

# PHYSICAL CULTURE

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

Vol. XIX

FEBRUARY, 1908

No. II

## The Editor's Viewpoint

FROM every part of the country, I am receiving communications from readers who express their sympathy for me in my present difficulties. It is indeed gratifying to know that you have so many firm friends. To one who is engaged in what might be termed a reform work, the fact that his efforts are appreciated, that

### A TWO-YEAR SENTENCE A DEATH SENTENCE

his influence is being felt, that men and women everywhere are better fitted to fight the battle of life because of the influence of his writings, is indeed encouraging. Now, when my readers first heard of the severe sentence that had been imposed upon me, it must have affected them as much as it did myself. It must have been a shock. And if it were not for the fact that each reader of this publication has had an opportunity to review in every detail my so-called crime, he might believe that I had committed a very serious offense, indeed, to deserve such a penalty. Two years in the penitentiary—two years in confinement—what does this mean to a man like me who is practically compelled to live in the open air in order to keep well, in order to be free from the old complaint which attacked me in earlier years? Many of my readers may not know that at one time, I suffered from what might be termed incipient consumption. I was weak, emaciated. And the practice of the theories that I am now advocating, resulted in a complete recovery, and the development of the strength of an athlete. But with all this strength, I find that even now, there is a constant tendency towards my old trouble if I do too much work, or if, for any reason, my vitality is lowered. I practically sleep out-of-doors, or with my head at an open window. If I remain in a closed room for a long period, I notice symptoms of catarrh. Fresh air and plenty of it, is absolutely essential to my continued existence. If I am compelled to serve this sentence, if I am doomed to live in the poorly ventilated cells of a penitentiary, I venture to say that it will take but a short time for definite signs of my old "enemy" to appear. In other words, the sentence that has been passed upon me by the court, for merely endeavoring to build up the Race by shedding light on the immoralities and viciousness in various places, is practically my death sentence. And when I consider the torture that I would have to bear, as I felt the disease slowly coming upon me, insidiously but surely destroying my vitality, eating away my life and health, I am very much inclined to believe that I would prefer the shorter route of hanging. I do not believe the judge fully understood the seriousness of the penalty he imposed upon me. I do not believe that he had an opportunity to consider the work that I am doing when he decided that I deserved such a severe sentence. He has simply been able to see one side of the subject; or he, no doubt, has not had an opportunity to consider the value or importance of the physical culture propaganda. Yet I feel that when my case is carried to the higher court, that when the United States supreme judges have

a chance to pass upon the evidence and the real facts of the case, I will be justly dealt with. In the meantime, however, I believe that it is the duty of every believer in the theories of physical culture to work with might and main to help bring about the reform for which we have been striving. If I am to be imprisoned for carrying on a campaign of education that has for its object the building of a perfect Race, then indeed, are we wallowing in a quagmire of moral and intellectual darkness. I have been informed that many of my readers have been so incensed by the verdict, that they have written to Judge William Lanning expressing their disapproval of the penalty passed on, and that they furthermore, have given vent to a certain amount of personal feeling in their communications. Now all this may result in harm to myself. I think it is bad policy to write spiteful letters under any circumstances, or to have a feeling of personal spite against anyone. It is better to keep your feelings to yourself. But it would be better still to obliterate such feelings from your nature entirely. It is a waste of energy to allow yourself to be influenced by personal dislikes. Life is too big and there are too many opportunities in it for effort, for one to waste his energies and talents in such a small way. If any of my friends desire to communicate with the judge of the court in question, and express their disapproval of the verdict by calling attention to the benefits they have received from physical culture literature, even including the story complained of, in their individual as well as their home life, no doubt a communication of such a kind would be of value, and the judge would probably be glad to read and consider it and other reasonable letters. But those missives that simply give vent to individual bad feeling, are probably consigned to the waste basket without a reading, or else are inclined to prejudice the judge against me and my work.

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"BERNARR MACFADDEN.

"DEAR SIR:

"I must admit that I do not sympathize with you in your present trouble. I believe you fully deserve the sentence imposed. I have not read the story, but you are imposing upon the public. You have pretended again and again that your methods are humanitarian, that you would be willing to give away everything you have if you would simply be assured that your purposes would be carried out in every detail. You have done all this, I am firmly convinced, merely to make money. You are for the dollar, nothing else. All your planning and scheming is for that purpose and when you squeeze the orange dry, or when you have made all you can, your efforts will immediately cease."

**I** AM glad to say that I very rarely receive a letter like the above. I hardly think that those of its style average one out of a hundred or even a thousand of the letters received at our office. I am publishing this communication, because it touches on that which I may as well confess is a sore point with me. To be sure,

I have HAD to make money in order to accomplish anything. Money represents power. It can be used for good or evil. But to do a great work, you must have the dollars back of you. You have to have the force that is represented by money. No humanitarian work, no great reform has ever been carried on without money, and when the readers of this magazine realize that I have, to an extent, made my life purposes a power by injecting a certain amount of business into every one of my plans, I think that they will be inclined to give me more credit because of my so doing. But I have always been sensitive on this particular phase of my work. I have made money, because I HAD to. I have been a business man because I have been forced to be. Yet I long to reach the time when I can forget business, when my efforts can be given entirely to preaching the gospel of health and preparing the various books that I feel are so badly needed at the present time. Many years ago, I offered to present my magazine to the Government. I felt that it was doing such a vastly needed work that the Government ought to take it upon itself to carry it on as a very much needed educational campaign. I have made other propositions of a similar character. And

I repeat right now that I would so welcome the opportunity to be rid of the personal responsibility of carrying on this work that any big, influential organization that will guarantee to carry on the physical culture propaganda in every detail in accordance with the theories heretofore advocated, can have a clean, clear deed for everything I own in this country. This is open to the Y. M. C. A., the W. C. T. U., or any organization of undoubted responsibility. I wrote to General Booth of the Salvation Army several months ago suggesting a proposition of this kind, and though his assistants seemed to be interested, they were not able to add to their responsibilities. I am still the principal owner of the stock in this publication, and I suppose that I shall continue to be until some way is found of spreading a propaganda without my aid. though the invitation sent out some time ago to all those interested to become stockholders with me, brought many replies and liberal returns in the sale of stock:

THE details of the organization of the Sterling Purity League were arranged late last month at a public meeting in the Astor Dining Room at the Waldorf-Astoria hotel. The objects, principles and purposes of the society were passed on, and though a few minor changes were made, the former were allowed to stand in their practical entirety. In every city I visit, it is my intention to form a local organization of this League.

#### THE STERLING PURITY LEAGUE ORGANIZED

Those interested in the formation of an organization of this character, will be invited to remain in the hall after my lecture and a temporary organization will be formed, then and there. I believe that this league can be the means of rendering great assistance in the reform work which we advocate and which stands for a cleaner and nobler manhood and womanhood. Everyone interested in extending its influence and thus aiding in the throttling of the degeneracy that is rampant at the present time because of prurient prudery, is invited to join the League. The Physical Culture magazine has been selected as the official organ of the League. Ten cents a year represents the dues that each member is asked to pay to the national organization, or one dollar a year, which includes an annual subscription to the Physical Culture magazine and membership in the League. Ten dollars pays for a life membership to the League and a life subscription to the Physical Culture magazine.

WE would emphasize the fact that the Editor of this publication, Bernarr Macfadden, is to give his physical culture lecture and entertainment in various large cities of this country in accordance with the list of the latter published in last month's Physical Culture. The lecture itself will be highly interesting and attractive, and in addition, there will be given practical proofs of the results of physical culture through the medium of card tearing and other feats of strength. Competition between local physical culturists and vocal selections will add to the attractiveness of the entertainment throughout its performance.

#### THE EDITOR'S LECTURES

### FREE ADMISSION COUPON

To induce interested persons to bring a friend whom they are desirous of acquiring the "Health Habit," this Coupon will be accepted for admission, or the price of admission, if accompanied by a paid admission ticket.

BERNARR MACFADDEN.

IT will be remembered that some time ago, we called attention to the arrest of Eugene Christian, who was charged by the County Medical Society of New York with practicing medicine without a license. His crime, so-called, consisted of giving dietetic advice to one of the detectives of the County Medical Society. He

#### THE NEW YORK DOCTORS DEFEATED

was placed on trial in the Court of Special Sessions and convicted. Mr. Christian states that everybody whom the doctors have arrested has been convicted in this court. Mr. Christian immediately appealed his case in the Supreme Court and a decision was handed down on December 20th last, completely exonerating him. This victory is especially important, as it is a sledge-hammer blow at the medical monopoly. The medical men have taken unto themselves the idea that no one has any right to treat a patient unless he is imbued with the ideas that are fathered by the Schools of Medicine. This is the first real conflict that has ever occurred in the State of New York between science and medical methods, or between the scientists and the doctors. If this decision is maintained, it will open a field to the food scientists that will do more than anything to arrest the stupid, often murderous practice of drug-prescribing than anything that has been done by any court. There is no profession to-day that is so thoroughly "protected" as the practice of medicine. A diploma from a medical college, gives you the right to take a life, and there is absolutely no law which can touch you. Some time ago, Dr. E. O. Wall, of Lakeview Hospital, Chicago, performed an operation upon a little girl, Mildred Hanson, and through an awkward stroke, he severed an artery and caused instant death. He turned to the nurses and doctors present and stated, "This is the time when you must all stand by me for I was not in a condition to perform this operation. My practice has run down." The medical profession did stand by him, and he was held blameless by the courts over which the medical profession wields such a powerful influence. How many cases of a similar nature occur almost every day all over this land? How many bereaved parents, husbands and fathers mourn the loss of their dear ones through the reckless use of the knife, and through the too frequent and often careless dispensing of poisonous drugs? We congratulate Mr. Christian on his victory. This country needs men who will fight for justice as Christian has done, men who are not afraid to fight even single handed against the whole organized power of the medical fraternity, if needs be.

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WE herewith give the names of, and the amounts subscribed by contributors to the Bernarr Macfadden Defense Fund. These have reached us since our last recent publication of data relative to the same. It will be noted in this connection, that the number of our friends appears to be increasing, instead, as is usually the case, decreasing with the lapse of time. That

#### THE BERNARR MACFADDEN DEFENSE FUND

we are grateful goes without saying, not only as far as Bernarr Macfadden himself is concerned, but in the respect that the principles for which he stands, represent those that are of the utmost importance to the freedom and well-being of citizens in general. Every subscriber to this fund and every well-wisher of the great and vital question which it represents, is doing a service to the country at large which may not be realized at this time, but which will be appreciated with the lapse of years. Liberty—that is, liberty of thought, speech and action—is the inalienable right of the American citizen. When this is threatened by tyrannous laws which would disgrace a despotism of the Middle Ages, it is time that men bestir themselves. Posterity then, will applaud the action of these persons who take steps to have the obnoxious statutes revised or eliminated. In this sense, those that have given their quota to this Fund are deserving of the applause of the current generation and the gratitude of generations to come.





Winners in Recent Athletic Meetings of the Students of the Bernarr Macfadden Institute at Physical Culture City

## Vigorous General Exercises for Advanced Students

By BERNARR MACFADDEN

I AM presenting herewith some very vigorous movements for general development, intended for the use of advanced students of physical culture, or for those who are already possessed of a fair degree of muscular strength. These movements are very simple, but will be valuable for bringing into active and energetic use all of the muscles of the body, thus causing an all-round symmetrical development. Perhaps some of those who took up the exercises for beginners illustrated last month, may by this time, have gained a sufficient degree of strength to adopt these more strenuous movements. Or maybe, it would be best for them to continue the movements of last month and this month for a time. Or again, if they have not gained rapidly, they had better continue the movements given last month for some weeks longer, and then adopt the exercises presented herewith.

From time to time, I shall present special exercises intended for remedying specific defects, or bringing about the development of some part of the body that seems to have been neglected. Each individual will naturally be interested in those movements which will affect any special parts in which he is defective. I wish to suggest, however, that irrespective of any special movements of this character, that one may use, it would be advantageous for him to also take each day, a series of all-round movements for general purposes, such as are illustrated herewith.

The exercises that I am offering this month, should be particularly valuable

to those who are accustomed to complaining about the lack of time for pur-



Photo. No. 1.—Standing erect, raise one knee and clasp hands in front of the lower leg in the manner illustrated. Now vigorously pull up and back with the arms, and simultaneously, push forward and downward with the leg. In doing this, it is better to keep the back straight and the body erect rather than to bend over with the back rounded. After a good, hard, long pull, perform the same movement with the other leg. Then pass on to the next movement. I wish it understood, that the various exercises presented this month should be combined into one complex, continuous movement. After having gone over the entire series once, commence at the beginning and repeat.

poses of physical training. This plea is a very common excuse for a failure to keep in good condition. There is little substantial basis for the excuse, however, inasmuch as anyone who really wishes to, can, at least, find sufficient time for the exercises that I am illustrating here. Very few are disposed to be sufficiently honest with themselves or with others, to admit that the true cause of their neglect in this respect is simply laziness. Of

of the different movements, he can get through the exercises described herewith, in ten minutes or even less. In fact, in ten minutes, he should be able to take all of these movements and several others, performing each one a sufficient length of time. If, then, he would consume about three minutes in a dry friction bath, vigorously rubbing the surface of the entire body with a coarse heavy towel, or with soft bristle brushes, and finally devote two

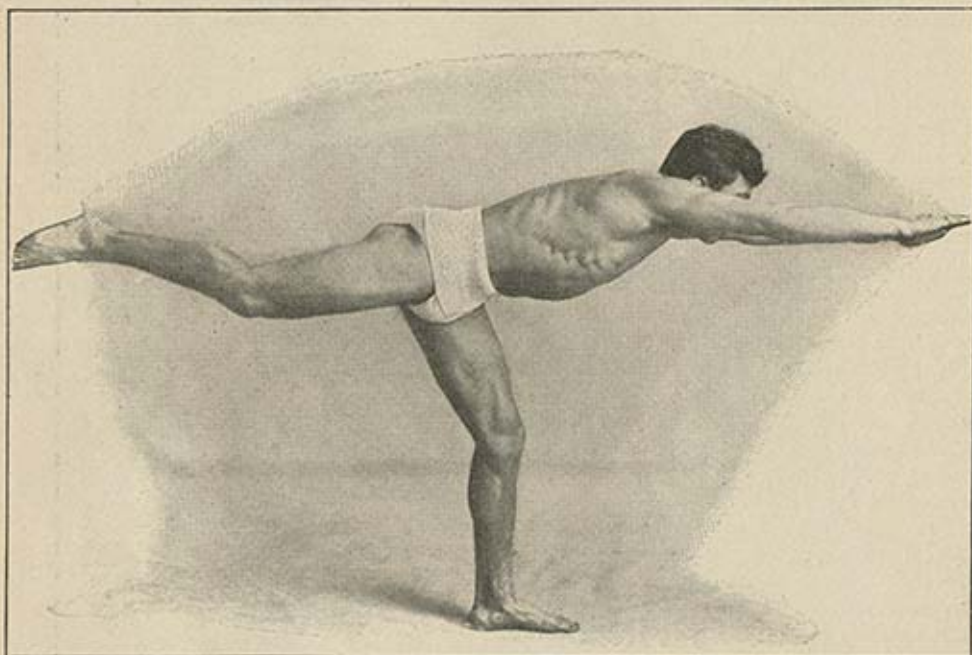


Photo. No. 2.—As you finish the preceding movement, kick vigorously backwards with one leg, and throw the upper body and arms energetically forward in the manner shown in the above photograph, so that leg, body and arms will occupy a position parallel with the floor. When this position is reached, extend the toes and fingers, and stretch the arms, legs and body vigorously. It might be a good plan to make two efforts to stretch hard, when this position has been reached. From this leg, jump to a similar position on the other leg, and repeat the stretching as before. Now rise to an erect standing position preparatory for the next movement. (See next photograph.)

course, one can often spend one half-hour, or even more, in exercise, with pleasure and advantage, but for those who are pressed for time, this is not necessary. As a matter of fact, anyone who really wishes to, can accomplish a great deal by devoting fifteen minutes each morning to the care of the body. If he will enter into the work with spirit and energy, and see that he loses no time in the performance

minutes to a cold bath—either plunge, sponge or shower—he will have spent only fifteen minutes in bringing about an incomparable feeling of exhilaration and vigor. He will be thoroughly awakened. All his energies will be aroused, and he will feel ready for the activities of the day. If, in addition to this, he will devote ten minutes each evening to exercise, he will be able to maintain a very good degree of strength,



Of course, it is desirable that during the day, that one should indulge in long walks, enjoy the advantages of pure air, and also take advantage of other healthful habits and practices; but it is not my purpose to discuss these aids to strength in this article.

Fifteen minutes may seem a great deal to take when one is in a hurry, or is occupied in some other way. Nevertheless, it is true that scarcely anyone is so busy that he does not squander each day, a little of his time. Different individuals, even those who may be considered very busy people, waste some time in various ways. It would be the part of wisdom to spend some of this usually wasted time in building health and strength. Certainly the possession of a good circulation, healthy tissues, pure blood and the vitality that they denote, is far more important than the reading in a newspaper of a railroad accident several hundred miles away, or the account of the marriage or funeral of some foreign Prince. Furthermore, if one would adopt the more rational and healthful two-meal per day plan, the time ordinarily occupied by breakfast, would be much better spent in the exercise and baths above referred to. In any event, the breakfast could be advantageously reduced to a simple portion of fruit.

I referred just now to the *squandering* of a little time each day. I do not wish to imply that the waste of a few minutes by busy people is to be deplored. In fact, it is highly desirable that one, who is for the most part actively engaged, should spend a portion of the day in as complete relaxation as possible. The continuous state of nervous tension and incessant application and care which is characteristic of many men of business and professional life, is exhausting in the extreme. It would be better if, at certain times in the day, such men would simply drop all thought of business and allow themselves to enjoy the most perfect relaxation possible. We of the present day are living too fast. The pace is killing. Men are sacrificing their nervous energies, their vitality and their happiness for the sake of succeeding only a little better than they might by moderation in business activi-

ties. The rewards which they get are not worth the sacrifice. In fact, by the frequent early depletion of their powers through this course, they, in many cases, defeat their own purposes. It may be better to live forty years of stirring intense activity, than to merely endure for eighty years a monotonous, uneventful and uninteresting state of lethargy, to only half-live—to vegetate. But better than forty years of hysterical excitement, and eighty years of mere existence, would be one hundred years of normal, wholesome activity, in which



Photo. No. 3.—Now quickly squat down, placing the palms of the hands firmly on the floor, as illustrated. (See next photograph.)

proper periods of relaxation alternated with the activities of life, and the pursuit of business and pleasure.

There is a story of an old man who had retired from active life, who, when asked how he spent his time, replied, "Well, sometimes I set and think, and sometimes I just set." This stagnation is, of course, not to be commended. But it certainly is not much worse than the other extreme of continuous effort and excitement, which is so characteristic of the lives of people of the present day, particularly in America. If pro-

professional and business men generally, could adopt, at least for a small portion of the day, the practice of this old man, it would be to their advantage.

In a general way, it seems that the most satisfactory and perfect scheme of life would be one which included the alternation of periods of great activity and rest. The life of animals left to themselves is in conformity with this principle. For instance, a healthy dog or cat will indulge in the most stirring activity in play or in other ways at different times throughout the day. The intervals between such periods, are spent in sleep. It is because of such absolute abandonment and relaxation in repose, that they are capable of the exhibitions of energy and activity, with which we are familiar. It seems that monotonous and continuous occupation is not nearly so conducive to the best development of energy and capacity, as briefer periods of greater activity, interspersed by sufficient opportunities for recuperation. The lives of little children are illustrative of this fact.

They are almost unceasingly active while awake, but will invariably take certain parts of the day for sleep and rest, in addition to their sleep at night. There are physiological reasons for the large amount of sleep necessary for children, but their impulses while awake, are in the direction of active play. It is with them, a matter of instinct. It would be so with us, if it were not for the fact that our instincts are sadly perverted by the artificial life in civilized communities. Having lost the guiding sense of our instincts, it is usually necessary for adult men and women to be taught the value of physical training and proper physical activity, as a means of promoting health. We are compelled to make our reason take the place of instinct, and our reason tells us that physical stagnation is disastrous, while continuous mental activity with a limited amount of physical energy, is exhausting and bound to induce a deterioration in health which naturally means decreased working efficiency.

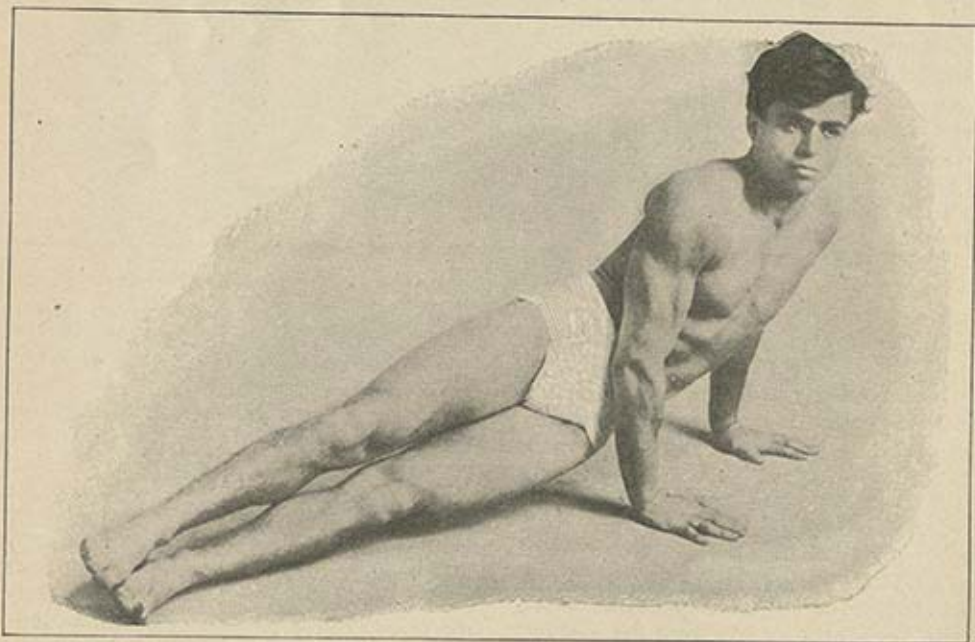


Photo No. 4.—From the position shown in photo No. 3, make a quick jump and extend the feet far to the right, with the legs straight, in the manner shown above. Then, shifting the weight of the body momentarily to the arms, return to the position shown in Photo. No. 3, with another quick, jumping movement. Then simultaneously extend the feet far to the left in the same manner and return. (See next photograph.)

This question should be of as much interest and importance to the average manual worker as to those whose daily occupations involve only mental effort. Manual work as a general thing is of a most monotonous character that uses a limited number of muscles at the expense of others, and is of a tedious and exhausting nature generally. It is far from being invigorating, even though it may be more satisfactory than the sedentary habits of mental workers. It is essential for the manual worker that he practice each day some energetic exercises which will arouse all the forces of his body, quicken his circulation, build increased functional as well as muscular strength, and refresh him in a general way. Surely there is no manual worker, and there is no mental worker, who cannot afford to devote at least fifteen minutes out of his twenty-four hours to the building of health, strength and vitality.

In taking the exercises illustrated herewith, I would repeat the suggestion that they be combined into one complex and continuous movement. That is, instead of repeating one movement a number of times, and then taking up another, it would be better if you take all four movements continu-

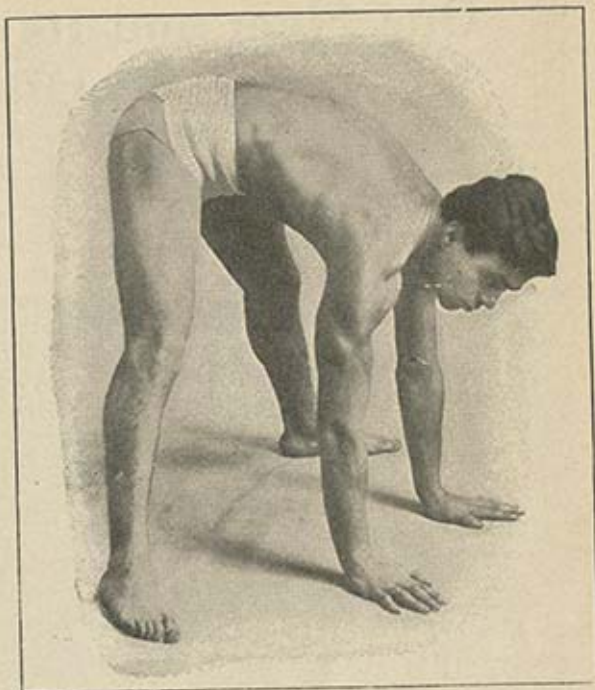


Photo No. 5.—At the conclusion of the last movement, you will find yourself in the position of Photo No. 3. At this point, transfer the weight of the body to the arms momentarily, and raising the feet smartly, jump to the position shown above, with the legs straight and the feet far apart. Now, quickly and energetically raise the body to an erect position, and placing the hands on the hips, bend far back, and finally bring the feet together with a little jump, and return to the first upright position.

ously, one after the other in combination, and then repeat, going over the whole series again.

