by physiologists "to have the most various distribution, and to influence more functions than any other nerve in the body," runs through the neck from the stomach to the brain. By means of radiating filaments, it is in touch, directly or indirectly, with the chief organs of the body. It is extremely

sensitive, not only as far as the organs with which it is connected are concerned, but also locally. Now the collar, by pressing on the region through which the nerve passes, irritates the latter and furthermore interferes with its important action. The collar "chafes" so to speak, the nerve, and the result is, that all of the organs which are in touch with it are made to suffer in consequence. When it is stated that the work of the stomach, the act of swallowing, the action of the heart, lungs, spleen, liver and so forth, to say nothing of the brain, are more or less dependent on the pneumogastric nerve, the importance of the proposition will be made manifest. But Professor Fordyce, among others, charges the stiff collar with interfering with the harmony and function of this nerve and gives a wealth of scientific detail to prove his point. He declares that if the collar was responsible for nothing else, the baneful influence which it exercises on this nerve would warrant its banishment forthwith.

Diseases of the throat, or rather of the organs which it contains, are traceable to the collar. The same remark applies to bronchial troubles and indeed to a good many of the pulmonary maladies. In such cases, the overheating and weakening of the parts in question by the collar, explain the tendency to disease.

So that for the sake of health, artistic value, cleanliness and general utility, the soft roll collar or no collar at all, is infinitely to be preferred to the hideous, senseless, unhealthy, starched neck "adornment" with which the average man of civilized countries afflicts himself.

The illustrations appearing with this article are reproductions of stereographs copyrighted by Underwood & Underwood, New York City.

A Club of California Pedestrians.

A stray copy of this magazine has been the means of bringing a number of the young business men, of Oakland, Cal., together, for recreation and pleasure.

A club has been formed and a name applied, called the "Tacaharrars Walking Club" (the title being the Indian word for wanderers). Since its formation—in the summer of 1908—the club has tramped over all the interesting

spots of Central California. We feel the value of the fresh air and walking, during business hours, and this condition has been chiefly acquired through reading your magazine.

The officers of the club are: Mr. A. Brown, president; Mr. R. Brown, sergeant-at-arms; Mr. H. Edwards, treasurer; Mr. J. H. Hitchens, secretary; Mr. S. Woods, photographer.



All ready for a snowball battle—look out or we'll "get" you.

Winter in Distant Lands

By Rene DuBois

IN the famous Valley of the Upper Engadine, in Switzerland, is the village of Cellerina. This valley is flanked by towering mountains, and supports vast tracts of forest. The Swiss are said to be "the most athletic nation of the world," according to Hjalman Hjorth Boyesen. These hardy people are trained to perform all manner of out-of-door sports from childhood. One of the most interesting of their amusements is the children's fête in winter.

The winters are long, in the lower Engadine, in fact, during nine months of the year, it is almost continually bleak and cold. The children are rugged mountain-travellers, and live strenuous lives, their school-day beginning at seven o'clock in the morning. Many of them walk miles to reach school, and become conversant with Nature in all her various moods and aspects. The girls are given an equal chance with the boys in prepar-

ing for private or public life, and are remarkable examples of health, and beauty, in physique and character.

The people take great interest in all their public fêtes and exercises, and as winter lasts for from seven to nine months of the year in the Engadine Valley, skeeing, sledging, tobogganing, skating and out-door revelry run high.

The Engadine Valley is six thousand feet above sea level, with hardly a turn for sixty miles—"It is the top of many passes, a region drear and untilled. During the long winter it is the haunt of invalids, and its short-lived summer brings a rush of tourists."

In 1862, a local practitioner of Davos, Dr. Sprengler, published a paper calling attention to the fact that phthisis was unknown in the Engadine, and that the Davosers who had contracted pulmonary diseases elsewhere were quickly cured upon returning. Medicines are practic-

ally discarded, for mountain air and sunshine are relied upon to effect cures. Exercise and good food are necessary supplements. The snow covers the ground for months, and the thermometer often falls far below zero (Fahrenheit), and yet the air is so dry that consumptives can go sleigh-riding and tobogganing, and walk under the falling snow, or sit on the balconies in the sunshine.

Addington Symonds, the versatile writer, took a vital interest in the inhabitants of the Engadine. "Good breeding, a high average of intelligence, active political instincts, manliness and a sense of personal freedom, are conspicuous even among the poor peasantry. . . . Nowhere, I take it, upon the face of the earth are republican institutions and republican virtues developed more favorably."

One of our illustrations shows a group of children at the beginning of their winter coasting carnival. As every athletic feat is a matter of public interest, they are dressed in gay, fantastic costumes, led by a band of music, and sing-

ing their own songs. They parade through the village streets, the boys dragging the girls on their sleds. After the carnival parade the children are treated to chocolate and cakes. Then the coasting carnival begins, having been ushered in with these performances.

The children's carnival and parade is only preliminary education for the great athletic exhibitions where thousands of the Swiss meet for the display of many feats of physical prowess. Unusual as it may seem, these exhibitions are opened by prayer, and this shows that the Swiss, at least, recognize the divine law of physical development. The victors in games and sports are rewarded, as were the ancient Greeks and Romans, by crowns of bay and laurel, and insignia of honor.

It is not often that deer of the ordinary species are tamed to the extent of the stag shown in our illustration, who is used as a draught animal by the Bavarian peasant appearing as his driver. Bavaria is a kingdom of central Europe—after Prussia the most important of the



Children costumed for coasting carnival at Cellerina, in the Upper Engadine.



A peasant in the upper Bavarian Alps, has tamed a stag, which he caught when young. The animal now eats out of his hand and does first-class service as a draught animal.

German empire. Bavaria is an elevated country, hilly rather than mountainous, on the southern border of which lie the Bavarian Alps. Forests surround the east, west and north. The Alps and the forests are the lower land by the length and severity of the winter. Munich, the famous capital of Bavaria, is celebrated chiefly for its optical instruments. The

soil of almost the entire country is rich, and there is a total area of 2753 square miles of agricultural land. Bavaria is far advanced in industry, educational institutions, inventions, exports, and advanced thought. Its peasantry is given up chiefly to cattle raising and agriculture, but the meanest peasant has no excuse for ignorance, as the children



Eskimo Reindeer Sledge.

are obliged to attend school until fourteen.

Bavaria is a constitutional monarchy. The crown is hereditary in the male line. The population enjoy religious liberty to some extent, although individual rights have not been given to the Jews nor the small Christian sects.

Eskimos inhabit the coasts of all seas, bays, inlets, and islands of northern America. On the Atlantic coast they are found along the entire coast of Labrador to the Strait of Belle Isle, and on the east side of the Hudson Bay nearly down as far as Alaska. There are

they live in their snow-huts, but in the summer they sometimes live in tents. The men are chiefly engaged in hunting and fishing, while the women occupy themselves with domestic duties, principally the preparation of food, of which they consume great quantities. Our illustration shows an Eskimo driving a reindeer. The men are expert hunters, and with the aid of hardy deer and their sledges and dogs they cause great havoc among the Artic animal tribes. Vegetables they scarcely ever use except in the autumn. Their habits of living are far from attractive.



Bob-sled racing at St. Moritz, Crown Prince of Germany steering.

also tribes of Eskimos on the Asiatic side of the Behring Strait. Though few in number they may be regarded as the most widely spread nation in the world. Doctor Lanhan says: "The Eskimo is the only family common to the old and new world."

They live in small villages of six or seven families each. In their boats they look tall and muscular, but when standing, appear to lose height, because of the shortness of their legs. In the winter

St. Moritz is a watering-place in the canton of Grisons, in the Engadine Valley, and is on the right bank of the river Inn, about six thousand feet above sea level. It is famous for its climate and springs, and is a great resort for health and pleasure, so much so that it frequently attracts royalty. The picture below shows the interest taken in the popular sport of sled racing at St. Moritz. Frederick William, Crown Prince of Germany, is steering.

A Greatly Needed Correspondence School

A SCHOOL IN CONNECTION WITH THE CORRESPONDENCE PURITY LEAGUE OF AMERICA, ORGANIZED BY MRS. MARY E. TEATS

By Bernarr Macfadden

MANY of our readers have no doubt read with interest the various articles that have appeared in this publication written by Mrs. Mary E. Teats. She is engaged in a work that is most pitifully needed among the high and the low, the rich and the poor, and the young and the old. The last part of her long life has been spent striving with might and main, with a view of advancing the purity work that we have advocated so enthusiastically in the columns of this publication. She is a broad-minded Christian of high ideals, and her one aim in life has been the promulgation of theories of sexuality so essential for the proper development of a superior home. Mrs. Teats has tried to reach men and women of influence. She has done everything she could to impress them with her theories. She has largely been the means of converting Christian workers to the principles that she is so emphatically advocating. As the purity evangelist of the W. C. T. U., she has spent many years of her life in this grand work.

The last years of her life she has decided to give in the interest of the school to which we refer. Here in this school may be found practical information at first hand that can be used by those of the age or sex to whom it may be applicable. Mrs. Teats

has prepared herself for this work through long years of experience. It is not a business organized for profit. It has been brought into existence largely through Mrs. Teat's efforts, for the particular purpose of furnishing the knowledge for the want of which human beings have become the victims of weakness, sickness, misery and even crime.

Mrs. Teats deserves the support of every reader of this magazine in this noble enterprise. Here is this remarkable woman nearly seventy years of age, working away with the enthusiasm and the intense interest that is usually seen only in the heyday of life, and her one idea is to help the human race, to assist to spread that divine knowledge which is

so pitifully needed in the home everywhere at the present time. Her hair has grown white in the service of the people. She has never worked for money, she has always worked for others, and even now, part of her own small income is used to advance the work of this school. I have understood that she even stints herself many things that are considered necessary, in order that she may spend her money for others.

I believe that this noble woman ought to be made independent for the balance of her life, ought to be made to feel free and



Mrs. Mary E. Teats, who has given her life to a noble cause.

clear of all financial worries. I believe there are many readers of these lines who will fully agree with me. She ought to have enough money to start the school in which she is so much interested, and thus begin to spread broadcast the glad tidings that will unquestionably come from every department of instruction.

Every reader should feel it an honor to have the privilege of helping this splendid woman in her humanitarian work. She believes in teaching children the truth. She believes that no man or woman should ever marry until they understand the physiological laws that should govern such a union. She is spreading these truths. She is in need of financial help to organize this marvelous work in the League which she has largely been the means of starting.

Why cannot every reader of this publication lend Mrs. Teats a helping hand? Send her a donation, be it large or small, that will help her to start this school in which she is so much interested. I am so intensely interested in her splendid work, and personally feel so grateful to her for what she has already done in this cause, that I have started a fund to aid her with a check of \$100.00. Now, as many of my friends realize, I am needing about all the surplus money I can accumulate to pay my own expenses in the case that the Government has against me (which, by the way, is for doing exactly the same work that Mrs. Teats is carrying on). There are many of my readers no doubt who could easily send her a check for a thousand or even several thousand dollars, without missing the amount. I would like, however, every reader interested in spreading this splendid reform, to send her a donation whether large or small, even if it is not more than ten cents. Whatever the amount, you will be gratified to know that you are helping one of the noblest works of God. Donations for Mrs. Teats can be sent to me or sent direct to Mrs. Mary E. Teats, 3517 Grand Boulevard, Chicago, Illinois.

The following will give further particulars in reference to the school that she proposes to organize.

The time has arrived, when especially,

the young people are demanding the education, and knowledge that will enable them to found the future homes of America on a sane and safe basis. And if our educational institutions persist in withholding this much-needed instruction, and young men and young women cannot receive this education, under cap and gown, and the glamour of college life, they will receive this instruction under a postage stamp, going to school by mail through the Correspondence School of the Young People's Correspondence Purity League of America. (And the world.)

The sole object of this school is to give to the world an intelligent parenthood that must of necessity result in purer and happier homes; and a higher type of child-life, producing in turn a higher standard of citizenship and civic righteousness. The right of the child to be well born will be the key note of this correspondence school.

The following prospectus for the school is not iron-clad, but subject to changes for improvement, and to this end, helpful advice and suggestions will be gratefully received. Our aim is to reach the masses as well as the classes, all stand in need of gospel and scientific instruction on the vital themes with which this correspondence school will deal; hence the exceedingly low terms for valuable information. The very best gems of thought will be gleaned from the most chaste and up-to-date writers on the various topics or lessons, embodied in the five grades.

The School to consist of five courses.

Grade First—Preparation of present-day parents, to properly instruct their children concerning their origin, and how they came to be. This grade will consist of four lessons on the following or similar topics:

- A. The duties of parents to their children.
- B. Diet, sanitation, fresh air and exercise.
- C. Companionship and confidence between parents and their children, and the story of life.
- D. Preparation of public school-teachers and Sunday school-teachers for supplementing home instruction.

Grade Second—this grade is for the adolescent period (boys and girls in their teens.)

- A. Physical culture and the proper care of the body.
- B. Dietetics and the relation of food to personal purity.
- C. Narcotic poisons and their effects upon the mental and physical powers in stimulating passion and unchastity.

D. Literature and books as mental food.
E. The relation of dress and social life to vice.

F. The power of thought in character building, as a constructive or destructive force.
G. The story of life.

Grade Third—This grade is for young people of maturer years and of marriageable age.

A. The relation of physical culture to brain and brawn building.

B. Dietetics and the influence of food upon personal purity.

C. Character building, soul growth and hypnotic influence in social life.

D. The influence of books and association upon character.

E. The law of choice, or the selecting of a wife or husband.

F. Preparation for the kingdom called home.

G. Potential parentage.
H. Requisites for true parenthood.

Grade Fourth—Kindly counsel, instruction and advice for young husbands and wives.

A. The conduct of a well rounded home.
B. Equality of rights and privileges and the

importance of apparently little things. Co-operation in essentials and charity in all things.

C. The rights of the wife and the unborn child.

D. Prenatal culture.

E. The story of life.

F. The new home of the new century.

Grade Fifth—This grade will be for those who have taken the course of four grades and desire to fit themselves for public speakers and to organize Y. P. C. P. L. A. leagues.

A satisfactory thesis and review of the four previous grades will be required by the instructors from the students who desire to do public work in the name of the League; also recommendations from responsible parties as to the life, standing and character of the applicant.

A. Suggestions as to the best methods of preparing for public meetings.

B. How to conduct public meetings.

C. Topics for mixed and separate audiences.

D. Safe and sane methods in handling the question of Gospel and scientific eugenics, or purity.

A Real Physical Culture Novel

A STRIKING NEW SERIAL STORY TO BEGIN IN OUR MARCH ISSUE

Beginning with the next issue, we intend to present a serial story, which will doubtless please every reader of this publication. It is a physical culture story, in practically every detail. The hero is a teacher of physical culture. The heroine is the daughter of a worldly, conventional man, who could reasonably be termed a king of prudes. The entire story deals with characters that are of especial interest to those who believe in the theories advocated by this publication. It shows the real explanation of the development of prudery. It shows how the cloak of religion is at times used to advance one socially and financially. It shows the difference between the true man and the pretense, the difference between the hypocrite and a man who stands by his honest principles.

At the opening of the story, the hero is an instructor in a large Y. M. C. A. gym-

nasium. He is broad in his views, and clean minded, and fortunately he is backed up by a secretary, who is also a man in every way. But both of these characters come in contact with the prude previously referred to, and the many difficulties that they encounter will undoubtedly be of intense interest to the reader.

As our friends can well understand, every story published in this magazine has a purpose back of it. We do not believe in publishing fiction unless it accomplishes something besides merely interesting the reader. In other words, it is hard for anyone who believes in our theories to talk or write without saying something worthy of serious thought and consideration. Our friends will find the serial story a notable addition to the many other valuable features of this magazine.



Miss Minnie Kirbotson, Beeston Hill, Leeds, England,
Raises 120 lbs. high over head with strength of Arms

Feats of an English Physical Culture Girl

SOME time ago we published an article about feats of strength performed by Miss Olga Porter. We have recently received an account of the feats of strength of Miss Minnie Kirbotson, of Beeston Hill, Leeds, England. Miss Kirbotson has been an ardent physical culturist for eighteen months, and although she was naturally very strong, careful attention to physical exercise has improved her physique and strength to an extraordinary degree. In her daily life she has always been a believer in "early to bed and early to rise," and has carried this out through her life. She is not able to give a great deal of time to exercise, her work preventing her from doing this, as she has to start early and does not return until six o'clock at night. She manages, however, to exercise at least twenty minutes daily, and one night weekly she attends the class exercises of her instructor. She eats three meals a day, and follows the mixed diet theory. She is a believer in moderation in eating, and is always careful to masticate her food very thoroughly. Her training has consisted of dumb-bell, Indian club, and bar exercises, although she uses the swinging rings and the horizontal

VERY BRIEF DESCRIPTION OF EXERCISES IN CHART SUPPLEMENT, WHICH MAY BE CUT OUT AND PASTED IN PANEL AT BOTTOM OF CHART, IF DESIRED

Exercise 1—With head and shoulders in position shown, make several attempts to bring head and shoulders still further back. Repeat until muscles of the back of the neck and between shoulders are thoroughly tired.

Exercise 2—Turn the head as far to the right as possible. Try to turn still further, and at the same time bring head as far backward as possible. Repeat the attempt until muscles are thoroughly tired. Same exercise with head turned in opposite direction.

Exercise 3—Bring head forward as far as possible, and make several attempts to try and bring the head still farther forward. Hold head as far forward as possible, and swing it as far as you can to the right, and then to the left. Repeat until fatigue ensues.

Exercise 4—With chest against the side wall, as shown, push far backward, as seen in second photograph, 4 B. Repeat until you tire the muscles of the upper arms.

Exercise 5—Grasp the edge of the door as shown in illustration. Now pull quickly forward until you assume position shown in photograph 5 B. Repeat until the biceps muscles of the upper arm, are thoroughly tired.

bar to a certain extent. Her teacher, Mr. Charles Hutchinson, says that she has given a great deal of attention to the exercises which have appeared from time to time in this publication. Although she has not practiced lifting heavy weights, she has performed the following feats of strength when the various members of her class were present:

(1) 120-pound bar-bell lifted with both hands three times from shoulder overhead.

(2) 75-pound bar-bell lifted with right hand over head twice in succession. Same with left hand.

(3) 50-pound weight lifted the same as previous bell, with each hand, eight times.

(4) 40-pound dumb-bell in each hand from the shoulders to high over head, both six times.

(5) 90-pound bar-bell lifted from shoulders overhead twelve times.

Her instructor states that he believes the reader will agree with him that these feats are exceptional, and most anyone who tries them will endorse his statement.

We are publishing herewith the various measurements of Miss Kirbotson, who is entered in our prize contest:

Bust, 37 inches; Waist, 27 inches; Hips, 40 inches; Thighs, 24 inches; Calf of leg, 14½ inches; Right and left arms, 13 inches; Fore-arms, 11 inches; Wrist, 6½ inches; Ankle, 8 inches; Neck, 13½ inches; Height, 5 feet, 5 inches; Weight, 9 stone, 12 pounds.

In height, she is seven and a half times the length of her face; her arms outstretched are just equal to her height. Her foot is one-seventh and her hand one-tenth of height.

Canadian Athletes

TO THE EDITOR:

The northern nations are more distinguished for their athletes than the southern. This is no doubt due to the increased amount of oxygen present in the winter, which southern lands lack, although they may be more pleasant to live in. It is not surprising, then, that the nation that has come most to the front in athletics in recent years is a northern one—Canada.

William Sherring of Hamilton, Ontario, was perhaps the first to draw the attention of the world to his country, in this respect. Unheralded and paying his own expenses he went to Athens, the capital city of Greece, in 1906 and won the Marathon road race. This race is over a distance of twenty-four miles and, as an institution, goes far back into history, and is a sort of religious festival, almost, in the eyes of the Greeks, who were much chagrined when a foreigner took the honor of winning it from their own men. However, Sherring was the hero of the hour, and was well treated by the inhabitants of the little country, who heaped all kinds of presents on him. Sherring was so far ahead of his nearest competitor that he walked during a good part of the race.

Soon after, Thomas Longboat, a full-blooded Onondaga Indian, living on the Indian reserve near Hamilton, came into prominence by winning the road race conducted by the *Hamilton Herald*. Longboat is now the foremost long distance runner in the world. He has rarely been beaten. Since his first victory Longboat has won the *Hamilton Herald* race again, the Ward Marathon race, held at Toronto, twice, the *Montreal Standard* road race and the *Boston Herald* Marathon. He recently defeated Dorando, who had previously conquered John J. Hayes, in a Marathon at Madison Square Garden, New York.

One of the most prominent athletes of today is Tommy Burns, the ex-champion heavy-

weight pugilist. Burns, whose real name is Noah Brusso, was born in Hanover, Ontario, of French-German descent. He stepped into fame by defeating Jack O'Brien, in Los Angeles. He has won nearly all his fights—and they have been numerous—and in many cases has knocked out his opponent. The list includes Marvin Hart and Bill Squires, the Australian champion, in America; Gunner Moir and Jem Palmer, in England; and Jem Roche, the Irish champion, in Ireland. Burns is something of a wonder as very few stay in the ring with him for more than one or two rounds. He is not very tall, but is stockily built.

In rowing Canada has always been eminent from the old days when Edward Hanlon and Jake Gaudaur were champions of the world, and William O'Connor, champion of America, up to the present, when Lou Scholes won the Diamond Sculls at Henley, England and Edward Durnan is next man to the present champion, who is an Australian. All these men were Canadians.

The French Canadians have always been among the best at weight lifting and Louis Cyr, the veteran champion, is a household word in French Canada. Cyr relinquished his title to a fellow compatriot a few years ago.

Canada has also given some noted ball players to the world. Napoleon Lajoie, the manager of the Cleveland American League team, is certainly one of the base ball players in the world to-day, both in batting and fielding. He is a French-Canadian, and comes from Three Rivers, in the province of Quebec.

In lacrosse and hockey the country is practically without a rival.

Taking it all in all, and considering the small size of her population, Canada has a very good record, in fact, one that many an older and more thickly settled country might envy.

Toronto, Can.

NORMAN BRADY.

Divorce and the Stage

By Charles Merriles

A COOL, KEEN ANALYSIS OF MARITAL UNHAPPINESS, AND
THE DIRECT CAUSE OF THE PREVALENCE OF DIVORCES.

Divorce is a very much discussed subject. I am satisfied that the views expressed in these articles will be of interest. They practically reveal the truth in all its naked simplicity. There is no effort to mince words, or to deviate from the path that one must follow when dispassionately reasoning on this important subject.—Bernarr Macfadden.

ARTICLE II.

IN my last article I called attention to the fact that a critical attitude frequently forms one of the important direct causes of the misunderstandings and quarrels which usually result in divorces. The inclination to analyze the one with whom you have mated, or, as occurs in some cases, to actually go beyond this and look for faults, is the result of the particular attitude to which I refer. The best of us are inclined to be a little inconsistent at times, and the conclusions we may draw, depend very largely upon our mental attitude when making a decision. Prejudice one way or the other is liable to strongly influence our conclusions. If one has somehow formed



When Amelia Summerville married Fred. Runnels, a few years ago, there were not wanting those who shook their heads doubtfully and prophesied all kinds of variegated marital disasters. This, on the score of their knowledge of the "temperaments" of the couple. The omens in this case did not fail. Miss Summerville got her divorce in due season and declares that she never, never, never will again—not until the next time.

the impression that certain things are bad, if he conducts an investigation with a view of proving that they are bad, he will usually see nothing but that which proves the impression previously formed. Any evidence that might appear which would be inclined to change his opinion is frequently ignored, or passed over as unimportant.