### IMPORTANCE OF THE INVOLUNTARY MUSCLES

In considering forms of exercise, we must not forget such as are adapted to the development of the involuntary muscles, especially those that are chiefly engaged in the work of breathing, digestion and circulation. The abdominal muscles are by all means the most important external muscles of the human body. They supply from the great digestive cavity not only the fuel which feeds the fires of life, but they constitute

the handles of the bellows which fan the flames, supplies the oxygen and liberates the forces of life; not only are they the great agents of breathing, digestion, and defecation; their motions are also necessary to the healthful action of the liver, pancreas, spleen, etc., while they are also indirectly, if not directly, important agents of the general circulation of the body.—Dr. Robert Walter.

## Our Fleet and Its Cruise in the Pacific

By F. HAYWARD CONISBY

**B**Y the time that this meets the eye of our readers, one of the largest and most powerful of fleets ever assembled for the purpose of a cruise will have lowered the Blue Peter in the place of rendezvous in the waters of the North Atlantic, and will have set sail for the Far East. The ships will include sixteen battleships and six torpedo boats. In addition to these, there will be a number of those other craft which are essential in the case of a modern gathering of ships of war, whether these latter are intended to take part in actual action, or merely, as in this instance, for the avowed purpose of a peaceful trip. Altogether it may be said that the personnel of the fleet will consist of at least thirty or forty craft. Of these, as already noted, but sixteen are fit to steam on the fighting line, should such an eventuality ever arise.

As each of the battleships has a complement of about 30 officers and 800 men, while each of the torpedo boats calls for 6 officers and 70 men, it will be seen that we shall have a grand total of more than 13,700 men on the ships of war alone. In other words, there will be a small army afloat and considering be their armament and their training they are about as formidable a lot of sea fighters as has ever been made ready to do or dare.

Now, it is not the purpose of this article to discuss the wisdom, or lack of it, which has prompted the sending of the ships to Eastern waters. The controversy excited by President Roosevelt in so doing, is of too recent a date to call for either comment or criticism. It may be added that those who believe that he has been guilty of a grave diplomatic error in flaunting our flag in the waters of the Pacific at a juncture when the relations of Japan and this country were, to put in mildly, somewhat strained, appear to have very excellent

grounds for their criticism and protest. On the other hand, his contention that America has a Pacific as well as an Atlantic coast, and that for this reason, if for no other, the presence of the fleet off the former is amply justified, is not without reason. His added assertion, that, in view of the growing strength of our fleet, the fact that never yet has such strength been exhibited in eastern waters, and that the Pacific States as well as the population of adjoining countries would be all the better for an exhibition of naval strength, are arguments which cannot be overlooked in the presence of their obviousness.

Nevertheless, it must be acknowledged that it is somewhat unfortunate that the exhibition—if it may be so called—was decided upon at a period when the peace of this country was threatened by jingoism of our own and those of a high spirited and sensitive nation. But, in "piping times" as in seasons of war, the results justify the causes. If the fleet meets with no mishap during its long, and it must be admitted hazardous cruise; if there is no fresh ebullition of rowdiness in California; if the effect of the cruise upon the moral of officers and men, proves to be all that Roosevelt and his adherents claim for it; if the ships should visit the Philippine Islands and an era of quiet and prosperity should follow, and if Japan, as it is to be hoped, should not only fail to take umbrage at the churning of the placid waters of the Pacific by American warships, but, on the contrary, should extend a cordial invitation to the fleet to visit her chief ports, all will be well and the country will be gratified to note that it has a ruler whose wisdom is only equalled by his strenuousness.

Yet, the percentage of "ifs" in the foregoing proposition must not be overlooked. As a rule, where the proposi-

tions are in excess, as they are in this case, something is likely to happen. The very nature of the little grammatical phrase presupposes as much. However, all's well that ends well. Let us hope that in this instance, the ending will be all that can be desired by patriots of every type. If anything should go wrong—although we decline to be ill-

omened prophets—let us hope for the best and that which follows can be left to take care of itself. The American nation is strong enough and rich enough to meet almost any eventualities. It must not be forgotten, too, that a fleet is intended for rough work and after all said and done it is perhaps better that it should encounter dangers, and, if



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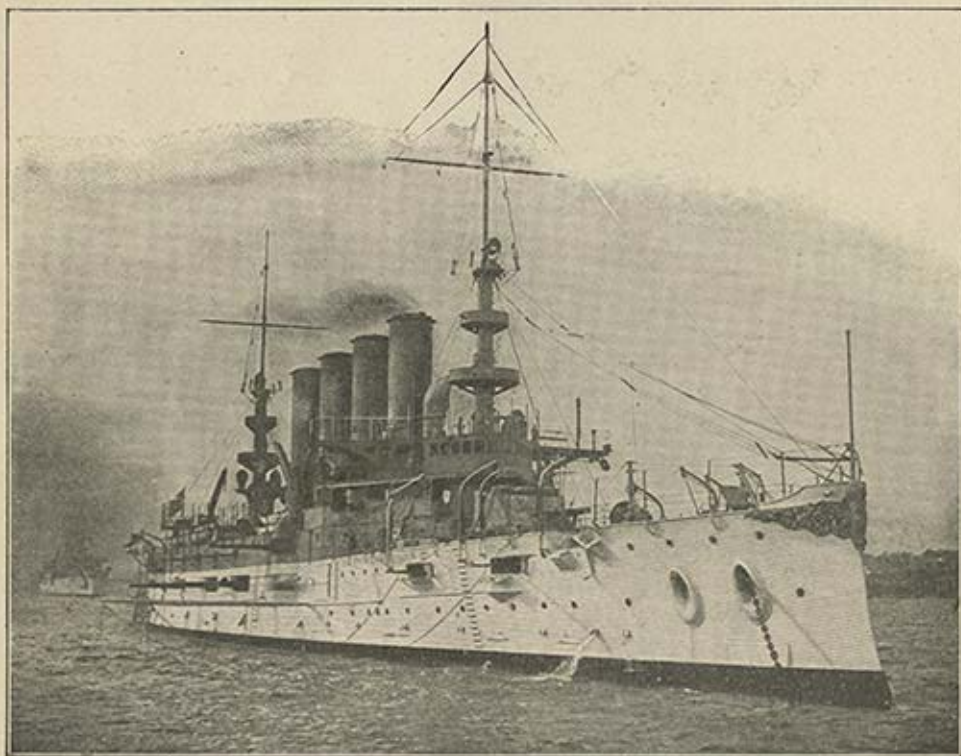
The Crew of an American Warship, One of Her Turrets and Two of Her Gigantic Guns

necessary, lose a ship or two, than rust and rot in the inglorious quiet which comes from a stay in what navy men call "home waters." With this, and with a God-speed to both men and ships, we may dismiss this part of the subject.

Admiral Robley D. Evans, is to be in command of the fleet, at least during the preliminary portion of its cruise. "Fighting Bob" is his nickname among sailors the world over. His picture, as given on the cover page of this issue,

rangements," and that indefinable quality of leadership which no man can define, yet all must acknowledge. These, and more, Admiral Evans is fortunate in possessing.

Nevertheless, and owing perhaps to his blunt directness of speech, the press and the public has accorded him that reputation of "scrappiness" which has crystalized into his pet name. There is no doubt whatever, but that "Fighting Bob" would, if necessary, live up to



From Stereograph. Copyrighted by Underwood & Underwood, New York City

**The United States Cruiser Pennsylvania, One of the Fine Ships That Goes to the Pacific**

shows that he deserves the title. Not that we mean to insinuate that pugnacity is his dominant attribute, for the very excellent reason that a man who is at the head of such a tremendously powerful and strikingly complicated organization, as is a modern combination of battleships, must of necessity be possessed of a high order of intelligence, of a notable executive capacity, of those social accomplishments which count for so much in diplomatic "ar-

his cognomen in the event of an enemy putting in an appearance with a fleet as powerful, or more so if that were possible, than the one which he is to command. But, it must be remembered in this connection, that the duties of an Admiral do not consist so much in fighting as in the gentle art of promoting peace by an appearance of power. Nowadays, navies and armies are intended to overawe by an exhibition of efficiency. In this sense, they

are peacemakers in fact and in kind. The more perfect their organization, the more mobility they possess, the more deadly their armament, the more potent their peace manufacturing properties. Only under the most unavoidable of circumstances will one nation of to-day engage in armed conflict with another. That, for the reasons just advanced.

There are, it is true, times and seasons in which war, with all its horrors, is preferable to a tame submission to the encroachments or insults of an adversary, powerful and apparently invincible as may be the latter. Little Japan gave us a striking proof of this during her late war with Russia. And it is the national recollection of her unlooked-for and unbroken series of victories, which accompanied the efforts of her armies and her fleets, that may prompt some of the less well-advised of her statesmen, to resent the approach of "Fighting Bob" and his fleet. However, from what has been said of the Admiral, it will be seen that in spite of his reputation for pugnacity, he realizes that only as a last resource, are ships to be cleared for action, ammunition hoists to be manned and the great guns run out. For this reason, if for no other, we may almost always look with equanimity on the visit of our fleet to the Pacific. The danger, if any, will lie not in the possibilities of arms, but in storms and tempests; famine of coal; rocks and shoals, and the exigencies which will unavoidably arise from a trip of the length, type and character in which the ships are about to engage.

Meantime, the country may feel convinced that its peace and its honor are safe in the hands of Admiral Evans and those who will succeed him. In the course of human events and official obligations, the admiral will be relieved of his duties and placed on the retired list long before we may look for the return of our ships to Atlantic waters, if indeed the latter ever takes place.

President Roosevelt has recently stated that for a variety of reasons, he thinks it will be well to keep the fleet for an indefinite period in the waters which bound our Westward possessions. That, however, is apparently a matter

for the future. In the interval we may congratulate ourselves that the efficiency of the ships considered as machines, that the personnel of the crews and that the high standard of the officers in general from admiral to ensigns, are practically all that could be desired. Without doubt, the cruise will open up a number of defects in our naval system, but this is to be hoped and even desired. Whatever is the outcome we, as patriots, should feel convinced that it will be for good.

Physical culturists will be interested in ascertaining some of the details of the lives of our sailors on such a trip as is contemplated. Speaking in the abstract, there is much which does and which does *not* recommend the life of the sailor to those who believe in the life simple. It is true that he has an abundance of fresh air; plenty of exercise, both that connected with his vocation and that which is given him in addition; clothing that is almost ideal in its comfort, looseness and adaptability to movement; while cleanliness is inculcated in his breast and at the same time, he is taught the value of manly virtues, not the least of which is that of courage. Furthermore, he has an opportunity of seeing the world, of rubbing shoulders with men of many minds and many nations. If he be of a saving disposition he can return from a cruise comfortably well fixed in a financial sense. His uniform is, or should be, respected both at home and abroad. And he is above all things, a lover of his country and the underlying forces which make it that which it is.

On the other hand, a good many physical culturists will criticize, and properly too, the methods of feeding which obtain on board ship; the nature of the food which is served out to the men; the type of the discipline to which they are subject and the unavoidable evils which result from herding together for many months, individuals of one sex.

In regard to food, we shall later give some facts and figures to show that there is a good deal in the contention that the sailor is not properly fed, at least from the standpoint of those who believe that too much meat in a daily diet is a very

bad thing. This, too, no matter whether the user of such diet, is the exponent of a sedentary occupation or the adherent of an open air vocation. In this connection, it may be remembered that no less a personage than Lord Charles Beresford, who is the admiral ruling the British Navy, has put himself on record as being in favor of a vegetarian diet for the tars under his command. He has practically declared that a non-

flesh. There is no doubt whatever, that many of the diseases which used to afflict those who had to undertake long cruises abroad, were the outcome of these mistaken dietetic ideas. All this by the way however.

And now let us consider the question of feeding the American fleet, or to speak more correctly, let us pass upon the provisions that are to be taken with the ships. It need hardly be added



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#### American Tars at Fencing Exercise

meat regime is the proper one for sea warriors. Although there is hardly any chance of we of this generation seeing his beliefs put into practice, yet these last are significant of the change that is taking place in the views regarding the feeding of those who are professional fighters. Time was, when it was believed that the soldier or the sailor, particularly if he was to be kept in fighting trim, had to be fed chiefly on

that such provisions will be comparatively soon exhausted and that there will be a demand for others to replace the supply. Meantime, the figures that we are about to give, would be sufficient to point, first of all, to the facts regarding the proper or the misfeeding of our sailors, and secondly, the cost of keeping up a war establishment even in the time of peace.

In the abstract, the 16 battleships



and the six torpedo boats will leave port with 6,500,000 pounds of provisions on board, not counting those articles that come by the dozen, gallon and can. It will be seen by this then, that the number of pounds alluded to, simply provides for fresh meat or those eatables which are purchasable in bulk, these last including cereals, etc. Besides all these, there will be fruit, eggs, table delicacies, extracts, etc., the weight and cost of which can hardly be estimated.

An authority on the subject gives out these figures as to the quantity of material with which the galley cooks of the ships will have to deal in the first instance: 1,200,000 pounds of wheat flour, 200,000 pounds of oatmeal, 61,000 pounds of yellow cornmeal, 25,000 pounds of cocoa, 20,000 pounds of prunes, 475,000 pounds of canned peaches, and about 200,000 pounds of other canned fruit. In vegetables, there will be at the beginning of the cruise, 30,000 gallons of beans, 50,000 pounds of canned lima beans, 250,000 pounds of canned string beans, 30,000 pounds of sauerkraut, 100,000 pounds of onions, and 80,000 pounds of potatoes. There will be furthermore, 20,000 pounds of the best American cheese, 10,000 pounds of raisins, 6000 pounds of mixed nuts and 5000 gallons of cane sugar syrup.

When one begins to go into close details in regard to the expense of victualling a fleet, one's head begins to whirl. Thus, there are on the preliminary list of edibles, 15,000 pounds of pickles, 10,000 gallons of vinegar, 25,000 pounds of evaporated milk, 20,000 pounds of canned corn, 150,000 pounds of canned tomatoes, 8000 pounds of pepper, 2000 pounds of mustard, 25,000 pounds of salt, 100,000 pounds of rice, 10,000 pounds of macaroni, 500 gallons of vanilla and lemon extract, 5000 pounds of tomato catsup, 50,000 dozen eggs, 80,000 pounds of canned salmon, 150,000 pounds of tinned lard, 6000 pounds of cornstarch, 15,000 pounds of baking powder, 4000 pounds of barley for soup, 3000 pounds of hops, 10,000 pounds of hominy, 1000 gallons of cottonseed oil, etc. Besides these, there will be various quantities of shredded fish, butter, glucose, potato chips, tapioca and bak-

ing powder. Furthermore, 100,000 pounds of ice will be taken on board shortly before sailing. Of a truth, the question of feeding a fleet nowadays, is a much more complicated matter than it was in those times when sailor's fare consisted chiefly of salt pork, beans, hard-tack, coffee and a few other articles.

Of a less pleasing nature to the vegetarian, is a consideration of the meat which will be found in the ice chests of the fleet when it leaves port. Such meats include both fresh and salted kinds, and among them may be found 1,000,000 pounds of fresh beef, 100,000 pounds of mutton, 50,000 pounds of tinned ham, 150,000 pounds of salt pork, 100,000 pounds of tinned corned beef, 50,000 pounds of bacon, 300,000 pounds of smoked hams, 15,000 pounds of pork loins, 15,000 pounds of veal, 10,000 pounds each of frankfurter sausages, bologna, and pork sausages, 5000 pounds of head cheese, and 40,000 pounds of chipped beef. In regard to these last items, it is to be presumed that the naval authorities are acquainted with the dietetic requirements of the men in semi-tropical countries, such as will be visited *en route*. But for all that, it does seem to us that the flesh food is unwarrantably in excess of the other edibles, and the needs of the fleet in general. It has been proven time and again, that an excess flesh diet, especially where there is a crowding together of persons as there must necessarily be on board ship, breeds consequences of a regrettable nature, this remark applying to the moral, mental and physical health of those concerned. Even at its best, life on board ship is a confined sort of profession, and it is only through the medium of the exercises already alluded to, quite apart from the shipboard work, that health is maintained and a proper degree of discipline enforced.

However, we can only hope for the best, and trust that those responsible for the victualling of the fleet, have not erred in regard to eatables.

And with this and with all good wishes and Godspeed, let us wish the fleet a safe trip, a useful exploitation and a happy return.

# The Confessions of an Insane-Asylum Keeper

By ONE WHO KNOWS

Revelations Which Should Touch the Hearts and Prick the Consciences of the People at Large—The Average Asylum is a Veritable Hades of Cruelty and Brutality—This is the Third Installment of these Exposures and the Infamy to be Revealed During the Series is as Heartrending as it is Appalling

## NUMBER FOUR

This series of articles is founded on information given us by a resident of New York City, who for many years acted as keeper in a number of insane asylums—State and private—in various portions of the country. Like a good many other individuals he was by force of circumstances compelled to follow an occupation which he heartily disliked. It was not until recently that the opportunity came to him for which he had for long been desirous, namely, the following of another avocation. The position which he now holds, brings him into contact with men of more or less prominence, including a number of politicians. It is for this reason that, at his earnest request, we do not use his name in connection with the articles, for were his identity disclosed, it would in all probability, mean his dismissal within twenty-four hours.

For a long time we had been trying to get definite and detailed information regarding insane asylums, but failed to do so. The medical men who had been identified with these institutions would not, for obvious reasons, confess to any wrong doing, while the minor employees were in nine cases out of ten, so ignorant and untrustworthy, that we did not feel justified in accepting the facts which a great number of them were ready to tell, and which although we knew to be true, could not be published for the reason just inferred. We think ourselves fortunate therefore, in having secured the co-operation of a man whose powers of observation and memory, intelligence and honesty are unquestioned. It is our hope that these articles will so stir the public and official consciences that the abuses about to be recited will be modified if not eliminated altogether.—BERNARR MACFADDEN.

JUST a few words to the readers of this series of articles, before I begin to tell more about the brutalities and immoralities which were witnessed by myself when a keeper in insane asylums in various parts of the country. In the first place, a number of letters have been received at this office from ex-patients of some of the institutions in question, thanking me for exposing the conditions alluded to. What is more, in each instance, the writers have confirmed the statements made by me.

In the second place, the asylum people at Mt. Pleasant, Iowa, are very much worked up over these articles and a member of the so-called "Board of Control" of that asylum has written twice relative thereto. In the third place, the narrative of Dr. John F. McCarthy, who, acting as a representative for the *Evening World*, of New York City, played the part of an orderly at Ward's

Island, not only fully bear out all my charges against that institution in the past, but prove most conclusively that the outrages upon the patients to which I have given publicity, are matters of sheer and terrible fact in the present. What is more, the pending action of the authorities in the matter, looking to the punishment of those concerned in these same outrages, gives added point to the force of my initial exposure, which, without doubt, led to the appointment of Dr. McCarthy by the *Evening World* in the way stated.

Alluding to the letters just spoken of, it is the intention of this magazine, so I am informed, to publish selections therefrom in the next issue. They will prove interesting reading in more senses than one. The Mt. Pleasant letters, in particular, will show how easy it is for officials to blind their eyes to obvious facts. Furthermore, that it is unwise for those having the good

of inmates of asylums at heart to rely on "official visits" to maintain that same good.

I also desire to again call attention to the fact that my remarks about the institutions for the insane are based upon my past experiences. It therefore follows, that while such remarks have their value, as is evidenced by the recent action of the *Evening World*, it is possible that the conditions related by me have in some cases been partially reformed or wholly eliminated. In view of this, it would seem that the stir that has taken place in the asylum at Mt. Pleasant is more or less uncalled for unless, indeed, somebody in power has recognized the truth of my accusations and has, in consequence, been endeavoring to cover up the latter by means of fuss and flurry. However, and as has been said, it is the intention of this magazine to publish the Mt. Pleasant and other letters with appropriate comments thereon.

In regard to the insane asylums in general, and Ward's Island in particular, I would just like to add that one of the curses of these institutions is the "cub doctor" who is intrusted with the treatment and partial care of the insane. I have spoken of this kind of thing before, but the *Evening World* revelations have refreshed my memory on the subject. And hence my renewed protest. Most of these budding physicians are mere boys and as everybody knows, boys are innately cruel. More than that, they like to get as much "fun" out of everything as they possibly can, including the demented. And then again, it is most unjust to patients that so-called doctors who are seeking "experience" should try to obtain the same from the insane. My belief is, and it has been confirmed on many occasions by elderly doctors of experience, that there are no class of maladies in the world which require more careful, more intelligent, or more humane treatment than diseases of the nerves and brain. Rest and kindness are essentials in such cases and where, as at Danville, Pa., these are in evidence, the percentage of cures is very large indeed. On the other hand, where the "cub doctor," roughness, "fun," and

cruelty are the rules, as they are in the instance of most asylums, the "cured" are those which are to be found in coffins, or who are so weakened by their treatment, that they are on discharge next door to incapable of exhibiting any of the characteristics which brought about their confinement in the first place. I believe that friends of patients who have been discharged will bear me out in this latter statement. And I also think that if the percentage of deaths which followed such discharges, could only be shown to the public, it would cause a spasm of horror on the part of anybody whose heart had a strain of humanity left in it.

At Ward's Island, some time ago, a young doctor was engaged in "jollyng" a patient who, poor wretch, retained one sane instinct, which was a profound affection for his wife. For the rest, apathy and spells of violence were his chief characteristics. As the doctor was putting the finishing touches to his toilet, preparatory to going to Manhattan, the patient, who was watching him silently, roused himself and said, "Where going, doctor?"

"To see your wife," was the brisk reply, and at the same time the speaker winked slyly at those surrounding him.

"My wife?" asked the demented one, arousing himself from his semi-stupor.

"Yes, your wife," declared the doctor. "And what is more, we are going to have a good time all this afternoon. I am going to take her to Coney and show her the shows and give her a dinner and—Oh, an awfully good time."

"You making fun of me?" queried the patient, while a light came in his sunken eyes.

"Sure not," was the breezy reply. "She is waiting for me on the other side of the ferry."

Without a word, the insane man leaped at the confident youngster, clasped his hands around the latter's throat and did his utmost to strangle him. It was only the interference of half a dozen others that prevented the maniac putting his intention into action. And when it was all over, a very bedraggled, half senseless and badly frightened young doctor lay on the ground, whom, it is to be hoped, had then and there

taken a resolution not to have "fun" with his charges again.

On another occasion and at a New Jersey asylum, a patient, who was a Pole, killed a supervisor, stabbed a doctor and injured several others for almost precisely the same reason. He had been teased to the point of homicidal madness by those who had ought to know better and had brooded on his wrongs for some days. Just how or when he managed to secure the knife, with which he did the deed, has remained a mystery. But he had the blade, nevertheless, and with it did the damage told. I was recently informed that as a consequence, he has been locked up in what is nothing more or less than an iron-clad box for the past five years. No one attendant is permitted to go into his room alone, and he has descended to the level of a wild beast.

This having "fun" with patients is not by any means confined to the young doctors, but is a popular sport with attendants in general. There are dozens of ways of indulging in the sport, but the one that brings out a patient more quickly than any other is touching upon his closest domestic, or marital affections. To do this, you must find out his weak points and then play upon them by declaring that the woman or man in the case has proven false in some way or the other. Then the "fun" begins. To indulge in such "fun" you have to exercise discretion, and it is generally safer to do your "ragging" when the unhappy patient is separated from you by bars that are warranted not to snap in spite of his frantic attempts to sever them.

Of course there are many other ways of bringing a patient into the mental condition necessary, but as I have said, that which is spoken of, is the quickest and most certain.