If men or women were able to study the inner working of their love natures when they "fell in love;" if they were to look over the objects of their affection for the purpose of finding imperfections, a process of this kind would, in many cases, entirely obliterate the affection, or at least greatly lessen its ardor. The critical spirit is, however,



A prominent member of Fritzi Scheff's company is Miss Renee Dearis, who, before she secured her recent divorce, was a Mrs. Renee Verney. This was two years ago, and the incidental trouble nearly caused a physical breakdown on the part of the actress. Miss Dearis is the owner of a superb opera grand voice, but her present position doesn't allow of the public hearing it.

never developed until after marriage. We never look for faults before marriage—we are "blinded" by love. We are prejudiced in favor of the loved one. Everything that she or he does is perfect. It could not be bettered. You might figuratively say that there is a "halo" surrounding the prospective life-partner. It would be "sacrilegious" to even search for a fault. In fact, individual idiosyncrasies that often are endearing to lovers, when viewed in the critical light of a love grown cold, appear as faults that are really serious in nature. Certain peculiar modulations of the voice, little "smart" sayings, that seemed so charming in the heyday of love-making, are frequently otherwise in their influence when the

more mature reflections, which accompany the critical attitude occurs.

Now what is the cause of what I have termed the critical attitude? What has brought about this change between man and woman, who may have believed they were so intensely in love that they could hardly live a moment without each other? They usually start out with the idea of spending the remainder of their lives in each other's company,



Maxine Elliott, the beautiful actress from whom Nat Goodwin, the comedian, secured an absolute divorce, on the grounds that she "deserted" him in a Western State. Mrs. Goodwin hinted that her husband's regard for another actress, Edna Goodrich (who afterward became the third Mrs. Goodwin), was the true cause of the suit. Be that as it may, the case is illustrative of the faculty for taking and putting away a wife or a husband, which is possessed by stage folk in general. This is not the only occasion, by the way, in which the fair defendant has figured in the divorce courts.



Cecelia Loftus, one of the cleverest actresses of English ancestry, now on the American stage, was married some years ago to Justin McCarthy, author, orator and ex-member of the British Parliament. For a time all went well, and then there were rumors of trouble. Miss Loftus, as she was still known, came to this country, and divorce proceedings followed. As a mimic, Miss Loftus is practically unsurpassed. She has also held the notable position of leading woman with E. H. Sothorn. But her professional strength seems to lie in her imitative gifts.

and after marriage slowly but surely experience a change. It works so insidiously and so gradually that it is hardly noted. You are no longer thrilled by a touch of the hand, a glance of the eye. The intense pleasure that was yours whenever in the presence of the loved one is no longer experienced. In fact,

you sometimes find yourself beginning to yearn for the company of others. There are times when you even want to be alone.

Why this change? Now if that question can be correctly answered, then there is then a possibility of our discovering the real cause of the human miseries that the divorce courts try to relieve. This change comes about from causes that are so plain that any careful observer of human nature who understands the physiological laws of life cannot avoid seeing them in all their naked simplicity. Marriage is first of all a physical union. It is the joining of a man and woman to a large extent as a result of the yearnings of their physical instincts. It all serves a very definite and clear purpose in human life. The attraction between the sexes exists but for one purpose, and that is to perpetuate the race. Many may object to my placing marriage on what they would term a merely physical basis, but I would like to disabuse the mind of the average



Annie Russell, one of the cleverest actresses and sweetest women, who ever graced the stage, was married to a well-known playwright a good many years ago. The union was an unhappy one from the start, and after a good deal of patience, the actress secured an absolute divorce a few years since. She is now a Mrs. Oswald Yorke, her husband being her leading man.



It would take up more space and time than are at our disposal to recite the various matrimonial adventures and misadventures, including divorces, of Sarah Bernhardt, the actress who, French by nationality, belongs to the world at large by reason of her genius. Was it thrice or more that she has become a more or less sophisticated bride? And how many times has it been that she has taken trial trips into the domain of Cupid and Hymen? Goodness knows, but in affairs of the heart, Sarah the Divine, can offer expert testimony. Her son, who is in the French Army, is said to be a good soldier who resembles his mother in nothing except a gift of ready repartee.

individual of the idea that everything that may be physical in nature is at the same time low in character. This is not so. It is true that the physical instincts of man, in many instances, are perverted.

They are not capable of guiding him accurately, but that is not the fault of the physical instincts, it is the fault of the man. You will find that the physical instincts of many monogamous animals that have not been used and perverted by man, are of a nature to maintain the highest degree of physical perfection. Their instincts, are what might be termed delicately acute. They guide them aright in every instance. I am sorry to say that the same cannot be said of human beings, and we must remember that love between the sexes to a large extent exists among the lower animals as it does in men and women animal, the only difference being that among the monogamous lower animals you will usually find more fidelity, more evidence of intensity of affection, than you will with man, the higher animal. The emotion of love is governed by a law that is just as definitely fixed as any other of God's or Nature's great mandates. It cannot be changed by the mere whim of man. The physiological laws that govern the life of the man and woman who have become engulfed in the ecstasy of love are also quite plain, that is, to those who care to study them.

With the prevailing prudery in connection with important subjects of this nature, it is not surprising that but few study these important laws. To be sure this subject should be viewed with due reverence, it should be discussed as a sacred theme, but the knowledge it is capable of imparting should be in the hands of every growing boy and girl. They should be taught the truths of these laws even in their earlier years. These are essential in order to give them a full and complete grasp of their importance in later life. It is necessary to eliminate the vile and vulgar idea, with which nearly every boy or girl is somehow imbued.

I do not want my readers to understand that I by any means maintain that marriage is solely a physical union, or that there is nothing beyond its physical aspects between man and woman. To make such a statement would be foolish. There are spiritual and in many cases intellectual affinities which unquestionably have a great deal to do toward

cementing the love of men and women. What I do claim is that the love between the two is founded on physical attraction, that the thrill of pleasure that comes from the presence or from contact with the loved one is physical in nature. It comes from the physical senses, and when this physical love is made to disappear by its perversion, any additional attraction that may exist, is, as a rule, powerless to interfere with the development of the critical attitude which usually ends in serious marital unhappiness or in the divorce courts.

The physiological laws of life are exacting. They demand strict obedience. Obey them in every detail and you will reap rewards that are rich and satisfying. Disobey these laws and you will pay the penalty. Those laws that have to do with the perpetuation of the race cannot be trifled with without suffering. The marriage of man and woman should mean the founding of a home which means the sharing of the responsibilities that come with home-life. It should mean a perpetuation of the race in the form of new human lives. A barren home is cold and desolate. It is a place of death instead of a place of life. Where children are forbidden to come into a home, that home is cursed in advance. No real, lasting happiness can come from within it. The shroud of death has already surrounded and enwrapped it.

Can you wonder then why actresses find it necessary to seek divorces so frequently? The duties of their profession forbid them to assume maternal responsibilities. They are always searching for love and still they refuse to accept the fruits of love. They want a happy home, but they refuse to follow the dictates of those instincts which must be observed in every detail, if one is to possess a home that is truly happy. The love of applause, of public approval, is not a part of real home-life. Home means privacy, and to enjoy it, one must be enwrapped of its pleasures, must be imbued with a deep and sincere love for the one who has to assist in making the home, and when it is made a public affair, when the prying eyes of the multitude interfere with its responsibility and its pleasure, then

you can rest assured that such a home is not for long.

If love is physical in nature, then it must come from and be influenced by



Divorces, like wooden legs, sometimes run in the family. For example, there is Dorothy Russell, daughter of Lillian Russell. Dorothy is an actress, and a few years ago, married one Einstein, who had money and a "taking" way with him. Love's young dream lasted but a brief period however, and one day, Mrs. Einstein had her hubby served with divorce papers. She is now Miss Russell once more, and Mamma is said to be mighty pleased that her daughter has asserted the actresses' inalienable right to wed early and often.

the physical instincts. No one ever tried to define love, no one would be able to tell why they are in love. It comes intuitively. It is really a part of one's instincts. If it were necessary for the objects of the love emotion to know each other for years in order to develop an affection of this character, then we might say it is intellectual or spiritual, but it is a well-known fact that men and women often "fall in love at first sight,"—to apply a phrase commonly used. In other words, the first moment they meet each other, there is an indefinable and a powerful attraction that draws them toward each other. They cannot explain it, they have really no understanding of its nature, they simply feel it, and are often quite powerless to avoid its mandates.

If love is to be husbanded, if it is to be retained, it should be quite plain, therefore, that the normal instincts of the physical being should be followed in their every detail. We must admit that but few know anything about the existence of these normal instincts. We might go further, and say in addition to being absolutely ignorant of the existence of instincts of this nature, they also have a grossly perverted conception of

physiological laws as they pertain to love from this standpoint. If love is physical in nature, it is then founded on certain physiological laws. To be retained, it depends upon following out these laws in every detail. The determination, for instance, to avoid the maternal responsibilities of a marriage would mean a perversion of one's true instincts, would ultimately mean in every case the annihilation of love, for the love nature is aroused for this purpose only. That is the mandate of Nature. Where love is looked upon merely as a source of pleasure, where it is viewed from this standpoint at all times, and where its responsibilities are avoided, the death of love is bound to ensue.

The higher law, as indicated by the human instincts that should be a part of every normal individual, will be discussed in the next installment. Therein I will show how gross are our conceptions of God's laws that are made for our guidance. Man is supposed to be above what we call the lower animals, but a study of actual conditions indicates that, as far as the observance of the instincts of sex is concerned, man is often many degrees beneath the lowest of the lower animals.

(To be continued).

Eight Bible Reasons for Not Using Tobacco.

1. It is not for the glory of God. "Ye are bought with a price; therefore glorify God in your body, which is God's." (1 Cor. 6:20).

2. It may bring on disease of the heart and cancer of the tongue. "If any man defile the temple of God, him shall God destroy." (1 Cor. 3:17).

3. It is expensive, and the money is wasted. "Wherefore do ye spend money for that which is not bread, and your labor for that which satisfieth not?" (Isa. 55:2).

4. It is infringing on the rights of others by contact with them in its nauseous, sickening order. "Thou shalt love thy neighbor as thyself." (Gal. 5:14).

5. It is a wrong example to set before the young. "Let your light so shine before men that they may see your good works, and glorify your Father which is in heaven." (Matt. 5:16).

6. It is a filthy habit. "Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." (2 Cor. 7:1).

7. The habit once formed brings one into bondage. "Whosoever committeth sin is the servant of sin." (John 8:34).

8. It causes unnatural desire, and leads to intemperance. "If ye live after the flesh, ye shall die. To whom ye yield yourselves servants to obey, his servants ye are to whom ye obey." (Rom. 6:16; 9:13).



Does not the idea of a sun-bath taken in Nature's dress and amid such surroundings appeal to you? This is a view of the solarium, or sun parlor, of one of New York's famous Turkish baths

Clothing Tabooed in Public Institutions

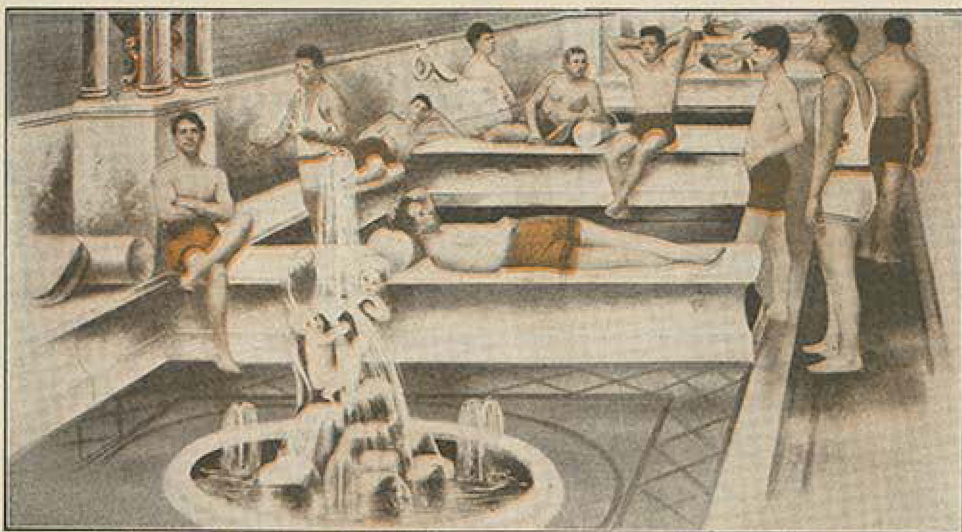
ESTABLISHMENTS IN NEW YORK CITY WHERE ONE MAY DISCARD CLOTHING AND WANDER ABOUT AT WILL

By Lathrop Harvey

Our readers will, no doubt, be surprised to learn that at many of the Turkish, Russian and other bathing establishments, you will attract no more attention without clothing than you would in the midst of a native African tribe. We are reproducing some photographs, which show the various attendants and patrons wearing a loin-cloth or trunks, but in some of the institutions not even this meagre attempt at dressing is indulged.—Bernarr Macfadden.

THE desire for freedom is an instinct of humanity, no matter what the conditions or the community. Yet, curiously enough, it is responsible for most of the slavery and tyranny which is inflicted on mankind. Thus, we desire to free ourselves from the sway of the criminal and in order to do so, invent laws without number until we are a law and lawyer-ridden people. We try to obtain freedom from disease, and straightway, find ourselves in the

bondage of the oligarchy of the drug doctors. We endeavor to free ourselves from the oppression of solitude and isolation and are forthwith hampered and harrassed by the edicts of "society." And—to consider another phase of the same question—we adopt clothes to keep us from the cold, or preserve us from the heat, or add, as we think, to our personal attractions, and lo! we have brought into being a despot who rules us with a rod of steel and against whose mandates there



The joys of nudity. In the untrammelled luxury of the vapor bath.

is no decision or appeal. Custom, fashion, the enervation of our bodies by the use of unnecessary and unhygienic garments and other evils of the same nature, rivet the fetters of the tailor or the dressmaker around us to our discomfort and physical undoing. But clothes we *must have*, or think we must, which is about the same thing, and so it is that no small part of the fruits of our labor are expended on the getting of them and no small proportions of our health and artistic worth are sacrificed on this same silly altar of "fashionable wear."

But there are times and seasons when man, that is to say, civilized man, revolts against the bondage of clothes, puts them aside, and revels in the exhilarating joys of practical nudity. By the seaside in the summer-time, or in some of the superb baths that are to be found in New York City and other large centres of population, he strips, feels the touch of the air on his untrammelled skin, enjoys the sensation of being a human creature, and not merely a "forked radish done up in tight-fitting rags"—to use the words of Thomas Carlyle,—and when it is time to return to the outside and conventional world again, does so regretfully, because his so doing means his once more yielding to the tyranny of unnecessary clothes.

The pictures which go with this article

are significant in that they prove that which has just been said about the natural enjoyment which comes from the shedding of the garb, which civilization insists shall be worn by the everyday individual. This magazine has long declared, and the average physician is just beginning to realize, that there are healthful influences in the air, or in the ground, which we shut from us by our clothes. We don armor of a close-fitting and woolly kind, which is warranted to exclude from our bodies the kindly effects of the sunshine, the purifying influence of the oxygen of the air, and the electric waves and impulses which should reach us from the earth. Wool garments and the average shoe, are both non-conductors of electricity and hence our bodies suffer from electrical starvation. There is little doubt but that a large proportion of nervous diseases arise from the "starvation" alluded to. It is an established fact that electricity is the motive power; the life of the nerves. It is also admitted that the electricity of the body is obtained from the food we eat and from contact with the earth, which is nothing more or less than a huge storage battery of the subtle fluid. Now, it stands to reason that if we cut off the supply of earth electricity by not permitting ourselves to come in contact with its source, we shall assuredly suffer.

And what is more, we *do* suffer. Pain or weakness is Nature's way of telling her children that their mode of life is opposed to her laws. Unfortunately, we too, often disregard the warning, or only heed it when it is too late.

However, the fact that there is a growing demand for Turkish or Roman baths goes to prove that men, and for that matter women, are awakening to the delights and privileges which render these institutions so attractive. Once within their boundaries, you can revert to the primitive as far as your clothing is concerned, while at the same time you have the consolation of knowing that you are being thoroughly cleansed and reinvigorated by the process of the bath itself and the getting "close to Nature," which your nudity permits. We need hardly try to "point the moral or adorn the tale" in this connection. But imagine for yourself the relief which must come to the man who, say, has passed a busy and fatiguing day in the mercantile district when he enters the bathing institution. There he proceeds to get rid of the clothes which he has been wearing and which, somehow or other, are identified with his cares and worries. In short, he has gone back to Nature, in the matter of garb; he rejoices in the incidental freedom; business worries him not, and when he returns to the outside world he is better and different because of his having allowed the natural man

within him to come to the fore via the bath and its accompanying nudity.

Perhaps it will be in order to say something about the recent development of these baths, in view of what they mean in a physical culture sense. Of course, the Turkish, or as it is sometimes called, the Roman bath, is an ancient institution both in this country and abroad. But of late, and especially in New York City, some of these baths in the matters of convenience, elaborate detail and luxury of fitting and adornment, have rivalled the famous baths of old Rome itself.

Bathing, in the classic times, was reduced to something akin to a fine art. The bath was the daily custom in the lives of men and women of the periods when physical strength and beauty and mental achievements were at their maximum. The maids and matrons, the youths and men of old Greece and Rome, as immortalized in marble, have never had rivals in the respects cited. And there is but little doubt that the constant use of the bath was in a great measure responsible for the grace and charm of these. It was in Rome, however, that bathing attained the height of its vogue and environments. As New York now has a practical reproduction of some of the baths of the Immortal City, of ancient times, no apology is necessary for a brief allusion to the latter.

The old Romans then, lavished the



Patrons at ease in the tepidarium or hot room.

revenues of the State on institutions, which contained not only baths of all sorts, but theatres, libraries and gymnasiums. The baths of Diocletian contained 3,200 marble seats for the use of patrons. The building was also adorned with exquisite mosaics, columns, and rare statuary. The interior fittings were of a spacious and elaborate sort. Apart from all else, the baths were a species of meeting place or club for the politicians, and the fashionables of the times. But the main idea—the cleanliness and

proper means. Right throughout, the bather is naked or nearly so. Hence, much of the incidental benefit.

How elaborate are the appliances and apartments of the up-to-date bath of the type in question may be shown by an enumeration of some of those which are in evidence at one or two institutions in New York. Thus, there is the tepidarium, or hot-room, in which the temperature is about 150 degrees. In the calidarium, which adjoins, the temperature is kept at 180 degrees. This room is warranted to "make a dry bone sweat" to use the words of one of the patrons.

In the room in which is located the Russian or hot vapor bath, the steam which fills the apartment is maintained at a temperature of 112 degrees. One who visits the baths must admire the

ingenious ventilating devices in this and other rooms, by which a continuous renewal of the atmosphere is effected, without a lowering of temperature.



The Douche

health of the body—was never lost sight of.

The ancients taught the use of their baths to all the people whom they subjugated and these in turn, adopted the innovation with more or less enthusiasm. The Eastern nations, especially, took kindly to the Roman baths, but they modified it somewhat. The Romans made cold water, and plenty of it, a feature of their bathing. The Orientals substituted hot or warm water to a very great extent. This forms the difference between the Turkish and Roman bath even to-day.

As pretty nearly everybody nowadays knows something about these baths either by hearsay or experience, a detailed description of them will not be necessary. But in a word, they may be described as a combination of perspiring, shampooing and bathing, each of these operations being caused or induced by



Shampoo Room



In the Massage Room

Then there are shampooing rooms, in which a bather is subject to a vigorous kneading and scrubbing; needle, rain, douche, sitz and other baths, and a department given over to electric vibration. Here, to use the words of one of the attendants: "You may have vibratory massage, faradic, galvanic and sinusoidal treatment, as well as tissue oscillation for muscle development and for the stimulation of exhausted nerve tissue"—which sounds good. There is

also a room given over to massage. A big gymnasium equipped with the latest apparatus, a capital library, reading, lounging and conversation rooms, a restaurant, bowling alley, dressing and lounging-rooms, a weighing alcove, barber shop, chiroprapist and manicure departments and so forth.

One feature of some of these places is worth special mention. The allusion is to the electric light baths. These consist of a sort of cabinet lined with incandescent lights. The nude bather seats himself in the apparatus, his head only being outside of it; the front portion is then closed, the lights turned on and it is said that the electric brilliance, thus concentrated and intensified, penetrates the deepest tissues of the body stimulating the vital forces and being of great benefit in the case of nerve exhaustion."

This is all very well, but it must be remembered that while a flood of electric light may stimulate for a brief period, only right living as taught by physical culture can permanently restore lost nerve power. Turkish baths are excellent adjuncts to health getting. Also they relieve undue nervous and physical strain. But after all is said and done, if

no attempt is made to remove the causes which produce these strains, the time will come when the most ingenious and complicated of bathing appliances will be of little or no avail." There is but one basic foundation for health and that is the simple and therefore the right life. Unfortunately, the conditions which surround most men to-day are such as to interfere with a natural mode of existence. It is here that the modern bath proves its worth. It checks and rectifies the evils which result from over-work, over-feeding, over-indulgence in so-called social pleasures and the like. But again let it be said that if such periods are persisted in, the inevitable time will come when exhausted Nature will refuse to respond to the coaxing of the hot room, the douche, the shampooer, or any of the devices or operators which are of benefit in the earlier stages of the victim's folly.

One of the metropolitan bathing establishments has on the top of its building a magnificent solarium, or sun garden. This takes the form of a tropical garden covered with glass. In the winter, its interior is heated, so that the benefit of the sunlight may be obtained



The natatorium or plunge always has its full quota of athletic patrons.

even when the outside temperature is flirting with the zero mark. Tropical trees, vines, flowers, birds of brilliant plumage and statuary are among the attractions of the solarium, and when to these are added scores of individuals who wear only an abbreviated pair of drawers or trunks, it doesn't take much imagination to think of the place as a sort of populous garden of Eden. In the summer, the big side windows are thrown open, so that the patrons can have both sun and air playing on their naked bodies.

On the whole, New York City may be proud of her bathing facilities, inasmuch as many of these prove that a modern recognition has been given to the hygienic and curative value of the ancient bath. In this connection it may be in order to state that the municipality of the metropolis is now considering the advisability of erecting a building for the free use of the public, which shall include all the details and departments of the Turkish and Roman baths. On this matter, we may have to say something a little later.

It is doubtful if the bath—using the term in its larger sense—will ever attain that importance among people of modern times that it did among people in the past. The old Greeks and Romans cultivated the art of leisure and repose, and the bath of their day, with its environments and hours of enforced restfulness, aided them in so doing. With us it is different. We are nothing if not strenu-

ous and our pursuit of reputation or the dollar, doesn't allow of our taking much rest; at least, during the day. This explains why nearly eighty per cent. of the patronage of the average Turkish bath is made manifest at night.