I put in a season at Morris Plains State Asylum, New Jersey, and it was not long before I discovered that the patients there were, in a great many cases, treated with typical brutality. Such brutality was of a general sort, although it must be confessed that the head officials did not countenance it. Thus, for example, I knew of a six-foot,

sturdy attendant punching a feeble patient for standing up from his chair during one of the meal times. The poor creature seemed to rise almost unconsciously, and when ordered to sit down, gazed vacantly at the one who gave the command, who was the attendant in question. There was no second command, but the fist of the brutal fellow shot out and the patient dropped like a log. At this juncture one of the supervisors came along, and with a sort of a smile turned to the attendant, and instead of rebuking him, or ordering him to be tried for ill use of the patient, simply said, "You are too strong for this ward, go over to 14A." This was the violent ward of the place, and I have no doubt whatever, but that the big attendant found in it plenty of opportunities in which to use his muscle.

Another supervisor in the same place, carried a strap in his pocket, and if a patient committed the least offense out came the leather. Now, it would seem that a small strap cannot do very much damage. But I tell you, when an angry and powerful man is wielding it, that it is sometimes apt to bring blood. Anyhow, I have heard patients moan and scream under its infliction, and I need hardly add that the supervisor was never convicted of the assault which, under the law, he undoubtedly committed on those entrusted to his care.

On the other hand, I knew of a patient whose disease was characterized by stupidity or sullenness, being badly beaten by one of the keepers. During the assault, one of the doctors came in. The keeper was instantly discharged. As a matter of fact, he should have been punished still further for his attack upon a helpless individual, but he was not. However, his offense was so flagrant that there was nothing left but for the doctor to report him and his discharge followed. But—and I would ask the reader to note this—it is only when keepers are so caught in the act, that they are ousted. As I have already hinted, the ill-use of the insane was an open secret and was, consequently, constantly winked at.

(To be continued)

## A Terrible Arraignment of the Cigarette

By DR. ORRISON SWETT MARDEN, Editor-in-Chief of "Success"

The forceful style of Dr. Marden, when dealing with a harmful fact, or an evil principle, is too well known to need our indorsement or demand our applause. Both of these qualities, however, are made manifest in the article which follows. In the past, this magazine has repeatedly raised its voice against the ills which accrue from cigarette smoking. It has pointed out the moral, mental and physical troubles, which are alike, due to the habit. And it has beseeched, persuaded and endeavored to alarm those who are victims of the vice. It must be confessed, however, that Dr. Marden's arraignment of the cigarette, as published in "Success," is unusual both in the literary quality and the points developed. In this belief, we strongly urge this article on the attention of our readers, believing that those who are happily free from the tentacles of the cigarette monster, will have cause for congratulation, while those who are still within its clutches, will be aroused to added endeavor to obtain their freedom.—Bernarr Macfadden.

**I** ADVISE every cigarette victim to have his photograph taken every year and put side by side in a frame in his room, where he can see the gradual, fatal deterioration in himself from year to year. If this does not startle him and bring him to his senses, no preaching will ever do it, for the pictures will be a sermon more eloquent than ever came from any pulpit.

I leave it to others to discuss the moral side of cigarette smoking. I denounce it simply because of its blighting, blasting effect upon one's success in life; because it draws off the energy, saps the vitality and force which ought to be made to tell in one's career; because it blunts the sensibilities and deadens the thinking faculties; because it kills the ambition and the finer instincts, and the more delicate aspirations and perceptions; because it destroys the ability to concentrate the mind, which is the secret of all achievement.

The whole tendency of the cigarette nicotine poison in the youth is to arrest development. It is fatal to all normal functions. It blights and blasts both health and morals. It not only ruins the faculties, but it unbalances the mind, as well. Many of the most pitiable cases of insanity in our asylums are cigarette fiends. It creates abnormal appetites, strange, undefined longings, discontent, uneasiness, nervousness, irritability, and, in many, an almost ir-

resistible inclination to crime. In fact, the moral depravity which follows the cigarette habit is something frightful. Lying, cheating, impurity, loss of moral courage and manhood, a complete dropping of life's standards all along the line are its general results.

Magistrate Crane, of New York City, says: "Ninety-nine out of a hundred boys between the ages of ten and seventeen years who come before me charged with crime have their fingers disfigured by yellow cigarette stains. I am not a crank on this subject, I do not care to pose as a reformer, but it is my opinion that cigarettes will do more than liquor to ruin boys. When you have arraigned before you boys hopelessly deaf through the excessive use of cigarettes, boys who have stolen their sisters' earnings, boys who absolutely refuse to work, who do nothing but gamble and steal, you cannot help seeing that there is some direct cause, and a great deal of this boyhood crime is, to my mind, easy to trace to the deadly cigarette. There is something in the poison of the cigarette that seems to get into the system of the boy and to destroy all moral fiber."

He gives the following probable course of a boy who begins to smoke cigarettes: "First, cigarettes. Second, beer and liquors. Third, craps—petty gambling. Fourth, horse racing—gambling on a bigger scale. Fifth, larceny. Sixth, State prison."

Not long ago a boy in New York

robbed his mother and actually beat her because she would not give him money with which to buy cigarettes. Every little while we see accounts in newspapers all over the country of all kinds of petty thefts and misdemeanors which boys commit in order to satisfy the cigarette mania.

Another New York City magistrate says: "Yesterday I had before me thirty-five boy prisoners. Thirty-three of them were confirmed cigarette smokers. To-day, from a reliable source, I have made the gruesome discovery that two of the largest cigarette manufacturers soak their product in a weak solution of opium. The fact that out of thirty-five prisoners thirty-three smoked cigarettes might seem to indicate some direct connection between cigarettes and crime. And when it is announced on authority that most cigarettes are doped with opium, this connection is not hard to understand. Opium is like whiskey—it creates an increasing appetite that grows with what it feed upon. A growing boy who lets tobacco and opium get a hold upon his senses is never long in coming under the domination of whiskey, too. Tobacco is the boy's easiest and most direct road to whiskey. When opium is added, the young man's chance of resisting the combined forces and escaping physical, moral, and mental harm is slim, indeed."

Young men of great natural ability, everywhere, some of them in high positions, are constantly losing their grip, deteriorating, dropping back, losing their ambition, their push, their stamina, and their energy, because of its deadly hold upon them. If there is anything a young man should guard as divinely sacred, it is his ability to think clearly, forcefully, logically.

Dr. J. J. Kellogg says: "A few months ago I had all the nicotine removed from a cigarette, making a solution out of it. I injected half the quantity into a frog, with the effect that the frog died almost instantly. The rest was administered to another frog with like effect. Both frogs were full grown, and of average size. The conclusion is evident that a single cigarette contains poison enough to kill two frogs. A boy who smokes

twenty cigarettes a day has inhaled enough poison to kill forty frogs. Why does the poison not kill the boy? It does kill him. If not immediately, he will die sooner or later of weak heart, Bright's disease, or some other malady which scientific physicians everywhere now recognize as a natural result of chronic nicotine poisoning."

A chemist, not long since, took the tobacco used in an average cigarette and soaked it in several teaspoonfuls of water and then injected a portion of it under the skin of a cat. The cat almost immediately went into convulsions and died in fifteen minutes. Dogs have been killed with a single drop of nicotine.

A young man died in a Minnesota State institution not long ago, who, five years before, had been one of the most promising young physicians of the West. "Still under thirty years at the time of his commitment to the institution," says the newspaper account of his story, "he had already made three discoveries in nervous diseases that had made him looked up to in his profession. But he smoked cigarettes—smoked incessantly. For a long time the effects of the habit were not apparent on him. In fact, it was not until a patient died on the operating table under his hands, and the young doctor went to pieces, that it became known that he was a victim of the paper pipes. But then he had gone too far. He was a wreck in mind as well as in body, and he ended his days in a maniac's cell."

Anything which impairs his success capital, which cuts down his achievement and makes him a possible failure when he might have been a grand success, is a crime against himself. Anything which benumbs the senses, deadens the sensibilities, dulls the mental faculties, and takes the edge of one's ability, is a deadly enemy, and there is nothing else which effects all this so quickly as the cigarette. It is said that within the past fifty years not a student at Harvard University who used tobacco has been graduated at the head of his class, although, on the average, five out of six use tobacco.

An investigation of all the students who entered Yale University during

nine years shows that the cigarette smokers were the inferiors, both in weight and lung capacity, of the non-smokers, although they averaged fifteen months older.

Dr. Fiske, of the Northwestern Academy, has asked all pupils who will not give up cigarettes to leave the academy. In one year, not one of the boys who used cigarettes stood in the front rank of scholarship.

"This is our experience in teaching more than fifty thousand young people," says the principal of a great business college. "Cigarettes bring shattered nerves, stunted growth, and general physical and mental degeneration. We refuse to receive users of tobacco in our institution."

Cigarette smoking is no longer simply a moral question. The great business world has taken it up as a deadly enemy of advancement, of achievement. Leading business firms all over the country have put the cigarette on the prohibited list. In Detroit alone, sixty-nine merchants have agreed not to employ the cigarette user. In Chicago, Montgomery, Ward & Company, Hibbard, Spencer & Bartlett, and some of the other large concerns have prohibited cigarette smoking among all employees under eighteen years of age. Marshall Field & Company, and the Morgan & Wright Tire Company, have this rule: "No cigarettes can be smoked by our employees." One of the questions on the application blanks at Wanamaker's reads: "Do you use tobacco or cigarettes?"

The superintendent of the Lindell Street Railway, of St. Louis, says: "Under no circumstances will I hire a man who smokes cigarettes. He is as dangerous on the front of a motor as a man who drinks. In fact, he is more dangerous; his nerves are apt to give way at any moment. If I find a car running badly, I immediately begin to investigate to find if the man smokes cigarettes. Nine times out of ten he does, and then he goes, for good."

E. H. Harriman, the head of the Union Pacific Railroad system, says that they "might as well go to a lunatic asylum for their employees as to hire cigarette smokers."

The New York, New Haven and Hartford; the Chicago, Rock Island and Pacific; the Lehigh Valley; the Burlington, and many others of the leading railroad companies of this country have issued orders positively forbidding the use of cigarettes while on duty.

If there is anything the youth should regard as sacred and should protect at all hazards, as it affects his future more than anything else, it is his will power, and this is affected very early in the cigarette smoker, so that he finds himself a slave of a practice which was once absolutely within his own volition.

Cigarette smoking early impairs the digestive organs. It causes a gradual loss of appetite, and the wretched victim substitutes more cigarettes for food. In fact, he finally gets to a point where he becomes a slave to the cigarette that he cannot do without it.

Herein lies one of the greatest dangers of the cigarette. It creates a longing which it cannot satisfy. Victims who have smoked from one hundred to one hundred and fifty cigarettes a day say that, while the smoking gives some temporary satisfaction, it creates a perpetual dissatisfaction, in that it never appeases the additional hunger it creates; hence the longing for other stimulants that will do what the cigarette promised but cannot fulfill.

A physician in charge of a large sanitarium in the West says that three-fifths of all the men who came to the institution within a year, to be cured of the opium, morphine, or cocaine habit, have been cigarette smokers, and that sixty per cent. of these pleaded, as their only excuse, the need of a stronger stimulant than the cigarette.

Excessive cigarette smoking increases the heart's action very materially, in some instances twenty-five or thirty beats a minute. Think of the enormous amount of extra work forced upon this delicate organ every twenty-four hours. The pulsations are not only greatly increased, but, also, very materially weakened, so that the blood is not forced to every part of the system, and hence the tissues are not nourished as they would be by means of fewer, but stronger, more vigorous pulsations.

## Some Experiences of Colorado's Snow Observer

By ENOS A. MILLS

COLORADO has a State "Snow Observer," and his position is a unique one in the work of the world. His labors call for him to dare the summit of the Rockies in winter, to traverse trailless wilds, and to visit the silent places in all kinds of weather.

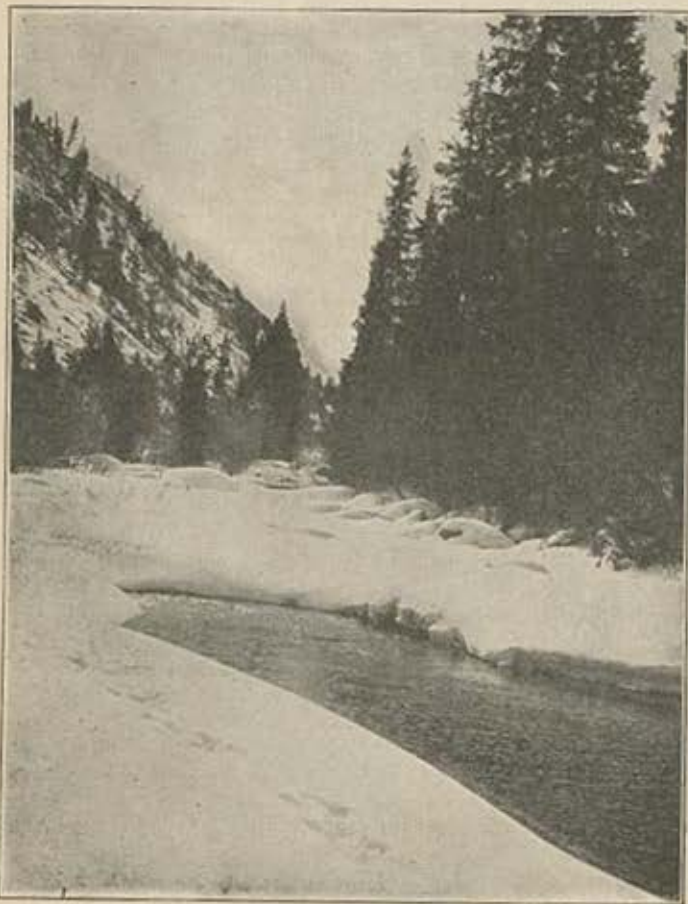
He must have extraordinary endurance. He must often miss many meals in succession, and occasionally spend a night by a camp-fire without bedding.

For two years, the writer of these lines has done the snow-observing work. During the strenuous part thereof his diet generally was light, and consisted almost wholly of raisins, oranges and raw peanuts. It is true that I sometimes ate of the food found on an ordinary table; but white bread I never touched. To be always in condition for my most strenuous work, I found that the question of diet was a most important one.

Snow-observing is scientific work connected with the Department of Agriculture and is under the direction of a Government experiment officer. The development of irrigation interests, makes information concerning the quantity of the annual snow fall, the "water value" of it and a knowledge of the factors which tend to waste it through evaporation, important things to know.

During these rambles, I also observed wind and weather; watched the snow fall, drift and disappear; noticed soil conditions; saw the living forests and the fire-killed trees, and made pages of notes concerning natural phenomena. The forests and their relation to the water supply, was an important subject for observation.

A born invalid, I came West at the age of fourteen for my health. Though



A Mountain Lake of Colorado in Midwinter



I always exercised abundantly out-of-doors, I was never rid of doctors until I studied the diet question. For six years, I have not eaten breakfast.

My endurance is extraordinary. But in addition to endurance, the snow observer needs much knowledge of mountains, and instinct for direction and places are most necessary.

There are many strange people stowed away in the thinly settled mountain districts, and my work often brought or brings me in contact with eccentric characters. Also, it gives me not only strenuous but occasionally, thrilling experiences.

Once I started a snow-slide which shot me down a slope with breath-taking speed. I thought my hour had come, when I was spilled off the rear end of it, and escaped without injury.

I have traveled three days without eating a bite. Once I was on the summit of the Front Range, from ten to thirteen thousand feet above sea-level, for a week, and during that time, I ate only one pound of raisins. Each day I snow-shoed from fifteen to thirty miles, and without bedding, staid by camp-fires at night. Though my work keeps me changing between a warm office and snowy wilds, I have not in two years caught a cold.

I often have supper and lodging with some one of the *royal*, rural families who are to be found in the mountains. Never eating breakfast, has caused many a housewife to believe, despite explanations, that her cooking was not good enough for me. My peculiar work, my unpardonable diet, the lightness of my winter clothing, and my habit of never carrying any firearms have caused many to question my sanity.

I have spent many nights in the snowy wilds without roof or bedding. During these nights, I tried to be comfortable by a camp-fire. When my camp was sheltered or the night mild, I man-

aged to doze or dream a little; but on a cold or snowy time had to be busy with the axe to get wood for the fire. Even during the most slow-going nights, I considered my lot better, when I thought of it at all, than that of the innumerable unfortunates who were asleep in the stuffy and life-killing air of the slums.

My work does not allow soft clothes, and after a night by a camp-fire, I do not have a very prepossessing appearance. More than once, with face veneered with charcoal and clothes sprinkled with ashes, I have come into town, where my appearance and strange equipment, made me the observed of all observers. The clerks in the big city hotels have often given me amusement by the seriousness with which they said "This is a first-class hotel." Anyway, they generally meant what they said and I hunted humbler quarters.

I make many blunders. One trip, after two rough nights by a camp-fire, and forty-eight hours without food or



Thirteen Thousand Feet Above the Sea Level in Colorado, in February

sleep, my appearance was somewhat battered, and my faculties were so dulled that I mistook a log school for a ranch house. I hope the six merry children and the blushing school-ma'am have forgiven the blunder.

One February day, I was caught in a blizzard on the summit of the Rockies, 12,500 feet above sea level. In this wild, blinding storm, I walked out on the snow cornice of a cliff beneath which, there was nearly a thousand feet of precipice. The snow cornice broke off

still young with hope, and believed he would make "a strike next summer." This is the kind of men that have made the West that which it is.

One wintry day, while crossing Mosquito Pass to have a look at the snow conditions at the source of the Arkansas, I met one Pat Harrington. I had not seen him since we were in Alaska, before the Klondyke was on the map. Twelve years ago, we had parted on the Chilacoot Pass, I much discouraged, and bound for the "States," and Pat, hope-



Husky Young Mountaineers Enjoying the Cold Weather

with me and down I tumbled, but brought up on a narrow ledge a few feet below. Several large chunks of snow from the broken cornice caved down on me and I was nearly smothered before I clawed my way out.

Again, one night, I staid at the cabin of an old prospector. He was a Fortyniner, and had made and lost three fortunes in the mines. In order to earn a "stake," he had worked as a laborer on the constructive work of four trans-continental railroads. He was

ful, eagerly heading for the Copper River district. Shaking hands at that parting, Pat said: "Good-bye, old boy, if I strike it rich you must come up and be my foreman."

In our twelve years of separation Pat had the vicissitudes that accompany prospectors. But he had not ceased to hope. We were 13,000 feet above sea level, and the cold cut our conversation short. Pat was carrying his blankets to the new strike at Bowerman. Most heartily he clasped my hand in parting.

"Good-bye, old boy. I'll strike it rich at Bowerman, and send for you. I'll want a general manager."

With a candle in his room at the Camp Bird mine, or by the big stove in the saw-mill boarding-house, and by the blazing pitch of his own hearth-stone, is where, mothers in the East, I found your wandering boy at night, studying a correspondence course in electricity, or otherwise engaged in useful work.

There are many strange people stowed away in the mountain retreats. Broken fortunes, broken plans, or poor health have not only caused many people to come West, but have led some into seclusion. Some wear "sorrow's crown of sorrow," and in out-of-the-way spots, there are many with histories behind them. One day, in the course of an interesting talk with a sheep-herder, I learned that a few years before, he had been a professor in one of the leading colleges in New England. In an old and isolated prospector's cabin, I found two young men with very long hair. For months they had been in this seclusion hunting out alleged prescriptions for every human ill, and waiting for their hair to grow long. Ere this, they are picturesque, and I fear prosperous, medicine men in some populous city street or corners.

A Leadville liveryman sized me up for a tenderfoot and gave me a buckner which compelled me to amuse the hooting gang, not only with rough riding but at the same time with a juggling exhibition with bundles, barometer, camera, tripod and snow-shoes. This liveryman will please remember, that the sworn testimony I offered concerning his character in my busy moments, still stands. A curious woman, who wanted to see some pictures, opened a package of my undeveloped negatives in daylight—I hope she will pardon me for exposing my temper a little out of focus.

Taking pictures to illustrate my reports is a part of the work. A picture often shows something important that the eye overlooks. It will prove whether the ground is bare or snow-covered; whether an area is rocky, willowy, barren, broken or forested.

I dress lightly. Medium weight woolen flannels, canvas coat and overalls, German socks, high-cut overshoes and a slouch hat. I carry a sweater and an extra pair of overalls for emergencies. I rarely take anything but raisins for food. A pound of these will sustain me for a week. I always have two packages of matches and a compass. All bedding is left behind, and firearms, I never carry. A small axe is ever with me, and generally there is a candle or two in my pocket. When I have to start a fire with damp wood in the midst of a raging blizzard, candles are of inestimable value for kindling.

Of course, there is some danger, but I feel much safer in the wilds than when on the right of way of soft-footed "red-devils." Ferocious animals have never troubled me, and the worst that has ever happened was a frost-bitten thumb. The following headlines from the Denver newspapers have truth enough in them to suggest some of my experiences: "Lost in a storm." "Snow-shoeing the Rockies by moonlight." "Professor Mills held up by pickets—sent to Bullpen!"

I need hardly add that this last was during a certain famous strike.

Rambling the heights alone in all kinds of weather, and looking upon the world of light and shadow below, and the color and splendor above, show the rambler Nature's best panoramic galleries. On the heights beneath the sky, a mighty and light-trimmed relief gives intoxicating inspiration to one who feels the occult eloquence of its silence. Strange thoughts are stirred and random dreams come in from No Man's land. One has vague glimpses of the past—of years and times he has never seen. One seems to be in the midst of "yesterday's seven thousand years," and ancestral fears and longings sweep over one. Strange dreads and wild triumphs hold sway, the ancient myths and legends are believed once more, and hands "that long ago were dust" seem to push one through all the ages past.

These mental reversions will sometimes come, but being in a furious storm of snow among the precipices, or beholding the solemnity and splendor of the eternal stars, gives more serious and



Timber-Line in the Rockies in Midwinter. The Snow Shown in the Foreground is Fifteen Feet Deep

more definite thought. One has some royal reveries as he stands upon the heights and sees the dawn-fire in the East, and the sun-dust covering the shadows of a snowy world. The numerous glacial records on the heights which show the past triumphs of the ice king, sometimes make the mind restless, and it often wants to know, "Will this conqueror come again? Will snow-wreaths again pile upon a lifeless world?"

To the susceptible, the Heights in-

fluence one like music's magic spell. One's better nature comes uppermost, and he plans to do the useful things and feel the rapture that comes with grand resolve. The Height is but an orator who sways, appeals, arouses and illuminates the way. After standing upon the summit of these eternal peaks, and feeling the inspiring influence of their pictured and silent story, one will wind through the lowlands more cheerfully than before, and feel more joyful through all life's changing scenes.

## TWO SUGGESTIONS

### TO THE EDITOR:

I send you two suggestions which may prove of value to the readers of your magazine. One is an original recipe for sandwiches made of raw carrots. Take a fresh raw carrot and grind or chop it very fine and place between two un buttered slices of bread. If carrot is too strong to suit the taste add a very small amount of brown sugar.

The other suggestion is to use a sleeping-bag to sleep in during the winter in your room. Then you may throw open all the windows and let in all the cold fresh air possible without the least fear of catching cold, if you are one of the few people who breathe correctly.

F. H. SHERWIN.

Nashua, N. H.

# Living the Radiant Life

Written Especially for PHYSICAL CULTURE

By GEORGE WHARTON JAMES

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

AS a rule men and women don't live; they merely exist. The belief is current in all minds that only in youth can we "have a good time." Old age is to be dreaded. We shall lose not only our power of enjoyment, but we look forward to a greater or lesser degree of decrepitude, pain and physical disability when we shall pass to the so-called "Bible limit" of age—three score years and ten. Fathers and mothers mistakenly urge their children to "make the most of their youth," to "get all out of life they can, while they have the opportunity," and the result is they foster and cultivate a high state of nervous tension in their children that is demoralizing alike to body, mind and soul.

I believe this attitude to be all wrong, and yet I believe fully in "having the good time." I believe in enjoyment to the full. I believe that God intended that every human being should tingle with the sweet, pure, thrilling joy of life from the cradle to the grave. I believe that it is possible to so order our lives, our habits, our actions, our thoughts, our desires, our ambitions that every conscious hour of every day—nay, every moment of every hour of every day—will be full of life—real, tingling, pleasurable, enjoyable, delicious life. I believe in the perfection of life, the buoyancy of life, the happiness of life, the radiancy of life. Browning expresses my thought to perfection in "Rabbi Ben Ezra" and in "Saul." In the latter he says:

"Oh, our manhood's prime vigor! No spirit feels waste,  
Not a muscle is stopped in its playing nor  
sinew unbraced,  
Oh, the wild joys of living! . . .

How good is man's life, the mere living!  
how to employ  
All the heart and the soul and the senses for-  
ever in joy!"

And in "Rabbi Ben Ezra" he says:

"Grow old along with me!  
The best of life is yet to be."

Why should not old age be the best part of life? Does experience count for nothing? Are we such fools that we can't learn as the years roll on? Do we grow more foolish as we grow old? If so, then by all means let the pleasant fooling of the celebrated Dr. Osler become a reality and let us chloroform all men when they reach fifty.

The fact is, we have not taken hold of this matter of life aright, or we should realize that the Almighty Planner of the universe would not—could not—be so foolish and absurd as to make old age of less value than youth. Personally I want to protest with all the power of my life against this reflection upon God, and to assert that I am convinced that we should have larger, greater power of life at ninety than we have at forty. The ancients of the Bible lived to be almost a thousand, and when hundreds of years old did physical wonders. Cornaro lived a fair lifetime, over a hundred years old, and I have known many Indians of great physical power and keen mentality who were one hundred and twenty to one hundred and thirty years old at their death.

This it is to have life. Now while I believe to the full in the happy, joyous, possession of a thrilling, tingling, perfect life, I also believe that everyone who possesses it should radiate it. Radiancy is a condition of perfect life.

No person can rightly live and retain within himself that which he possesses in abundance. We must give out in order to live. For Christ never spake a truer word than when he declared: "He that loveth his life shall lose it." That is, those who are so careful to keep all of their lives for themselves, who never give of themselves to others, who know nothing of the joy of self-sacrifice, of service, of helpfulness—these people defeat the very object of their selfishness by losing that which they are so determined to retain. On the other hand, "he that hateth his life in this world shall keep it unto life eternal." Or, as Joaquin Miller exquisitely and forcefully puts it in his unequalled couplet:

"For all you can hold in your dead, cold hand,  
Is what you have given away."

So, then, radiation of the good of ourselves becomes an essential condition in itself of real life. This law of radiation is apparent everywhere in life. There is not an object in Nature, animate or inanimate, that does not radiate the qualities that it possesses. The sun radiates heat and light; the stars less light and no perceptible heat; ice radiates cold and moisture; the pine its odors and its shade; every flower has its own radiancies of odor and shape; so that the blind man can tell the lily from the rose, and the violet from the heliotrope. So is it with every fruit. No one ever mistakes the orange for the apple, or the pear for the plum, the strawberry for the raspberry, or the almond for the walnut. Each tree brings forth its fruits of its own kind, and this *kind* is determined by the radiancies of form, color, odor, flavor, appearance and the like. So is it with every human being. Consciously or unconsciously, willingly or unwillingly, each man and woman is a radiant animal and a radiant soul. The moment you come into the presence of some men you feel their uprightness, their integrity, their truth. Other men impress you in a moment as untruthful, dishonorable and unreliable. Some radiate confidence, so that the weak and uncertain rely upon them; others the hesitancy and fear of incertitude.

Others are radiant centers of conceit and overweening self-esteem, which is an entirely different radiancy from that of self-confidence and true self-reliance combined with good sense and modesty. Some people radiate gluttony, others drunkenness, others impurity, others dishonesty. You have not been in the presence of some persons five minutes before you feel that they radiate "Every man has his price." It is a great temptation when I come into the presence of such people to ask "What is your price?" and then myself to give the answer: "Thirty cents, and it is twenty-nine cents too dear."

I am writing this up in a range of hills some dozen miles from the City of San Jose, California, at a romantic little country place called *Starland*, owned by my friend, Dr. Henry Meade Bland, the poet, and all last night and this morning I could not help witnessing the varying radiances of himself and the thirty students of the Normal School that he invited to accompany us to his outing place. One young man was full of physical energy, good nature and helpfulness. With keen eye he was prompt to notice any failure to keep up in the less strong of the girls, and, with jollity and jest, but with real consideration and helpfulness, he aided the weaklings whenever and wherever possible. One of the girls radiated an abundance of joyous healthfulness that made her a pleasure to me to watch; another was a thoughtless go-ahead young Miss, who led a large part of the group a mile or two out of the way. Two of the girls were fault-finders, three were radiators of efficient initiative when time came for preparing lunch, and half a dozen were "ready to help," but had no idea how to go to work until directed by someone else. One was able to determine somewhat the real character of the persons by that which they radiated. Of course, that is not always a sure guide, for one may pretend, or affect the possession of qualities that are not inherent. Yet if we lived the true life and never dulled the keenness of our sense perceptions, we should be like the animals and able to rely absolutely upon what we felt of the radiances of others. Who has not seen the keen readiness of

a horse to "sense" the mental condition of the man who was driving him? Suppose two of us sit in the buggy. I have hold of the lines, but I am unused to driving and especially nervous in a city. I radiate nervousness and fear, uncertainty and hesitancy. The horse feels these radiancies and himself is nervous, fretful, fearful, hesitant and uncertain. Seeing this, my friend takes the lines. Almost instantly, though the horse has "blinders" on and cannot possibly know by any ordinary sense perception that a change has taken place in his driver, he calms and quiets down, and goes ahead without further fear, hesitancy or nervousness.

With dogs, everyone knows that to be afraid of a barking, yelping, aggressive cur is to invite him to bite you. But if you advance upon him boldly and without any fear he will retreat in snarling dismay, and if you make a bold dash at him he turns tail like the veriest coward and runs. In my many visits to Indian villages and camps I have tested this again and again. I have had a dozen dogs run out at me as if they would tear me to pieces. Had I turned and run there is no doubt that, unless their owners had interfered, I should have been bitten. But, knowing the nature of the ill-bred curs of the Indians, I advance boldly upon them, kicking to left and right, if the animals are more than usually persistent, and invariably following into his own place of refuge the animal that seems to be the leader, and there giving him one or two sharp blows or decisive kicks, and the result is always the same. So long as I stay in that camp I am never bothered again. They readily and quickly understand my radiancy of boldness (as far as they are concerned), and that of kindness when they cease their fierce aggressiveness, and never pester me again.

This same recognition of the radiant power of others is often recognized by lawless men and by criminals. A fearless woman can go into places of great danger with absolute safety, and a fearless and honest officer can arrest the most desperate and dangerous men far more easily than can a dozen fearful and dishonest ones.

Therefore, from a consideration of all

I have here written it will be apparent that:

1. Every person, consciously or unconsciously, willingly or unwillingly, radiates good or evil.
2. We radiate that which we possess, or that which possesses us.
3. We influence those with whom we come in contact by our radiances.

The questions, then, that every true hearted man and woman must, and will, ask are: "Am I radiating good or evil? If evil, why? If good, am I radiating as much as I might and ought do?" And the purpose of the articles which, during the following months the editor of this magazine has asked me to write for his readers, is to show the common evils I do not wish to radiate and the positive good influences I am anxious to radiate, and why.

I want that every man and woman I meet or shake hands with, may feel that I am physically strong, healthy, and vigorous. I want to radiate physical health. Don't you?

I want that every person I meet may feel that I have vigor and health of mind; that I think for myself, rather than accept the opinions of others, and then, that I am willing to accept the results of my own thoughts. I want to radiate mental health. Don't you?

I want that every person I meet shall feel that in character, in spirit, in soul I am healthy, vigorous, sincere, pure, true; that my emotions, my aspirations, my ambitions are noble and upward. I want to radiate spiritual health. Don't you?

Let us, then, consider together the things we don't want to radiate and those that we do want to radiate, and that, God helping us, we will radiate during the remaining days of our lives.

## CHAPTER I.

### THE VARIED RADIANCES WE MEET IN EVERYDAY LIFE.

Man is a part of Nature and therefore subject to the universal law of radiation; but he is more than that which we mean by the words "mere Nature." He is Nature plus. There is given to him more than is possessed by sun or flower. He has within him that spirit which

renders him nearer the divine than sun or flower. Mind and *soul* make him a superior being. Hence he should radiate, it is the divine plan that he should radiate in his enlarged sphere as the sun and flower do in theirs.

Unfortunately, while we are in the body, our imperfect and evil qualities are radiated as well as our good. This is our misfortune, and should be our distress. For certainly every true man and woman would desire to radiate only truth, purity, sincerity, courage, good judgment, self-control, stamina or perseverance in good endeavor, energy, love of knowledge, mental capacity, justice, tact, ability, executive power, regard for the rights of others, kindness, individuality, self-reliance, readiness to avail one's self of the wisdom of others, self-dependence, attractiveness of person, companionable qualities, good manners, good taste in dress, attractiveness of mind and soul (this as differentiated from mere attractiveness of person), cheerfulness, optimism and altruism, readiness to see and have faith in the good of others, good humor.\*

Who could ever resist the radiating influences of a Mark Tapley, such as Dickens so vividly pictures? Such radiances penetrate so deeply that nothing can obliterate them. The greater the cause for wretchedness and misery, the greater the opportunity to "come out strong" and show that his spirit of cheerfulness was greater than any untoward circumstance. Happy is that man or woman who gives out such radiances, and blessed are those who come in contact with them.

Certain men and women radiate gloom and the abnormal recognition of their physical ills. You greet them with a cheery "Good morning" and they respond with an explicitly detailed wail of their ailments. Their rheumatism is "so bad," and their liver is out of order. Their backache is worse and their headache is "simply frightful."

Brooding over their pains and aches have magnified them so that they overshadow all things else in the universe. An earthquake and fire that destroy a

great city are of less importance to them than the recital of their own woes.

How different the cheery radiances of the happy man—like Dickens's Cheeryble Brothers—who gives out breezy healthfulness on every hand. The clasp of the hand radiates physical vigor that in itself is a tonic to the body; their bright and cheerful words brace up the mind; and their Godlike optimism and altruism lift up the soul so that—above the mists and fogs of mortal error—we see God and enjoy his smile.

Some persons radiate selfishness. I was riding in the train the other day. A woman had two whole seats, that is, her suit case took up one and she sat on the other. The car was filled with people; every other seat occupied. At the next station eight or ten people came aboard, and all found places by the side of someone else, except one woman. Walking down to where the whole seat was occupied by the suit case she asked the owner if she might have the seat. "I suppose if there's no other you can have it!" she replied in a surly and gruff tone. God save me from radiating selfishness!

It is an almost daily occurrence to see a tired man or woman get upon a street car and no one makes a move to give a seat, when that is all it needs—just a little sitting nearer. This may be thoughtlessness, but all the same it is selfishness; a forgetfulness of the sweet privilege of helping others, no matter who.

The wife of Sir Bartle Frere once sent a servant to meet her husband, who was just returning from Africa, an illness preventing her from going. The man did not know Sir Bartle, and he asked for a description. "The only description you will need," said his wife "is this: Look out for a fine-looking man who is helping some poor woman carry a baby, or a basket, or a load." And, sure enough, when the train arrived he found the distinguished diplomat, the great statesman, helping a poor laundry woman carry her large basket of soiled linen. Ah, Sir Bartle, I greet you a nobleman indeed, for you have radiated unselfishness, thoughtful helpfulness, out even to me, and through me, to others, and thus out and on forever.

\*This list, with slight variations, is taken from the *Cosmopolitan*, Vol. XXXVIII, No. 2.



Some persons radiate cynical distrust of their fellows. "Every man has his price!" "There are no honest men!" "I wouldn't believe in the integrity of that man under oath." "Believe every man dishonest until he has proven himself honest, and even then, watch out. He'll be liable to catch you if you nap." "Do unto others as they would do unto you, but do it first." "A profession of religion is but a cloak for evil." "If your bank cashier is a Sunday-school Superintendent, watch him!" "Look out for the man who has no open vices."

These are the catchwords of this class of persons. How pernicious and evil are their radiances.

Commend the fearless bravery of a Roosevelt, the unpopular decisions of an upright judge, the single-heartedness of a labor leader, the integrity of a railroad official, and you are met with the sneer of the lip, the cynical glance of the eye and the scornful words: "He's only waiting for his price."

Far rather would I meet the converse of this cynic in the optimist who believes that every man is as good as he professes to be. For such an abounding faith in mankind, freely radiated, has the effect of calling forth faithfulness, and thus creating what it expects.

I know a woman who, though abundant in good works and very kindly in some ways, who seeks opportunities for helping the helpless and distressed, and gathers about her the waifs of the streets and trains them in habits of cleanliness, kindness, truthfulness and purity, yet who, when others fail to measure up to her own standard is harsh, censorious, bitter and faultfinding to a degree that many find it impossible to listen to without distress. Thus her kindly deeds are overlooked and ignored and she radiates to a large degree discomfort, unrest, unloveableness, and irritation.

At our house we are privileged to know a woman, recently widowed, who has a crippled and almost helpless son of about a dozen years of age. When her husband was alive she was the President of the leading woman's club in her State and also the President of the State Federation of Women's Clubs—a woman of executive ability and strong

mentality, though quick, shy and unassuming.

Her husband was a well-known Governmental specialist in plants, trees, etc., and she had aided him, in some of his investigations, to such a degree that she was almost as expert as he. Unfortunately she is afflicted with deafness. When her husband died she was left without more than a few hundred dollars. Her deafness prevents her taking any of the positions her mental qualifications so eminently fit her to fill. Her crippled son must be cared for. Bravely and fearlessly, yet cautiously and studiously, she determined to make the living for herself and son. She bought a small ranch, planted it out in vegetables and small fruit, and, as the crops mature, personally drives to town and markets them. Yet with all this arduous work and care she finds time and strength to read to her boy (whose eyesight is poor), to help him in his studies and sympathize with him in his boyish endeavors to accomplish something as an electrician. There is no complaining, no weeping at her hard fate. Simply a brave recognition of her position and a cheerful facing of the responsibilities thrust upon her. The sorrow and pain she feels keenly, yet one sees no sign of suffering. The other day she came to our home and would have said nothing of her difficulties had I not pressed her to tell me all her affairs. My wife says she made no claim for sympathy because of the way Fate had tried her, but when we offered it, in our simple and unpretentious fashion, she accepted it in as simple and unaffected a way. Her uncomplaining courage, her fearless grappling with the hard problems of life, radiate inspiration to all who come in close enough contact to know her. We are all benefited and blessed by her presence and are grateful for the helpful radiencies she sheds upon us.

Here is another case. We are honored and blessed with the friendship of the widow of an Episcopal clergyman. For over twenty-five years she and her husband lived in marital oneness, and seven boys and girls crowned their happiness. She awoke one morning to find him dead by her side. The shock was crushing and few would have

blamed her had she been incapacitated for a while by its sudden awfulness. But in an instant she leaped to meet her burdens and responsibilities. Religion was real to her. Her husband was with God. He was safe. It was her duty now to be both father and mother to her children. A struggle then began which is as pathetic as it is heroic. I have watched every battle and known the courage, the patience, the fidelity, the failures, the successes. A house, partially built with funds contributed by friends, was eventually lost to the mortgages. The oldest daughter, after years of brave and cheerful struggle with poverty and ill-health, passed away. A few years later, within a week of each other, two of the noble sons, one about twenty-seven years of age, the other nineteen, the former the most Christ-like youth I have ever known, also died. Then the third daughter, happily married, died after giving birth to her second child, and, in a short time, owing to some strange perversion which it is hard to understand, the son-in-law took it into his head to refuse the grandmother the privilege of seeing the two babes. A year or so ago, the second daughter, worn out with the cares of keeping a boarding house (which seemed to be their only means of gaining a livelihood) broke down in health and for many months was unable to do more than the lightest service, and then, as if burdens enough had not fallen on our friends, one remaining son, who had studied with honors at the California State University and had gone East to complete his special studies at Yale, suddenly collapsed mentally, and is now being cared for in an Eastern hospital.

Think of the tragedies and sorrows thus crowded into one life in the short space of twenty years! Yet during the whole of this time, though I have been as close to the family as though I were

an uncle or older brother; though all their affairs have been regularly and fully unfolded to me, there have been absolutely no wailings, no repining, no complaints, and only the few tears that it is a relief to let flow when loving hearts sympathize. Instead, this brave woman, her heart fortified by an abiding faith in and love for God, has been "abundant in good works." She is the "right hand support of her clergyman," and every poor and needy person in the parish has experienced her practical interest, help, and loving sympathy. Though unable personally to contribute of material things, she has interested those who could, and has thus made her sympathy practical and genuine. Her home for all these years has been the rallying ground for homeless young men—mainly, of course, belonging to her own church—who have been unmeasurably blessed by her motherly sympathy, loving counsel and helpful advice.

There radiates from her and her family a living belief in the goodness of God, an assurance that "all things work together for good to them that love God," and that faith in God produces a living courage, and daily strength, a power to overcome affliction that is nigh to the marvelous. To some it might appear almost like indifference; yet those who know, as I do, can testify to the keenness of the inner feeling, the longing for the companion whose dear presence was so awfully and suddenly removed, the heart-crushing losses of children, the terrible burden of the mental disturbance of the brilliant minded and noble-hearted son. To be brave, cheerful, helpful to others, and strong to do under such burdens is to prove one's self possessed of the power of the living God. It is the radiation of the truths of religion more potent than all the arguments of all the theologians of all the ages.

(To be continued.)

Dr. Cyrus Edson, Health Officer of New York, says in the "North American Review" for March: "We must as a people learn to understand this—that while we drive the brain we must build the body. We must teach our children to exercise until it becomes a habit, and we must choose a form of exercise that is adapted to persons of middle age as well as children."

## George Bernard Shaw on American Conditions

We are, by permission, quoting a portion of the article by Mr. G. Bernard Shaw which appears in the December issue of "Everybody's Magazine," and is entitled "A Nation of Villagers." In the article, Mr. Shaw "goes" with typical thoroughness for several of the abuses under which Americans labor, including the smug hypocrisy which holds up its hands in holy horror at certain vices of our alleged civilization, yet throws into prison those who denounce these evils. Mr. Shaw is perhaps one of the best abused and most criticized men now before the public. It must be noted, however, that such criticism and such abuse usually emanates from the Pharisees whom he attacks. Also that honest and earnest, if sometimes radical men, are usually with him in his denunciations of the shams and hypocrisy of present day life. With these few words of introduction—if, indeed, Mr. Shaw needs any introduction—we leave the screed with our readers.—Bernarr Macfadden.

ALTHOUGH in no country in the world are private affairs more prudishly meddled with by State law, Lynch law, and municipal by-law, America sacrifices her women to her profligacy and her children to her greed more impudently than any European tyranny does. Free Love, in the most licentious sense, has been pushed to such an extent in America side by side with the resolute enslavement of marriage and parentage that when a cry of "race suicide" gives the alarm, the only response is a clamor for the suppression of divorce and the protection of organized commercial prostitution from exposure. The worst horrors of the child slavery which disgraced Lancashire a hundred years ago are present facts in the Carolinian cotton mills and the Pennsylvanian collieries, although the remedy discovered by England is as well known to civilization as chloroform or limited liability. Law is represented, not by the regulation of industry, the enforcement of statutes, and the maintenance of political rights, but partly by a lynching mob countenanced by respectable people, who, though they abhor its hypocrisy and cruelty, support it because they have lost faith in the honesty and efficiency of the regular courts; partly by the retainers of the great capitalists organized by the late eminent *condottiero* Pinkerton, the American Colleoni; and partly by municipal employees armed with bludgeons and pistols, who will not allow the State laws and local by-laws to be broken (if they can help it) unless

they are bought off, and who maintain this advantageous position by regulating traffic, violently suppressing casually obnoxious persons, and doing homage to Purity (which in America is a quaint conspiracy to convict creation of indecency) by confiscating the property and incarcerating the persons of those whom Mr. Anthony Comstock, the celebrated Purity Witch Doctor, points out to them as betrayers of the shocking secret that women are bipeds.

Thus, for example, they lately compelled a newspaper to obliterate the lower half of a photograph in which Vassar students were shown dressed in male court costume for the performance of a play. It is very doubtful whether Mr. Comstock could get a millionaire murderer hanged except by lynching him; but he has no difficulty in getting Mr. Moses Harman, a blameless gentleman of seventy, imprisoned for a year, and deliberately exposed in prison to infection with the avowed purpose of killing him, solely because he persists in calling attention to that appalling monogamic licentiousness of married people which is the despair of every earnest and intelligent minister of religion in the civilized world at present.

As to the municipalities, I have only to point my finger at them and pass on; everybody will know what I mean. Some years ago I suggested as a remedy that the American cities should be managed from Europe by committees of capable Europeans trained in municipal affairs in London, Berlin, Paris, etc. San Francisco rejected my advice

and tried an earthquake instead, not altogether without success as an awakener of public conscience. But earthquakes, though much cheaper and less disastrous than municipal imbecility and corruption, are too uncertain and unpopular to come into regular use.

American State legislation has the qualities of its faults; that is, it is fantastic and experimental. No sane person who had ever been touched with the conception of political science as distinguished from electioneering and lobbying, would do the things that the States' legislatures do quite lightly. And the very craziest of all their escapades is their present attempt to make the operations of a Trust criminal.

American political naiveté would be inexhaustibly amusing if the results of it were not so tragically serious. Like all villagers, the American believes everything he sees in the papers, and sums up all social peril under the heads of Anarchism and Free Love. He feels that he must take steps to put down these two heresies. Accordingly, he asks everybody who wants to come to America the two questions: Are you an Anarchist? Are you a polygamist? And the emigrant's reply is, "Certainly not, sir. I assure you I would not think of such a thing," whereupon America solemnly says, "Then you may come in." A European child of six can see that the effect of this infantile precaution is, not to exclude Anarchists and Free Lovers, but to make sure that they shall be liars as well. You exclude Martin Luther, who defended polygamy on principle; and you exclude Kropotkin, who professes Anarchism, and is none the less a valuable asset to England and a serious loss to his own country. You admit the profligate nobleman with his steam yacht carrying a cargo of half a dozen ladies; and you admit whole cargoes of Czolgoszes. Also, you manufacture Free Love at home on such a scale that I can buy it in any American city as easily as I can buy a typewriter; whilst as for Anarchism, the American Constitution as interpreted by the Supreme Court and by popular opinion is simply a charter of Anarchism in its worst form of industrial *Laissez Faire*,

or Let It Rip. If you point out these facts to an American, he first puts you in the stocks for mentioning improper subjects, and then thanks Heaven that America is purified and protected from all such Old-World filth by those two straight questions to all comers: Are you an Anarchist? Are you a polygamist?

What are we Europeans to do with such a people? How are we to govern them? How are we to establish the anti-Monroe Doctrine, now clearly necessary to the world's welfare, that all Americans must be entirely disfranchised and declared incapable of public employment or office, and their country taken over, regulated, and governed by us? Such a measure would, of course, not apply to the negroes, who are reported a comparatively well-mannered, serviceable, reasonable race. Probably the best plan would be some modification for the white American of the reservation system now applied to the red Indian. I have myself observed the Indian cheekbone re-appearing in the American; and they tell me that a party of Americans passing along the street instinctively walk in single file. Also, they torture their enemies in the Philippines; but let me be just and admit that they do not scalp them—at least not yet.

Were I writing for European readers I should explain the situation somewhat in this fashion: When a country has to be newly cleared and settled by casual ambitious colonists, without any common industrial tradition or body of custom, and the society is in the village stage, the anarchical plan of letting every man mind his own business and do the best he can for himself is the only practicable one. The guarantee, such as it is, against cheating, adulteration, and overcharge in the shops, is the competition of the shopkeepers for custom; and to maintain this guarantee as against the inevitable final tendency of the shopkeepers to conspire against the customer instead of competing for his custom, attempts are soon made to set up a political theory that combination among producers acts in restraint of trade, and to enforce the competition of the rival shops in the village street as a permanent

condition. At the same time, as the village shopkeeper is largely himself a customer of the village farmer, a flatly contradictory political theory is also set up that the shopkeeper must buy his wares from the village farmer and not import them from cheaper sources. Thus you get an utter confusion of principle in industry, production being regulated ruthlessly by Protection, and distribution delivered over to the anarchy of competition.

\* \* \* \* \*

It is indeed the way of the world. If you want a thing done in your own interests you must either be strong enough to master those who do it, or else do it yourself. The Americans are capable of neither; so, since they cannot live without their industries, they must submit to be mastered by the trusts, which are capable of both. No doubt they feel mean under the circumstances: they *are* mean. But it is no use kicking. All they can do is to keep their attention off the incidents of their slavery, and keep it on the incidents of such petty tyrannies as slaves are allowed to indulge in. Thus, when a million and three-quarter American children of from six to twelve are being debauched, murdered, sweated as no horse can be sweated in a London street without the arrest of the sweater by the police, it is a comfort to forget all about it, and to rejoice in asserting the determination of America to keep her family life pure by sending Mr. Comstock with a force of police to seize on the usual annual exhibition of ordinary drawings made by students of an art school from statues and undraped models.