However, a strong people is almost always a clean people. In this, fact, we may find an explanation of the growing tendency on the part of both our men and women to visit the baths, such as we have described. For in spite of "cawings and croakings," it cannot be denied that we are a strong people!

It is true that some of us reside in communities so placed that the Turkish or Roman bath proper is not possible for them. But ingenuity supplies that which environment denies—at least to a very great extent. And so it is that there are in the market a number of apparatus and contrivances by which one may reap the advantages of the chief principles of the baths in question, even though one be distant many miles from those cities in which are to be found the revived splendors of the bath-houses of ancient Rome. It is the boast of our land that whenever a man has a real or imagined want, an inventor stands ready to minister to the same. This anyhow is true of the desire to bathe. Hence we have the several and ingenious contrivances in question.

The pictures which illustrate this article, are due to the courtesy of Mr. Joseph Fleischman.

Failure of Heart

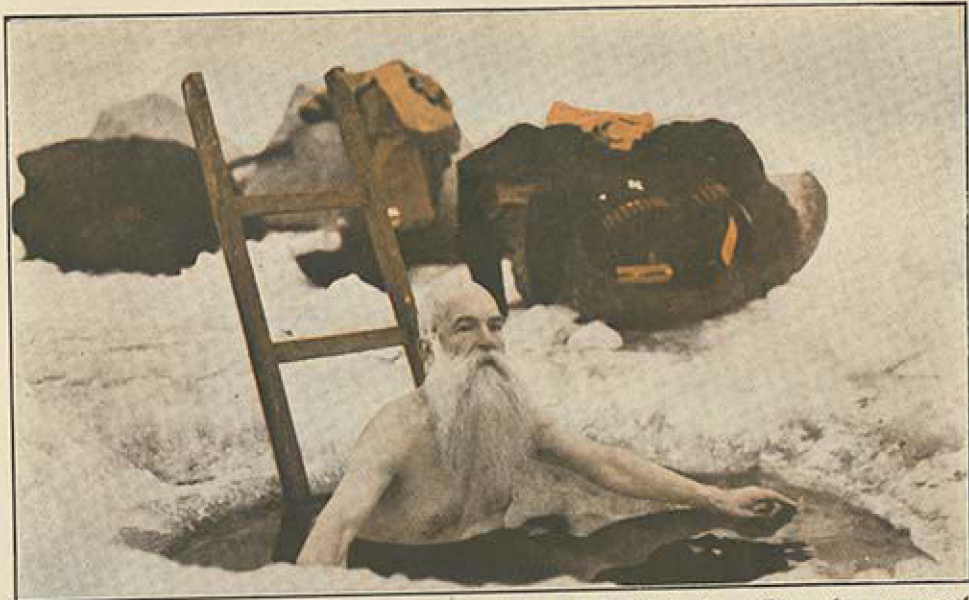
By STEPHEN HUGHES

My old stomach's on the drag,
It feels like some old chawed up rag;
Nuts and peaches and apples and pears,
Chops and steaks both done and rare,
Seven and nine and twelve we feed,
In gluttonous baits we take the lead.

We wonder why we're on the bum,
And reasons true we may have some,
But stuffing from morning 'till noon and night
Never we think is aught but right.
So dopes and pops and coffee strong
We pour down freely to help along.

Physics and drugs we then will take,
And then more food for stomach's sake;
Three and six and sometimes nine
For cream and candy its always time,
So tobacco helps and sometimes rum
Digest this food—it must be done,

For some few years we keep this pace,
And then we stop in life's sweet race.
To sum up all our love and hate,
For that dear doc. who caused our fate;
But from his teaching we can't depart
So die right off with—"Failure of Heart."



General Mily Drintrieff Kiseleff enjoying himself in his frigid bath. Note the apparently vigorous physique of the sixty year old man

Winter Baths of a Hardy Russian Warrior

Well, what do you think of this? Wouldn't the mere thought of undressing out in the snow, and diving in the icy water make cold shivers run over you? This hardy warrior is going beyond what I would term "the limit." One would have to have an enormous amount of vitality to possess the recuperative powers essential in securing benefit from such a Spartan-like regime. I would not advise any of my readers to follow his example —Bernarr Macfadden.

By David H. Anderson

THE pictures which go with this article, are apt to make the weakling have a bad attack of "goose-skin." Even the average physical culturist, who is nothing if not sturdy, may be forgiven if he contents himself with admiring without following the example of the sturdy old warrior who is evidently enjoying his dip into the freezing waters of the Gulf of Finland. But habit counts for much, and hence it is, that General Mily Drintrieff Kiseleff—for such is the name of the bather—not only revels in his chilly plunge, but has been taking it daily without a single exception for over thirty years.

General Kiseleff is a soldier with a brilliant professional record. During Russia's last war with Turkey he distinguished himself so often on the field of battle, that he was rewarded with a personal letter of thanks from the late Czar, was the recipient of many decorations, and was finally made adjutant to General Skolsoleff. Since that time he has taken part in a good many army and political affairs affecting the Russian Empire, and the good sense and moderation which he has always manifested, have earned for him the affectionate title of "Little Father Good-Heart" among the peasant populations that have been in touch with his ministrations.



General Kiseleff, preparing for a bath in the Gulf of Finland, with the temperature many degrees below zero

The General is furthermore a physical culturist in many matters. Those who know the Russian people at home, know also, that while they are possessors of a good many virtues, yet a love of cleanliness and fresh air is not among them. But it is said of General Kiseleff, that from the day that he first joined his regiment as a subaltern, right up to the present, he never failed to impress on the men under him, both by precept and example, the fact, that the best soldier, and the most useful citizen is he who takes proper care of his health, and that such care includes a due observance of the laws of simple hygiene. As proof of the power of the teachings of Kiseleff, it is said that in at least two regiments in which he held the post of captain, his

command was in each instance known as "The Clean Company." Incidentally these companies were famous for their athletic skill and endurance on the march.

Kiseleff's labors in the direction of physical culture principles as applied to the Army, resulted in his being requested by the military authorities to formulate a plan of gymnastics and hygiene, which should be of practical value to the soldiers all the year round, both in and out of barracks. This he did, and it is said that there has been a marked improvement in the physical status of the Russian army since the advent and use of the work.

The General is now over sixty years of age, is small, wiry and of striking ap-

pearance, has a long silvery beard, a complexion like a ruddy apple and a fine courtesy, which never fails him, no matter who the people, or what the circumstances amid which he finds himself. Said one who had met and conversed with him, "He is as wholesome and refreshing as a wind from the South." This remark it must be remembered, was made by a Russian and in Russia, in which country a wind "from the South" is somewhat different to that which it is in this country. But the intention was to convey somewhat of the pleasant and bracing impression which the man made on those with whom he came in contact. And it may be added, that a like impression is invariably made by the consistent physical culturist, no matter what his nationality, on those whom he meets. In other words, he "projects" his healthy personal magnetism on others and these last are conscious of his powers, even if they do not recognize its source.

As has been intimated, General Kiseleff lives on the borders of the Gulf of Finland, at a town called Kuskalla. A portion of the grounds which surround his home are fitted with gymnastic ap-

pliances and these, he and some of his athletic cronies, use with great enthusiasm every day. But the most notable of the physical culture proclivities of the General are those shown in the pictures. Every morning, in storm or sunshine; when the sky is clear and the hot glare of the Russian summer is almost unbearable, or when the temperature is ever so many degrees below zero, the General, accompanied by a single trusty attendant, sallies forth to take his plunge in the waters of the Gulf. Sometimes, it is necessary to cut through thick ice in order to secure the bath. But this fact doesn't affect the General as the photograph clearly shows. There is a plunge a sound like a healthy porpoise enjoying himself, and the head of the veteran emerges from the gelid water beaming with enjoyment, and ruddy with the invigorating cold.

Of course, there are not wanting those in this country who take their river or ocean dips all the year round. But the case of General Kiseleff is remarkable in that it is that of a man who has done so much for the bodily and mental good of the Russian Army, by sheer force of physical culture example.

How the Blood Destroys Bacteria

The blood is a germ destroyer, this was recognized by the leading medical men after the discovery of bacteria.

The blood is a natural antiseptic, and it is more powerful than any other known antiseptic or germicide.

It is better because it does *not injure* the tissues, as other antiseptics.

Some may say "Well! How is it that blood makes an excellent culture media, for bacteria." Why certainly if you take it out of the body, it is then dead tissue the same as you would cut off a piece of flesh.

Normal circulating blood is a germicide.

The question naturally arises, how do we have germ diseases?

Tuberculosis of the lungs is an example.

The reason is, you cannot have tuberculosis if there is a normal circulation through the lungs—therefore the importance of deep breathing. This applies to all other so-called germ diseases.

HOW THE BLOOD DESTROYS THE GERM.

First we have the alkalinity of the blood, which will kill most bacteria.

Second, we have the formation of anti-toxins which neutralize the poisons formed by the bacteria. Third, we have the alexins, which hinder the development of bacteria and

many other substances form, which kill the bacteria. Fourth, bacteria form substances that are harmful to their growth. In fact they are destroyed by their own poisons. Fifth, we have phagocytosis, when bacteria gains entrance into the system the white blood cells swarm there by the millions, attack and kill the bacteria and carry them to the filters (the lymph glands).

In infectious diseases there is phagocytosis—an increase in the number of white blood cells. Sixth, we have the oxygen in the blood, which burns up the bacteria. Seventh, the rapidity of the circulation—we all know that rapid rivers are the most fresh—contain less bacteria—the same way with the blood.

Stagnation means a good culture media—therefore, the importance of exercise and bathing.

That the blood must be kept pure is essential therefore the importance in diet and mastication.

Poor mastication means poor digestion and thus poison for the blood.

Don't let the blood become "muddy" therefore drink plenty of water.

We have to keep our mentality in good condition, because anger, hate, etc., poisons the blood.—RAY MOERSHELL, D. O.



Some photographs showing the result of following physical culture methods in the care of the hair—Mr. E. E. Garner, after close attention for one year to the means we advocate for beautifying and strengthening the hair.

Strong, Luxuriant Hair

VALUABLE COMMENTS FOR THOSE DESIROUS OF IMPROVING THE COLOR, STRENGTH, AND GENERAL APPEARANCE OF THE HAIR

By Alexander Marshall

IN DEFENSE OF LONG HAIR.

"Just when the custom of cutting hair and wearing hats was initiated, I am unable to discover, but the results of the custom are obvious from the large number of bald heads exposed in any gathering of men where the hat is laid aside. I believe that cutting the hair and wearing tight, close-fitting hats, are responsible for more poor hair and bald heads than any other cause. Did you ever stop to think that nearly all of the bald heads are found among men? Women as a rule don't cut their hair nor wear tight-fitting hats. You find no bald heads among races that let their hair grow and don't wear hats. Cutting a plant or tree of any kind close to the roots continually, eventually kills it, and to a large degree the same thing results with hair.

"A large majority of bald headed people are of the vital temperament, which indicates that baldness is caused very largely by over-heating the roots of the hair; a man of vital temperament radiates more heat than does one of the motive or mental temperament. But it is custom and not nature that decides the course one should follow in this age of artificiality. If any shame is connected with the wearing of long hair it is unto the people who are so narrow that they cannot conceive of any one being different from themselves, and at the same time being sane. Yes, it is a shame that a civilized (?) country like we boast of should have a people that are so ignorant and uncultured that they think that everyone should do and be just as they are, or else be wrong.

"I realize that much must be suffered who commits the crime of being different. Inasmuch as a bald head never looked very attractive to me and being of an inquisitive turn of mind, I decided to let my hair grow long so that I could observe the effect it had on those with whom I came in contact. I don't believe there is anything that makes as much difference in the appearance of a person as the hair, and the way it is worn, and I know of nothing that will serve so well in bringing to the surface the individual nature or character of a person.

"According to history, Samson, Jesus Christ, Benjamin Franklin, and many other noted persons wore long hair. Since there are not many who want to wear long hair, I will leave this phase of the subject, and make a few suggestions that might help some of the few who are interested.

"The first requisite in order to attain a given thing in this instance, as in all others, is to *desire* it. Then wear the hat as little as possible, and never a tight or dark-colored one; acquire good blood through right living, agitate the scalp with the hands regularly and do not cut your hair too short or wash it too often."

"E. E. GARNER."

TO many of our readers it may seem surprising that the hair can be strengthened and made more luxuriant just about as easily as the muscles of the arm can be developed. Certain physiological conditions are required for the growth of hair, just as they are for the growth of muscular vigor in any part of the body. The hair must, of course, be given the care essential for keeping it clean, but cleanliness of the hair is not so important as cleanliness of the scalp. The scalp is like the surface of the body in any other part. It is supplied with pores which must be cleansed at frequent intervals or else they are stopped up, and naturally are unable to perform their functional duties. Of course, the hair protects the scalp from outside dirt, but it does not protect it from the impurities that are eliminated through the pores of the scalp. These impurities, as you can well realize, accumulate and very materially affect the health of the scalp, when the scalp is not given proper attention. It is, therefore, important that the scalp be washed thoroughly at frequent intervals, not less than once a week, and where the hair is comparatively short, twice a week could be recommended for this washing process. A great many favor soap bark instead of soap, though the ordinary Castile soap, which is usually made from a good grade of olive oil, furnishes about the best soap for washing the scalp, or any other part of the body. In washing the scalp it is always preferable to use a soap in which there is much alkali. Soaps containing alkali remove the oil from the hair, and to a certain extent take away its lustre. The ordinary Castile soap will be found quite satisfactory, though all other soaps should be viewed with suspicion, unless you are absolutely sure they are made from some pure vegetable oil and do not contain too much alkali.

Most men and women, when they find they are becoming bald, immediately resort to the various advertised nostrums which succeed in practically every case in causing the loss of the hair more quickly and more permanently. No so-called tonic has ever benefited the human hair. The hair is fed by the blood

circulating beneath the scalp. The hair secures its nourishment from this source just as grass, for instance, secures its nourishment from the soil, and though you may feed the ordinary soil with various elements that will assist in the growth of grass, there is only one way to feed the human hair, and that is through the human stomach.

There are two conditions that one must consider in the care of the hair. First, the influence of exterior condition on the scalp itself, and second, the influence that is exerted by the blood upon the hair. If these two conditions are always at their best, it is practically impossible for one to become bald. Baldness, or the loss of hair, therefore, comes from one of two causes: Either through improper care of the hair or scalp, or through what might be termed constitutional causes. If you fail to wash the scalp or properly care for the hair, it will no longer retain its luxuriant appearance. It will lose that life-like lustre which makes the hair so pleasing, and will, under such circumstances, resemble a wig, instead of healthy human hair. To a very large extent the same statement can be made regarding the influence of a constitutional condition upon the hair. If for any reason your vitality is lowered and the quality of the blood is changed in such a manner as to be lacking in those elements necessary to feed the hair, then, of course, the hair will begin to fall out and will deteriorate in every way.

It is the duty of one who might be desirous of improving the condition of the hair to first of all determine the cause of its deterioration, if he wants to treat a condition of this kind. After having determined the cause, it is his duty to remedy it. Though in many cases constitutional conditions have a great deal to do with the loss of hair, as a rule it is caused by lack of local care. Not only should the scalp be washed at frequent intervals, but the hair all over the scalp should be pulled, beginning mildly at first, and gradually increasing the vigor of this pulling process. This habit of pulling the hair, increases the thickness of the scalp, and the natural effect of the operation is to bring an increased

quantity of blood to the hair, and therefore you have a head of hair that is more perfectly nourished than if you had not thickened the scalp in this manner.

Another important fact to remember is that when the hair is pulled slightly all over the scalp in this manner, all the dead hairs that may be remaining in the scalp will be pulled out in time to allow new hairs to grow in their places. It is well to keep in mind that if a dead hair is allowed to remain in the follicle or root sheath for any great length of time after its life has disappeared, the root also dies and we have the beginning of what is called baldness. It can therefore be seen that the very means adopted by the average individual who fears baldness is the particular and direct cause of furthering the result which he fears. In other words, nearly all men and women, when they begin to fear a possibility of this kind, are very careful to avoid handling their hair roughly, or pulling it in a manner that would in any way cause hairs to be removed from the scalp. Therefore, they allow dead hairs to remain in the root-sheath, and these dead hairs finally kill the root. Now when you have dead hairs, about the very best thing you can do is to remove them as speedily as possible. The pulling process that I have recommended will not only thicken the scalp, but will

remove all such hairs quickly enough to enable new hairs to grow in their stead. While the daily combing and brushing that are considered essential by the average woman, take the place of this pulling process, to a certain extent, and though I admit that it is possible to use the hair too roughly, a moderate pulling of the hair, please remember, will be beneficial in practically every case.

It will usually be noted that those who carry more than an ordinary amount of flesh are inclined to baldness. This would, of course, indicate that over-feeding, or feeding beyond the actual needs of the body (which, of course, is the cause of an excessive accumulation of weight in all cases), is a cause of loss of hair. A general development of constitutional vigor will influence the hair favorably just as it will any other part of the body. Physical culture methods, therefore, in the care of the hair, involve simply the exercise of common sense, and demand little more than this. We believe in strengthening the hair by practically the same methods that would strengthen the brain, or the eyes or any other muscle or power of the body. Keep the hair in a proper condition by the local attention that is necessary, and then if you maintain a proper degree of general health, there is practically no doubt of your ability to cultivate a growth of hair of which you can be proud.

An Advocate of Knee Trousers

TO THE EDITOR:

Knowing your interest in matters of this kind, I have often wondered that you have not already attacked the present dress of men of our modern times; for surely there is no sense in wearing the long trousers that every man is compelled to wear by that cruel Dame Fashion.

Every man knows how much more comfortable and natural he felt in the knee pants of his boyhood. They have so many good points and no bad ones. You have only a slight weight to support by the shoulders, which enables a man to hold himself up in the natural position with shoulders back, with more ease and makes the whole man feel more comfortable and as Nature intended

him to be; and they are no hindrance in any kind of work or exercise.

If you would take up this reform and push it forward I am sure your efforts would be rewarded by a change to the knee pants of our old Colonial days, and it would mean a great deal for the men of our present time and succeeding generations.

I fully believe that long trousers do more toward bringing on and keeping up disease, and inducing old age than they have ever been given credit for; and I know such a reform would be an invaluable alleviation to the chronic sick of humanity.

And as for appearances; we would look very much better in knee pants.

San Antonio, Texas.

F. C. PORTIER.

Diet and the Care of the Teeth

THE CHARACTER OF FOODS MOST VALUABLE
IN ORDER THAT THE TEETH MAY BE NOURISHED

By James Mellier Robeson

IN the last issue, I called attention to the importance of the care of the teeth from a viewpoint of cleanliness.

The value of this advice cannot be emphasized too strongly, if one desires to retain his teeth to the end of life. There is really no excuse for the loss of one's teeth, and there is little or no excuse for the decay of the teeth if they are cared for properly. Where the ordinary diet is followed, this care is really essential. The teeth should be thoroughly cleansed at least once each day, and if this process is gone through twice daily, it will be greatly to one's advantage.

But no matter how carefully you clean the teeth it should be remembered that the teeth need nourishment just the same as any other part of the body. In other words, even if you feed the fleshy tissues, you may to a large extent starve the bony structures of the body. The various elements that feed the bones, which are richly supplied in many of our foods, are really necessary to properly supply the nourishment needed by the bones of the body. The teeth, therefore, need to be nourished in order to maintain them in a proper condition of health, just as does any other part of the body.

The various complicated and tasty dishes that are so popular with many of us are often grossly deficient in bone-making material. The nourishment necessary for feeding these parts of the body is found largely in the exterior parts of grains and fruits and various vegetables. As is well-known, these exterior parts are often taken off and thrown away, or else fed to the domestic animals, while we consume the interior parts. The peeling of the apple, for instance, contains far more nourishment from this standpoint than does the inside of the apple. The husks of the various grains, and the material that usually adheres to them, are very rich in elements that feed the bones, and when we under-

stand that this is in nearly all cases removed when preparing the grains for use as human food, you will then understand one of the very prominent causes of bad teeth. In many districts of this country the people are actually starving their teeth to death. White flour, for instance, which is supposed to be the staff of life, is ruinous to the teeth, if a large proportion of your diet consists of products made from this partial food.

I once lived in a section where the diet was limited. It was in a country where grocery stores were not close at hand. The farmers did not understand the importance of a garden, and most of them had become a little too "high-toned" to eat corn-bread, though in many cases they had been largely raised on it. White bread, therefore, was the staple article of diet. Of course, hog in various forms, bacon, ham, etc., was usually added to it, but as can readily be realized the combination really made a starvation diet, at least as far as the teeth were concerned. And I must admit that the muscular and nervous system must have suffered to an almost equal degree, because I have never been in a community where there were more weak women and poorly developed men than there were at that particular place.

But referring back to the teeth, I was at that time working in a dentist's office, and although the small town in which he resided did not have over a thousand population there was no lack of patronage. Again and again, while employed in this office I have seen young women, not over twenty-five or twenty-eight years of age, have every tooth in their head removed solely because their teeth had been starved to death. The dentist on examining them would find frequently that they were nothing more than mere shells. There was no need of trying to fill them, or bridge them over. The only thing that could be done was to remove

them, and to use false teeth in their place.

On a diet of white flour products, the teeth become brittle and soft, they will often break off if you happen to be chewing anything especially hard. If you manage to retain your teeth in spite of such a diet, beyond thirty, you must indeed be possessed of extraordinary vigor, through inheritance or otherwise. One must remember that the teeth must be fed. Furthermore, the teeth must be used. You cannot expect to retain your teeth if you eat nothing but soft, mushy food at all times. You have often heard the remark that the teeth of a cow fed on slop food will fall out, and it is exactly the same with human beings. If the food you are eating does not require chewing, then you ought to indulge in some other food. Attention has already been drawn to the necessity of mastication, but it is so important that it is reiterated. Horace Fletcher, who is such a strong advocate of thorough chewing, deserves a high place in the regard of the American people.

In addition to the necessity for mastication, if you expect to have good teeth, you must avoid products made from superfine flour. Do not be afraid of eating the covering of the various grains that you may use for food. Eat whole-wheat bread instead of white flour. Do not worry about the bran irritating the alimentary canal. That conclusion is "bosh" absolutely. Those who maintain that injury results from using food of this nature cannot produce a single instance to prove their statements. They are simply so engulfed in theories that they have not the intelli-

In the next issue, we are presenting an article wherein the author gives details of his personal experience with a diet which maintains thorough cleanliness of the mouth and teeth without the use of a toothbrush. No doubt, this will be read with considerable interest by those who are interested in caring for the teeth.—EDITOR.

Japan Preparing for War

An American secret service agent is reported by one of our prominent newspapers to have made the following statement after an official visit to Japan.

"Japan is preparing for war with the United States just as systematically and thoroughly as she prepared for war with Russia in the

years immediately prior to that conflict, and she hopes to catch the United States equally as much off their guard. Every officer in the Philippines knows it, and the army and navy departments know it. The Philippines have been overrun with Japanese observers during the past few years.

gence or the leisure to search for facts. To be sure, if you are eating white bread and a great variety of other things, you may not notice its effects upon the teeth. You may be able to secure nourishment from various other articles, but I would certainly advise you to use the whole grain. If you cannot get bread including the bran, then buy the wheat and grind it yourself. It is a very easy matter to secure a small mill, and you can grind up wheat for a loaf or two of bread in a very short period, and wheat freshly ground in this manner always makes far better bread, it really is delicious.

Instead of searching for food that is soft and easy to masticate, try to cultivate the opposite habit. Do not be afraid of the peelings of apples, peaches, pears and various other fruits. They are rich in nourishment, and if you are really and truly hungry, they usually taste appetizing. This is especially true if the fruit has been properly ripened. Of course, I do not mean to convey the idea that you should eat, the peelings of fruit like bananas, but whenever the outer covering has a pleasing flavor, it can be recommended as being advantageous. Naturally all the various green vegetables such as are used in salads, can be recommended, not only for the value of the elements they contain for feeding the teeth, but also for other properties.

It is really deplorable to find so many toothless men and women. Remember, if you take care of your teeth, your teeth will take care of you. There is no need of being without good strong teeth, provided you give them the nourishment they need and the ordinary care necessary for keeping them thoroughly clean.

Professions Easily Entered Through Correspondence Schools

SOMETHING ABOUT A MODERN INSTITUTION WHICH HAS COME INTO EXISTENCE BY REASON OF THE NEEDS OF THE COMMUNITY

By Sydney Cummings.

WHENEVER we find an individual whose services are sought or an institution whose work is of a far-reaching nature, we may be pretty sure that both are filling a definite place in the scheme of the world's existence. In other words, the things which the man or the body of men do or are supplying, are the outcome of a demand, and the nature of this demand measures the extent of the supply.

Some of such demands are the results of what may be called the first needs of Nature, and hence we have such useful members of the community as the baker, the grocer or the tailor. Other professions express the mental and spiritual needs of humanity, and so the artist, the college professor and the clergyman, are evolved. Recreation is a necessity to the race, which accounts for the amateur or the professional athlete, and the hundred and one things which are to be found in the domain of sport. And as America is above all things, the land of commercial opportunity and enterprise, it follows that we may look for a whole lot of enterprises and businesses which are designed to meet the wants that spring from these same opportunities. One of the most useful and interesting of such businesses is the school of correspondence, through the medium of which, the young man or woman of average intellect and a fair degree of perseverance, may learn a chosen profession or trade with a thoroughness that, once upon a time, was only possible with the aid of a college or a trade school. And that time was not so long since, at that.

The school of correspondence, no matter what it teaches, or what its methods, is the outcome of two main conditions of modern American life. These conditions are, first; the growing appetite for useful knowledge on the part of the young manhood and womanhood of this coun-

try, and secondly; the fact that in order to be successful in practically any of the vocations of to-day, it is necessary to specialize. In other words, the individual who is "jack of all trades, master of none," has no place in the commercial history of the world of the present. To know one thing, and that thoroughly, is the secret of attainment as affairs now are. So it is, that the man of the single talent and that faithfully administered, is fairly sure of reaping his reward, while the genius who has a smattering of many matters and a diversity of untrained gifts, too often joins the ranks of down-at-heel failures. Now, the art and value of concentration in a given direction, may not be directly mentioned in the curriculum of a school of correspondence, but it teaches as much nevertheless. In this and a good many other respects, such schools are among the most useful of the institutions which are the outcome of the current conditions of civilized existence.

Whether it be our climate or our racial characteristics, need not be discussed, but the fact remains that the desire to rise and excel; to improve one's condition, financially or mentally; to gratify our legitimate ambitions, is a national instinct. This instinct is by no means confined to those dwellers in towns or cities where the facilities for improvement are many and convenient. The "Divine discontent with things as they are," as a well-known writer puts it, is as constant in the case of the farm-lad, or the boy of the isolated ranch, or the youth of the mountains as it is in the instance of city lad or maiden who have surrounding them, tangible evidence of the value of wealth or knowledge. But until the school of correspondence came into existence, the intellectual cravings of the young folk of the wilder or more rural districts of our land, were but

rarely gratified, and even then, in a crude and unsatisfactory fashion. The school-house always was and always will be, one of the most useful and honorable of our institutions. But it has its limitations, especially in the country districts. In such cases, it furnishes the foundation, but can hardly supply the material for the superstructure if the pupil is determined to make his or her life-building, somewhat out of the ordinary. And the same remark applies to the town-bred lad or lassie, who, on leaving school, finds that while he or she is possessed of an educational equipment which is sufficient for everyday purposes, yet it is not of a sort which will assist in an advance in the direction indicated by prudence or ambition.

It is right here that the use and value of the school of correspondence are made emphatically manifest. Such schools now cover nearly all trades and professions, which are available to the intelligent young people of the United States, and that too, in a manner which is both practical and painstaking.

Of course, there are in our larger communities, trade schools, and technical schools and other institutions of a similar nature, in which a student, can fit himself for a given vocation, provided that he has the necessary time and money. But it is hardly to such that the school of correspondence appeals. Its patrons are for the most part, those who are already engaged in the struggle for existence and who are prepared to devote to study those hours which others, more or less fortunately placed, give over to recreation.

Then again, the technical schools, etc., are comparatively few and far between, or at all events, are certainly not possible to the dweller in the rural parts of the country. Also, the course at the school of correspondence does not call for time to be spent in street cars, or in educational "frills." This is not intended as a reflection on the curriculum of the average educational establishment, although it has been repeatedly stated that there is a tremendous waste of hours and energy on totally useless "studies," in the public schools—grammar and high—of some of our larger cities, notably Greater New York. But the point is,

that the school of correspondence comes down to essentials, first, last and all the time. For its own sake and the sake of the students, it cannot afford to waste hours, space and labor on the non-essentials. It *teaches*, and by that is meant, that it goes right down to the root of things from the start. It has been compelled to learn the art of condensation, and so it rejects the superfluous and retains the necessary. The result is, that the course or courses of a properly conducted school of correspondence, are remarkable by reason of their "meatiness." Every morsel of that which it feeds to its students, is mentally nutritious. Hence it is no wonder, that those who are thus nourished, wax strong and virile in an intellectual sense.

All this may seem to partake of eulogism. But the writer knows whereof he speaks. Also, is he keenly conscious of the debt under which he labors to a certain school of the type under consideration. If he obtains a comfortable income by the use of his pen, no small portion of the incidental credit belongs to the school of correspondence that taught him the possibilities of that pen. This leads up to the remark that a school of correspondence must needs rely on its reputation in order to be successful. Such a reputation rests on the honesty of its representations and the skill and integrity of its faculty. The quantity and quality of its graduates depend on the two factors in question. So that the status of such a school and its worth to the community, may be pretty accurately judged by the type and number of its finished products—its graduates. In this, as in all other things of life, it is the result which tells.

This brings us to where it is proper to sound a note of warning. A rich soil is as sure to produce weeds as well as the desired harvest. The field covered by schools of correspondence therefore, is by no means free from fakes and fungi of a harmful sort. Dishonest persons, knowing that our young folk are hungry for knowledge, have not scrupled to take advantage of such hunger by making all sorts of specious and impossible promises in connection with what appears to be extremely small fees. We need hardly

tell just what happens to the unwary under the circumstances. The dupe, poorer in purse and richer in experience, begins to realize that everything of value has its proper price, and that the man who promises a great deal for a very little may be properly regarded as a suspicious person. It should be remarked that the schools which use the advertising pages of this magazine, have been carefully investigated, and that hence, the statements which they make in their advertisements, may be accepted without hesitation. **PHYSICAL CULTURE** realizes the fact that the interests of its readers are identical with its own interests in the matter of reliable advertisements, and that which has been just said, is illustrative thereof.

Not the least interesting of many commendable features of the up-to-date school of correspondence is the catholic nature of its scope. There is hardly an occupation of a useful sort that is not included in the curriculum of some one of these institutions. Have you a desire to become a lawyer? There are at least a couple of reliable schools which are prepared to thoroughly ground you in the principles and practice of the forensic profession. Have you artistic inclinations, and do you feel that you stand in need of expert instruction in regard to your untutored gifts? All you have to do is to put yourself in communication with those schools which make a specialty of developing the art instincts of their students, and if you don't turn out to be a clever draughtsman or painter, the fault lies with you and not with your instructors.

Perhaps you are hampered in your social relations and in your business life by a treacherous or unreliable memory? There is a school, which will take your case in hand, and, provided that you follow its instructions, you may be pretty sure that you won't be bothered by forgetting the things which you ought to remember. Are you interested in photography, and do you have the disappointments and temper-trials which are alike responsible for the failures and the fascination of the art? Or do you think of making photography a means of livelihood, while feeling that you need techni-

cal instruction that you can't get from books or neighbors? Again, there are schools which are designed to meet such cases as yours, and hence, you may count on receiving from them precisely that which you want.

Are you fascinated by the commercial possibilities of electricity, and do you feel that of all professions, that of an electrical engineer is the most promising? Are your surroundings such that you cannot obtain the advice and instruction that you know are wanted in order to further your ambitions? There are in existence, some very excellent schools of correspondence which have electrical courses of a thorough sort. The writer knows a young man in Brooklyn, N. Y., who took one of these same courses about three years ago. To-day, he is in charge of the electrical department of one of the largest building concerns in the East, and his salary is in proportion to the responsible nature of his position. He studied the instructions sent him from the school after his business duties of the day were ended—although these duties were by no means of an easy kind. His experience, and his success, are illustrative of what may be done when one has the needed perseverance and the tuition of an honest school of correspondence.

Still another illustrative instance. Five years since, a youth well-known to the writer, was a sort of messenger and general help in a concern which dealt in lubricating oils. His salary was small and his prospects the reverse of cheering. But he had hope and ambition, and to such, opportunity rarely fails to make a visit. In this instance, it waited until the nineteenth birthday of the hero of this little tale, when a well-to-do relative offered to pay for the architectural course of a reputable school of correspondence. This course was to be the youth's birthday gift, the giving of which was prompted by the fact that his desires lay in an architectural direction, and that the relative thought that the incidental studies would test the lad's sincerity of purpose. To make a long story short, the young man passed through the ordeal with flying colors. He stuck to work by day and studied by night. His

percentage on the examinations as made by the faculty of the school, was remarkably high. It was hard and trying work but he did not falter. To-day, he is the superintendent of an architectural firm in the metropolis, draws a high salary, goes to all parts of the country, and is engaged to a remarkably pretty girl. All of which present and prospective happiness, he credits to his relative in the first place, and the school in the second. These are cases in point. They show how the ambitious youth may rise superior to his surroundings, and how the school of correspondence assists him to do so.

Let us take another glance at the businesses made possible to the young man or the young woman who is determined to get out of the rut of harrassing circumstances, and become the Somebody, which they feel that they ought to be. Thus, one of the most paying of occupations is the selling, and as a preliminary, the buying of real estate. But it calls for a certain technical knowledge and a special type of salesmanship. There are schools which will teach you the incidental secrets, and, provided that you have the natural abilities, tell you just how to develop the latter. Yet another school will expound the mysteries of the "brokerage business." Is your penmanship of a shaky sort, and do you wish to become an expert with the "steel nib?" Then there are schools which guarantee to give you the needed command of your hand and its tool. The profession of journalism is alluring to many a youngster, who is considering a life vocation. You can be taught the main principles of the profession by mail and with the help of the schools which make a specialty of so doing. Other schools will turn out chauffeurs, locomotive engineers, accountants, bookkeepers, civil service aspirants, and — but why continue the list.

Not the least interesting or useful of such schools are those which teach the art of healing by methods, which have nothing to do with drugs. In this connection, it may be pointed out that the tendency of curative systems in general, is to rely more on Nature, and less on poisonous nostrums, as has been the rule in the past. Because of this, and because too of the success of the new

and natural way of healing, the demand for exponents of the latter is increasing by leaps and bounds. This accounts for the practical success of the schools of healing, which teach their principles and methods by mail. Another factor in the success of such schools, is that recent legal decisions enable their graduates to practice without fear of interference on the part of the "regulars." Considering that practically all of the healing systems in question call for no apparatus, no knowledge of drugs or medicine, and nothing but common sense, intelligent application, and the two hands which Nature has given one, the popularity of such institutions is easily explained.

A very profitable field of endeavor is open to young men through the mail-order courses taught by reliable Collection Agency schools.

Dr. W. D. Harper, formerly president of the University of Chicago, and one of the most conservative educators of his time, says: "Better opportunities exist in work done by correspondence, for a larger and broader preparation, than is afforded in most cases by actual classroom work. The student makes the recitations to suit himself. He has to recite on all the lessons, whereas, in ordinary recitations in resident courses, the student recites on only about one-thirtieth of the amount covered by the three months' course. Furthermore, it is safe to make the statement that the work done by correspondence is equal to the work done in class; and I go even further and say that there is a larger proportion of high-grade work done by correspondence than in class-rooms."

Enough has been said, so the writer thinks, to prove that the school of correspondence, provided that it is of the kind which has passed the scrutiny of the advertising department of this magazine, fills a distinct place in the business world of modern times. This applies more particularly to those who are so placed, that they cannot afford the time or money essential for a college career, or a course in a technical school. And because this class of young people is a very extensive one, the usefulness and the popularity of the Schools of Correspondence, are readily explained.

The Prize Contest

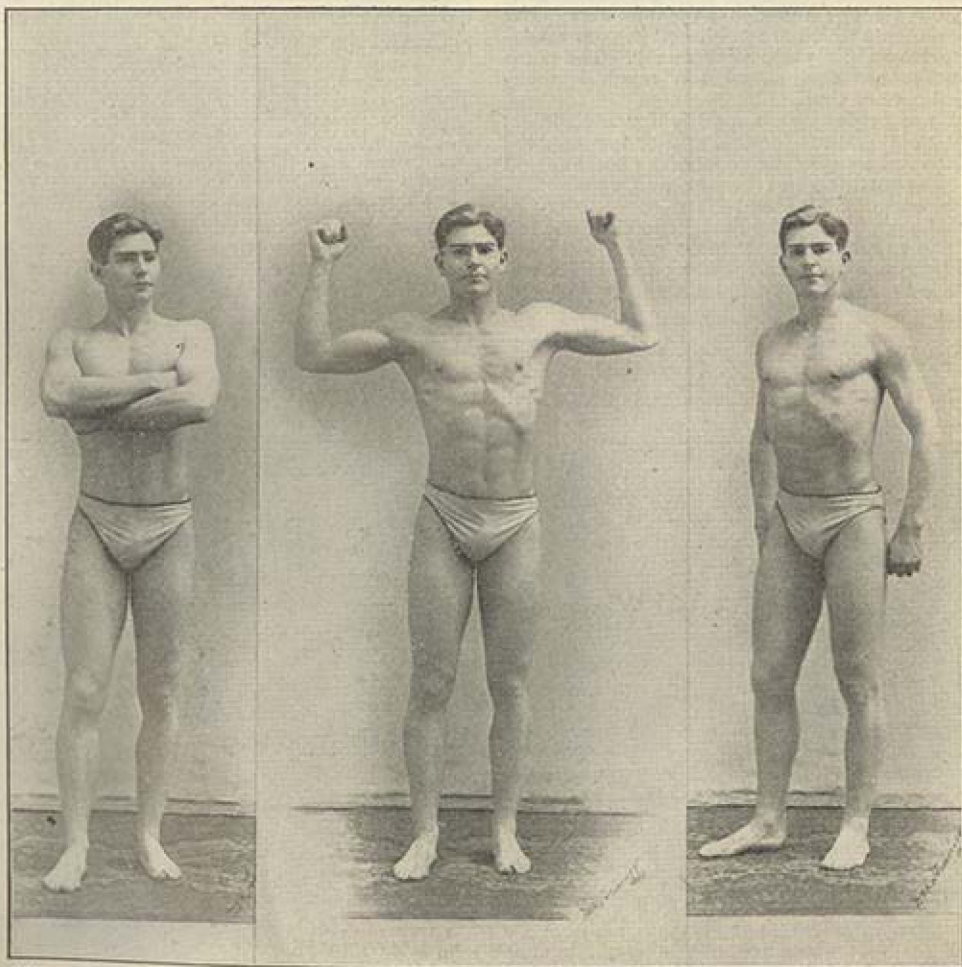
WE can make no definite promises, but we are making every possible effort to announce the decision as to the winners of our prize contest for the most perfectly developed man and the most perfectly developed woman, in the March issue. As can be well understood, there have been a large number of competitors in these contests, and in order to do justice to one and all, the importance of avoiding a hasty decision will be easily seen. We are presenting herewith reproductions of three photographs of Harry J. Klein, a prize contestant, of Buffalo, New York, which show a very superior development. His letter follows herewith:

TO THE EDITOR:

About three years ago I was so fortunate as

to be present at a lecture given by you at a local theatre. For some time I had been interested in physical culture, and always had a desire to see and hear you. Well, to say the least, I was more than repaid, and came away even more interested. Your ideas regarding diet and exercise were put to practice, and encouraging results were soon noticed. I have continued to observe your instructions, and I think you will say they were not without reward. The physiological laws of sex which you advocate, voice my sentiments to perfection.

For the last two years I have been engaged by a wholesale grocery firm and as my work does not allow me to exercise as I feel nature intended I find the remedy in your teachings



Harry J. Klein, of Buffalo, N. Y., a contestant in our Prize Competition for Perfect Men and Women.

of culture and development. I soon acquired the habit of exercising a few minutes before retiring and made a few changes in my diet. To my surprise I found work in an office with a period of relaxation most enjoyable. Without a period of regular exercise I think it would be impossible for me to do a good day's work. I feel so energetic and healthy that nothing seems too much. Medicine never could do that.

From the beginning I have always been an admirer of all around development and symmetry of form. I believe the best kind of athletics are those which bring into play the greatest share of the muscles. Football, basket ball, and hockey are three great games. They call into action both muscles and nerves as one must do quite a bit of rapid thinking and acting to participate and get everything out of the game. But as it is not possible for many to reap the benefits of these games, I think a system of exercise which brings into action all the muscles much better. The movements which are published in your magazine take their place very nicely. The same benefits are derived with a much less expenditure of time.

I am beginning to qualify for a sprinter; my training thus far this winter has enabled me to run the 300 yard dash in 37 seconds and the 600 yard run in 1 minute and 25 seconds. My hopes are high and I am going to try to "make good." In the field I can clear the bar in the running high jump at 5 feet 2 inches and put the 12 pound shot 35 feet 10 inches. These events I have tried without any special

training, having confidence in physical culture methods to keep in good condition.

Speaking of diet, I would say that I am not a strict vegetarian, nor a lover of meats or pastries. Am partial to all kinds of vegetables and fruits. Breakfast consists of cereal and fruit. Dinner, broth, milk-toast and crackers. Supper, vegetables, potatoes, fish or meat, fruit and nuts. So far I have found this diet sufficient to repair and build the tissues of one leading an active life. Alcohol and tobacco have not victimized me and I do not intend that they shall.

If we had more physical culturists, I know we would need fewer asylums for the insane, fewer jails, and fewer poor houses. May the work you have undertaken increase and flourish until such is the case. I might add before closing that I am unmarried and when I do marry it will be to some one that believes in development and culture as I do. My measurements, weight and so on will be found herewith:

| | | | |
|-----------------------|-----------|-----------------------|-----------|
| Chest contracted..... | 33.7 ins. | Forearm, natural..... | 11.2 ins. |
| " natural..... | 36.1 ins. | Elbow..... | 10.6 ins. |
| " expanded..... | 38.1 ins. | Wrist..... | 7.2 ins. |
| Waist..... | 28.5 ins. | Thigh..... | 21.5 ins. |
| Hips..... | 36.1 ins. | Calf..... | 14.5 ins. |
| Neck..... | 14.3 ins. | Knee..... | 14.5 ins. |
| Arm, flexed..... | 13.5 ins. | Ankle..... | 8.9 ins. |
| Arm, natural..... | 11.8 ins. | Weight..... | 147 lbs. |
| Forearm, flexed..... | 12.2 ins. | Age..... | 21 years |

The above measurements were taken Dec. 19, 1908, by J. Y. Cameron, of the Y. M. C. A., and are true and accurate.

HARRY J. KLEIN.

Buffalo, N. Y.

A Frigid Toilet



Mrs. P. J. Sweikert giving her husband a snow bath. This is an experience, as you may well realize. Then, too, if you have a husband who is at all dull or neglectful, it makes a splendid punishment for him. It is guaranteed to wake him up. If you don't believe it, try it.

The Need of Christian Fighters

A BOLD AND ORIGINAL SUGGESTION FOR PLACING
IN ITS PROPER SPHERE THE VAST INFLUENCE
OF CHAMPION ATHLETES UPON GROWING BOYS

By Henry Winston Hardwick.

Here is an idea that is unique, and though at first thought it might seem "shocking," nevertheless I believe it contains a suggestion which, if acted upon, would accomplish a vast deal towards annihilating the alcohol evil, and would strike a blow for cleaner morals and finer manhood which might ultimately be of incalculable value.—Bernarr Macfadden.

IT would be difficult for the average individual to fully comprehend the great admiration manifested by growing boys for champion athletes, especially wrestlers and boxers. The average boy is inclined to look up to men of this kind as great heroes. They are almost literally worshipped. Theodore Roosevelt, King Edward, and all the various notables of whom we hear so much, are really small individuals in the eyes of the many growing boys, if compared with Jeffries, Fitzsimmons, or various other mighty men of muscle. This inclination of the average boy to admire men of this kind is not unnatural. You might say it is instinctive. It is a part of his boyish nature which causes him to yearn for the health and strength and manliness that go with strong manhood. Every boy wants to be a man in every sense of the word. He abominates and despises weaklings. To him they are mere ciphers, they amount to nothing, and to a very large extent these boyish ideas are not far from right. A healthy boy, possessing a normal degree of energy, is inclined to yearn for things that are good for him, if he is given an ordinary chance. It is the natural inclination of a boy to love a contest, and great fighters or wrestlers, who enter and are victorious in what seem to them to be fierce contests, are to them mighty heroes. The fighting instinct which every boy with a character of importance possesses arouses to an intense degree his sense of appreciation for men of this character.

It is a deplorable fact, however, that these great athletes are very frequently

men whose characters cannot in any way be commended. They are in possession of an enormous amount of what one might term brute strength, but intellectually and morally they are in many cases sadly deficient. Therefore, when boys look upon men of this type as heroic, and when they in many instances try to shape their lives after them, the result, as can well be realized, is disastrous to mind and body. It is true that there is a type of athlete gradually being developed which will, in the not far distant future entirely eliminate many of the unfavorable characteristics referred to, but the development of athletes of this kind is going along entirely too slowly. This process of eliminating the old time athlete, who was not much more than an unthinking brute, could be very materially hastened. The forces that stand for Christianity of the highest type, those who advocate the highest degree of moral cleanliness, those who believe in the higher type of manhood, can perform a service to the human race that would be invaluable in character, if they would begin right now to develop athletes who would represent the Christian forces, the principles and the code or morals that they advocate. Such men, if properly trained, would be invincible. Ordinary athletes, trained by customary methods, who are victims of the usual immoralities and dissipations, could not possibly compete with men who would lead the clean lives and who would follow the high, exalted code of morals advocated by Christianity. Manhood would then be exalted to its true sphere, boys would have characters to look up to for these

great champions that could be exalted and commended at every conceivable opportunity, because their example could be followed by growing boys with every possible advantage.