\* \* \* \* \*

President Roosevelt cannot realize his dream of making America a real national organism, sovereign over all anti-social powers within its own frontiers, and forcing all men to climb to prosperity instead of rooting for it as hogs root for truffles. Already it is obvious that the President is trying to redeem the United States solely because a man must assume that things can be bettered, or else lie down and die of despair. The Socialists, as voiced by Mr. Upton Sinclair, hope still more desperately that Capitalism will break

down for want of markets, and that Socialism will step in and build on the ruins: a very mad hope indeed, because, first, Capitalism is not in the smallest danger of any such breakdown, and suffers much less from temporary crises than it did a century ago, when this discredited prophecy began to be bandied about; and, second, Socialism is only possible as the consummation of successful Capitalism, which, with all its horrors, will be adored by history as the pathfinder of Socialism and the ruthless reducer to absurdity of village Unsocialism.

No; things in America will have to get worse before they get better. Socialism is the remedy; but Socialism is only possible where Individualism is developed to the point at which the individual can see beyond himself and works to perfect his city and his nation instead of to furnish his own house better than his neighbor's. Short of that point Individualism is not Individualism, but Idiocy (a word which idiots cannot understand), and Idiocy and nothing else is just what is the matter with America to-day.

Therefore I advise Mr. Roosevelt to come across the Atlantic and live in some comparatively civilized country, where he can tell his countrymen what is good for them without being lynched, or deposed and put in prison by a Pinkerton army. His fit successor—whose appointment should be made permanent by a constitutional amendment—is Mr. Anthony Comstock. Mr. Comstock is the Villager of Villagers: he is America's epitome. There is no esoteric side to him, as there must be to Mr. Roosevelt. There is no schoolboyish, rough-rider legend attached to him. Mr. Comstock as a barelegged child on a barebacked horse is an unthinkable impropriety. Mr. Comstock is understood, approved, and obeyed by the Americans. All Americans who are not criminals or artists are Comstocks, and are proud of it. It would be at once a grateful act and a penetrating social criticism for Mr. Roosevelt to nominate him and retire in his favor. In so doing the President would haul down his own flag and hoist the true American flag. It should be a white flag, black on the other side.

## President Roosevelt and Physical Culture Readers

Not content with expressing their disapproval of the sentence recently passed upon me in the Federal District Court of New Jersey, to me direct, many of the readers of this publication have written to the President, asking him to extend to me a free and full pardon. The grounds upon which they base this request are in nearly all instances, alike, as will be seen by the two or three typical letters which follow. They believe that, contrary to the first principles of justice and the Constitution, the punishment is much in excess of the alleged crime. In other words, they hold that my sentence is "A cruel and inhuman penalty." They believe that if I have erred, it has been for a good purpose, and with no desire on my part to flout or ignore the laws which have to do with the matter. And they further declare or assert, that, if the offense was of a technical nature, a nominal penalty would suffice to uphold the dignity of the law and the powers of the judiciary.—Bernarr Macfadden.

PRESIDENT ROOSEVELT, WASHINGTON, D. C.  
HONORABLE SIR:

I pen these lines, as an appeal to you, in behalf of Bernarr Macfadden, the man that is condemned to a felon's cell, the man who has dedicated his whole life to the uplifting and enlightenment of his fellow beings, the man whose literature never crossed one's path except to make those who read it better men and better women; better husbands and better wives; better fathers and better mothers.

I know of a poor hardworking farmer's wife, who, several years ago, committed the gravest mistake, the sin that Bernarr Macfadden warns us against with all the force of his eloquence, and what her sin cost her only One above knows. She was sick for over a year and in such a terrible state that she was on the verge of suicide, until some of Bernarr Macfadden's literature fell into her hands, and as the poor woman told me "It was like a ray of sunlight across my ignorant and sin-laden life, what I blamed fate for I alone was to blame for." To-day the woman is the picture of health and her children speak of her as such a good wise mother. When I told her the other day of the sentence passed so unjustly on Mr. Macfadden she burst into tears and said "It is like the persecution of our Saviour." A strong statement, but one that Bernarr Macfadden well deserves, as this case is only one of thousands. In my own life, he has showed me many mistakes that I was making, and has made life so much brighter for my whole family by making me a wise and thoughtful mother. Surely, you will not let your glorious and unparalleled administration pass into history with this unjust and outrageous sentence passed on Bernarr Macfadden carried out. Bernarr Macfadden is a benefactor to the whole race, and I implore you as President of the United States to pardon him. This plea is the echo of thousands. I write this to you, honored sir, without dictation. I do it in gratitude for the great good he has done and is doing. Hoping and praying for clemency and justice for Bernarr Macfadden,

Your humble servant,

Morris, N. Y.

MRS. NELLIE B. GREENE.

HON. THEODORE ROOSEVELT, PRESIDENT,  
WASHINGTON, D. C.

DEAR SIR:

I have just been informed that Mr. Bernarr Macfadden has been sentenced to pay a fine of \$2000 and serve two years in the penitentiary for publishing in his magazine, *PHYSICAL CULTURE*, alleged obscene stories and sending same through the mails.

I wish to say that I have read *PHYSICAL CULTURE* for some years, and have found it of great benefit in teaching me how to live a correct and moral life. I have never found anything in it that I would construe as appealing to the lower nature, but on the contrary, its lessons were aimed to elevate and improve. There have been articles that young boys and girls would probably not understand, but I have never heard that children were expected to read this magazine which is so plainly meant for adults.

I sincerely trust that it will be your pleasure to grant a pardon to a man whose whole life, so far as I have been able to judge from his writings, is given to the uplifting of the human race.

Yours respectfully,

T. W. RICHARDSON,  
Bedford City, Va. *Sec. Bedford Bulletin*

TO THE HONORABLE THEODORE ROOSEVELT,  
PRESIDENT OF THE UNITED STATES,  
WASHINGTON, D. C.:

I hereby petition you to pardon Bernarr Macfadden, of New Jersey, whom I understand has been convicted of sending improper matter through the mails, and whom I understand desires to secure a pardon.

I believe the work which Mr. Macfadden has been doing has been a good one in the main, and that any violation of the law of which he may have been guilty was through excess of zeal rather than criminal intent.

Respectfully,

STEWART N. DUNNING,  
Attorney-at-Law  
First National Bank Bldg.,  
50 State St., Hartford, Conn.

## The Organs and Their Purposes

This is one of a series of articles having to do with the various organs of the body, the part that they play in the total scheme of the system, and the manner in which they perform their work. In these articles will be told tersely but intelligently, the story of the organs.—Bernarr Macfadden.

### No. 13.—THE EYE

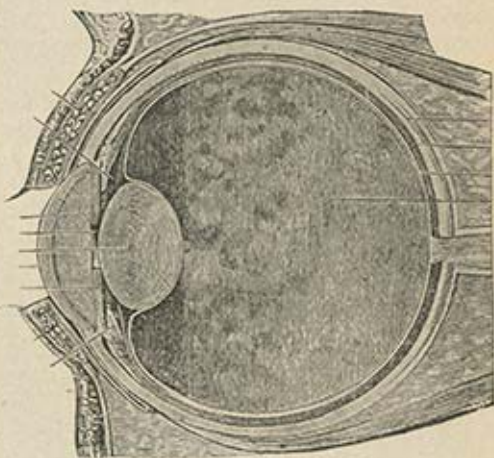
**T**HE eye, or the organ of vision—which like all the other special senses, is double—is situated in two conical-shaped, bony cavities in the front part of the skull, one on either side of the root of the nose. The eye-ball is an almost spherical-shaped mass, held in place in this cavity by three pairs of muscles, and the optic nerve, or nerve of sight; it is surrounded by loose fatty tissue and protected in front by the eye-lids, whose lining membrane is reflected over the anterior portion of the eye-ball.

The lids are composed, on their outer surface, of skin, and on their inner surface, of mucous membrane, held loosely together by connective tissue and reinforced at their edges by thin semi-lunar cartilages. At the junction of the two membranes is a row of stiff hairs, known as eyelashes, which protect the eye, serving as a screen, from the entrance of foreign bodies. At this edge there appear also the openings of little glands which secrete an oily material to lubricate the edges of the lids and these hairs. A stoppage and inflammation of one of these glands is commonly known as a sty.

On the upper, outside corner of the bony cavity containing the eye-ball, which is known as the orbit, is a large gland known as the lachrymæ, or tear-gland. This secretes tears, a slightly salty, watery fluid, which at all times keeps the anterior surface of the eye-ball moist and at times, under the influence of certain emotions, is poured forth more or less copiously. The main duct from this gland leads to the cavity of the nostril on the same side, so that in the main the waste secretion discharges into the nose.

The muscles of the eye, as said before, consist of three pairs to each eye-ball, and by acting in concert or antagonism cause the motions of the eye from side to side, up or down, and circularly on its own axis.

The eye-ball itself is spherical in form, having a portion of a smaller sphere engrafted on its front part. The larger sphere, which forms about five-sixths of the globe, is opaque, while the smaller,



Vertical Section of the Eye-Ball

consisting of about one-sixth of the surface, is very transparent and is known as the cornea, or the window of the eye. This cornea is the projecting anterior portion of the eye and is set into the other portion of the outer coat of the eye, much as a watch-glass is set into the case of a watch.

In general, the eye-ball consists of two parts; an envelope and its contents. The envelope is called the coats of the

eye, while the contents is called the humors of the eye. The eye has three coats, which compose its envelope. The first, known as the *sclerotic* or hard coat, is composed of firm, white, opaque fibrous tissue, and is the protecting coating of the eye. This coating covers five-sixths of the globe of the eye, being continuous in front with the cornea or window of the eye. It is thicker behind than it is in front, and is continued in the rear as the optic nerve, or nerve of sight. To this coat are attached the various muscles which move the eye-ball, and over its anterior portion, and the front surface of the cornea, is found an exceedingly thin reflection of the mucous membrane lining of the lids. This is so thin that the whiteness of the sclerotic coat shows through, giving the appearance which we call the whites of the eye.

Underneath this white coat we come to the second, known as the choroid coat. This is formed mainly of blood vessels which are very numerous and very small, and among which is a heavy deposit of purple-black coloring matter. This choroid or dark coat, completely lines the sclerotic everywhere, but at the junction of the latter and the cornea, it projects inward toward the axis of the eye, and at this point there is a circular opening in it, known as the *pupil* of the eye. This opening or pupil of the eye is to allow the entrance of light into the interior.

Owing to the transparency of the cornea, that part of the choroid coat which depends upon the junction of the sclerotic and the cornea, and which is pierced by the pupil, can be distinctly seen in every human eye. This visible portion is known as the iris, which means rainbow, and is so called because of the various colors it exhibits in different people. The iris differs from the main portion of the choroid coat in this particular—that it contains two sets of very fine muscular fibers. One of these sets runs in concentric circles around the opening known as the pupil, while the other set runs in radial lines, like spokes of a wheel, from the center of the pupil as a hub. When the circular fibers contract, the opening of the pupil is much narrowed, while on the contrary,

should the radial fibers contract, the pupil is enlarged. By means of this mechanism, the amount of light allowed to enter the eye is increased or diminished according as the source of light is lesser or greater in intensity.

The third coat of the eye, the *retina*, or innermost coat, is composed almost exclusively of the tip ends of the fibers of the optic nerve specialized in such manner as to receive, not only sensations of gradations of light, but also of color. This membrane is transparent, is much more sensitive in the rear portion, and disappears at the junction of the sclerotic and cornea in front. In the posterior parts where the nerve fibers come together to form the optic nerve, we have what is known as the blind spot, because we have no specialized nerve endings there.

Directly behind the iris we find what is known as the *crystalline lens*. This is a solid body, absolutely transparent, and resembling in shape the lenses in an opera glass or telescope. Both of its surfaces, anterior and posterior, are convex, but the anterior one is at all times more so than the posterior. This lens is held in place by processes of the choroid coat of the eye, and its convexity is increased or diminished by the muscular processes mentioned allowing of clear vision of near or distant objects.

In the space between the back of the cornea and the anterior surface of the crystalline lens, into which space the iris projects, there is a thin, watery fluid known as the *aqueous humor*. Should this be lost by any untoward accident it is immediately replaced by a new secretion of the fluid.

Back of the crystalline lens and completely filling the balance of the cavity, is what is known as the *vitreous humor*. This is a denser liquid than the aqueous and is contained in a very thin transparent envelope known as the *hyaloid membrane*. From the inner surface of this membrane partitions jut out into its interior in every direction, forming irregular, transparent wall cells which contain the vitreous humor. Contrary to the case of the aqueous humor, should anything allow the loss of the vitreous, it can never be replaced, but is irretrievably lost and the eye is ruined.



## Strength for Boys and Girls

I AM illustrating this month an interesting and very effective method of strengthening the grip and forearm.

In one of the exercises illustrated last month we presented an exceedingly good exercise for strengthening the grip which consisted, as my young friends will remember, in turning a broom stick in the hands of someone else.

The forearm and grip are often neglected and forgotten by those who take up the practice of physical culture and body development. Very often enthusiastic young people will give more attention to the development of large biceps than to any other muscle of the body. This is a mistake. The object to be desired should always be the development of strength in all parts of the body and not in a few special muscles, for if a person has developed only strong biceps he will be able to do a few tricks that require strength of that muscle, but when he is called upon to perform some other feat of strength, which requires the use of other muscles of the body, then he will find that someone else with a more even and symmetrical development will be able to defeat him. Therefore, the forearm and wrist and hand should not be neglected.

Furthermore, if you wish to make a quiet impression of your strength without doing a circus act to show that you are strong, one of the best methods is to develop a powerful grip and then very quietly shake hands with your friends. In doing so you will be able to squeeze their hands so hard that they

will cry out and beg you to let go. I would advise that you practice shaking hands with your comrades very often and always squeeze as hard as you can. First shake hands with the right hand, then with the left, but perhaps the most interesting exercise of this kind is that which I have illustrated. It consists of shaking hands with both right and left at the same time.

Another exceedingly good thing to practice to gain a strong grip and fore-



Photo No. 1.—Cross the arms and take hold of hands in the manner shown above, grasping your companion's right hand with your right hand and his or her left hand with the left hand. Now shake and squeeze hands as long as you can.



arm is shaking hands with yourself. Simply clasp your two hands together as you would when shaking hands with someone else and squeeze as hard and as long as you can. Then try to squeeze even harder. In two or three months you will be surprised at the strength of your grip and others will be surprised also.

The second illustration indicates a little Jiu-Jitsu feat which will probably interest all my young readers. The feat consists in a simple method of strangling or shutting off the breath. My young friends must remember, however, that it is dangerous and that they must not go about practicing it on everyone they meet. However, it is valuable to know such things for the sake of self-defense in case one is attacked at any time. You can see the effect that it will produce from the expression on the boy's face.

Photo No. 2.—This is a simple Jiu-Jitsu strangle hold. We

assume that the subject has either a coat, shirt, kimono or other garment with a collar. First cross your arms at the wrists, taking hold of the left collar of your companion with the left hand. The right hand should be passed under the left wrist and take hold of the right side of the other's collar. Now bring the wrist and forearm of your left hand under your companion's chin and against his throat, at the same time pulling hard with the right hand, pushing with the left forearm. This will very perfectly close the epiglottis and shut off the breath.

### PHYSICAL EFFECTS OF OVERSTUDY

Again and again we have called attention to the evil influence of over-study in school children. Of what use is a brain that is crowded with all sorts of information, if there is no foundation back of it in the form of a sturdy body? It would be just as sensible to build a house with a foundation of sand.

Professor Jelgersma, an eminent scientist of Berlin, thinks that children are compelled to study too much and are required to enter school at too early an age, and that this is a prominent

cause of a large percentage of semi-invalids that we find everywhere in civilized communities.

We quote the following from his statements:

"More than two-thirds of the women who begin to study do not finish their course, and either break down physically or mentally."

"We are paying too much for our civilization and culture; we are paying for it with the deterioration of the nerves of the human race."

# General Question Department

By BERNARR MACFADDEN

In connection with the subscription department, there has been organized a competent staff, including the editor, for the special treatment of ailments in accordance with the theories we advocate, and each applicant will secure the same individual attention as he would if he applied to a competent physician for treatment. Write for full particulars and refer to "Offer Q." If you are willing to solicit subscriptions you can secure our treatment free in return for your services.

## The Heart and Athletics

Q. Would you consider it advisable for me to take up athletics such as long-distance running, to which I have taken a great liking? I am twenty-one years old, generally healthy, and have good lungs, though my heart beats normally very slowly, about fifty a minute. It has never bothered me, and does not palpitate as in the case of a weak-hearted person, but I am afraid to "go my limit" for fear of injury. Kindly give your opinion.

A. If you take up athletics gradually, and build up vitality and muscular strength and endurance for some time before attempting to take part in competitions, you need not have any fear as to the consequences. It is natural that your heart-beat should be accelerated during moments of great athletic activity, but unless the organ is weak or palpitates, you should not be alarmed at its rapid beating when running. However, you really would never be conscious of your heart-beat until after you had stopped running and were resting. It is not generally advisable for one "to go his limit" unless he is in the best physical condition and properly trained for the athletic event in which he participates. But when he is so trained and in good condition, he need not be afraid of injurious results. I would remind you also that long-distance or cross-country running is perhaps the most healthful of all forms of exercise.

## The Use of Snuff

Q. Kindly give me some information regarding the use of snuff. Chewing, dipping and sniffing. My sister-in-law uses it every day to drive away the blues, and claims that she is lost without it. She has used it for forty years.

A. The use of snuff is open to the same objections as the use of tobacco in any other form, except that snuff, if anything, is considerably worse than smoking. It has the same narcotic influence that tobacco has when used in other forms, and is to be condemned accordingly.

## Strength and Knack

Q. Does it require strength or simply knack to chin a bar with one arm? I am the only one of my club who can accomplish it, though I know that others are stronger than I am.

A. This feat of strength is like most others, in that the way or knack of performing it is of value to a certain limited extent. At the same time, it positively does require strength to accomplish this feat, although it will be impossible to perform it without the necessary muscular power. One who possessed "knack" as it is called, which is really only the intelligent and most economical application of one's strength, would be able to perform the feat when another would fail to accomplish it, because of his not possessing the needed "knack." The other members of your club, might be stronger than you in other respects, but undoubtedly you have a stronger arm in comparison to your weight. In feats of this kind, the individual weight must be considered. It is comparatively easy for a man of one hundred and forty pounds to chin himself a dozen times. Whereas a man weighing one hundred and ninety pounds would find it a tremendous effort to chin himself, with his greater weight, the same number of times. The other members of your club who are stronger than yourself but who cannot accomplish this feat, are probably a great deal heavier than yourself, which would make the feat more difficult for them.

## Strength and Speed

Q. Will exercises on a pair of rings, parallel-bar work or apparatus work intended to develop great strength, have a tendency to make one slow and hinder him for bag punching?

A. The practice of exercises of a severely heavy nature for developing the maximum of muscular strength, is usually inclined to make one slow. It is almost impossible to acquire great strength and at the same time, realize the maximum of speed. However, I would not consider such apparatus as you mention severe enough to affect one noticeably in this respect, providing he makes a practice of other exercises to develop speed

at the same time. For instance, if you make a daily practice of bag-punching, this will insure the necessary activity and speed, and under such circumstances, work on parallel bars and flying rings would have no appreciable effect in interfering with successful bag-punching. The practice of heavy weight lifting, however, might have such a result, though even in that case, fencing, boxing, and bag punching, would enable one to develop and retain a fair degree of speed and activity.

### Strength and Courage

Q. How can I cultivate courage? The fact that I am an arrant coward causes me no end of annoyance. I have the inclination to face my antagonists, but where my head is willing, my system almost collapses. I seem to have no nerve.

A. Your last remark that you seem to have no nerve is very significant in a literal and physiological sense. Your weakness is largely the result of your nervous condition, as well as your general lack of strength and constitutional vigor. Of course, your mental temperament may influence you to some extent, but not as much as is generally supposed. I would simply advise that you adopt all natural means of developing muscular strength and improving your general constitutional condition, thus gaining increased nervous strength, as well as muscular energy. I would suggest the practice of all active games in which you come in contact with other young men. Boxing, wrestling, football, basketball and fencing, being particularly to be recommended for this purpose. Fear is the natural protective instinct, and in the animal kingdom, the safety of all weak animals lies in it. The self-consciousness of strength, on the other hand, is the basis of physical courage. As a matter of fact, that which we consider courage in most instances, is simply a lack of fear. The only real courage is manifested by one who experiences fear, and overcomes it. You perhaps are not as much of a coward as you suppose, for what you think is cowardice is, in many cases, merely the natural desire to avoid uncomfortable situations, whereas in an emergency you would probably find yourself as courageous as most others.

### Storm and Ventilation

Q. What arrangements can be made for keeping out snow and rain, and yet have plenty of fresh air in sleeping rooms during the winter months? The climate in which I live is subject to frequent snowstorms and blizzards.

A. The problem presented in your question is of more importance than many realize, for a great many are inclined to neglect the ventilation of their rooms during storms. The most satisfactory solution of the problem is the use of a large empty box of the width of the window. The top of the box having been removed, the latter should be turned upside down and placed into the window in such a way that air may circulate from outside upon the box and down into the room. At the same time snow, hail and rain would not enter the room. It would be well worth while for everyone to arrange to have such boxes on hand for all stormy weather.

### Changes in Underwear

Q. After one has been wearing flannel underwear for about twelve years, would it be advisable to discard them, and if so, what would be the most satisfactory substitute?

A. As a general thing, flannel and woolen underwear is not to be recommended. At the same time, after having worn it continually for so long a period, one should exercise care in making any sudden and radical change. Linen is really the most satisfactory material for underwear, and cotton is probably the next best. As you know, winter weather is more or less changeable, and for the present it would be advisable on warm days, to use linen or cotton underwear, and on exceedingly cold days, use the flannel. Gradually, however, you should give up the use of flannel altogether. If you find difficulty in maintaining warmth, I would suggest that flannel or woolen clothing be worn over light linen underwear. The best plan is to add such additional outside garments, as may be desired, especially something in the nature of a sweater, but it is not advisable to wear woolen material next the skin.

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From the days of Plato to the present time the connection between a clean, clear mind and a fair body has been alluded to and dwelt upon, but empiricism has delayed a proper appreciation of the subject and the advent of the new gospel of physical training founded upon the principles of physiology.—Hamilton D. Wey, M. D.

The Roman legions were maintained by discipline and exercise; they fell by laxity and inaction. They owed to their method of physical training their strength, courage and self-confidence. As bodily exercises flourished or declined, so the freedom of a nation rose or fell.—C. H. Schaible, M. D.

With feeble muscles there must be feeble circulation, while on the other hand, the muscular system is vigorous, active, powerful, the contractions of the heart will correspond, and hence this important force towards the circulation be supplied.—Dr. Robert Walker.



## THE VIRTUES OF OUR METHODS PROVEN

### Saved from Glasses

TO THE EDITOR:

Last winter I was draughting in an office for six months; the place was poorly lighted, poorly ventilated and the work so exacting that my eyes gave out.

The inflammation covered about half of the left eye, and almost the entire right one, with iritis of the latter.

I consulted a specialist to no avail, and finally secured your book on "Strong Eyes;" the result is that both eyes are now as well as ever.

One marked feature of the case was that as soon as I got outdoors to work, the improvement was wonderful.

I fully believe that you have saved me the strength of my eyes and immunity from glasses.

P. E. BISSELL.

Bedford, Ohio.

### Experience on Raw Food

TO THE EDITOR:

A few years ago I began to "sit up and take notice" of the principles advocated by your literature. Like every other "wise guy," I ridiculed you at first. Later I began to realize that a man who was constantly urging mankind to cut out liquor, tobacco and other bad habits was certainly doing a good work. In fact, it I were asked to name the man who is doing the greatest work for the moral and physical welfare of the Anglo-Saxon race, I would say Bernarr Macfadden.

I first tried a vegetarian diet, that is, cooked vegetables. This was not at all satisfactory, so I then tried a raw diet, consisting of oatmeal, milk, cheese, fruit and nuts, principally. I found that constipation no longer troubled me, I had no desire for liquor, which follows the ordinary highly seasoned cooked foods. I also gave up tobacco, in fact, these former habits became distasteful on a raw food diet. I believe eating meat is a relic of cannibalism. Did you ever notice a prize stallion? What an example of physical culture he is. It seems that the human race is too busy raising blooded horses and cattle to think of improving their own stock. How natural it looks to see a saloon and butcher store side by side. The butcher sells sausage, corned beef and other spiced foods, and then the saloon will satisfy your unquenchable thirst. Let anyone try a raw food diet and compare it with mushy, sloppy messes that are called square meals.