The statement has often been made that the average, energetic, growing boy is not much more than a little savage, and there is a great deal of truth in this statement in many instances, for as a rule a boy at this age easily and quickly absorbs everything in the nature of vice. And do not fail to note that this character is caused in nearly all cases by the lack of good wholesome activity in the form of exercise or games to use up his surplus energies. If the change that is here suggested could be made, if Christian workers would take it upon themselves to prove the accuracy of the great truths for which they are striving, the high principles that they are advocating would be extended to a certain class of people that heretofore they have been unable to reach. The Salvation Army has gone down to the slums, and although they were reviled and belittled on all sides when their work was first initiated, it is now admitted by all that they have accomplished great good. Why not reach out in the same way, with a fighting force, and remove the "halo of glory" that figuratively circles the life of champion wrestlers and fighters, and place these championships where they rightfully belong. In other words, train men especially for the purpose of conquering and thus destroying the influence of athletes whose characters are not above reproach.

But, of course, the average Christian will say, "How can a man who believes in the Christian religion engage in a contest wherein men are actually compelled to strike each other?" They might even call attention to the Biblical maxim to the effect that when you have been struck upon one cheek you should turn the other. It is quite plain, however, that if a policy of this kind were followed indefinitely you would soon be in the hands of the enemy. If you were free people, you would soon be enslaved. The fighting instinct is a valuable human possession. It is absolutely

necessary for self-protection, and the most capable Christian workers can really and truly be termed fighters of the first order. It is their ability to fight for the principles on which they stand, it is the intense energy that they are able to put into their efforts because of their fighting instincts, that helps them on to success. We hear a great deal of talk among Christian workers of the fight they have on hand to destroy the liquor traffic, of the continuous fight that they find it necessary to keep up in order to stem the tide of degeneracy that is often manifested in thickly populated communities. A good Christian is a good fighter, and if it is necessary for us to train fighting men for the particular purpose of conquering those who are now heralded everywhere as champions, I think it is our duty to go to work at once. There should be no individual feeling in the matter at all. If we should develop a man that could win a championship battle, and we felt that the present holder of the championship was a man whose character was not everything that could be desired, our representative would not be fighting that particular man only. He would be fighting the liquor interests. He would be fighting the hordes of immoral wretches who are working for the degeneracy of mankind. He would go into the arena and his opponent would be representing all these immoral forces. He would be there to fight against the reckless dissipations that are destroying manhood everywhere. He would be fighting for the grogshops, for the privilege of being a hero in the minds of boys who admire strong men.

Does the idea shock you? Does it seem inappropriate? If so, don't throw it aside in a moment. Think it over. The Young Men's Christian Associations have gymnasiums in nearly every community of any size. They are spreading their influence with far-reaching strides. Let them begin to develop champion athletes of this type. It would be of incalculable value to us to destroy the influence of the dissipated fighter, and the best way to destroy his influence is to whip him so unmercifully that he will be down and out forever, or else he will learn the value of adopting the normal

standards and the habits of life that are advocated by the Christian forces.

The heroes of boys should be something more than immoral debauchees. They should be men from every standpoint. They should be men as superior in character as they are in body, and when we begin to develop fighters and wrestlers and athletes of all kinds that will follow out the pure ideals of life that we advocate and at the same time train for the rugged strength necessary to become champion athletes, then we can depend upon reaching at a comparatively early day a civilization that is built upon something more than a financial foundation.

I know my idea is unique, many will no doubt laugh at its peculiarity, and

those not aroused to mirth will probably consider it shocking to an extreme degree, but manhood of a superior order is the gravest need of to-day. There are evils on all sides, there are forces that are fighting against the principles that are necessary to develop a higher type of manhood and womanhood. Real true fighters are absolutely essential in order to destroy these monumental powers. We need men who are stern and relentless, who will go on and on, struggling and striving to the very end, who will never stop until victory has crowned their efforts.

I hope the suggestion that I have made will at least be given serious consideration by those who are interested in a higher manhood and a nobler womanhood.

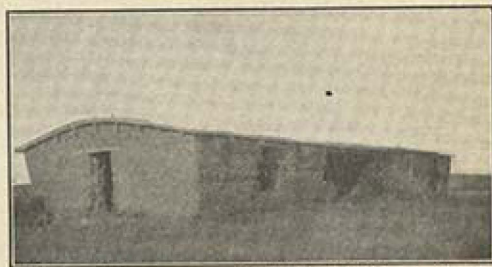
Physical Culture Saves a Tottering Invalid

TO THE EDITOR:

One of our neighbors, Albert Williams, by name, was taken with consumption four years ago. He had exposed himself in a terrible snow storm, a severe cold followed and his decline was rapid. In less than a year he was reduced from a strong, lusty man to a tottering invalid. Of course, his friends did (?) every-



Mr. Albert Williams, a former consumptive, and at one time a tottering invalid, who regained health through living out-doors.



The sod-house in which Mr. Williams lived during the Winter.

thing for him. Patent medicines, from cod liver oil to Dr. Bull's cough syrup were poured into him, and all without any good results. Finally, when it was found that patent medicines and doctors could do nothing and all hope had been abandoned, I induced his friends to try the out-door cure. After many protestations they gave their consent. I had and still have an uncle living in Colorado, a firm believer in physical culture, who said he would take the young man and cure him too, if he would follow his instructions. This he consented to do, and about two and a half years ago he was taken to a ranch some eighty miles from the Rocky Mountains. Here he was given a tent to sleep in, in summer time and an open sod house in winter, when the weather was stormy. Cereals and vegetables were his food and his exercise consisted of daily walks or rides upon a pony. Here is his picture. He does not look much like a consumptive does he? His restoration has been marvelous. One would almost have to rub their eyes to believe that the rugged, giant Albert Williams, of to-day, is the ghastly, hollow-chested Albert Williams, of less than three years ago. But it is even so.
Urbana, Ill., Sept. 1, 1908. A FRIEND.

How to Secure Employment

By J. W. D. Grant

(Author of "How to Market Ability.")

A RIGHT start and a proper viewpoint have much to do with success in position seeking. An early realization of the importance of character-building is essential for a successful career. Strength of nerve and clearness of brain, which can only be attained through proper exercise and judicious care for the physical being, will help many a person of ordinary ability to forge ahead of more brilliant men who are physical weaklings. You can not secure a really good position and hold it for any length of time unless you have those positive qualities that can only be grown from within; nor can you do a full day's work as it should be done if your brain is fagged and your vitality is at a low ebb.

Superficial ability is not at a premium in the brain market. Experience is valuable only when it is backed up by self-confidence, perseverance and integrity and well-seasoned with good common sense. You may remain in a clerkship for life unless you have the broad outlook and the comprehensive grasp of things that comes through mental, moral and physical culture. Make the foundations strong and ample enough and you may rear any structure you choose upon them. Neglect them and your building will topple over, falling in a thousand pieces some time when you least expect it.

Having strengthened the foundations and begun your structure, you find yourself in the market for a purchaser—an employer who can use your services. Your commercial value will depend upon three things—the stage of your development as shown by the height of your building, which we may call *experience*; the size of your building and the strength and quality of materials, which we may call *ability*; and the architectural style, which we may call *personality*.

Consciously or unconsciously, every employer judges an applicant in the

same way, taking into consideration *experience*, *ability*, and *personality*. The nature of the position and the temperament of the employer must determine the relative importance of these qualities in each case, but usually they are considered in the order given above.

In seeking a position you must remember that you are offering something for sale, that you are essentially a salesman, and that to insure success you should use the salesman's methods. First you should analyze your proposition. Ask yourself, "What have I to offer an employer? Is it the real, genuine, original article or a cheap imitation? What experience have I had that will make me valuable? What ability have I shown that will commend me?" Unless you have absolute confidence in your ability you can not hope to convince anyone else.

Recognizing that our problem is a problem in salesmanship, let us analyze our proposition in detail, finding out what an employer means by *experience*, *ability* and *personality*.

Experience, in the employment sense, is practical acquaintance with the duties of a position gained by actual work done while holding such a position. A tabulated employment record showing the firms for whom you have worked, the positions held and the length of time you remained in each place, will show an employer all he will care to know about your experience. The salary you receive or last received will determine your probable value to any employer. References bearing out the statements you make will also be required.

Ability, the power of doing, is what all employers seek in their employees. Greater stress is laid upon *experience* because it is tangible, while *ability* is an abstract quality that can not be measured easily. The employment record shows what an applicant has done in the past, and from this must be judged what

he is capable of. Hence *ability* must be dependent upon actual *experience* in most cases. Sometimes an employer happens to be a keen student of human nature who prides himself upon his ability to pick out the men who will "make good" and is willing to try them out. Such a man would naturally place *ability* before *experience*.

Personality unconsciously has great weight with an employer. He does not stop to analyze it, nor does he take it into consideration but he is impressed and attracted by strength and repelled by weakness. The bearing of the applicant when entering the room for an interview, his speech and even his dress are important and come under the general head of *personality* because the individual must be judged in large measure by the outward appearance.

Now that you know what you have to sell that an employer will wish to buy, you are confronted with the problem of presenting your case in an attractive and convincing way. How shall you start your selling campaign? First you must locate your market. Who would be most likely to pay most for the services you can render? Naturally you will prove most valuable to an employer engaged in some business you are familiar with. Pick out firms in your line that are known to be high grade in every way and approach them in one of two ways. Either call personally if you have time or else prepare a good letter and send it to the names you have selected. You will be sure to secure some interviews if you try the latter plan and the chances are you will secure a good position providing your letter is all it should be.

To be successful in position seeking one should have a pretty clear understanding of the principles of successful advertising. Ability to write convincing business English is also essential. It is fully as difficult to write an ad or a letter that will attract an employer's attention and secure an interview as it is to write the copy for an advertisement that will bring inquiries or a follow-up letter that will bring in orders.

There are certain proven methods and tried plans that will help those in search of employment. There is no need to

drift about aimlessly. One of the best is to answer ads which appear in the daily papers. Make a business of looking over the "Situation Wanted" columns every day. Answer the ads that appeal strongly to you and keep on trying until you learn by experience how a letter of application should be written. If your letter is not one of the best you will receive no reply, but you must "try, try again" and keep on trying until you *do* succeed.

An example of a successful letter may be both interesting and instructive. Last Spring, when times were very dull in all lines, an enterprising young man who watched the "Help Wanted" columns of all the New York papers very closely, saw the following ad in the New York *Herald*:

EXECUTIVE — CORRESPONDENT.

Salary \$3,000.

One of the best positions in New York City is now open for an executive of good judgment and marked ability as a correspondent.

Applicants must now be receiving at least \$2,000 and holding an executive position or no attention will be paid to application.

Man must be capable of managing correspondence, stenographic and filing departments.

Unless you *ARE* an executive, familiar with modern business methods and fully capable of training a corps of correspondents into real efficiency, you will be unable to meet the requirements of the position. Address PUBLISHER, Box —, *Herald*.

Here is the letter he wrote in reply that secured this \$3,000 position for him:

DEAR SIR:

I want you to consider me for that Executive-Correspondent position advertised in today's "Herald."

There are three good reasons why you should see me before deciding definitely upon any one.

First: I can write strong, magnetic business English—the kind that makes people do things.

Second: I can systematize the work of your correspondence and stenographic departments so that \$10 and \$12 clerks will turn out better letters than a \$25 or \$30 correspondent can dictate.

Third: I am a high grade executive and have handled a department of 250 people. At present I am making \$2,000 a year.

Age, 27; married; college bred; six and a half years experience in publishing, advertising and circulation work. Best of reference.

Don't you think it will be worth your while to grant me an interview?

Thanking you for any courtesy you may extend to me, I am

Yours very truly,

Over four hundred letters were received in reply to this ad and all but six were consigned at once to the wastebasket. Now if you will read over the ad and letter again you will see why this particular letter commanded attention. There is not a single point made in the ad that is not met squarely in the letter. It is short but tells more than some men could say in three pages. There is self-confidence and power expressed in every line,—you can fairly *feel* the man's executive ability as you read.

How many people in answering an ad think of giving *all* the information asked for? If it is stated distinctly and clearly that salary, experience and references must be given to secure an interview, not more than half of those who apply will think it worth while to do as requested. Is it any wonder that so many thousands of letters find their way directly to the waste-basket every day in the year?

Another reason for lack of success in securing interviews seems to be that, strange as it may seem, many people answer ads describing positions they know nothing about and couldn't hold for a day if they were given a trial. It is usually easy to tell from a man's letter whether he knows anything about the requirements of a position or not. If inexperience can not be detected in the letter it will surely be brought to light at the interview.

A very interesting phase of the employment problem is the wide difference in the salaries paid to bookkeepers, clerks and stenographers in different parts of the country. Thousands upon thousands of them in the smaller towns and cities are absurdly underpaid. There are stenographers receiving \$6 a week who could secure places at \$12 and \$15 and even higher if they were willing to try their fortunes in some of the larger cities. Bookkeepers and clerks making \$10 a week find no difficulty in commanding \$18 or \$20 after a little experience with city methods. And it is not alone the salary at the start that should prove attractive. The opportunity to advance to a responsible position should be worth something to an ambitious young man, though he has to accept the same salary to begin with.

Many of those who remain in the small towns do so because they lack the courage necessary to make a decided change. Home ties prevent some from starting out in the world. Any young man who finds himself in a position of this kind should either save up all the money he can, give up his place and go to the city to look for something better or else, if he fears to give up his old place before finding a new one, he should spend his next vacation in the city looking for a job.

The best way to find out what opportunities there are in the big cities is to buy the metropolitan newspapers and look over the "Help Wanted" sections. The man from the country stands a better chance of securing a good position than a city bred youth, providing he is on the spot so he can call for an interview. If he lives some distance away any letter he may write for a position will not do much good.

There is only one thing more pitiful than a young man in a rut. That is an old man who can not find work of any kind simply because his years happen to be more than two score and ten. It is very difficult for men of forty or fifty-five to find work when they look older than their years. There is no good reason that can be given for this discrimination against men who should be in the very prime of life, and whose judgment should be more dependable than a boy's. Perhaps it is because so many of the heads of large business houses are young men themselves, or it may be that older men with experience are thought to be more set in their ways and less up to date than the striplings who are replacing them in most offices.

There is, however, an important lesson to be gained from this known condition. Young men should remember that they must find their places in the world soon after they pass the thirty year mark, or the chances are that fifty will come around all too soon and find them on the anxious seat.

Make up your mind to find *your opportunity* as soon as possible. Try the methods suggested in this article and the chances are you will be surprised at the ease with which you can secure an excellent position.



Grace Winston

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 covers 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. The author realizes it is useless to make an effort to find Grace in a big city like New York. The bondsman for Perkins has the bond canceled and he is thrown into jail. He tries to induce the author to refuse to testify, in exchange for information he can give about Grace Winston and his wife. The author agrees to help him in any honorable way that he can. The author meets a Dr. Milford, who awakens him to the importance of drugless health-building methods, and who is the means of making a great change in the author's life. He receives a note from his wife requesting an interview. She suggests that they be divorced and that he should appear to be the guilty party. He refuses to accede to this. Perkins is released. The author is served with notice of a suit for divorce. His wife's attorney tries to force him to make the evidence but he refuses. Perkins makes an appointment with him and tells him of indiscretions of his wife, and also furnishes him with Grace Winston's address. The author sees Grace Winston and realizes he is as much in love with her as ever. Although she appears in good health, she admits to him that she has been advised that the only relief from a very serious ailment from which she was suffering was an operation. He is appalled at this information and tries to dissuade her. She consents to see Dr. Milford. The author sees Dr. Milford and arranges for the interview but learns the next day, that she has been attacked suddenly and taken to the hospital. He tries to see her, but the physicians in charge of the case refuse him permission, and state that they expect to operate the next day. The author is unable to prevent the operation being performed. Dr. Milford calls his attention to the nature of this operation and tells him that he must give up all idea of marrying Grace. This he refuses to do. He meets his wife's attorney and creates the evidence with which a divorce is secured.

TENTH INSTALLMENT—CONCLUSION.

I HEARD daily from Grace, over the telephone, through the nurse who was attending her at the hospital. I was finally told that I would have the privilege of calling on her in the evening, and as I wended my way towards that imposing institution which I had formerly visited under such unpleasant circumstances, my feelings would be difficult to describe. Of course, there was at times a certain elation at the prospect of seeing Grace. I loved her as much as ever, my affection for her was not of a fleeting nature, no matter what Dr. Milford might say. I could

not have changed my nature even if I had so desired. Love is not a matter of reason, it really cannot be controlled by the mind. I know that many manifest a perfunctory sort of love to suit their business or social ambitions, but that is nothing more than a pitiful substitute for the love emotion. It is far from being that impulsive dictator which controls one really and truly in love. I was in a turmoil of hopes and fears when I saw the hospital before me. Would Grace be greatly changed? Would Dr. Milford's view of the result of the operation be accurate in every way? Would

my marriage with her result in great unhappiness, as he predicted, or was there a possibility of his being mistaken? All these questions crowded themselves upon me as I entered the door of the great building that was devoted to the care of the sick. After replying to many elaborate inquiries, I was finally sent to the particular part of the building where Grace's room was located. An attendant guided me through various long corridors, and finally stopped at a door and knocked.

"Come in," was the reply that came from within in a pleasing voice.

"Oh, you are Mr. Kingsley," said the nurse who met me at the door. "Miss Winston expects you, I believe."

I inclined my head in reply. I hardly knew why, but I was so choked with emotion at that particular moment that I was unable to speak. She opened the door wide, and there, seated near the light, was Grace.

"Oh, Mr. Kingsley, I am so glad to see you," extending her hand as I came towards her.

"There is no need of my saying how happy I am to be here," was my reply in tones, that must have betrayed my emotion, as I took the hand she extended and looked longingly into her eyes.

That her siege of illness had changed her was undeniable. Her face was white and bloodless, but it was still well-rounded. The whiteness of her skin was the only outer indication of the ordeal she had passed through. I sat down in a chair near her. The nurse realized that she was not needed, and vanished.

"You are going to be as well as ever aren't you?" I said as the nurse left the room.

"Yes, Horace, I believe so. The surgeon has congratulated me upon my speedy recovery. He says that I have splendid vitality, and just think of it, they expect to allow me to go home day after to-morrow."

"That's fine! I am so glad to hear it! I have a terrible fear of these dreadful operations, and I suppose I should not mention it at this time, but I was fearful of the result in your case."

"I knew you would be, Horace, but there was no other remedy. I was really

sorry that I did not have an opportunity to see Dr. Milford for your sake, but I felt sure that my seeing him would not change the result. I had consulted so many physicians, and their verdict was the same in all cases."

"That is true, I know, but the theories of the doctor whom I desired you to consult are entirely different from those of the ordinary medical practitioner, that I am satisfied that if you had had an opportunity to talk with him he would have impressed you favorably."

"Maybe he would, but it's too late now," she said as a faint smile fleeting over her pale features.

"Yes, we will not talk about it. The operation is over and you are fast recovering. I'm so happy because of your progress that I have no complaint to make."

It was easy to see that Grace had passed through a terrible ordeal. Her vitality had unquestionably been greatly depleted. There was not the same degree of life or vivacity in her expression. Still she was the same old Grace to me, and furthermore, she was ill, in need of sympathy, and I enjoyed every moment that I was with her. We talked of various things. I tried to turn the subjects to pleasant themes, and tried as nearly as possible to make her forget her weakness, and there were moments now and then when she would brighten up and be more interested, but they were of brief duration. My visit had continued for some time when we were interrupted by the nurse opening the door.

"Mr. Kingsley, maybe you had better not stay too long, for Miss Winston is still weak, as you can see," said she in kindly tones.

"Let him stay just a few minutes longer, nurse. The diversion should do me good."

"All right, if you will promise not to become excited or worried," was her reply as she closed the door.

"You won't allow yourself to be excited if I tell you some very pleasant news, will you?"

"No, I'll try not."

"Well, I secured my divorce."

"Oh, I'm so glad," unconsciously extending her hand in congratulation. I

took her hand in both my own, and held it for a moment without speaking, but my eyes must have clearly told what was in my mind, for she apparently understood.

"Yes, when I'm well it can be as you wish," she replied gazing at me with her colorless features lighted up with a faint smile. There was no animation or emotion. I knelt at her feet and kissed her hand again and again.

"Don't excite me. Remember the nurse's command," she said, after remaining silent for a moment. I rose to my feet at this reprimand and touched her cold white lips for a brief instant.

"The nurse surely cannot object to my having a betrothal kiss."

"No, Horace, but life seems so hopeless to me just now. I'm willing to give myself to you, what there is left of me, but Horace, somehow, I feel that you will be disappointed."

"Oh, don't say that. You are ill now. You will be yourself in a few days, and then life will be rosy. There will be joy and sunshine and everything that is needed to make life beautiful."

"Yes. May your hopes be realized," was her reply, as she sank back into her chair with a wan smile.

"I'm sorry, but I really think you will have to go now," said the nurse as she came into the room at that moment. I pressed the hand that was extended to me and looked long at the pale features of my loved one as I bid her good-night. She promised to have the nurse telephone me the day she was to arrive home and I was to call on that day.

My mind was puzzled and benumbed as I left the hospital. Grace had promised to marry me, but she seemed so inanimate and lifeless. I excused it all on account of her illness, but there was a vague fearful suspicion came over me. After all perhaps Dr. Milford's theory was truth and fact. Maybe Grace would lose the vivaciousness, the magnetism and the mysterious attraction which she had always possessed for me. The thought was almost unbearable. I tried in every way to dispel it, but it clung to me tenaciously, and for the moment life seemed cold and empty and cheerless.

I called on Grace the day she returned

home. There was decided improvement. She was more like herself and I began to feel hopeful of the future. Nearly every evening thereafter was spent in her company. I saw her gradually increase in strength, her color gradually returned, but I began slowly but surely to realize that she was not the same girl. She was different. I could not clearly define the nature of the difference, but day by day, I found myself being compelled to gradually accept the conclusions that had been presented to me by Dr. Milford. I never discussed the nature of the operation with Grace, but indirectly I had obtained from her the information that she had but little knowledge of its nature. She felt that it was needed to save her life, that it was adopted as a last resort, and she really thought there was no need of knowing anything further in reference to it. The knowledge, however, of the accuracy of Dr. Milford's conclusions in no way deterred me from carrying out my original intention. I intended to marry Grace regardless of what the future might offer. I somehow felt that I could never have the same strong affection for anyone else, and I was willing to incur the risk, notwithstanding the warning that I had received.

As soon as Grace showed signs of returning health, I tried to induce her to consent to an immediate marriage. She had not been in New York long enough to have made any friends of importance. She had broken off all intimate relations with her friends and relatives in her home town, and I asked again and again why we could not be married immediately. What was the use of waiting? No one but ourselves was affected, but she continually put it off. I think it was about four weeks after she had returned from the hospital that we were discussing this subject.

"Why are you so insistent, Horace? We have lots of time, and are you sure that you want to marry me? Marriage, you know, is for a long time. You have had one very unpleasant experience and so have I. Somehow, I do not know why but, I have an unpleasant fear of another marriage ceremony."

"Why, Grace, what makes you talk

so? If I was not sure in my own mind, I would not be so anxious to marry you."

"Yes, that's true, but, do you know, sometimes I have been struck with the idea that you wanted the marriage to be over with, not so much because you desired me, but to have it off your mind."

I was so amazed at this remark that for a moment I was speechless, for that very thought had come to me again and again.

"What makes you say that, Grace? You know I love you, that I have had a deep and strong affection for you for years."

"Yes, I'm convinced of that, but you don't seem to be yourself. You have changed. You are not so impulsive. You seem to have grown sedate, you seem to have grown older and more reasonable."

It was quite apparent to me that she was seeing in me the reflection of the change in her own emotional nature. She was blaming me for her own faults.

"No, I've not changed, Grace. I'm just the same as I have always been. I'm just as blindly in love with you now as ever. What has aroused such strange thoughts within you?"

"I hardly know, Horace. I suppose I'm not well yet, but there seems to have come over me a great change. What it is I'm not really able to tell."

There was not the least doubt about the change to which she referred. It was clearly apparent in many ways. She was inclined to be phlegmatic, while previously her characteristics had been of an opposite nature. She was always full of life and vivacity. The play of the ever-changing expressions, the glance of the eyes that seemed to express so much in their varying lights, had partly disappeared. But I was not dissatisfied. I still wanted her, and her only. It made no difference what might have been her defects. She was the love of my youth, she was the heroine of all my dreams, and I would have almost been inclined to marry her if she had turned into a stone statue, or a wooden image.

The result of the conversation I have just related, however, was a promise on her part to marry me in one week. For a moment, my old impulsiveness returned

when she gave me that promise. I kissed her again and again in the joy of the moment. She returned my caresses, but when I referred back to those brief moments, I somehow felt that there was something lacking, and I asked myself if after all, Grace was simply marrying me because of her sympathy for me. Did she really love me? Somehow these questions could not be obliterated, and the answers to them were not pleasing in any sense. She was apparently anxious to marry me, and yet there were moments when she seemed to doubt the advisability of such a step, and I always ended by recalling Dr. Milford's precaution. He had said that as a result of the operation it would be impossible for her to love anyone with her old-time ardor. I had not been to see Dr. Milford for some time. I was somehow afraid to see him. I feared his cold, calm reasoning. I did not want to reason. I was in love, and I wanted the object of my love. It was not a reasoning matter.

As our marriage was to occur so soon, Grace had decided not to return to her position. I tried to get her to consult Dr. Milford with a view of getting his advice as to the best means of assisting the recuperating process, but she seemed to have so much faith in her old physician that she demurred, and, of course, I did not insist.

About three days following the conversation previously recorded I was busy with my duties at the office when I was told that I was wanted at the telephone. I recognized the voice of Mrs. Wilson, the lady in whose home Grace was stopping.

"Can you come up immediately?" was her query.

"Why, what's the matter?" I anxiously inquired.

"Grace is very ill."

"Why, how's that possible? She seemed to be well last night?"

"She was taken very suddenly. The doctor was called and she seems quite low."

"All right, I'll come immediately," was my reply.

I managed to secure leave of absence, and I hurried toward her home. What could this new ailment be? Was it the old trouble returning, and how was it

possible for her to have been attacked so suddenly? She seemed to be perfectly well the previous night, although I remembered her complaining of a slight pain in the chest. Mrs. Wilson was at the door to meet me when I arrived.

"She was taken suddenly very early this morning. We sent for her doctor immediately and he has placed a trained nurse on her case."

"What can be the trouble?"

"He says it's a very severe case of pneumonia."

"Well, I must see her right away," I said, my voice trembling with emotion.

"But the doctor says no one can see her."

"Well, I must see her."

"What's the use, Mr. Kingsley? She is so ill that she will not recognize you. She was raving in a high fever all the morning. She has only been quiet the last hour or so."

"Why did you not telephone me before?"

"We thought it was useless to telephone you while she was delirious."

"And she has the same doctor?"

"Yes, you could not get a better one."

"No, no, I suppose not," I replied in cynical tones. "He's the doctor who said that her troubles would all be over after the operation."

"And he was right. She has had no more of her old trouble. This complaint has nothing to do with the disease from which she was formerly suffering."

"Maybe it hasn't, but it lowered her vitality; it lessened her ability to resist disease. I have no faith in that physician."

"But what are you going to do? He has always been her physician. We called him and she is now in his care."

"I want to see her. I want to find out how he is treating her and I'm going down to see Dr. Milford, my physician. He does not believe in operations, and he does not believe in poisoning people."

"Oh, Mr. Kingsley. Now what makes you talk like that? The idea of treating a serious disease without medicine! Why, it's preposterous!"

We went slowly and noiselessly to the door of Grace's room. A slight tap brought the nurse to the door.

"Can he come in? This is Mr. Kingsley. You remember my speaking of him him."

"Yes, you can come in, Mr. Kingsley, but the patient is sleeping and it would be unwise to awaken her."

I went on tiptoe into the room. I gazed searchingly in the dim light toward the bed for the features of my loved one. She lay there with her eyes closed, breathing heavily. Her face was red and slightly swollen. The sight was heartrending. It was hard for me to control myself. My inclination at the moment was to drop on my knees at the side of the bed and sob out my misery, but I had a duty before me. The room smelt stuffy. There were various bottles sitting on the table near the bedside. I went over and examined the windows. They were all tightly closed except one that was lowered about an inch at the top. I motioned to the nurse to follow me, and left the room.

"What treatment has been advised?" I asked, controlling my voice to the best of my ability.

"She is being nourished with whiskey and milk, and there are other remedies that I'm giving from time to time."

"Do you think the sickroom is ventilated sufficiently? Don't you think the windows ought to be more widely open?"

"Why, that would be suicidal. A draft to a patient in her condition would mean death."

I turned away with further parley. I wanted to know. I was simply a common layman. I knew nothing about the treatment of pneumonia, but I had lost confidence in that doctor, and the theories that Dr. Milford had imbued me with from time to time seemed to indicate that the treatment which had been advised in this case was radically wrong. I found Dr. Milford in his office, and after waiting my turn I managed to see him.

"I have not seen you for some time. Where have you been?" were his first words of greeting.

"Well, I've been very busy, and I'm improving in health so fast that I did not seem to need you."

"That's good. I'm glad to hear that

but you seem agitated. What's troubling you?"

"There is a great deal troubling me just at the present moment," and I proceeded to tell him the object of my visit.

"You say she has pneumonia and has been so feverish as to be delirious?"

"Yes, so the nurse has told me."

"Well, my method of treating pneumonia, of course, differs in various cases, but in a serious case of this kind, the depurating organs of the body would have to be awakened by every possible means to free it from the poison which is the real cause of the disease. The use of either whiskey or milk would add to the severity of the disease."

"And don't you think, also, that the room should be better ventilated?"

"The more nearly the patient can be placed out of doors, the better it would be for her. Her head ought to be as near as possible to an open window."

"Now, Doctor, what am I going to do? Here is my affianced wife in the hands of a doctor, who, from what you say, is adopting methods that will be almost sure to kill her. If I were her husband, of course, I could give my orders, but this treatment has been advised by a doctor in whom she seems to have unlimited faith."

"Kingsley, it seems to me you have a habit of getting into serious trouble. I'm at your command. I'll go there and see what can be done, but this physician has the case. She has always been his patient, and I fear that I'm quite helpless in the matter. I might be able to induce the present physician to change his method of treatment, but he undoubtedly belongs to the old school. I belong to the new school."

"Well, Doctor, can't you come up with me at least and see the patient then we can talk further?"

"Yes, I can call there within an hour," he finally announced.

I left his office and waited impatiently at Grace's home for him to appear.

"I want another doctor to see Miss Winston," I explained to Mrs. Wilson. "No one can object to that."

"But Dr. Mullen has been our family physician for years. He is one of the most capable men in his profession, and

Miss Winston has stated again and again that she has unlimited faith in him."

"I know, but he is too old a man, he follows the old-time theories."

"I don't know about his theories, but I certainly would rather trust an elderly man who has been practicing for many years than one of these young snips just out of a medical school."

"The doctor that I want to see the case, is not a young snip. He is a man of great experience, and his judgment can be depended upon."

Dr. Milford arrived a few moments after my conversation with Mrs. Wilson. I went upstairs and explained to the nurse that I wanted my physician to see the patient.

"There can be no objection to that," she replied, though the tones of her voice indicated her displeasure. "But Dr. Mullen will allow no interference with his treatment," she added sharply.

I brought up Dr. Milford and introduced him to her.

"You can wait outside and I will let you know my views of the case," said Dr. Milford. The doctor was absent but a few minutes. He came out followed by the nurse.

"The case is very serious, Doctor," said the nurse to him as she noiselessly closed the door of the sickroom.

"Yes, there is no question about the seriousness of the case," he replied. "Let us go downstairs and we will talk over the case," said the doctor as he turned to me.

"Is there any hope?" I inquired, doing my best to control my trembling voice.

"I might just as well be truthful, and tell you, Kingsley, that there is not much hope."

I turned away at his words and tried to quell the rising tide of grief that almost overcame me.

"But, Doctor, you can do something, surely?" trying my best to control my voice.

"I'm powerless, Kingsley. Were she your wife, I could take charge of the case but what can I do under the circumstance? From what you have told me already, the case is in charge of the eminently respectable physician who has

been the family doctor of Mrs. Wilson for many years. Of course, you might induce him to consult with me on the case, but I cannot encourage you in that, because his ideas and mine, of treating a complaint of this kind will differ so greatly that he will consider my methods just as preposterous as I consider his. For instance, he has ordered whiskey and milk to nourish the patient. The patient needs no nourishment. Every atom of energy possessed by the body at the present moment is engaged in eliminating poisons from the body. Every mouthful of food adds to the poison. Whiskey is a stimulant that partially paralyzes the nervous organism, and really interferes with recovery, and last of all, but first in importance, the sick-room is miserably ventilated. If I had a case of pneumonia and were to select the best known means I could discover for assisting the patient towards death, I could hardly find methods any better than have been advised in this particular case. I know that I am brutally frank, but brutal frankness is necessary in a case of this kind. If you can arrange for this physician to consult with me, I will, of course, be tactful and do my best to get him to adopt at least some of my radical measures, but I hardly believe there is much chance of my being able to impress him."

I sat there, my heart wrung with misery, staring wildly into space, as I listened to his ominous words. As I thought of the injustice of conditions to be dealt with, my grief was dispelled by anger.

"What! Must I stand still and see the woman I love murdered in cold blood, when I feel satisfied that you can save her?" in harsh, loud tones.

"Be quiet, Kingsley. Don't talk like that. You will only make matters worse. Control yourself. Go see her doctor, be polite to him, conciliatory, arrange a consultation, and I will do the best I can for you."

I lost no time in following his advice. I hurried to Dr. Mullen's office. Several patients were waiting to see him. It was hard for me to restrain my impatience and await my turn. He was an impressive looking man. I got glimpses

of him now and then as the patients left and entered his office. He was tall and broad-shouldered. He wore a long, gray beard, and his features were calm and impressive. I realized it would not be hard for him to win the confidence of his patients. He apparently noted my excited demeanor as soon as I entered his office. I gave him my name and explained my errand.

"A very bad case," was his comment. "I do not think there is much chance of her recovery. Of course, there is a ray of hope. We are giving her the best of care in every way, and if there is any possible chance for her, she will be saved."

"I have realized her serious condition, but you know, Doctor, that there is quite a difference in the methods of various physicians, and as I had expected her to be my wife within the next three or four days, you can well realize my extraordinary interest in her case, and I wish to ask if you will agree to a consultation with my regular physician."

"Oh, I suppose there will be no objection to that," flushing slightly as he realized my lack of confidence in him: "Who's your physician?"

"Dr. James F. Milford."

"Not the Milford who has been advocating the drugless treatment?"

"Yes, he is the man."

"My dear sir, you are asking entirely too much of me. Dr. Milford's theories are fanatical and unscientific. He is not accepted as a reputable physician by my professional brethren."

"Then you refuse to consult with him?"

"I certainly do. It would be useless. I would consider that his methods would mean certain death to the patient."

"And suppose I consider that your methods mean certain death to the patient? Do you not think that I should have some voice in the matter?"

"You should have some voice, unquestionably, but Miss Winston has been my patient for several months. I have been engaged by her on this case. I feel that I am personally responsible for her, and I could not allow you to dictate unless she herself was conscious and would acquiesce in your views."

"But she is not conscious, Doctor, and I wish Dr. Milford to take her case. I wish him to treat her according to his methods."

I can't help it. I refuse to relinquish my responsibility and will insist that my nurse remain with the patient and treat her in accordance with my advice."

"But, for God's sake, Doctor, don't you think at least she might have more air? Don't you think you could at least stop feeding her whiskey and milk?"

"Now don't get excited. You don't know anything about medicine. I can sympathize with you in your present trouble, and I would be willing to do anything reasonable, but I do not believe that Dr. Milford has any knowledge that would be of aid to me in treating this case."

I realized the uselessness of further conversation. Without another word I turned and rushed out of his office. I knew not what to do or where to go. My brain was in a whirl. I was angry and at the same time almost wild with grief. I fully realized the uselessness of further conversation with Dr. Milford, but I finally started in the direction of his office. He was not in when I arrived, but he came in soon thereafter. I explained to him the result of my conversation with Dr. Mullen.

"It is no more than you could have expected. You must calm yourself, Kingsley. Nothing can be accomplished unless you restrain yourself. You are liable to do yourself or somebody else bodily harm in your present condition. Be sensible and reasonable."

I left Dr. Milford's office in a greatly improved frame of mind. I had succeeded in calming myself, but there was a smouldering fire of grief within.

I will refrain from going into the details of the fearful days that followed? Why go into details of the torture I had to bear, feeling in my own heart that there were means that could be adopted which could bring certain recovery to my loved one, and yet realized that I was powerless to use them? More than half the time I walked the streets. Whenever the pain at my heart grew unbearable, I would go out and walk hour after hour. Two or three times a day I called

and inquired as to the condition of the patient, and the reports varied but little. She would grow a little worse, then a little better. There was no use of my trying to work. I notified my employer that I was sick and unable to work, and there is no sickness that I know of that is more difficult to bear than that from which I was suffering at that particular time. She had been ill for nearly a week. I had called at the house for the third time that day. I had been told that she was nearing what is termed the crisis, that particular period of the disease which indicates life or death to the patient.

"She has been conscious for the last hour and has been asking for you," Mrs. Wilson had said to me, and I followed her noiselessly as she led the way upstairs to the sickroom.

"Try and control yourself, Mr. Kingsley. Do not show her that you are too much affected. It may injure her prospects of recovery," were the remarks made to me by the nurse as she met us outside the door. I tiptoed noiselessly into the room. It was night, and in the dim light I saw the outlines of Grace's features. The nurse turned up the light slightly as she entered. Grace turned and saw me as I neared the bed.

"Ah, Horace, I have been wanting to see you for so long," she said in a faint voice. I went over to the bed and took the hand that lay on the coverlet, and knelt down by the side of the bed.

"I am glad to be here, Grace. I have been to see you two or three times every day you have been sick."

"Why, have I been sick so long?"

"Oh, not so long," the nurse replied who was standing by.

"You feel better now, don't you, Grace?" I queried.

There was an unusual brightness in her eyes. Her features had resumed their natural form, though they were pale and bloodless. I knelt there talking with her for some time. Her voice was not much more than a whisper.

"We would have been married by now, if I hadn't taken sick," she suddenly said, after a long silence.

"Yes, we would, dear," I replied.

"But it's just as well, Horace."

"What do you mean, dear?"

"I'm afraid that I can never marry you now."

"Why, what makes you talk so? What makes you say that?"

"Because, Horace, I do not believe that I can recover."

"Don't say that," I replied as I hid my face in the covers in an endeavor to control my emotions. "You will be well in a few days, and we have a splendid and happy future before us."

"No, no, it's impossible," was her faint reply.

I felt a hand on my shoulder. I turned and the nurse beckoned me to follow her.

"If you stay any longer, I think you will excite and perhaps injure the patient," was her remark. "Say a word or two more to her and then you had better leave her alone."

"The nurse thinks I am exciting you too much, dear," I said as I returned, grasping her hand and looking down at the wan, tired face.

"Does she? Well, maybe you had better leave me to myself, Horace, but kiss me good-bye in case I should not see you again."

I stooped and kissed her, and turned

and hurried away. I could not restrain the tears that rushed to my eyes as I went out into the hall and down the stairs. I wanted to be alone, somewhere, anywhere, with the wild grief that encompassed me. I rushed home, up to my own little room and gave free vent to the torrents of despair that tortured me for many hours thereafter. Early the next morning I received a message announcing her death. I was not surprised, I had expected it. I had anticipated the end.

Why harrow the feelings of the reader further? My story has been told. I have laid bare the innermost recesses of my very soul. I have taken the reader into my confidence. I have told of my trials and tribulations, and I hope that the story of my life will be the means of helping others to see the truth; that it will assist other young men, and possibly young women, to know each other and the world. If I have succeeded in convincing any of my readers, of either sex, of the necessity of "looking before they leap," of carefully considering all phases of the possibilities that may come as the result of marriage, before entering such a serious contract, the story will not have been written in vain.

(THE END).

How You Can Help Us

Many of our readers write and inquire how they can help along this movement. You can assist us by making the magazine better known among your friends. After you have read your magazine, pass it on to a friend of yours, or if you feel especially interested, buy one or more extra copies and give them away to others who, because of lack of good health or for other reasons would be able to appreciate them.

We would especially suggest that you encourage the newsdealers in your community to handle *PHYSICAL CULTURE* and get them to give it a good display. Promise them to work up a sale for it among your friends, thereby creating new business for them. Tell them it is fully returnable, that they

have nothing to lose. In this way it will be easy to get them interested. If you are interested enough in our work, to send us the names of any one whom you think would become interested in *PHYSICAL CULTURE* we would be pleased to send them a sample copy.

Are you with us? Then let us hear from you at once, to-day.

After you have carefully perused your copy, if there is no one to whom you especially desire to give it, you can leave it in street cars, railroad cars, or other public places.

If you are interested enough to distribute back numbers, write to our main office and tell us how many you can use in this way, and if we have any to spare we will be pleased to send them to you.

Among the Physical Culture Athletes

We are desirous of inserting, each month, any information that we may be able to secure of athletic contests or remarkable feats of strength and endurance performed by athletes who follow out physical culture theories of living. We therefore invite our readers to send us any information and photographs that they might consider available for this department. Remember that the pages of the magazine close from thirty to forty-five days in advance. For instance, information sent us on December 15, would not appear until the February issue of the magazine, which is published January 24.—Bernarr Macfadden.

THE FIVE-MILE RUN.

DURING the early winter, a five-mile race was held at Battle Creek, Mich., for which the editor of this publication and business men of the city contributed prizes. There were



Thomas B. Ellis, winner of five-mile race. He came to Battle Creek, for treatment four months previous to the race.

twelve entered in this contest, among whom was John E. Granger, who holds the world's record for deep knee-bending, having repeated this exercise 5000 times. The course was through the streets of Battle Creek, two and one-half miles, and return by the same route. One of the surprising results of this race was that nearly all the winners were formerly invalids, and had, a few months previous to the race, been under treatment. The race was won by Thomas B. Ellis—who came to Battle Creek an invalid—in the splendid time of 29½ minutes. Roscoe Snyder was second, Frank H. Smith, third, John E. Granger, fourth; Sylvester Killoran, fifth; William McKie, sixth.

Frank H. Smith, who is the physical director of the Bernarr Macfadden Sanatorium, entered the race merely for the exercise, as he was not really allowed to contest. He made the five miles in 31½ minutes. About three years ago, his physicians termed him a hopeless invalid, and the remarkable vigor he has developed was demonstrated in this particular race.

Mr. Killoran, who won fifth prize, was referred to in a previous issue. Less than four months before the race, he came to Battle Creek an invalid.

A PHYSICAL CULTURE WRESTLER.

Fred. Carlton, who has been the wrestling teacher of the Physical Culture



Roscoe S. Snyder, second in five-mile race.



Wm. McKie, winner sixth prize, five-mile race

Training School for some time, is anxious to meet any of the wrestlers in the light-weight class. He has never been beaten at his weight, and believes he is entitled to be known as the champion light-weight of America. He lives on raw foods and is a powerful specimen of manhood. He is anxious to hear from any of the meat-eating fraternity who may be impressed with the idea that they can defeat him.



Fred Carlton, the raw food wrestler, who has issued a challenge open to any light-weight in the world.

WELSH STILL VICTORIOUS.

Freddie Welsh seems to continue to increase in speed and efficiency. He feels now that he is entitled to a match with Nelson, the present champion, and his splendid victory over Abe Attell, who was known as one of the most scientific boxers in the world, has certainly advanced Mr. Welsh very greatly in the eyes of those interested in boxing. The reports everywhere give Mr. Welsh full credit for this splendid victory, and every



Frank Smith, third in five-mile race—a so-called incurable invalid three years ago.

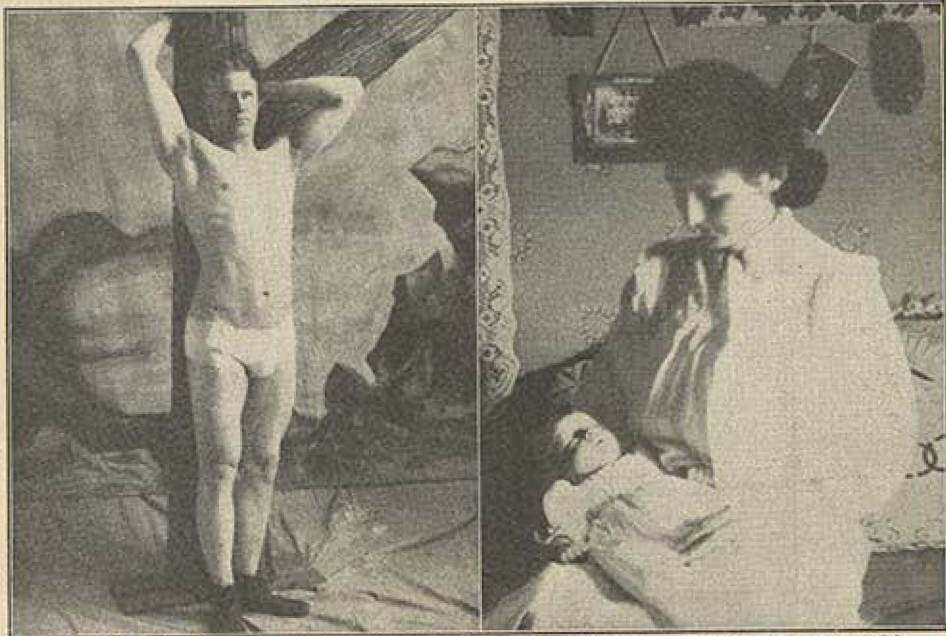
physical culturist is hopeful that the time is not far distant when we can at least boast of a champion boxer in one class, and we feel this will start a movement which will soon place athletic championships in the hands of young men whose strong bodies come from carefully following out of those habits of life which compel clean morals as well as total abstinence from alcohol, meat and various other injurious articles of food and drink.