Vancouver, B. C.

REX.

### Four Weeks of Vegetarianism

TO THE EDITOR:

Let me relate an experience I had just about a year ago.

The spring of 1905 found me in a pretty bad condition. I was not exactly ill but very much tired out—played out, as the common expression goes, from mental overwork, much confinement in an office, poor appetite and worse digestion.

This beautiful world of ours seemed to me as if covered with a veil that made it appear like a dale of tears—in fact, I was a prey to melancholia and my family began to be alarmed.

I had always been an admirer of Nature, and of a natural way of living, combined with physical culture when conditions of earning my living were not too much against it.

Thank the Lord, my various ailments had not sufficiently got the best of me to obscure my better judgment entirely, and I felt a strong desire to go to some pretty country place and near to Nature.

So I started the next Saturday for a farm in the midst of a beautiful range of hills, not too far from New York, which was recommended to me by friends.

It was only the end of May and I found on arriving that I was the first boarder at the cottage.

Nature, however, was at her very best. The surrounding wooded hills, of which some rose to considerable height, the groves, the rippling stream, the quiet solemnity of the pine forest were refreshing to my mind. But I did not feel much better in my general health after my three days' stay.

The table the farmer's wife set for her most welcome first summer guest did not only differ in its meats, condiments, spices, pies, coffee, tea, etc., from my city bill of fare, but was probably worse—not being prepared as well, and it kept right on playing havoc with my digestive organs. I was restless, sleepless and generally poorly—almost like I was in New York City. But salvation came the next day.

It was hot in the city and the trains brought plenty of people, and two of them found their way to our boarding house.

A gentleman about twenty-eight years old, tall, broad-shouldered, with an athletic gait and a smiling, good-natured, ruddy face, with his sister, a lovely, refined young girl, alighted from the bus at our porch and half an hour later the supper bell invited us to the table where we sat chatting while the viands

of many instances where the wife exerts almost superhuman power to keep the husband in paths of virtue and fails. Men hear altogether too much of woman's power over them and too little of their own power to do right. (Mrs.) H. MARIE CURREY.

### The Barbarism of Burial

TO THE EDITOR:

As a constant reader of your magazine I wish to say a few words about a subject that I don't remember ever being dwelt upon in your publication, but which, nevertheless, is of vital importance to the health of the community, viz.: The cemetery or graveyard. Although a rather weird subject to write on it is of no less importance. Now to begin with, I will take this city which has its cemeteries as well as other cities. In one I passed through a few days ago I witnessed the burial of a young baby which, was buried about three feet below the surface, and no more. In passing over several graves I noticed numerous rat and mole holes which went away down, no doubt as far as the body buried there. This cemetery is built on high ground, and no doubt a few miles away people are using well water which drains from this burial ground. There is at present much talk here about the increase of rats which are supposed to carry a deadly disease germ with them. There is talk about the city paying a small sum for each of the rodents killed. In my experience rats are very plentiful about cemeteries or burial grounds. It is high time something was done to persuade people towards the sensible idea of many already passed away, as to the cremation of bodies. In my idea this would do away with much disease prevalent in our crowded cities. Something must be done some day in many cities which already have cemeteries filled up to their capacity. Think also of the amount spent annually on fine tombstones which could be used to better the condition of those yet living, instead of waiting till they are dead to spend this money on them. I once heard of a man who was dying, and who was the recipient of a number of bunches of flowers and fancy bouquets. He exclaimed, "They never thought of sending me a single rose before, but waited till I was dead." They happened to be only a little ahead of time in this case.

Los Angeles, Cal.

SUBSCRIBER.

### To Avoid Seasickness

TO THE EDITOR:

To come to a true solution of this problem, it seems necessary to arrive satisfactorily at some conclusion as to the cause of the malady. Some seem to hold the opinion that the stomach is the cause, whilst others assert that the seat of the trouble is in the brain.

The prevention prescribed in E. J. Stegars' letter in your November issue, leads to the conclusion that the brain, in his opinion, is the seat; and the treatment he recommends is somewhat in accord with the following advice of Professor Heintz, of the University

of Erlinger, published in the March, 1902, number of *Popular Science News*, which he declares to be an infallible antidote against seasickness: "Draw a long and vigorous breath," he says, "at frequent intervals and you will never suffer from this malady. The reason," he explains, "is because the initial cause of sickness is to be found in the lobe of the brain, the sensitiveness of which reacts on the stomach, and that when fresh air is breathed at frequent intervals the blood becomes charged with oxygen, and thus the offending lobe loses its sensitiveness."

Whilst, of course, there are many if not numerous medical recipes for the treatment, all involving the use of drugs, that of your correspondent and the one just given, appear simple, common sense and satisfactory; and I would add the following recipe, which appeared some time ago in a local paper and is said to have been recommended by the celebrated explorer, Eugen Wolff, of Munich, the efficacy of which is testified to by Dr. Hoffa, a Berlin physician. Dr. Hoffa is thus reported: "He applied very hot linen bandages to the forehead and tied them as tightly as possible. The bandages were renewed about every minute and a half, for half an hour, after which Dr. Hoffa lay down for an hour. On rising, the symptoms had entirely disappeared, and did not return during the entire voyage, although the roughest weather was experienced."

A JAMAICAN SUBSCRIBER.

### "Multum in Parvo" Suggestions on Diet

TO THE EDITOR:

For your consideration I would like to make a few suggestions as to health foods:

I would suggest a pie crust to consist of equal parts whole-wheat flour and plain Graham crackers, ground fine, shortened with olive oil and sweet butter.

Apple juice sweetened with honey, olive oil mixed with nut butter and a few spoonfuls hot milk. Figs and dates taken into the mouth at the same time, especially if taken with the white of an egg beaten up with a half glass of hot milk (a spoonful at a time).

Buttermilk or sour milk beaten up with a small quantity of unsweetened condensed milk.

Cold apple sauce sweetened with ordinary condensed milk.

A whole egg beaten to a froth and combined with canned shredded pineapple (sweetened), and a small quantity of lemon juice.

Olive oil stirred into mashed potatoes.

Potatoes cut into dice, steamed until done and eaten with nut butter reduced to a cream by the addition of milk.

Gum gluten breakfast food mixed with rice and steamed.

A nut food to consist of almonds and peanuts, ground (coarse) together in equal proportions, the peanuts to be slightly roasted.

Cornmeal or any other kind of mush thickened (just before removing from the fire) with shredded wheat biscuits ground fine.

F. C.

## Our Endurance Prizes

This is the Third Notice of those Tests and Various Exercises for which we Offer Prizes—Both are of a Novel Nature, and what is more, will Assist Would-Be Contestants in Obtaining Health and Strength

As we stated in our last issue, we are instituting a series of contests in order to determine what is the best system of diet, and, to a certain extent, to secure some information in regard to the vital building value of various exercises that can be used as a criterion for future work. To insure interest in these exercises, we are offering a number of prizes, and one of each will be given to the individual who performs them the greatest number of times without a rest. It will be seen by this, then, that such exercises are of an endurance nature, and hence the name given them.

The test must, if necessary, be taken before witnesses who are prepared to make an affidavit as to the performance of the feats, including the number of times that the exercise has been done. Each movement or exercise is clearly described and illustrated herewith.

This competition will remain open until May 1st, 1908. We shall be glad, however, to have our readers send in the result of their attempts in one or more of the exercises to our publication forthwith, to the end of encouraging others who may be endeavoring to see how many times they can perform the feats in question.

Please note the following when entering this competition. Three prizes will be given for each exercise. The first prize will consist of a gold medal; second, any one of Bernarr Macfadden's books and a year's subscription to this magazine; third, a year's subscription to this magazine.

It is understood that no one person will be considered, under any circumstances, a competitor for more than three of the exercises, and each winner may be required to publicly repeat his performance in case the latter be questioned, or in the event of some other contestant very closely approximating it. You will also please observe that each exercise must be taken exactly as described, and no deviation therefrom will be allowed.



Test No. 1. Raise on the toes, as high as you possibly can, return heels to the floor.



of its endurance before beginning the exercise with the other leg.

Test No. 2. While standing, grasp the toe of either the right or left foot as shown in the illustration. Bend the other leg and touch the knee of the leg to the floor. Return to original straight standing position. In this test the exercise must be taken with both the right and left leg, continuing with each leg to the limit



side to the other, standing with both legs straight as you rise.

Test No. 3. Stand with the knees straight and legs far apart. Bend far over to the left, keeping the right knee straight and rigid, bending the left knee as much as possible. Straighten the body in the same exercise to the right, continue, alternating from one



endurance before change.

Test No. 4. Stand with the left leg far forward and the right leg far backward. Go forward, bending the left knee as much as possible. Take the same exercise with position of legs reversed and continue exercise in one position to limit of



Test No. 5. Lie flat on the back with the hands under the head; with the legs rigid rise to a sitting position as shown in the illustration. return to first position. A weight can be placed on the feet as a brace if desired.



Test No. 6. With hands on the floor and feet in the position shown, throw the weight forward on the hands and shoot the legs out straight backwards, stiffening the body, then return.



Test No. 7. With knees rigid, touch toes with tips of fingers. Keep elbows rigid and swing arms upward as high as you can reach and as far backwards as you can bend the body. Return to position as illustrated.



Test No. 8. The body in position as illustrated, bend the left arm and touch the chin to the back of the left hand without touching hips to floor.



Test right hand. Test No. 9. Lie flat on the back with the hands behind the head. Raise the legs, with knees straight, to a vertical position, as shown in the illustration. Return to position.



Test No. 10. The body in position as shown in the illustration, bend the arms and allow the chest to touch the floor. Hips must not touch floor. Return to position.

## PHYSICAL CULTURE SOCIETIES

Enthusiasts of Bayonne, New Jersey, have succeeded in organizing a Physical Culture Society for the purpose of attaining the highest state of physical, mental and moral strength and health through out-of-door athletics and relative literary culture. The Society was organized in September, and is now on a very firm foundation, with the brightest prospects for success. Those living in this section of New Jersey would find it to their advantage to communicate with the Secretary, and get in touch with the new organization.

Owing to the enthusiasm displayed

at Bayonne, it is probable that this Society may be far more successful than some of those organizations in much larger cities. The Secretary is William Beltchik, 89 West 18th Street, Bayonne, N. J.

A number of enthusiasts in Milwaukee, Wis., are endeavoring to organize a Physical Culture Society at that place. Owing to the number of readers of this magazine in that city, such a society there should be exceptionally successful. Those in that locality interested should write to Mr. George W. Taylor, 938 Allis Street.

Bayonne, N. J.—Mr. Wm Beltchik, No. 89 W. 18th St.  
 Boston.—Miss Louise Klein, 5 Day St., N. Cambridge, Mass.  
 Brooklyn, N. Y.—Mr. John J. Costello, 127 Carlton Ave.  
 Philadelphia, Pa.—Mr. J. C. Edwards, Bryn Mawr, Pa.  
 Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.  
 Detroit, Mich.—Miss Josephine P. Scott, 57 Hancock Ave.  
 Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.  
 Minneapolis, Minn.—Mrs. Lora C. Little, 1214 12th St., N.  
 Buffalo, N. Y.—Mr. Frank L. DeBoy, Jr., 454 William St.  
 Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.  
 Newark, N. J.—Miss Anna A. Jackson, 129 Lombardy St.

Milwaukee, Wis.—Mr. Geo. W. Taylor, 938 Allis St.  
 Manhattan, N. Y.—R. R. Purdy, P. O. Address, Ossining, N. Y., Box 204.  
 Pittsburg, Pa.—Dr. S. M. Stauffer, Bell Phone, Court 1286, 524 Penn Avenue.  
 Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.  
 Cleveland, O.—Miss C. J. Lowrie, 229 Arcade.  
 Chicago, Ill.—Mr. A. G. Gobrecht, 10425 Walden Parkway.  
 Paterson, N. J.—Mr. Charles Bergstrom, 227 Spring St.  
 St. Louis, Mo.—Mr. Brown Hamilton, Buckingham Hotel.



## More Letters From Well-Wishers and Sympathizers

By BERNARR MACFADDEN

LIKE all other affairs which have to do with human life, trouble is not without its compensations. Apart from the fact that it hardens the moral fibers of a man, that it makes him appreciate his blessings and increases his sympathy for the afflicted, it brings to the fore, friendships which, but for the crisis, would have lain dormant and unsuspected. So it is in this instance. Since the recent action of the United States Circuit Court at Trenton, New Jersey, my mail has been flooded with communications from hitherto unknown friends, who have taken this opportunity of expressing their personal regard for myself, and their belief that my sentence is opposed to the first principles of American law and liberty.

It is not possible to publish more than a tithe of these same letters for the very excellent reason that there are so many of them, that a publication of a dozen times the size of *PHYSICAL CULTURE* would not enable us to print those that are received during a month. So then those given, must suffice in the sense of showing to the world at large, the feeling of the public regarding the present status of my case. But these communications are surely significant. A bad law is worse than no law at all, for the reason that if its enforcement runs counter to the good of the community, many are made law-breakers by reason of the promptings of their consciences and natural desires. There is only one way in which such a law should be treated and that is by abrogating it. The laws which at present have to do with the condemnation of vice through the medium of plain language or plain print, are manifestly wrong—even iniquitous. They traverse the freedom of speech guaranteed to the American citizen under the Constitution.

They are at once ludicrous, unwise and unjust. The total tenor of the let-

ters about to be given, shows that the American public is aware of the iniquity of these laws, and that public sentiment in general is distinctly in favor of their repeal.

MR. BERNARR MACFADDEN:

Two thousand dollars fine and two years penal service is certainly a just and merited (?) reward for an earnest and serious effort to benefit the human race and open the eyes of the world in regard to the general corruption which exists in American society.

Nothing in the history of physical culture has shown to a more glaring extent, the trend of the civilized mind than the recent arrest, prosecution and conviction of Bernarr Macfadden.

To illustrate how the average person of the middle class regards these matters, I will quote you the purport of a conversation which took place recently between myself and a lady in regard to the conviction of Mr. Macfadden. I was expressing my views (which are those of every physical culturist) on the subject, when I was surprised to hear the lady state that she thought that Mr. Macfadden was getting exactly what was due him in being punished to the full extent of justice (!). Furthermore, she thought such stories as "Growing to Manhood in Civilized (?) Society" were detrimental to people generally. I answered that I was not aware that she was a reader of the *PHYSICAL CULTURE* magazine, and that if she was a reader, I was surprised to hear her express such conviction. This because every reader of the magazine knows what it stands for and what the story was meant for. She hastened to reply that she was not a reader, having never read a single copy (I doubt if she had ever seen a single copy), but she had heard all about the story and that she thought such things should be suppressed.

"Not that I do not believe in physical culture," she continued, making calisthenic passes at the air with her arms, "for I do believe that exercise is a fine thing in its place."

This is exactly what the average person believes in regard to physical culture. They think that it consists merely of so much daily exercise for the limbs and know nothing whatever of its real purpose—the upbuilding of a better race of people both morally and physically.

The jury which convicted Mr. Macfadden was no doubt composed of just such people. It is very likely that they knew nothing whatever of the purposes and standards of the man

or his magazine, having never read a copy of the latter. I suppose, however, and it is very natural that they should be influenced by the crafty, prudish and unfair argument of a lawyer whose sole interest in the matter was "reputation."

When affairs have reached such a state as this, I think it is the duty of every physical culturist and lover of liberty to get busy. While the saying "If you think this is a free country express some idea that is not generally accepted and see how quickly you are squelched" is very true, nevertheless, there is a way of reforming things. It is the duty of every right minded person to try and bring about a change. For the sake of mankind do not be deferred from your purpose by someone calling you a fool. GEO. G. D. MICK.  
Shreveport, La.

MR. BERNARR MACFADDEN:

I have been a reader of PHYSICAL CULTURE almost from its inception up to the present time. It is my profound conviction that for the improvement of the race, morally, physically, mentally and spiritually, it is without a parallel. It is the very embodiment of high thinking and high living. It is essentially clean and logically sane. The man or woman who can find within its pages, anything that may constitute grounds for a charge of corruption argues immediately the possession of leprous intelligence. Such an imagination would befoul the spirit of purity itself and find within the precincts of heaven cause for prurient imaginings. The magazine constitutes an ever recurring stimulus of self-improvement. It cheers the drooping will of the weakling, and while teaching him the cause of his condition, holds forth the remedy and assures him of the inevitability of the reward that awaits his sincere effort. It condemns all things that tend to slothfulness in mind and body. It repudiates all practices that tend to viciousness in morals. In no uncertain terms, does it denounce the modern devil whose chief sources of temptation and consequent degradation, are summed up in secretive prudishness, muscular inaction, gluttony, alcohol, tobacco and sexual excess. In all literature, no higher code of ethics can be found than are embodied in the editorials of Bernarr Macfadden. To all who read them, they bear a message of inherent wisdom. "Growing to Manhood in Civilized (?) Society" seems to have offended a certain class, whose literary noses are trained to smell out the obscene. Is it not possible that constant mucking in the sewers, ruins the olfactory nerve, rendering all things noisome? What other conclusion are we to come to, when we consider the astounding results that have attended the publication of this most admirable novel? A work of fiction, it compelled attention because of its absolute truth. It is virile with the factor of reform. It inevitably arouses a healthy disgust for the life it pictures. The most licentious would find nothing alluring in the picture and everything repellant. One may regard it as an essay on life, an

absolute necessity, and a warning. The conviction of Bernarr Macfadden by the Federal Courts of New Jersey, of the crime of circulating obscene literature, is a disgrace calculated to destroy the belief in justice. Judge Lanning, in his instructions to the jury, placed himself on record as the Pope of Prurency. A "Thing" defiling the authority he exercised. A bigot wallowing in the mire of a rotten imagination. And the jurymen? Moral lepers leering in the bright face of Truth, and by their verdict insulting the intelligence of collective decency.  
Fruitvale, California. JAMES H. CARDEN.

MR. BERNARR MACFADDEN:

Permit me to extend my heartiest sympathy to you. You have chosen to work for a cause clear to all minds of health and purity. I assure you I will do all in my power to aid you by circulating the petitions, and by giving publicity to the true facts of the case. I will work for a cause as dear to me as it is to you. Should I be able to help you in any other way I assure you my services are at your command.  
H. B. Wood.  
3827 23d St., San Francisco, Cal.

MR. BERNARR MACFADDEN:

I am glad that you have your liberty. I know and can testify that you are doing a great work for the manhood and womanhood of our nation and the English-speaking people everywhere. I know that your methods of teaching physical culture have benefited me, and that is why I am interested in you conquering your enemies and the enemies of true manhood and true womanhood. I want to see the good work go on. And I know that you ought to have your liberty to do that work.

I have been working for you and have the blank petition that you sent me completed. I did not ask a single individual that refused. But I explained the case to them and they all know that I am a student of your methods.

As regards some of the names on the petition, I want to say that W. L. Bradeen is a clergyman of the Methodist Church; E. D. Rowell is Justice of Peace and a prominent churchman.

You can send me another blank petition if you think best. I will try to get it filled. Mr. Macfadden, these names are the names of intelligent, well-informed people.

Whenever I can see the way clear to assist the good work of physical culture either with good words, good deeds, by pen or by dollars I shall be only too glad to do so. I want to see you some time in the future and thank you personally for the good that your methods have done me.  
EVERETT W. PORTER.  
Penobscot Co., Maine

MR. BERNARR MACFADDEN:

I certainly was stricken when I saw that you had been convicted for a so-called crime, that would have done more good than all the doctors, medicine and drugs combined, or

better—have done as much good as charlatans do harm.

When, a year ago, I commenced to take and read your excellent magazine, I would not have given fifty cents for my life. I was an ignorant, run-down youth who needed just such advice as your magazine gives. But now I have great hopes for life and the future and feel strong and well, and these qualities have been obtained by following the advice given in your publication.

I sincerely trust that you will be pardoned for your so-called crime. In the event that the Supreme Court does not reverse the judgment given in the lower Court, think that our intelligent and physical culturist President will not hesitate in giving a pardon to you.

Believing that you will come out on the top of this question, I am, J. T. PHILLIPS,  
Minden, La.

MR. BERNARR MACFADDEN:

I was startled and shocked unspeakably to learn of your recent conviction and sentence. I assure you that you have my profoundest sympathy. It seems rather strange that the daily newspapers can publish the most disgusting and suggestive details of positive immoralities brought out at certain murder trials, without being in the least molested, while you should suffer humiliation and expense for trying to teach the world a sadly-needed lesson, partly through your serial story. It seems to me that everyone who has ever read any of your books or magazines, and followed your advice contained therein, could not help but benefit mentally, morally and physically by so doing, and also be fully assured of your honesty and sincerity of purpose. I, myself, am rapidly recovering from the very disease the causes and effects of which I think you were teaching in your serial story. This too, by simply following your advice. The Recording Angel only knows how many more have benefited by your teachings. Others who are sadly in need of these same lessons, boys, young men and even old men. I think that you would receive justice and be vindicated, if you would appeal directly to President Roosevelt, for I admire him as an exponent of fair play and justice. Probably he himself has read some of your works; at any rate, why not appeal directly to him?

Trusting that our President will act favorably upon your case. ADAM DEHRING,  
2306 Canton Ave., Baltimore, Md.

MR. BERNARR MACFADDEN:

Very sorry indeed to hear of your trial and conviction in the courts. I, for one, saw nothing objectionable in the serial, it was only the impure minds that could think of such things in connection with it. There were things published in the papers in relation to the Thaw trial that were far worse than the story that was published in your magazine. I have seen books for sale here about the Thaw trial, why are they not taken objection

to, it, as your critics say, the children must be protected from "evil?" If those people who are so ready to condemn and pass sentence would read PHYSICAL CULTURE magazine through instead of picking out items here and there, I fail to see where they could find in the magazine anything objectionable, but instead would see things of an uplifting nature, and an effort to raise the standard of health and happiness.

MR. AND MRS. W. A. WORDEN,  
Toronto, Canada.

MR. BERNARR MACFADDEN:

To say that I am surprised to hear that a court of justice has sentenced you to two years imprisonment and a fine of \$2000 is too mild an epithet to use in your case. It is a verdict against reason—against justice and against right. A dangerous precedent to establish when corruption is rampant and when our government in the main, is in the hands of corrupt officials.

I have read PHYSICAL CULTURE for years and have never read a line or seen a cartoon that would in the least injure a pure man or woman, or would tend to excite the sexual passions or produce an impure thought.

The grave injustice of attempting to punish the editor of a magazine who has exposed crime in all its turpitude—who has advocated clean manhood and womanhood, who has inveighed against alcoholic liquors and all its concomitant evils, patent medicines, tobacco, sexual debauchery and vice in general, ought not to be tolerated for one moment.

Your course is even in advance of many churchmen. You are paving the way for the more successful work of the ministry by improving our environments and exposing crimes that the ministry, with few exceptions, dare not oppose, owing to the fact that more or less their wealthy congregations are guilty.

What is there about sex that the public ought not to know? Why have our boys and girls to learn all they know about sex from some degenerates instead of being taught by their parents or PHYSICAL CULTURE magazine?

In reading an article it is necessary to take into consideration the context. "It is ill to wrench passages of the Bible out of their context."—Spurgeon.

John Brown was hung for trying to liberate the slave. You are subject to imprisonment and fine because you are endeavoring to prevail upon your fellowmen to lead purer and nobler lives.

R. V. MUIR,  
Brownville, Neb.

MR. BERNARR MACFADDEN:

I want to tell you how much my sympathy is with you in your recent trial, for so-called obscene literature, published in your magazine, PHYSICAL CULTURE. It is a dirty outrage, that one who is truly working for the uplifting of our present rotten standards, should be treated so. Instead of prosecuting you, they should emblazon your name to the world as a public benefactor, fully as much entitled to fame and honor, as President

Roosevelt. Certainly in a different line, but one helping the true growth or decency, honor, perfect manhood and womanhood to an extent you, yourself do not realize. Your influence reaches to corners you do not dream of. They, whose minds are clouded by the all-pervading present day prudery, can see nothing but filth in anything in the line of reference to the various parts of the human body, made after God's own image, if we are to believe the Bible. Lacking the education on these various subjects, so essential to the proper formation of the man or woman, beautiful, healthful, sensible and evenly poised, they simply cannot see any use in this campaign of education, which you are leading. Let them live and die in their folly, misery and hidden sorrows. The younger generation coming on will be the ones, that will become physical culturists. Go on with your good work, falter never, even if you seem alone sometimes, for you have the sympathy and helping hand of thousands, who are at all times preaching and living the doctrines you are scattering in people's minds. The finer and better most people's thoughts are, the more averse they seem to become to tell someone about them. That, I think, is why you do not receive more expressions of approval.

A. J. HORNUNG,  
Order of Railroad Telegraphers, Greensburg,  
Indiana.

MR. BERNARR MACFADDEN:

You may remember that when you were fiercely assailing Anthony Comstock, I wrote to you, advising you that he was, in my judgment, a true and noble man, and that though he might not be understood by you nor you by him, his motives, like your own, were most worthy. I advised that you did not speak harshly and violently against him. Now, with all my admiration of his work for many years, I do not hesitate to say that I think he has misapprehended your spirit and purpose and that neither he or any other person should injure you or your possessions in any way. The little tract which you sent me, accords with all that I have known of you from observation during the years since first I had the knowledge of your magazine. And so convinced am I, that you have been unjustly condemned that I would like to aid you if it is in my power.

Your case is one of great hardship. The facts of your life as recorded in your little tract, "Is it a Crime to Expose Crime?" amply attest the purity of your motives and the high purpose of your life and work.

Through seven of the nine years of the existence of your magazine *PHYSICAL CULTURE*, I have very frequently read it. Its excellences have been marked; its defects have been those of ardor and zeal in the inauguration of a new and greatly needed reform. It is pure in pur-

pose and not seductive toward any vice, newspaper news, novels daily published, theatrical shows by the thousand, are thoroughly and intentionally evil.

I know and honor greatly Anthony Comstock. His purposes are pure and lofty. But I credit you with purposes as truly good and beneficent, and I think that to fine you or imprison you on your record, is an act most cruel and unjust.

Some things you have published have, in my opinion, been ill judged and coarse, but I never detected an evil purpose in anything of yours that I have read. I believe that social conditions are measurelessly worse than you have pictured them. I think you ought to be advised, perhaps admonished, but certainly commended, and assisted in your work, and freely pardoned for a technical violation of the laws which you mean to honor.

The degradation of the powers of sex by human beings, largely through ignorance and neglect, and the consequences of excess are well known by all students of sociology to be more disastrous to humanity than any other line of human misconduct, not excepting the liquor traffic with which it is affiliated. If the powerful enginery of the government were fully exercised against the social vice in our cities, bringing to punishment politicians of all degrees of prominence, who connive at the dives, the "white slave traffic," and other forms of this evil, more horrible than African slavery, I should think them infinitely better employed than in punishing you for any, even the most ill judged, efforts to extirpate it. Hoping that you will be fully pardoned, I am, with honest respect,

Yours very truly,

ISAAC J. LANSING,  
Pastor Green Ridge Presbyterian Church,  
Scranton, Pa.

MR. BERNARR MACFADDEN:

I am interested in the "Comstock" trial, please send me a petition blank and I will have it filled with names for the good of the cause. I do not believe that you will ever have to stand the sentence of the Jersey Court, however, it is serious.

Under another cover I am mailing you a complimentary copy of a little book of quotations which I have just published, entitled "Gems of Thought." Shall be glad to have it noticed in your magazines—please send marked copy.

A letter just received from Mr. George Wharton James, informs me that he is to lecture for you this winter. Can you send me a list of his dates or any information in regard to the lectures?

Wishing you the highest degree of success in the good work.

HENRY B. DAMON,  
Katonah, N. Y.

Weakness of body induces feebleness of will, despondency, irresolution, a tendency to abandon work which does not succeed at the outset.—Dr. Parkes.

## What Constitutes Obscene Literature?

By PATRICK J. McMANUS

**I**N the light of recent events, the question asked above, assumes striking prominence.

Now, "obscene literature" is matter prepared for the purpose of exciting pleasurable thoughts concerning things illegitimate, or concerning the performance of acts whose chief prompting motive is the immediate pleasure experienced.

When any part of the human body is described or illustrated for the sake of art, or medicine, or scientific research, or for any other legitimate purpose, such as, for example, the improvement of the part itself, obscene literature is *not* produced by the description.

Works of art showing the human body in its nude or natural state, illustrating the beauty of "the human form divine," or to prove the possibilities of the art represented, and not intended to excite the passions, are *not* obscene literature.

Most of us have seen works on human anatomy in which are found true engravings of every organ and part. They are placed there for scientific use—to increase the knowledge of the student or the reader. They do not constitute "obscene literature" for this very reason, although some of them show every part of the body in its minutest details, in its natural colors, nothing eliminated. These are safe and good to circulate among those for whom they are intended, and among all who will study them or look upon them with clean eyes. But if *these same cuts* were reproduced along with such an expression as would tend to excite the passions, or if these pictures were promiscuously circulated, with no scientific or explanatory matter in connection, they would constitute obscene literature. It would not be necessary to change the pictures themselves in any way.

Again, this great world has one book,

and one alone, which is universally respected by right-thinking minds throughout civilization and even down through semi-civilization quite to barbarism. This book is the Holy Bible. We love this book, and no man follows its teachings quite so closely as does the true physical culturist! Yet this book contains stories without number that ignorant and unthinking men have presumed to pronounce obscene! Now, I am not going to give the chapters in question, but if your mind is in harmony with the Scriptures you may look them up—and you will not have to go far into the Old Testament to find them. Very funny stories—who said it?—some vile mind! No; they are not "funny stories" when read by those whose minds and hearts are prepared for them. They are not "funny stories;" they are the most serious, the saddest stories, ever written or read by man. They all speak of sex, it is true; but they are not placed in the Holy Bible to excite the passions, to amuse those of degenerate intellect, or for the ignorant to laugh over. A thousand times, no! They are placed in God's Word to warn men, women, boys and girls of the *terrible* consequences that are sure to follow the commission of the *greatest sin of which humanity is capable*. They show how men were punished in the past for their crimes, and how they will be punished for them in the future. These stories are necessary. The Bible would not be complete without them. They have been called degrading, unfit for the young to read. He who criticizes this book thus is generally wrong. No part of the Bible is more elevating than these stories when read, understood and applied. Would that every boy and girl, with countenance full of hope, and cheeks painted with the beauty of a new-born world, might read every one of these stories, not idly, but with an under-

standing mind, having by his side, an experienced father or mother to make the meaning clear.

These stories are *not* obscene, because they are placed in the Word to bring out in the strongest possible manner, great, moral and physical truths, and to enforce certain mental and moral precepts in the most effectual way.

There is a parallel to these stories. We have in our country a well-known magazine publisher. He accepted certain stories and published them for the identical reasons stated above. They were not intended as "funny stories" to amuse, or as sensual narratives to excite the passions. They were designed to call attention to great errors, mighty wrongs, terrible sins, and to induce the readers of his magazine to refrain from these acts. Their publication was only one of the many good deeds performed for the uplifting of humanity by one of the greatest public benefactors of our time. He

did not intend one or any of such stories as obscene literature any more than does the publisher of one of our great anatomical or medical works or the publishers of the Bible. Those who know him, have faith in his sincerity. His motive being pure, where does the term "obscene literature" apply? If he is to be convicted of sending out obscene literature, pray tell me why you cannot convict the other two classes of publishers—medical and biblical—their motives being the same? But why talk of final conviction? Is not the court to which he has appealed made up of men of great, broad minds, who can see the truth as it is? When these men understand his laudable purpose in publishing the matter to which reference is made; when they recognize the fact that he has saved hundreds of lives by his public teachings; when they learn he is a man of strong and righteous convictions, pure in mind and body, what do you suppose that they will do?

#### A CHILDREN'S CRUSADE AGAINST THE CORSET

From Great Britain comes the news that two little school girls have declared active war on the corset. One of them, whose name is May Cooper, and whose age is sixteen, resides at Wimbledon, and the other girl, Mary Griffith, is a year younger and lives at Balham, not so very far from her friend. As the readers of this magazine probably know corsets in England are called stays.

A month ago these two little girls founded a society to fight the corset, and as they were only two in the founding it was called "The Heavenly Twin Anti-Stay League." Miss May Cooper, the youthful president, is the youngest daughter of a man of means who lives in London's southwestern suburb.

"I am not at all cast down by the want of interest in the matter," she said recently. "One member is a step forward and certainly better than none at all. The League came about in this way. My mother, a few months ago, bought some corsets for me. They hurt me, and I objected to wearing them. She insisted that I should. I appealed

to our family physician, and he declared that if I could get along without corsets, so much the better. He said that he and every other medical man in the world conscientiously advised against corsets. My chum, Miss Griffiths, had the same experience, so we decided to form a society to fight corsets. I am president, she is secretary-treasurer. We have given tea parties, at which we have given talks on the evils of corsets, but it was only sowing the seed. The harvest hasn't come yet.

"We tried our families, but our mothers and sisters refused to give up their corsets. Other girls referred the matter to their mothers and we got only refusals. We then formed an amateur dramatic club in connection with our League. We have scores of members of the club, but when we asked them to subscribe to the anti-corset tenets, they all balked. We are going to start an anti-corset campaign in the newspapers, particularly the suburban ones, and hope it will bring results."

Good for the youngsters!

## A Walk of Over 900 Miles

**W**E give herewith a picture of Mr. and Mrs. E. B. Porter, who are enthusiastic physical culturists of several years standing, and who have claims upon the attention and regard of the readers of this publication, by reason of the fact that late last fall, they decided to walk from their residence at Mentone, Lookout Mountain, Alabama, to Physical Culture City, N. J., a distance of 921 miles.

They left Mentone on October 9th last, arriving at Physical Culture City on November 14th. There were five Sundays and four stormy days on which they did not travel. Thus they had twenty-eight days of walking, making an average of thirty-three mile per day.

The trip was mainly made to prove what strength and endurance a woman can obtain, by following physical culture methods. And in this and other senses, it was entirely satisfactory.

The diet of the couple consisted of raw rolled oats, raw peanuts, raisins and other fruits and nuts. The two-meal-a-day plan was followed throughout. The late Fall was chosen, because of the pleasant weather which prevails at that season of the year, especially in the South. So it came about that almost throughout the journey, the nights were clear and frosty, while during the daytime, the sun shone warm. While crossing the Blue Ridge mountains, for three nights in succession, the pair slept by a big camp fire. At the first peep of dawn, the nearest stream was visited, in which each bathed and then took a big drink of water instead of breakfast. A start was then made and fifteen miles was usually covered before noon; when the first meal of the day was indulged in. For the purposes of this meal and a rest, some pretty and convenient spot on the roadside was selected. Mr. and Mrs. Porter relate with gusto the keen appetites which they had for their food.

After this rest, a start was again made

and the walking continued until dusk. Then a dense wood was found, into which the pair went, far enough from the pathways so that the light from the camp-fire which they then built did not attract the curious or the inquisitive. Supper was eaten by the side of the fire, and the joy of living was realized to the full. When the supper was over, the



Mr. and Mrs. E. B. Porter

events of the day's travel were discussed and then it was time to retire. But instead of entering a close room, where the windows were rarely opened, and jumping into a bed of feathers whose covers nearly finished the work of suffocation, the pair laid down by the side of the camp-fire, to breathe the pure,

fresh air of heaven, gazing up at the stars meanwhile until they fell asleep. Those who live ordinary lives, whose bodies are filled with impurities due to the use of meat, white flour products and various harmful indulgences, might perhaps not dare to spend a night on the ground for a couch and the sky for a canopy. Such would probably contract neuralgia, rheumatism, or some one of the dozen diseases to which the typical man is heir. But a person who lives according to the teachings of physical culture, has pure blood coursing through his veins, and is in such an excellent physical condition in general, that he has no fear to come in direct contact with Mother Nature. And this was the experience of Mr. and Mrs. Porter, who from first to last, enjoyed the most excellent of health.

During the journey, they passed over eight States, crossed nineteen rivers, and visited three hundred villages or cities. Each one wore out a pair of heavy-soled shoes, had them half-soled

twice and got a second pair in Baltimore. In their opinion, the only way to see the country and to visit cities such as they touched at, is by indulging in a pedestrian trip. Furthermore, if some of the State officials who are responsible for the condition of roads, were compelled to traverse the latter on foot, the probability is that there would be fewer bad roads and more good ones. Some of the rivers in question were ferried and others crossed on bridges. The most difficult proposition they came in contact with in this connection, was the Susquehanna River which was crossed by walking the ties of a railroad bridge one mile and an eighth long and one hundred feet above water.

The conclusion of Mr. and Mrs. Porter in regard to the trip is that if every man, woman and child would become followers of physical culture, there would be such an obliteration of suffering and misery and in their stead, so much health, strength and beauty that the world would be reformed.

### BLIND TO ITS FAULTS

For reasons which need hardly to be recited, the fatalities which arise directly from the use or rather misuse of alcohol are rarely credited to the legitimate source. The liquor power is still a power in a good many directions, especially where the advertising columns of the newspapers are concerned. Hence it is, that liquor is rarely connected with the crimes against one's person or one's self which it should be. The *Pittsburgh Dispatch* in commenting on this state of affairs says: "Apoplexy, heart disease, gastritis and pneumonia frequently appear on the death certificates, but were the truth told, these deaths, in hundreds of cases, each year have been superinduced by alcohol. The mortuary records of the county during the past few years show that there has been a remarkably large number of sudden deaths for which habitual intoxication was the primary or direct cause. Fatalities and tragedies in many cases may be attributed to the use of alcoholic drinks, and in nine cases out of every ten the persons who have committed suicide during the

past decade were driven insane or rendered destitute and despondent by drink's curse.

"Death due to pneumonia is the cause often ascribed by physicians for the death of their patients. In order that the friends of the dead be not subjected to humiliation, the words 'superinduced by acute alcoholism' are frequently omitted from the death certificate.

"If any man or body of men thinks he is fully alive to the deplorable conditions that have been wrought by alcohol and its kindred destroyers of life, homes and happiness, he is wrong. The whiskey bottle is in evidence in most of the hovels in the districts inhabited by the families who are frequent applicants for aid at the office of the Department of Charities and Correction. The liquor laws in Allegheny County are as stringent as in any other place in the United States, but notwithstanding this, toppers are multiplying, our prisons are filling up, and records of charitable institutions show that intemperance is flourishing."



## Vibration as a Palliative and Natural Cure

By WILLIAM P. PARKS

WITHIN the past few years, or even less, recognition has been given to the benefits which arise from what is known as the vibratory treatment of disease or of indifferent health. More than that, the benefits of vibration in the case of fatigue, overwork, and temporary "run-downness," and so forth, have been given that recognition which, so it would seem, have been improperly held from it in the past. The reason of this will be made manifest, if you will recall the fact that physical culture is teaching, and has taught, the great truth, that natural means of keeping health and restoring health, are not merely the most effective, but at the same time, the simplest, and for that matter, the most pleasing. Vibration is one of these means and those who have experienced it in any form, will not hesitate to confess to the qualities just attributed to it. It may be said in this connection, that every natural remedial means is void of methods or features against which the emotions of mind, or the nerves of the body revolt. In this respect, it is distinctly different from the alleged remedies of the so-called schools of medicine. Doctors are becoming so cognizant of this fact, that the majority of their potions and pills are nowadays either flavored or rendered tasteless. This, not only because there is a desire to approximate natural cures in this respect, but, in addition, because it has been discovered that our nerves of taste revolt against a nauseating draught or bolus and, that the incidental harm is greatly in excess of the hoped-for good.

So that if you apply the same test to any form of treatment, you may pretty safely learn from it the amount of benefit which it will bring to the sufferer or the weakling. In other words, if it is acceptable to the patient, it will usually

prove beneficial to him or her. On the other hand, if there is an instinctive shrinking from it, you may be certain that it will not bring about the desired results. Now when this test is applied to vibration, no matter how produced, the verdict is distinctly in favor of it. For no matter what the condition of the afflicted one be, the idea of vibration is as acceptable to him as is the actuality.

The reason of this will be manifest, if you give it a little consideration. Someone has said that pain "is nothing more or less than the cry of a nerve for a full supply of blood." When, therefore, we feel pain, the inference is, that that portion of the body so affected has not been properly nourished or supplied with the vital fluid. This is one feature of the case. To the maxim just recited may be added this, that malnutrition of any one of the parts or organs of the body; that coldness at the extremities; that numbness or a tendency on the part of a limb or of members to "go to sleep" at unexpected intervals; and that an irregularity of action or circulation, is a certain sign that the nerves concerned, are not getting their full quota of blood. Consequently, anything and everything which tends to furnish this quota, and so stimulate the nerves, and for that matter the muscles into normal activity, is to be commended. Of the several things which bring about this desirable state of affairs, vibration is one of the most important.

It should be said right here, however, that vibration alone will not cure a long-standing malady, although in the case of temporary overwork of muscle, or nerve, or brain, it will certainly bring relief and often restore to normality. But where there has been improper living, habits of a condemnable sort, and a total ignorance or disregard of hygiene, it would be impertinent as well as impossible to look to vibration

to palliate, much less cure. In cases of this kind, there must be a general right-about face. The body must be restored to a healthy condition in order that the mind become healthy also; bad habits must be shed, and there must not only be an intelligent appreciation of the laws of health, but also an application of the same. Of these last, vibration forms one of the latest and most effective. Hence it is that it has its proper place in the scheme of well-being, and hence too, that, only the unwise will neglect it.

The same kind of thing in kind, if not degree, may take place where the affected individual suffers from temporary undue demands upon his strength and his nerve force. In either instance, it will not be difficult to locate the seat of the disturbance and, with the aid of vibration properly applied and intelligently distributed, to remove either the congestion, or bring about a proper distribution and flow of the circulation. In fact, the vibratory system appeals especially to those who, by reason of modern strenuous life, finish the day in an exhausted condition, both in body and mind. To such, the thrilling glow brought into being by the modern vibratory machine, whether it be of the electrical or mechanical type, is not only a revelation but a blessing. It soothes, while it restores, and it calms, while it refreshes. To a very great extent, it reverses the action of the day's toil or business, and it brings into existence a phase or condition of quietude, which is as unmistakable as it will be novel to those who have not before experienced the outcome and effects of vibration.

An authority on the subject has this to say in regard to the work of the vibrator. "You have two separate and distinct sets of systems of nerves, organs and muscles. The first is the sensitive system. It is through this that we perceive, act and think. The second, is the vital system, or that by which the sensitive system is maintained. Seeing, hearing, tasting, smelling and feeling are the means by which we become connected with material things and gain information regarding them. These five senses, together with the mental functions such as thought, memory and

all-conscious intelligence, form the sensitive nervous system. During sleep, the functions of one's sensitive system are at rest, recuperating for the coming day and being strengthened and refreshed by the vital system, which never sleeps.

"Now do you ever stop to consider that your vital system gets no sleep? No rest? It is busy all the time, and during sleeping hours is, as told, engaged in restoring the sensitive organs to a normal condition; removing the effects of fatigue. If you do nothing for your vital system it cannot do what ought to be done for your creative self. Do not permit your sensitive system to impose upon or neglect your vital system. It is your mental and sensible duty to compel your sensitive system to give the vital system, more consideration. Do not allow your sensitive self to be so unappreciative and so ungrateful to your unselfish and vital self. But how can this be done? Why, by giving your vital system a vibratory treatment or massage. It will revitalize this system to such an extent that the latter will reward your sensitive system by giving you new life, a longer life, a healthier, happier and more successful life and thereby creating a balanced being, a unit of mutual benefit. The vibratory treatment or massage given to you by a properly constructed machine, yields an absolutely novel sensation. It sends your blood tingling and leaping and bounding through the affected parts. You feel new strength. Pains and aches leave you permanently, the congestion which is in reality sickness, disease and depression is broken up and disappears. A perfect forceful circulation is produced, and the thrilling speed penetrates and brings to you the glow of health and energy."

Allowing for the enthusiasm of the writer in regard to vibration, there is a good deal of truth in what he says. It is a curious fact that the instincts of a person who has been suddenly harmed, or who is suffering from disease, is to rub the affected part. If you are struck an unexpected blow, you put your teeth together, contract your brows and your hand flies to the affected spot and you rub vigorously. If your head aches or

a twinge of neuralgia suddenly affects you, away goes your hand and you rub and rub and rub. Does your flesh prick or tingle, or itch? Then you "vibrate" it by means of the hand. The athlete before a race is vibrated by his rubber, and it may be added that the lotions and oils, and so forth, which the men of muscle use, are simply intended to prevent any unpleasant results accruing from the friction of the hand and flesh. In fact, the oils do no good whatever and such benefits as result, come entirely from the hand and the massage or vibration for which it is responsible. And it should be noted that the same kind of thing obtains as we descend in the scale of creation. In each and every one of these instances, it will be seen that natural vibration is used, either to assuage pain, effect a cure, or restore strength, or imbue the muscles that were about to be used, or had been used with energy.

In view of the fact, that vibration can accomplish all these and many more things, there are some who have attempted to endow it with almost supernatural qualities. But the regard of these for vibration has got the better of their common sense. The truth is, that the benefits of vibratory movements are dependent upon physiological laws which are well understood, and which are as certain and reliable as the rising and the setting of the sun. These laws are chiefly those which have to do with the equalizing of the circulation in the first place, and the awakening of sluggish nerves, muscles and organs to their duties in the second, through the medium of the reinforced blood supply.

Now, while massage or vibration with the hand is an excellent thing in its way, it has its disadvantages. It is not always that a person can be found who is willing or even able to administer this hand treatment. Then again, the varying pressure of the hand, together with the uncertain bodily temperament of the individual who is willing to administer the treatment, constitute a grave defect. Also irresponsible massage is unquestionably a bad thing. "Irresponsible" is used in this sense, to signify a lack of knowledge on the part of the operator in regard to the position

of the nerves and muscles affected. If, however, you become possessed of a vibratory machine, you will be sure to receive with it instructions as to its use, and these last include a general but comprehensive treatise upon those parts of the body that will be affected by the apparatus. We would say right here, that vibration or massage as applied by those ignorant of anatomy is, at the best, an indifferent form of treatment, and at the worst, positively harmful. On the other hand, if it is used with intelligence and care it is, as has been already stated, a remedy and a strength builder of the highest value. Therefore, before you begin to use one of the mechanical vibrators or masseurs study yourself somewhat, or the person on whom you propose to operate. Find out just where, and when to use the apparatus.

Another point to be remembered is, that in order to produce the desired benefits, you must have a vibrator which will give you a rate of speed or vibrations per minute which will be sufficient to stir the blood vessels, capillaries or otherwise induce the needed activity.

There are, in addition, vibrators operated by motors run by current from electric light wires, and those operated by hand. Each of these have their adherents. In the latest form of electric vibrators, it is said that "shock" is an impossibility, a point to be remembered.

It may be added, that while the popularity of these electric apparatus is on the increase, there is a corresponding output of hand-manipulated devices for producing vibrations, many of which are of an ingenious nature and all of which, produce the needed thrill.

It is claimed that among other things, vibration exercises the skin, rubs out disfiguring wrinkles, cleanses and closes up unsightly pores, gives a magnificent complexion, removes superfluous fat in various parts of the body, and builds up the figure to graceful curves by filling up hollows and angles. More than that, it is alleged to cure some dozens of recognized maladies, particularly those which have to do with the nerves, and it has been proven to be a palliative or total cure for a number of obscure diseases. The nature of these maladies are recognized by the apparatus, so to speak,

which can be so worked or arranged, that the number of vibrations per minute is increased or lessened.

It has been said that vibration is a recognized curative not only among naturopaths, but on the part of the doctors of the older school.

Thus Dr. Osler, the famous physician remarks of vibration: "It is recognized by the medical profession at large, that pressure (or vibration) and massage cause absorption."

Dr. Herdman alleges, "Electro-vibratory massage produces at once a warm, prickling sensation, and the reaction is always pleasant and agreeable."

Dr. Butler in his work on medicine says, "Vibratory massage reduces inflammation, stimulates the muscles, removes pain, relieves congestion, and relieves a congested area, while it starts a general circulation."

The American Medical Association's *Journal* of November, 1905, has this: "By vibratory massage, the number of pulse beats may be regulated. The effect may be permanent, and after several treatments the rhythm of the heart may be influenced."

It may be said here, that a good, healthy circulation causes the blood to carry away the impurities and deposits healthy tissues along its route. For this reason, vibration, especially that of a qualified sort, must do good to the

one who uses it. As a writer on the subject says: "Notice how foul and impure the water is in a stagnant, slow stream, and notice too the debris deposited along its banks. Then note how clear and pure the water in a swiftly running brook and the clean, firm banks between which the latter passes. So it is with the blood-brook and anything which tends to keep the blood swiftly running must be for its good. There is nothing better to this end, than vibratory massage."