A Prize Contestant and His Family

Mr. Vac Randa, of Verdigre, Nebraska, who has entered the prize contest for the most perfectly developed man, is more proud of his wife and baby than he is of his own superb physical proportions, and he has good reasons to be, as will be noted by an examination of the accompanying photograph. Mr. Randa says that he is a full-fledged physical culturist, that he eats fruits, nuts and vegetables, and drinks pure water, that he does not use tobacco or liquor in any form, and that he takes a cold sponge bath night and morning. The windows in his room are open all the time for fresh air and sunshine. He says he is an all around athlete, and his ability was secured largely from the knowledge he obtained from the

PHYSICAL CULTURE magazine. He says he boxes, fences, punches the bag, and also takes from a quarter to a half-mile sprint in the morning. His wife, he says, is also a physical culturist and so is his baby boy. Mr. Randa can lift a 75-pound bell thirty-four times overhead, can pick up two 50-pound weights at once, and can put up a 200-pound bell with both hands. His measurements are as follows:

| | | | | | |
|----------------------|----|------|----------------------|---------|------|
| Neck..... | 16 | ins. | Ankle..... | 11 | ins. |
| Chest, natural..... | 40 | " | Arm..... | 12 | " |
| Chest, small..... | 34 | " | Arm, flexed..... | 14 | " |
| Chest, expanded..... | 43 | " | Elbow..... | 14 | " |
| Waist..... | 35 | " | Forearm..... | 12 | " |
| Hip..... | 37 | " | Forearm, flexed..... | 14 | " |
| Thigh..... | 24 | " | Wrist..... | 7 | " |
| Knee..... | 16 | " | Height..... | 5ft. 11 | " |
| Calf..... | 16 | " | Weight..... | 195 | lbs. |



Mr. Vac Randa, a contestant in our Prize Competition, and his wife and child.

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 matters 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.

Inducing Profuse Perspiration

Q. Is there anything that, taken internally, will cause profuse perspiration of the body? I have tried hot lemonade, but it does not seem to work.

A. As a rule two or more glasses of hot lemonade, as hot as it possibly can be taken without discomfort, will cause profuse perspiration, provided you immediately go to bed and wrap up thoroughly in blankets or comforters. However, perspiration induced by active exercise, such as walking or running, will be productive of far more benefit than perspiration induced in the manner mentioned. A steam bath is often better, in its general physical effects, for producing perspiration than a hot drink of this character.

Is there a Remedy for Blindness?

Q. Is there any cure for a woman, now aged forty, who has been blind since she was a child? The complaint was caused by scarlet fever. She seems in perfect health in every way. Doctors state that blindness was caused by the straining of the optic nerve.

A. As a rule but little can be done for chronic blindness. In some instances, when there is something left of the power of sight, even if it is nothing more than power to clearly distinguish darkness from light, or to see rough outlines of various objects that may appear before the eyes, there is always a possibility of improving the sight by purifying the blood through the various means advocated by physical culture. It is quite easy to understand that if the eyes are furnished with an improved quality of nourishment, they would be to a certain extent improved. Mild exercise of the eyes, that is, moving them downward and upward, from side to side, and in a circle, is in some cases slightly beneficial though very great care must be taken to avoid over exerting the eyes in this manner. Bathing the eyes in cold salted water, as has been recommended previously in this magazine, is a stimulant of considerable value.

Can Deafness be Cured?

Q. Can deafness of long standing, caused by catarrh, be cured?

A. This trouble can be very greatly relieved in nearly every case through bodily purification.

Where one is suffering from a trouble of this nature, it is nearly always brought about through catarrhal poison in the blood. If the body is put through a course of building up the general vitality and increasing the functional vigor, the blood naturally improves in quality and the catarrhal poisons are eliminated through the natural channels or disappear altogether. Under these circumstances, if the ear drums have not been permanently injured through the thickening caused by scarified tissue, or by perforation, in many instances the hearing can be materially improved and in some cases entirely recovered.

Bathing Night or Morning

Q. Which would you advise as the most conducive to health, taking a warm bath every night before going to bed, or a cold bath on getting up in the morning, or do you think it is well to take both?

A. I would not advise a hot bath in the evening and a cold bath in the morning. A great many people have erroneous ideas as to the value of bathing. Sufficient bathing for thorough cleanliness is, of course, to be advised. Hot baths are not necessary unless one is desirous of cleansing the body, and a hot bath with the free use of soap once or twice a week is sufficient for this purpose unless one consumes what I would call a very uncleanly diet, that is, eating large quantities of meat and stuffing the stomach to an extraordinary extent. For those whose diet is clean, in most cases cool or cold water dashed over the body every morning, will be found of benefit, though it is not by any means absolutely essential to health. In fact, a dry friction bath taken with either a rough towel, soft bristle brush or friction mitt, is as great a stimulant, and in some cases more valuable, than the cold bath itself. Therefore, do not depend too much on getting results from the cold bath alone. It is necessary to do a certain amount of exercising, dieting, and caring for the body in every way, in order to maintain the highest degree of physical vigor.

Poisoning the Body

Q. What is auto-intoxication? How would you heal a sore that is running continuously?

A. Auto-intoxication means simply self-poisoning, that is, you are poisoning yourself.

The blood with which your body is being supplied contains various impurities or poisons that interfere with the functional processes of the various organs of the body. Sometimes you see the influence of these impurities in a clouded mentality, in the lack of energy, in the "Blues," and in fact, various symptoms appear as a result of auto-intoxication. In order to heal a chronic running sore, one must simply purify the functional organs. As a rule, a fast of several days followed by an extremely limited diet will be effective, and of course if one lives as he should thereafter, the sore should remain healed.

Faintness and Dizziness

Q. What is the cause of my getting dizzy and feeling faint when I am hungry? This often happens between meals. There is frequently a gnawing and rumbling of the stomach when I am hungry.

A. The faintness that you mention simply indicates defective circulation. In many cases, it indicates digestive disorders. In fact, it would be well to note that digestive disorders in nearly all cases accompany defective circulation. The faintness that you mention is not really caused by the lack of food; in fact, in some cases it is caused by too much food. If you will remedy your digestive disorders by a proper diet, I think you will find not only the faintness will disappear, but the rumbling and gnawing of the stomach will be remedied.

How to Cure Worms

Q. Can you give me a remedy for worms, which I have been troubled with for the last seven or eight years? I have tried soapsuds, turpentine and worm lozenges, and have been advised by doctors, but have secured no relief.

A. If you will fast two or three days and then live on acid fruits for several days thereafter, you will find that the trouble to which you refer will be definitely remedied. If the bowels do not move freely when you begin your acid fruit diet, by eating three or four tablespoonfuls of bran two or three times a day to facilitate peristaltic action, you will no doubt secure relief much more quickly.

An Abnormal Appetite

Q. I am twenty years of age and as far back as I can remember I have been a slave to an abnormal appetite. I have eaten without discretion and am naturally suffering the consequences.

A. About the quickest way to remedy an abnormal appetite is to fast for a few days. It is well to make it seven days or more, if possible, for satisfactory results can then be depended upon in every instance. Of course, fasting causes the stomach to very materially lessen in size. In fact, after a fast of several days, you will find it will be impossible for you to eat

more than one-eighth to one-fourth of what you have ordinarily considered a hearty meal. Of course, another method can be used, that of restricting the amount of food eaten. This, however, is very difficult, as it requires a very strong will. I have heard of persons confining their diet to one particular article of food each meal, and after satisfying the appetite with this one article, not eating any more until the next meal-time. I think this method in most cases would be effective. The quickest way, however, is to simply fast for a while, and give the stomach a rest, though, of course, this fast must be broken intelligently, and a certain amount of discretion must be used in your dietetic habits for quite a while if you expect to secure results that can be depended upon as permanent.

The Cure of Blood-Poisoning

Q. I know a doctor's wife who had blood-poisoning and died from pricking her hand on a rosebush thorn while shaking a rug out of the window. Please tell me how it is possible for death to ensue from such a simple cause?

A. How any one with a moderate amount of intelligence could possibly believe that death can ensue from the cause mentioned, is beyond my comprehension. Death was not the result of pricking the hand with a thorn. Death was caused in this case simply by the accumulated poisons in the blood. The pricking of the finger may have been the first evidence of the existence of these poisons, but it is indeed foolish to blame this accident for the serious result noted. Blood-poisoning can be cured in practically every case by the methods we advocate. When one's blood is full of poison, every mouthful of food you eat adds to the poison. Fasting is obligatory, but as is well-known, even when patients are suffering from such trouble, the average physician considers it necessary to force food into the stomach in order to keep up what he terms the strength of the patient. Deaths from blood-poisoning are needless, and when the theories that we advocate are understood by the healing profession, they will rarely occur.

Pumpnickel as Food

Q. I have wondered that you do not say something about pumpnickel. I eat it quite often and do not know whether or not it is good for me. Let me know if it is better than white or rye bread.

A. Pumpnickel, is a satisfactory food in every way. It is made from the whole grain of the rye, and is far better than white bread, or what is ordinarily termed rye bread, which is usually nothing more than a mixture of half white and half rye flour. I should say pumpnickel would be about the best bread, next to bread made from the whole grain of the wheat.



THE VIRTUES OF OUR METHODS PROVEN

Credits Our Magazine with Saving His Manhood

TO THE EDITOR:

During the latter part of August, one of my chums gave me a copy of your magazine to read. I scoffed at him and told him its editor was crazy. But I chanced to read your article on "The Influence of Youthful Errors on the Mind and Body." Up to this time I was one of the many who are slowly destroying body and soul. Your article awakened a strong determination for the better. Yet I had, previously to this time, been fighting against that awful curse which constantly arises within me. I began some of your exercises, and baths, and now, two months later, am almost a new man. I am not certain that I have conquered, as sometimes I fall, but with each defeat, I vow to do better and am doing it.

I have Christian parents, but ah, God help my poor mother!—little did she know of the great battle that I was fighting, and in which she could have been my mainstay. To you and your magazine I give all credit, more good have you been to me than a thousand prayers or sermons offered for me. Would to God I had obtained your advice several years ago!

I would like to try your dieting, but as I live at a boarding hall it is rather hard.

Thanking you a thousand times for the help that you have been to me, and wishing you success in your present trouble, I am,

Ashland, Wisconsin. W. J. S.

Improved Health From Exercise

TO THE EDITOR:

I have derived much benefit from your method of physical culture. I have taken exercises for about five months and am much improved in health, am stronger and my circulation is good.

I have been afflicted with catarrh for a number of years and suffered a great deal with pains in my head, which would come on once in two weeks and last for three days. I also had a hard lump in my right breast, something like a small tumor, but since taking exercises both of the above troubles have almost entirely disappeared. I have a cold bath every morning, exercise for about twenty minutes night and morning. I always sleep with my window open. As to diet, I only eat two meals a day, but if very hungry about ten A.M. I take a raw egg, beaten up with a little milk and sugar. I do not eat much meat and never use tea or coffee. I don't wear a corset. My chief delight is to have a romp every day.

I would not part with the knowledge I have gained from your books, for I have gained health and much happiness thereby.

Rockland, Iowa. Miss J. BROWN.

Letter from a Minister at Seventy-two

TO THE EDITOR:

I write to let you know my state of health, and tell you I am still improving. I have been reading *PHYSICAL CULTURE* closely for a year and a half, and think it has been a great benefit to me. I am better in health than formerly. But it is a slow process—it was slow coming on, so the cure must be slow, bringing health at my age, seventy-two years. I have to learn how to breathe, exercise, and bathe—how to eat and what to eat. This is the great problem. I do not, at my age, expect to live very long, but I will do the best I can, and live as long as I can. I suppose that if I eat those things that do not distress my stomach that is all I can do. I don't drink at meals and eat nuts, vegetables, fruit—the diet you seem to outline. Sugar is hard to do without, but I will eat less.

You are doing a noble work—may you live to dispel the darkness.

Santa Cruz, Cal. CARROLL GHENT.

Farmer Adopts Two Meal Plan—Gains Five Pounds

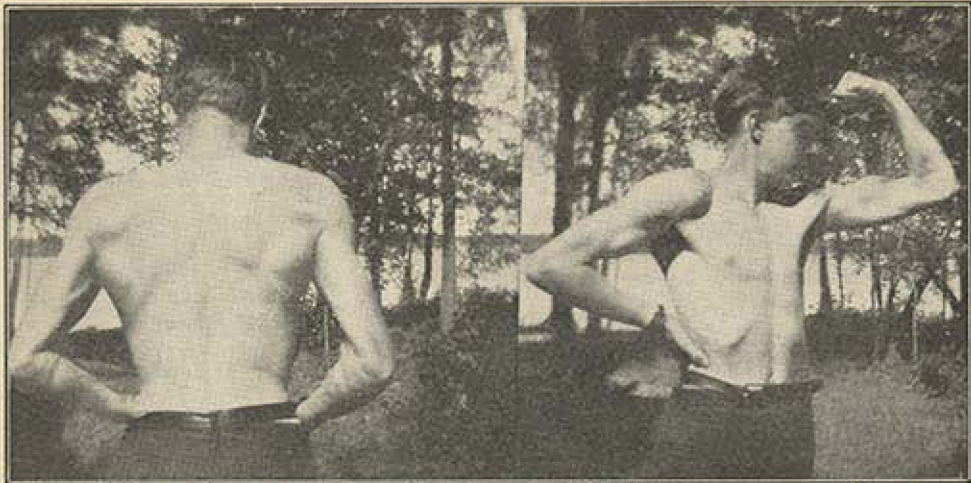
TO THE EDITOR:

As I am a reader of the *PHYSICAL CULTURE* magazine, I am going to write you my experience. Have been interested in physical culture for about five or six years. Before I ran across your magazine, I was somewhat in the dark, but now I have adopted the two meal-a-day plan. I take a dry friction bath every morning, sleep with my three windows wide open and bathe in an open creek the year round, so you can see I am a physical culturist, and I feel fine.

My experience adopting the two meal plan may be somewhat interesting to you, so here it is: First, I began eating lightly for my three meals a day. Next I made up my mind to eat but two meals a day, but when the time came around I ate just about the same for about a week, but felt rather sheepish. So next I ate a good breakfast and when noon came around, I took a cold bath in a spring brook, and I have ate only one dinner since, and have gained five pounds in weight lately.

As I am a farmer my occupation keeps me in the open air. I have no use for patent appetizers, dope, tobacco, whiskey, coffee and so forth, to keep my appetite good.

West Branch, N. Y. H. E. TRIPP.



J. Stuart Roemer, once a sufferer from Bright's Disease, now an athlete

Was Sick in Bed with Bright's Disease, now an Athlete

TO THE EDITOR:

Three years ago I was sick in bed with Bright's disease, and my father came across one of your magazines. He brought it home and I began to follow the diet and take a small amount of exercise, which I have continued ever since. I am now sixteen and one-half years of age, weight 152 pounds, and my height is five feet ten inches. I can run 100 yards in 10 4-5 seconds, and can make 10 feet 8 inches in a running broad jump. I am now, of course, a great lover of out-door sports. The two photographs I send you were taken last July at our summer home. The photos represent two and one-half years of physical culture training, and I shall be glad to have you publish them if you so desire.

Crookston, Minnesota. J. STUART ROEMER.

Condemned to Death—Fighting for Life by Our Method

TO THE EDITOR:

I want to make this letter brief, but it will not be complete unless I express my sincere admiration for both you and your magazine, of which I have been a reader for years.

Condemned to die over and over by the medical "guessers," I am still alive; mainly through your methods, and bull dog determination never to give up.

Some day I want to graduate from your school. If I can accomplish this, you will have the privilege of printing a tale of suffering and resurrection, the equal of which I have never seen in your magazine.

I am twenty-seven, and single. If I win out, you will hear from me; if not; no one but the Almighty need ever know the cost. It was all the result of "criminal neglect," in teaching, on the part of otherwise, Christian parents. The result of prudery, the "slimy monster."

Please pardon this letter. I expect your mail is heavy with such. I would give a

hundred dollars for thirty minutes talk with you, but since such is not possible I can but remain. Your admirer and well-wisher.

2433 5th St., Boulder, Colo. C. L. CUDEBEC

Tried Meat, but Returned to Our Methods

TO THE EDITOR:

I followed your ways for many months, but continually had thoughts of returning to the old style of living. At last I went back to meat and only stayed with it for one week when Nature called me back to her own ways. Am living on both raw and cooked foods—vegetables, fresh and dried, and fruits, and find I have greater endurance when dieting on raw than when on cooked cereals, such as rolled oats and wheat. Living thus the pleasures of creation are mine. Please print for those who might benefit by it that for easy feet a good judicious rubbing with a sheet of coarse emery cloth (not paper), will free your feet from callousness better than anything I ever heard of.

MARTIN "Z." HAVERTY.

1990 Folsom St., San Francisco, Cal.

Healthy Hair by Our Methods

TO THE EDITOR:

I want to tell you how much I appreciate your efforts to "promote and foster health, beauty and strength among women," and I wish to mention particularly the benefits I derived from following your instructions with regard to the hair.

A few months ago my hair was almost dead, and came out in great quantities. It was also very oily and sticky, and I was disgusted with it. I washed it once a month, but it dried as clammy and sticky as ever. Consequently I could never dress it as other girls did. I tried all means I could think of to benefit it, but as nothing did any permanent good, I went at last to a hairdresser. He promptly advised me to take an electrical massage treatment; but as that would have cost two guineas

(about \$10.00), I had to look for other means. I had almost given up hopes of being able to do it any good, when one day I chanced to hear of your literature. I then followed your simple common-sense directions to the letter. The change in my hair in a month's time was remarkable. Everyone commented on it. It is now soft, fluffy, and full of life, and I may frankly say that I never made a better investment in my life. I shall always recommend your methods, and I would say to anyone who is dissatisfied with the condition of her hair, follow Macfadden's directions closely and you will be delighted with the results.

Notting Hill, London, Eng. "ARIADNE."

A Physical Culture Sermon

TO THE EDITOR:

Rev. C. H. Williamson, pastor of the First Presbyterian Church of Waukesha, Wisconsin, occupied the pulpit, of the First Presbyterian Church, of New Orleans, one Sunday recently, and preached a sermon teeming with the doctrines of physical culture, health, and life, a discourse that would have pleased the least ardent devotee of the doctrine of health, by natural means.

Choosing for his discourse the title "Dealing with Weakness," he preached from the text, "For when I am weak then am I strong," denying that the Gospel of Christ appealed to the heart any more than to the circulatory system or other organ of mankind. He said that Christ had never imposed on human beings any doctrine that would devitalize or favor weakness. He said the normal state of man's physical life is health and health was strength. He condemned the spirit, which he said the church had formerly inculcated, that of coddling weakness and nursing ill health. He said that our forbears had helped to create and insure weakness. They saw to it that we slept in rooms hermetically sealed from the pure air of God. The things we were most afraid of a

decade ago, said the eminent divine, are the very things we seek now. Formerly doctors advised their consumptive patients to remain indoors and avoid contact with the air as much as possible, particularly the night air. He described how on a recent occasion when he had visited a tuberculosis sanitarium in Wisconsin to hold service the patients, all presumed to be affected with the dread disease, had come through a drizzling rain, many of them bare-headed and without wraps to hear his discourse. "Such a thing would have been considered suicidal a few years ago," he said. The cry had risen outside the church for the church to return to the simple life of Apostolic times, and the church would have to do it. He said an example of this spirit was to be found in the great increase in membership of that emasculated form of Christianity known as Christian Science, but that the members of that church had recognized the spirit of the age, which was that health was to be obtained by our own efforts and without the aid of drugs and other outside aids. He condemned the usual custom that existed for a man when asked how he felt to always reply by naming some ailment or other and said that we should have faith in our own strength and always believe ourselves to be well and we would be well.

The First Presbyterian Church of New Orleans, is one of the oldest and most influential churches in the city.

Waukesha, Wis.

B. A.

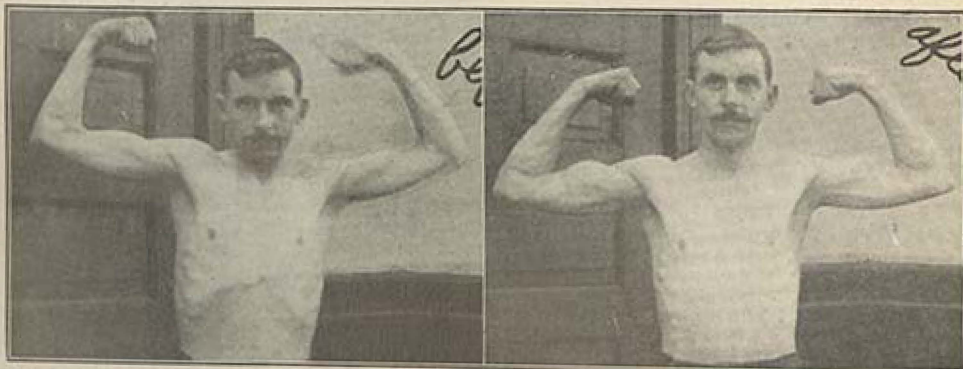
Three Months of Physical Culture

TO THE EDITOR:

I have practiced physical culture since the first of the year, I enclose two photographs, that will show my condition previously and afterward. I would like to have these published. I am feeling a great deal stronger, and have more muscle and am in much better health.

ROBBIE A. BURNETT.

1213 W. Cary St., Richmond, Va.



Robbie A. Burnett, showing the result of a few months of physical culture—a gain of 15 pounds in weight, and a feeling of strength and confidence not previously possessed.

Comment, Counsel and Criticism by Our Readers

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

A Woman's Test of Endurance

TO THE EDITOR:

I have recently performed the Test Exercise No. 7, 325 times, placing the palm of my hand flat upon the floor each time and this with but very little practice in this particular exercise, which requires one to touch the floor with fingers and then raise arms high over head.

I take a cup of hot water in the morning with a few drops of lemon juice. As a rule I do not eat breakfast, though I occasionally eat a little fruit. Eat a meal anywhere from twelve to three, consisting of vegetables, preferably those that can be eaten without cooking, including a salad of lettuce and grated turnip or grated carrot, celery, or nuts, with lemon juice and olive oil. This, to my notion, is a delicious dish—fruit nuts and coarse bread of any kind—though I prefer the uncooked bread, eaten with nut butter. I seldom eat in the evening, though I sometimes indulge in a little uncooked cereal with milk.

I always sleep with two windows wide open, and take a few minutes exercise and a cold sponge bath in the morning.

MRS. F. W. ROGERS.

101 Pearl St., Rochester, N. Y.

How to Take the Lifting Cure at Home

TO THE EDITOR:

Those who are interested in the lifting cure, can have an excellent opportunity for testing its merits with an exerciser, strong enough to stand any amount of increasing strength. I have personally used the exerciser I describe below with the best results.

To make an exerciser, that will give you an all-round development, procure a discarded bicycle tire, draw it, while doubled to its full length, and again double it. Get two stout sticks, about two feet in length, and fasten one to each end of tire, with a strong cord or rope, adjusted in length to height of person. Exerciser is now ready for use.

Stand on one stick and take hold of the other behind you with both hands. The exerciser must be short enough so that in straightening your knees in lifting you can give it a good strong pull. Relax after each lift, and continue until slightly fatigued.

The beauty of this exerciser is that it contains enough elasticity to bring all the muscles in play, so that there is no danger of a strain, and is adapted to the weak as well as to the very strong.

Hendrum, Minn.

A. A. NELSON.

Supporting Clothes Without Corsets

TO THE EDITOR:

Don't you think there is altogether too much fuss made over the subject of corsets and to the supporting of clothes? If each woman would only study her individual needs and find out how little clothing she can possibly use, she'd soon find the right method of wearing and supporting it. Strong waist belts with plenty of buttons and button holes or hooks and eyes are better than any "harness" known. I've never worn a corset in my life and I've never suffered from the "red line" round my waist, which some people complain of. I like dainty clothes and I wear them. I don't like to see a woman rigged out in so-called "rational dress," so that you can't tell whether she's a woman dressed to appear like a man or *vice versa*. And I don't believe men do either.

A light weight union suit; a dainty under-waist, with a double-thickness waistband, adorned with four buttons, to which I fasten my one petticoat; a dress made all in one—or if I must wear waist and skirt, with the blouse put into waist and buttoning to skirt, the same as underwaist, and there you are. Everything suspended from the shoulders—all nice and comfortable and no unsightly "gaps" anywhere. Where's the need of a harness here? 'Twould only be an encumbrance.

And, Mr. Editor, I do wish you'd speak more on the subject of right thinking, in connection with physical culture. I find so many people who, while faithfully exercising, are yet retarding the good work by thinking to themselves: "Oh dear, I know I can never have a symmetrical figure," or "I know I can never make my arms round and plump, etc., etc." Won't you please tell all your readers to think *health and beauty* all the time. Nothing but that.

Yours for health,

"EAGER."

An Editor's Opinion of Our Literature

TO THE EDITOR:

It was indeed with surprise and sympathy that I read last night of the District Court decision in your case. I had expected to see you acquitted of any guilt, and hope to yet. I have been exceedingly anxious for you, have followed your trial as best I could and shall continue to look forward to the time when right will prevail in your behalf. How any sane, reasonable thinking judge or jury could render a decision such as was in your case, I fail to understand, unless because they were not familiar with the good work you have been putting forth. I read "Growing to Manhood, in Civilized (?) Society," and it spoke the truth in every chapter. In my opinion there is no justice in the recent decision and is no doubt on the part of the jurors (or a part), was rendered because of ignorance as to your true mission on earth which you have so sincerely endeavored to perform. Physical culture has been a wonderful benefit to me and I hope it will live long and prosper under the management of its present editor. Again, extending you my sympathy and confidence, I am

Very truly yours,

C. E. CASWELL.

Editor Warren (N. H.), News.

The Catholic Church vs. Delicate Subjects

TO THE EDITOR:

Though a Roman Catholic myself, I partly disagree with Mr. H. J. Monahan, whose letter on the ability now displayed by the Catholic church to handle delicate subjects recently appeared in your columns.

First, because these subjects are dealt with in the confessional only, after the poor little child has tasted the vice, whilst the rational way should be to warn him before he is tainted. Second, because the priest meeting the child in confession only once a month, and knowing of his character, but the bad side, is not in a situation like the parents who live under the same roof to say what is liable to impress more strongly the mind of their child. Third, because the average Roman Catholic priest knows very little about sexual subjects.

Since receiving your November issue I have come in touch with over one hundred young men, all of whom agreed with me on the insufficiency of the method now used by the Catholic Church to meet the requirements of young souls on sexual subjects.

I cannot relate here the individual experience of these young men as it would take too much space. One has been led to self-abuse by a servant; another by a friend; a third one found it out by himself. Some confessed the very first sin to the priest, others hid it for months, others did not even know it was a sin, and were fairly struck in the rut of bad habits when their confessor got his first opportunity of dealing with "their particular case."

A detailed account of each of those experiences would prove beyond doubt to any free-mind the importance of the second argument

I brought against my brother in religion. I will at present only relate the failure of the confession in my case:

I am one of those who found this vice out by himself, it was when exactly twelve years old. Over a year elapsed before I asked my confessor if it was wrong. I was then a quiet little boy, fond of reading and very pious. I wept when the devoted priest told me that I had sinned mortally, making God very sad and renewing his crucifixion, etc. Of course, he added that if I kept on doing such a thing I would go to hell.

He advised me to pray and come back to confession if I ever fell again. I don't blame him for not advising me about dieting, bathing, exercising and every other thing advocated by this magazine, which help a young man to lead a clean life. He knew no better.

So I kept on eating three heavy meals of meat a day, with lots of spices, pickles, mustard, etc. Of course, I was especially fond of pork and every other overheating food. The result was that four weeks afterwards I again knelt in front of the priest to accuse myself of the same sin. My confessor was a rector of one of the most famous Catholic Universities of the world. As he was often sick, I had to go through the lectures and was often rebuked by about thirty different priests during the six years that I was a slave to that vice. Every one of them repeated to me that I was deserving hell, etc., but none had the right word. None suggested that I was slowly but surely destroying my manhood.

I had always struggled against that self-debasing habit, with the idea of being born for the priesthood. This steady aim at last helped me along and when about eighteen years old I managed to free myself. But then Nature, so long offended, stepped in to revenge her broken laws and I became a sufferer from night losses.

I told my confessor all about it. He replied that as long as I was sleeping during the act it was no sin, and therefore there was no need to worry about. Varicocele was the natural consequence of my "not worrying," and in my case I daresay it was rather a deliverance. Two years of that dreadful disease proved to be a sufficient matter for worrying and I started to look out for a cure and the right information.

It came through that life saving book, "Superb Virility of Manhood." I cured myself of night losses and varicocele. Now I stand for a clean life, for the warning of children and the killing of prudery whether civil or religious.

However, I am not a foe to true religion, and I maintain that for the time being the confession as advocated by the Roman Catholic Church would be a useful method of starting a reform against prudery, if the High Seminaries would only teach those studying for priesthood "all" that they should be taught.

A. DE NEUVILLE.

Montreal.

Immoral Men the Products of Prudery

TO THE EDITOR:

Your magazine for the past six months has been of immeasurable help to me. Sometime ago a sample copy was handed me. It found its way into our book-room, where it lay hidden for six months. Finally I came across that volume, and I believe I spend the best part of the evening over it. From that time, I have been obtaining a copy each month from the news-stands. I am one who in daily life comes in contact with an immoral set, a hard lot in an office—men without principle, and I wish to tell you that the things written in your magazines are true. Those who say same is obscene or anything at all about the character are telling a falsehood, and to use Mr. Roosevelt's principle of spelling, I would spell it with but three letters. Before God, I am going to try hard to correct my faults, and thereby endeavor to help the physical culture principle in every way possible.

Sometime ago I came in contact with a very immoral man. I have seen much of him recently, and he still carried with him the same traits. Everything that is holy about marriage he makes vile, with his talk. What can we do with that sort of a fellow, is the question I have been trying to solve? Probably some of your suggestions may be helpful to us. I wish to state that I am in favor of this physical culture movement. I have been trying some of the methods advocated. For instance, eating no breakfast; I have on several occasions gone without eating, and no harm was derived from same. Thereafter, I decided to cut the quantity in half, and now, each morning all I eat is a dish of oat meal and bread with a cup of cocoa. I have cancelled the meat item from my breakfast, and find it helpful.

I shall continue following the instructions in your magazine, and wish to thank you for them.

EDW. G. HOOPES.

29 N. Smallwood, Baltimore, Md.

Developing the Legs

TO THE EDITOR:

As a constant reader of your magazine I have often noticed you answering questions on "How to develop the legs." I wish to call your attention to three exercises that I have never known to fail to produce a good all-round development of the legs.

Exercise 1.—Body erect, raise on toes; now lower the body to squatting position, then rise erect and repeat.

Exercise 2.—Body erect, spread feet twelve inches apart; now, keeping the heels on the floor, lower body to squatting position; then rise erect and repeat.

Exercise 3.—Bend the knee, hip, and ankle-joints, then straighten up slowly, contracting the muscles to your utmost power.

Vista Grande, Cal.

G. JOHNSON.

The Roman Toga or Kifts for Men

TO THE EDITOR:

I was agreeably surprised when I read the

article in your November number entitled: "Trousers a Menace to Health and Morality," by H. S. Wright. The article, closing with a request to your readers to suggest a substitute for trousers, gives me a chance to air my views on this subject. Now I want to say that in my opinion there has never been a more artistic or serviceable dress for man than the dress of the ancient Greeks or Romans, with their tunic, sandals, togas, or whatever over-garments they wore. Of course, this dress could be modified or changed to suit our present requirements where necessary (I don't think it would be necessary). From the physical culture and economical or any other standpoint I believe this is the ideal garment.

I believe that sandals and trousers do not go together, but sandals do go with the dress I described. By all means let us have the freedom of the ancients and with that freedom the return to the rugged health and strength which they enjoyed.

I hope and believe I am not the only one with these views as the Scotch kilts or the modern Greek "petticoats" do not set off the figure and therefore are not a "thing of beauty" as the tunic. To use a modern slang phrase "there's nothing to it," when made simply, but for "dress" purposes it can be elaborated upon as much as the individual may desire. This in itself should appeal to many.

Trusting that this subject of dress will be taken up by you, and thanking you for what your magazine has already done for me, I am yours,

Milwaukee, Wis.

WM. E. JORDAN.

Athlete — Successful Operation — Death

TO THE EDITOR:

As an assistant physical director my chief duties are to teach new men how to handle their bodies on apparatus and take corrective and muscle-building exercises. Little opportunity is given to advise and discuss diet, bathing and hygiene in general. The lack of this knowledge resulted in the death of one of our members, who was lately appointed assistant physical director. This young man was a fairly good gymnast, about thirty-two years of age, married and the father of several children. I understand that he lived on the usual American diet; he smoked a large number of cigarettes; this did not seem to affect his general health. But to make a long story short, he was recently taken to a local hospital and operated upon "successfully" (?) for appendicitis. Five days later he died. Of course, the physicians will say death was not due to the operation. Why not, it was "successful." Certainly successful in cutting the appendix out, but not in saving the young man's life. How long this murdering practise will continue is difficult to calculate. It is quite fashionable in Philadelphia. If physical culturists and others keep fighting appendicitis possibly a reformation will be secured.

Very truly yours,

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Remedying Self-Poisoning Constipation

HOW TO REMEDY THIS ANNOYING COMPLAINT—THE USUAL ACCOMPANIMENT AND VERY FREQUENT CAUSE OF SERIOUS ACUTE AILMENTS, AND ALSO THE SOURCE OF MANY CHRONIC DISEASES

By Bernarr Macfadden

This series will include three installments. The first article was devoted to the consideration of the evils that result from constipation, and proved that it is really aggravated by cathartics. Enemas and other means for its relief were also discussed. The current article is devoted to dietetic methods of remedying the disease. The third article will show the value of muscular exercise, and will give clear instructions as to how these exercises may be taken, and how and why they can be relied on.

SECOND ARTICLE

“TELL me what you eat and I will tell you what you are” is a truism that is frequently quoted.

The body is nourished, you might say “manufactured,” from the food that we eat. A comparatively small amount of intelligence is needed to readily realize, after consideration of these facts, that food has a great influence on the functional activity and strength of the various organs of the body. Of course, some persons appear to possess so much vitality that they can break every recognized health law and yet seem to enjoy good health on to the very end of their days. This is unusual, however, in these times. Nearly all of us are suffering for the sins of our forefathers, and therefore the science of the maintenance of health is fast obtaining recognition everywhere. You will often hear the statement, when you are trying to interest your friends in some of the rational dietetic theories, “Oh, what’s the use? My father and mother lived to a good old age, they never knew anything about these new-fangled ideas, and they were always healthy.” In those instances, these statements are no doubt true, though more often they are not, and it is an unquestionable fact that if the fathers and mothers referred to had understood and followed out the science of dietetics, they would have lived longer and would have been really and truly alive while they did live. Many persons remain on this earth and manifest a certain amount of evidence of being alive,

but they are so doped mentally and physically, that there is but little real life about them, and thousands and thousands die in this manner many years before they are finally carried off to the cemetery.

Now the influence of diet upon the alimentary canal and upon the health and strength is but little understood by the average individual. I called attention in my previous article to the various ills that come from constipation. There is hardly an ailment that is not influenced to a certain extent by this particular trouble. If you want a clean body, a clear brain, strong muscles and a delicately adjusted nervous organism, the functional processes of the alimentary canal must be carried on in a healthful manner, and this means, of course, that there must be sufficient activity to expel the waste from the body in a reasonable length of time.

One of the gravest mistakes with which we have to contend at the present time is that there is an ever-increasing desire for what might be called concentrated foods. By concentrated foods I mean those foods from which the fibrous elements have been removed. It is perhaps most readily illustrated in the removal of the outer covering, which we term bran, from wheat. This process to a certain extent applies to a great number of the important food elements. The idea seems to be wide-spread, that the more easily food is swallowed, the less we have to chew, the more delicious it will

taste and the more advantageous it will be. The results of these erroneous conclusions are pitiable. They are to a large extent to blame for the weakness, sickness, and the pain and misery that result therefrom.

To begin with, deficient mastication is unquestionably one of the most important causes of constipation. The digestive process cannot be carried on properly when the stomach and small intestines are compelled to supply the digestive juices furnished by the saliva of the mouth, and also to bring about that maceration of the food which represents the duty of the teeth. "The stomach has no teeth" is a statement that has been frequently made, but very few people seem to have been impressed with its truth. One of the first means of remedying defects of the alimentary canal is to remember the importance of chewing your food and to remember also the importance of eating food that requires chewing. Food that does not require mastication is really not fit for the human stomach. The thorough mastication of the food prepares it for digestion. Not only does it reduce it to a pulp or liquid, but it thoroughly mixes the saliva with it, and the process of digestion under these circumstances is much more satisfactory.

It must be distinctly remembered that food, to be properly digested, must contain a certain amount of waste material. This waste material is required to give the necessary bulk to the food, as well as to accelerate the activity of the functional processes of digestion. If you are suffering from an ailment of any kind, you must first of all ascertain whether your bowels are inactive, and you should at the same time remember that as stated in the previous article, regular movements of the bowels do not in all cases indicate that you are free from constipation. The entire alimentary canal must be made to perform its functions satisfactorily, if you are to maintain a high degree of health, or if you are attempting to remedy an ailment of any kind. As everyone knows, the blood-making process begins in this part of the body. Of course, where severe constipation is noted, in a great many cases it is

advisable to immediately resort to the colon flushing treatment, previously described; that is, cleansing the lower bowels with from two to four quarts of water. Remember, however, this is not effective in all cases except as a temporary relief. In fact, it does not actually cure the disease. The cause of the trouble is usually located further up. It is more often found in the small intestines or the stomach, and of course, they cannot be reached in this manner. Therefore, the best means of really remedying the trouble would be the use of those foods which would be inclined to accelerate the functional activity of the stomach and small intestines.

First of all, avoid concentrated foods. Highly seasoned dishes that require long, complicated preparation had better be shunned entirely. Various mixtures that have been reduced to a mushy state should also as a rule be left alone. You should seek what a great many people consider crude or "rough" foods; that is, those foods that come to you without a great deal of preparation; that are nearer to the natural state. Bread made from the whole grain of the wheat, for instance, should be used instead of white bread. In fact, it might be well to state that the various products of white flour are at times responsible for the existence of constipation. In fact, such preparations frequently cause this ailment, and by simply avoiding them and eating other foods that are supplied at your table, you will often find a remedy for a trouble of this nature. Where the trouble is serious, however, this will not be productive of satisfactory results in all cases. Where there is lack of muscular tone in the walls of the alimentary canal, or where there is in evidence such enlargement or dilatation as described in the last article, there is often need for more drastic measures than can be secured from merely avoiding white flour products. Of course, to give the alimentary canal an improved muscular tone, a certain amount of exercise, which will be described in future articles, is usually necessary. In many cases, however, by merely changing the foods to those particular articles that are needed to increase the peristaltic action of the

bowels, the remedy is secured, or at least great benefit is noted. Remember that I look upon the colon-flushing treatment as merely a temporary remedy. I do not question its value when it is actually needed, but the presence of constipation shows that the alimentary canal is not doing its duty, and therefore, we should trace the fault direct to where it belongs, and try to remedy it there, rather than to continue to remove the obstruction at regular intervals, which is often merely the result of the fault mentioned.

When beginning a dietetic régime for the purpose of increasing bowel activity it is well to remember that there is a possibility that you have been eating too heartily. Under such circumstances, of course, it is exceedingly valuable to precede your course of treatment with a short fast of at least one or two meals, or better still, one or two days. A process of this kind will help to give the bowels the muscular tone which I have previously referred to. They will be able to perform their functions more ably as a result of this brief rest. But whether you take this dietetic rest or not, it will be necessary, of course, for you to begin to add various foods to your diet that will bring about the desired object.

First and foremost, as previously mentioned, I would suggest whole-wheat bread, not the whole-wheat bread that is often sold for whole-wheat, but the bread that is made from the whole grain, bran and all. This is often sold under the name of Graham bread, though as a rule Graham bread is made partly of bran and partly of a low grade of white flour. I understand that this is the usual combination that is secured at the grocery store when you buy Graham bread, but please remember that Graham flour even under these circumstances is far better than the whole-wheat flour which does not contain the husks or the fibre which you find on the outside of the grain of wheat. By avoiding white flour products, and by using this whole-wheat bread or the whole-wheat or Graham flour made into gems, or in any form that you may like, one will often remedy constipation in an eminently satisfactory manner. If it does not, as a rule, there is really cause for serious action on your

part with a view of bringing about a change in your condition.

There are various fruits that are frequently recommended for this trouble, and many of them are valuable. Grapes, for instance, especially when they include the seeds, can be recommended. Grape-juice is often effective. This is especially so if it is taken in the form of what some call grape-coffee. This is made by filling a cup about one-third full of grape-juice, sweetening it with a teaspoonful of sugar, and filling the cup with boiling water. If one or two cups of this are taken immediately after a meal, it often brings results that are pleasing in nature for those who are troubled with the ailment to which we refer.

Acid fruits are also of value in many cases. Some find that apples act very beneficially. Where there is a strong desire for fruit of this nature, it can sometimes be eaten between meals with benefit, as the acid supplied by the fruit is occasionally needed to help in the digestion of food that may have been lying in the stomach for some time, though it would be well to note that a result of this kind rarely occurs, unless one is in the habit of overeating. I have often heard of an apple being eaten immediately before retiring at night with beneficial results, though care should be taken in adopting a method of this kind, unless one possesses a very strong stomach, and it should never be adopted unless one has a very keen desire for the fruit.

Figs are often recommended as a laxative on account of the many small seeds that they contain. They seem valuable in some cases, though I have known many instances where they was not effective in any way. Prunes are also recommended for their laxative qualities, and in many cases they can be relied upon. They are, however, far better when eaten raw, or after they have been soaked in cold water awhile, than when cooked by the boiling process. There are many other fruits that can be used, which are often valuable from a laxative standpoint. In any event, fruits of all kinds are very valuable for their nourishing qualities, and in nearly

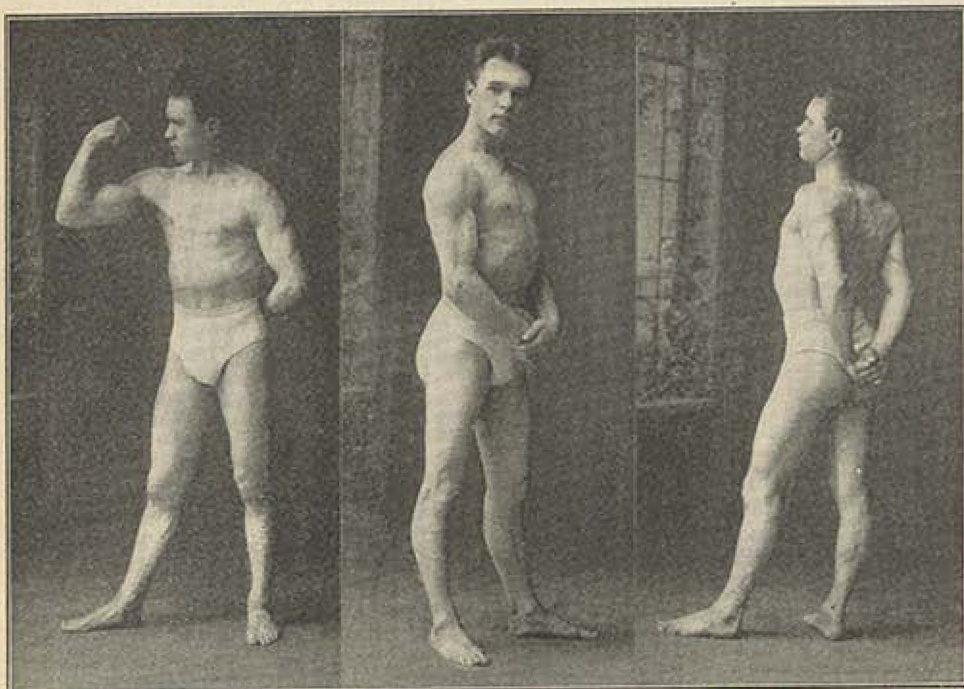
all cases can be recommended as healthful. This is especially true if they are keenly enjoyed and are eaten at mealtime. A great many are in the habit of eating fruits at any time that they may desire them. As a rule, however, it is far better to confine your eating to actual mealtimes. Where one eats between meals there is always an inclination to consume more than is needed, and as a consequence one's vital vigor materially lessens.

It was my intention to complete my discussion on the subject of diet and its influence in remedying constipation in

this installment, but I find it will be absolutely impossible to devote the space necessary to a proper treatment of the subject. I will go into further details in the next issue, and will refer to various foods that will remedy this complaint when the ordinary foods such as I have already mentioned fail to bring results. In all my experience I have never come in contact with a single case of constipation that has not yielded to the methods that I will clearly set forth in this series of articles. The next article will be devoted especially to dietetic methods of remedying serious cases.

(To be continued).

A Physical Culturist for Many Years



Simon Carlson, of Chicago, a type of the manhood developed by close attention to the science of body building.

TO THE EDITOR:

I have been an enthusiastic physical culturist for many years, but never realized the necessity for a wholesome diet until I became a regular reader of your publication. My business keeps me so occupied that I am not able to give a great deal of time to the work, but I hope some day to adopt it as a profession, as I believe there is no missionary work that will do as much good. I am thirty years of age, and have been married for six years, and

am the father of a little girl who is a splendid type of physical culture babyhood. I eat but two meals daily, and avoid meat as much as possible. I do not smoke, chew, nor use liquor of any kind. I devote from fifteen to thirty minutes every morning and evening to exercise, following with a sponge or cold bath and a rub with a Turkish towel. I sleep with my windows wide open.

SIMON CARLSON.

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