It should be finally stated that, as in everything else, too much vibration, whether that used by hand or electric devices, is not merely lacking in benefit, but is positively harmful. It is said that from one to five minutes is sufficient for a vibratory treatment, of the high-power electric kind anyhow, after which, a rest should take place. Then the treatment may be taken up again. But the duration of the phases, must depend, to a very great extent, on the nature of the malady and the condition of the patient. The same remark applies to the bulbs and balls and rubber devices which come with some of the electric vibrators. While directions for their specific use are furnished with them, yet such instructions can be set aside, if it is found that one of the devices is applicable to all the needs instead of one or two on the user.

## THE ADVANTAGES OF PHYSICAL TRAINING

Professor Hoffman, writing of a simple exercise that develops the broad, flat muscle covering the front of the abdomen, says: "It is one of the best possible remedies for dyspepsia, and is also exceptionally valuable in the treatment of obesity."

Speaking of another exercise the same authority says: "It produces a sort of internal abdominal *massage* of the stomach and bowels, and a quickening of the circulation in those parts, most valuable in cases of indigestion and chronic constipation." And here's another point in favor of physical training:

"It may seem strange at first sight to read that physical training will make the fleshy loose and the thin gain flesh, yet it is perfectly true. Blackie calls attention to this fact. The simple reason is that wise exercise brings the body quickly into a normal healthy condition, and as too much or too little fat-flesh is an abnormal condition it follows that healthful exercise tends to correct both extremes. This is a fact well known in every gymnasium. Firm and vigorous abdominal muscles form the best 'girdle against obesity.'"—Lagrange.

## A Gain of Nearly One Hundred Pounds

**T**HE trio of pictures shown herewith, are those of Mrs. Juanita E. Dennison, of Orange, N. J. They are interesting on the score of their being those of a young woman who has tested practically and to her complete satisfaction, the principles and methods of physical culture as advocated in this magazine. This too, after several physicians treated her without benefit. What is more, Mrs.

prior to her illness, and the second, as she now is, hale, happy, vigorous, and ready to take up a life of usefulness and activity. Her story, as told in her own words is as follows:

"It was on the 27th of June, 1906, that I was taken with convulsions, which refused to yield to home treatment or remedies. After suffering for some time, my friends called in Dr. William Rosensohn, of East Orange. After



Mrs. Dennison as a Nurse, Just Before Her Illness, Which Reduced Her to 69 Pounds



Since Her Cure at Physical Culture City, She Now Weighs 160 Pounds

Dennison, during that period that she was being treated in the "regular" manner, was in a serious condition. Fortunately, the young woman's good sense finally prompted her to visit Physical Culture City, in an attempt to regain health, and she has now fully recovered. The last picture of the series shows Mrs. Dennison in her teens, the first one, that in which she appears in the costume of a nurse, just

giving me a careful examination, he diagnosed the case as one of very weak nerves. Three days later, a consultation was held between Dr. Rosensohn and a specialist, a Dr. Butner, also of Orange, at which it was decided that the original diagnosis was correct and I was treated accordingly. In spite of their efforts, however, I relapsed into unconsciousness, which continued for twenty-eight days. In the early part of August, I

recovered somewhat, and was able to sit on a chair on the porch of our home. At this juncture, Dr. Rosensohn went on his vacation, leaving Dr. Dodge in charge of my case. On August 18th I was again taken with convulsions and



Mrs. Dennison, When a Buxom Girl in Her Teens

at one period, an attack followed every twenty minutes. Dr. Dodge was called in, but said he could do nothing for me. My mother then suggested that I go to Memorial Hospital, my physician agreeing in this. The staff of doctors in the hospital pronounced my case that of

kidney trouble in the worst form. They also alleged that my kidneys were practically petrified and that I had only a few hours to live. Dr. Lee asked me to submit to an operation, declaring that my so doing, might be the means of saving the rest of the family. I need hardly say that I declined. Another physician spoke to my mother for my body which was also declined.

"The treatments given me were steaming over alcohol, my head being packed in ice in the meantime. I had a private room and finally a doctor attended to me exclusively, his name being Ralph Hunt, M. D. There was also a special nurse assigned to me, a Miss Halliday.

"I managed to survive, however, and left the hospital on September 20th last, being taken home in a carriage, as I was unable to walk. I then weighed sixty-nine pounds, had a continuous headache and convulsions.

"Then it was that I was advised to take treatment at the Health Home at Physical Culture City. I was fortunate to yield to this advice, but was so weak that a carriage had to be used to take me to the railroad depot and from the depot at Physical Culture City to my home. Under treatment at the latter place, I improved rapidly. In two weeks time, I walked five miles. The treatment included fasting, plenty of exercise and so forth. On one occasion, I started at four o'clock in the morning, walked seven miles, at the end of my walk took a shower bath, and then went in bathing. I am glad to say that I am now free from all my old troubles, weigh 160 pounds, and thank God that I inaugurated my treatment and cure at Physical Culture City."

### THE NEED OF SPECIAL EXERCISES

Many are aware that they take insufficient exercise and are in a manner conscious that this has a great deal to do with their indisposition, but the vaguest notions are entertained as to the exercises that are beneficial in respective cases. The mere suggestion of "take more exercise" is often useless by not being directed to those muscles that have suffered most from inertia.

Walking, for instance, may only intensify a lop-sided development and induce an increased circulation in parts where it is least required, and the invalid will consequently feel tired without any corresponding gain. Whereas had the effect been directed to the muscles of the abdomen, thorax or upper extremities, the result might have been entirely different.

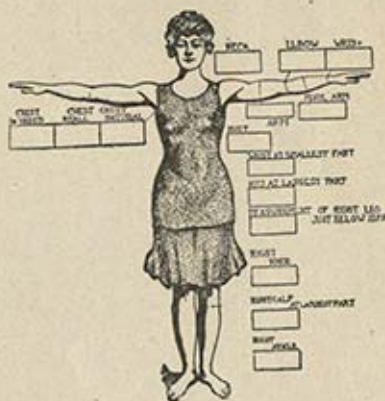
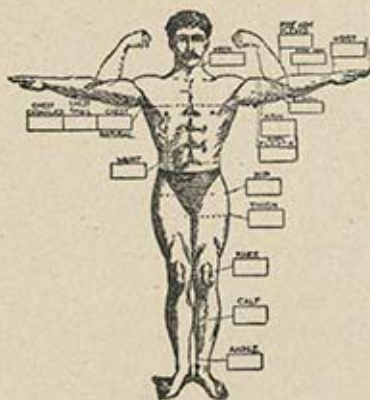
## Our Grand Prize Competition for Men, Women and Children

**T**HERE is only one test for popularity. This is the manner in which the public receives a suggestion or an idea. If either of these meet with approval, it is not hard to observe or appreciate that fact. If, on the contrary, the public exhibits coldness or indifference, these same are obvious also. In other words, the public is honest in regard to its beliefs and emphatic in its endorsements.

To judge by the foregoing, the prize competition for men, women and children inaugurated two or three months ago in this magazine, is an emphatic success. Furthermore, it has met with

the Committee, will do their duty faithfully that the ladies and gentlemen who form fully and that the awards which they make will be of an entirely equitable nature.

As was to be expected, not all of those who have so far submitted photographs and measurements are qualified to become contestants. We do not know whether we have made this matter as plain in the past as we should have done. If not, we wish to do so now. Let it be said then, that there are certain physical qualifications which must be possessed by contestants before they can be considered as such.



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

the approval of all of those who are interested in physical culture topics, principles or methods. This is shown not only by the communications which have reached us, the writers of which give their written approval to the competition, but by the hosts of photographs and measurements from those who desire to enter the contest. And what is more, the flood—to use an appropriate term—of such letters and pictures continues unabated. In consequence of which, the work of the Committee of Selection will be as lengthy as it will be arduous. But we have little doubt

Perhaps the chief feature of these qualifications is an all-round and well balanced development. By this is meant, a height appropriate to weight, and chest, neck, arm, leg, abdomen, waist, etc., measurements which shall be in keeping with such height and weight.

There is an old proverb to the effect that you cannot say a good thing too many times. However true this may be, it will certainly be in order to repeat a list of the prizes to be given to winners in this competition, and also tell something about the dress, measurements, etc. The prizes will be awarded as follows:

One hundred dollars in gold for the most perfectly formed man.

Twenty additional prizes, consisting of valuable works on physical culture; yearly subscriptions to the magazines, etc.

One hundred dollars in gold for the most perfectly formed woman.

A gold medal for the best formed boy under fourteen years of age.

Twenty additional prizes consisting of books, subscriptions to the magazine, etc.

A gold medal for the most perfectly formed girl under twelve years of age.

Twenty additional awards of physical culture books, subscriptions, etc.

A gold medal to the parents of the most perfectly formed baby. Twenty additional prizes of books, subscriptions to the magazines, etc.

#### SPECIAL PRIZE OFFER

In addition to the foregoing, we desire to send copies of this magazine, free of all charge, to the best formed man and the best formed woman in every city that has a population of three thousand souls or more. Send us the names of those whom you consider the ideal man and the most beautifully formed woman of your community. If the information is confirmed, we will at once place them on our subscription list and will, if they or you see fit, publish their names and the honor to which they are entitled.

There are some simple rules which govern the competition, these being as follows:

Each competitor must send in his or her measurements and photographs, these last, taken in not less than two positions. The pose selected, is left to the judgment of the competitor. If you will refer to the pictures which are published with this notice, you will see what measurements it will be necessary to take. It is understood that the act of submitting photographs gives us the publication rights of the same. Be sure to write your name and address on the back of these photographs, and if you desire them to be returned, sufficient stamps must be enclosed for that purpose. Give as many details about yourself as possible, and among other things, state whether you are a physical

culturist, wholly or in part; whether married or single; an athlete or otherwise, together with the facts about your diet, habits, and so on.

In the case of men, the photographs must be taken in trunks similar to those shown on the pictures of male figures published in this magazine from time to time.

As far as the women competitors are concerned, they can wear any costume that they select, but we naturally prefer one that will show in detail the outlines of the figure, so that the Committee of Selection may be enabled to judge with accuracy of the good points of the contestant. We suggest that photographs be taken in a two-piece underwear suit, such as was used by the women competitors whose pose-photographs were published last month. A dark or blue, green, or brown material should be used instead of white. If you decide to use this two-piece underwear, please note the following instructions:

Secure a very tight-fitting suit, so that when it is once on there shall be no wrinkles, but an unimpaired view of the outlines of the figure. Put on the drawers first, then pull the stockings tightly over them; now put on the vest or shirt; pull it down tightly and fasten the center of the front and back lower edges between the legs.

Women contestants must agree to have their measurements verified, if necessary, by a local medical practitioner.

The remarks about women's costumes apply, to an extent, to those that should be worn by girls, although in their cases, photographs taken in tights are to be preferred.

In regard to the babies, any costume may be worn, although as a matter of fact, we prefer that the little ones wear no clothing whatever when photographed.

Be sure to send your measurements on, with your pictures and a description of yourself. Note carefully the measurements called for by the line-cuts which accompany this notice. Write legibly and be careful when giving figures, that these are of such a plain nature that they can be understood. Let us hear from you as soon as possible.



## Editorial Comment and Items from Everywhere

### "Big Fleas Have Little Fleas"

A scientific journal informs us that "Germs in liquids are being killed by electricity." Good. But the question naturally arises, what about the germs in the germs that are killed and the germs in the germs in the germs that are killed? There is no scientific or other guarantee that electricity renders this long succession of germs lifeless. That is, indeed, if the germs in the first instance are of a dangerous sort.

### The Old-Fashioned Country Girl

There are some ideals to which we cling in spite of the fact that modern methods and environments have practically eliminated them from the realm of actuality. One of such ideals that refuses to give up the ghost, is the sweet, lavender-scented, country girl of fact and fiction. Relative to her *The Weekly Middle West* thus remarks: "The old-fashioned country girl of fiction, the girl with 'the rustic woodland air' of poetry, the unsophisticated girl of the imagination of sophisticated city folks, has disappeared. In her place is a highly intellectual maiden to whom rusticity is a matter of physiological analysis and unsophistication, a sociological problem. As the country girl is in so many cases a college girl, a new value has been given to country life. To her 'the meanest flower that blows' can give not only thoughts that lie too deep for tears, but can also afford opportunity for the use of a knowledge of botany. She understands the physiological value of sunburn and the chemical constituents of fresh air. She talks learnedly about soils and subsoils, and has ideas about the rotation of crops. She may be discovered 'coming through the rye,' but, ten to one, her interest is in the quality of the rye rather than in any amorous wayfarer, and should she meet the song-hero, it is likely that she would ask his opinion upon some agricultural question rather than his sym-

pathy for her loveless estate. There is no doubt that in the future, one must look in the old songs and romances for the old-time country girl, but in real life, would anyone dare to prefer the blushes of unsophistication to the pale cast of thought?"

### Making Statues "Decent"

Not so long since there was a statement emanating from Trenton, N. J., to the effect that those responsible for the statues in the local art school had been requested to make the same "decent" by clothing them in linen fig-leaves or aprons of other material. Inquiry on the part of this magazine developed the fact that the story was more or less of a newspaper fake, but the following is true. Not so long since, a number of devout, but inartistic souls, took the precaution of draping the most prominent and therefore the most unclad, of the statues in the city park of Pueblo, Colorado. This, to the end, that school children to the number of several hundreds, who generally gather in the park during the afternoon or evening, might not have their "morals corrupted." It is said that the sight of Venus de Milo attired in a gingham apron, and Father Neptune sporting a flapping Mother Hubbard, rather excited the curiosity of the little ones, instead of suppressing it. And, indeed, well it might. Virtue, when it decomposes into prudery, is not only ludicrous, but positively offensive. The "good" souls of Pueblo have given an illustration of that unsavory fact.

### Desertions from the Navy

We have received a communication and a pamphlet from a seaman of the United States Navy who, by the way, is on his way to the Pacific on board one of the warships. The note, short as it is, is a warranty of the intelligence of the writer, while the pamphlet is a brief, but significant record, of the con-

firmation at Washington of the findings of court martials during less than a month in the year 1907. As the seaman in question says in his note: "Read the enclosed printed matter and judge for yourself if there must not be something wrong with the management of the enlisted personnel of the navy." Now, it is not the intention of the writer to criticize the navy *in toto* on the score either of popular rumor regarding the conduct of certain of its officers towards enlisted men, nor does it base its opinion of this arm of the service upon court martials' reports. But, for all that, the latter are, to put it mildly, suggestive. Thus, each and every one of the court martials in question, deal either with desertion, or with being "absent without leave." So, Ben Harvey, apprentice seaman; Mark Hege, ordinary seaman; Frank E. Williams, coal passer; James Williams, coal passer; Cassius O. Luther, apprentice seaman; Matthew O'Connor, marine; Harry W. Ramsey, ordinary seaman; William Santo, ordinary seaman; Bernard Cornwell, ship's cook; William Wheat, shipwright; John Manning, coal passer; John C. Hauer, ordinary seaman; Nevada E. Colgate, apprentice seaman; John Stern, marine; Benjamin Brown, coal passer; Augustine Malley, coal passer; Louis E. Klacer, shipwright; Julius Hawkins, mess attendant; Charles Armour, carpenter's mate; Frank C. Law, coal passer; John F. Ryan, coal passer; William Hall, baker, and others, are all tried and found guilty either of desertion or its allied offense. The sentences varied from a fine and a brief term in prison, to dishonorable discharge from the service. When we take into consideration the fact that every man who desires to enter the navy, has to submit to a searching examination, not only in regard to his physical, but his mental and moral standing, it would seem to us that there must be something radically wrong somewhere with a system which revolutionizes a man in the manner told.

#### More Doctors Blunder

Pertinent to the following article is a case in which a child dies of lockjaw that had been diagnosed as meningitis and—we

ask the physician named therein and others of his creed to note this—death followed on vaccination. We quote from the *New York Press* intact:

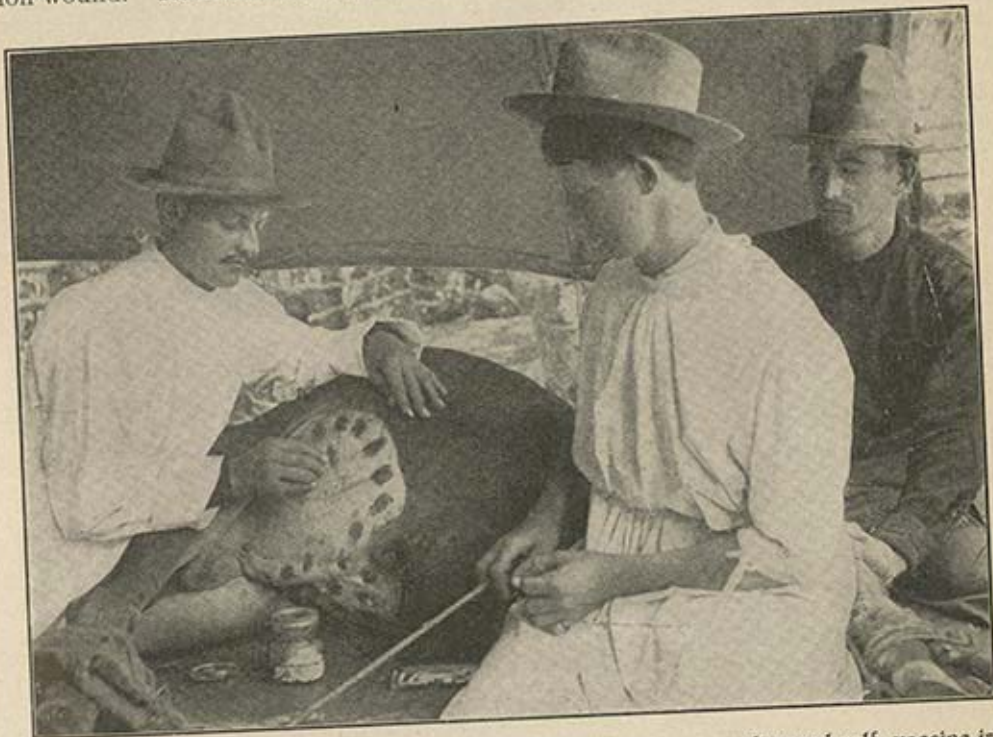
"Failure to diagnose a disease until it had gone beyond the stage where inoculation would be useful, resulted in the death of Ethel O'Keefe, six years old, of No. 66 Berkeley Place, Brooklyn, whose funeral was held in that borough yesterday. The child died from lockjaw following vaccination. Five physicians misunderstood her earlier symptoms, the opinion of the last being she was suffering from meningitis, and it was not until the spasms through which she passed became unmistakable, that the medical men made up their minds as to what was the matter with her. By that time it would be useless, they said, to resort to antitoxic treatment. All that the five doctors could do was to give opiates to the little patient to soothe her suffering as much as possible until the end came. Not even then, was the report of the malady made to the Board of Health complete. The case was reported simply as tetanus, without the cause of the disease being given. Lockjaw, being a result rather than an original disease, the Health Board reported the death to Coroner Brewer, with the suggestion that he look into it. It was an hour or so before the funeral that the Coroner gave a permit for the burial.

"Peter R. O'Keefe, the father of the child, is in the tobacco business in Canada. The little girl was entered in Public School No. 4, Berkeley place, whereupon her guardians were informed she must be vaccinated. A woman physician attached to the Health Department performed the operation. It was believed that the simple operation was done properly and that the virus was fresh. Most private physicians get their virus from the Board of Health, which supplied that used on the little girl's arm. But the child became ill last Sunday and soon was in violent convulsions. A physician was called, then a second, third and fourth. All four admitted that the tiny sufferer's symptoms baffled them. The fifth doctor, after careful examination, concluded meningitis was the trouble.

He could not, however, account for a breaking out on the little girl's leg.

"Days passed, and at last, on Thursday morning, the signs of lockjaw became plain. Nothing remained to be done save to dose the child with opiates and wait for her death. When the bald report of tetanus was investigated by the Coroner he found no evidence of carelessness. It is supposed the child permitted dirt to get into her vaccination wound. Relatives of the girl, how-

many doctors who seem to have been offended by this course is E. A. Hall, M. D., of Henry, Ill., who signs himself President of the Village Board of Health. So Dr. Hall has forwarded a communication which, in the opinion of this magazine, should be suppressed by the Health authorities. It starts off with the representation of the face of a man who "did not believe in vaccination," such face being of a normal and healthy sort. Then follows a series of pictures



From the vile, poisonous pus that is removed from the sores on a diseased calf, vaccine is made. The healthy blood of human beings is infected with this purulent poison under the name of vaccination. Think it over!

ever, say her parents will demand a further investigation."

Killed by vaccination!

#### A Revolting Argument Against Vaccination

This magazine has from time to time published articles on vaccination in which have been related the futility of the crime of injecting pus from a diseased animal into the healthy human body for the alleged purpose of preventing disease in the latter. Among the

allegedly taken from the third day of his having acquired smallpox up to the sixteenth, the pictures being indescribably repulsive. Indeed, in the case of a nervous individual, a scanning of them would, in our opinion, be likely to bring about serious results. There are also other pictures in the delectable pamphlet, illustrating little children with cases of small pox, elderly persons ditto, while the last page gives views of a horde of individuals who are suffering from the disease. Comment on such

a method of "preventing" smallpox is unnecessary. The simple fact remains that it is a filth disease and that it cannot be cured by the injection of other filth into healthy veins or tissues. Dr. Hall will perhaps be interested in reading the following facts regarding vaccination. The quotation is made from an article in the *Washington Herald*, by Mr. Harry B. Bradford:

"The official report of vaccination of the Surgeon General of the American Army in the Philippines during 1898-1901, inclusive, is as follows: 714 cases of smallpox, 249 deaths—everyone vaccinated and revaccinated." The Bavarian troops, which were revaccinated without exception, had five times the death rate from smallpox in 1870-71 that the Bavarian civil population had, although revaccination was not obligatory among the latter.

"The cases of smallpox among the civil population of this country in 1871-72 numbered 30,742, 29,429 of whom were vaccinated, 95.6 per cent. Sir Thomas Chambers, Q. C., M. P., recorder of the City of London, says: 'Of 155 persons admitted to the smallpox hospital in the Parish of St. James, Piccadilly, 144 were vaccinated. At the Hamstead Hospital, London, out of 2965 admissions, 2397 were vaccinated. In Marylebone, 92 per cent of those attacked by smallpox were vaccinated. Can anyone, after this, be found to contend that vaccination is a protection?'

"Dr. Alexander Wilder says: 'Consumption follows vaccination as effects follow cause.'

"Dr. Dennis Turnbull says: 'In my judgment, the most frequent disposing condition for cancerous development is infused into the blood by vaccination and revaccination.'

"Dr. M. A. Wesner says: 'Vaccine pus is a poison; the purer the more certain and fatal.'

"Dr. W. Hitchman says: 'I have seen hundreds of children killed by vaccination.'

"Dr. Zachary T. Miller writes: 'What does it profit you, if, by your efforts, you have gained perfect health, and your government vaccinates you and you are rendered a cripple?'

"Professor Vogt, author of 'The

Lymph Dogma,' said: 'No man should be entrusted with a chance for tampering with his fellow-man's blood.'

"Daniel Webster said: 'Compulsory vaccination is an outrage and a gross interference with the liberty of the people in a land of freedom.'

"Vaccination is lunacy on the very face of it. It would seem rather unnecessary to argue that the poison which an animal's diseased system throws off, as dangerous and deadly to its own life, is not fit stuff to throw into human blood. A father would kill a rabid dog which put his foaming poison into his child's leg, but he will pay a 'Health' officer for putting diseased corruption into his child's arm."

#### Rice versus Potatoes

A writer in a German publication draws a comparison between rice and potatoes, as a food for the people. Among the Chinese, Japanese and Indians, rice is so used, whereas the poor of Ireland and parts of Germany fall back on the potato. A laborer is said to need 500 grammes of carbohydrates per day, in order to make good his expenditure of energy, and if he were to depend on potatoes for his supply he would need to eat five pounds per day, whereas one and one-quarter pounds of rice would suffice. One pound of potatoes yields 100 grammes carbohydrates against 382 grammes in one pound of rice. The potato contains too large a proportion of potassic salt, which calls for kitchen salt, and the excess of both these throws an unnecessary burden upon the kidneys. Here also rice comes out better, as it contains from twenty to thirty times less potassic salt. Less salt again means less thirst, and this may be the reason why rice-eating nations drink less alcohol. Lastly, rice is more easily assimilated by the human body. As for the cost we find that rice comes out only very little higher. Suppose a pound of rice to cost three times the amount of one pound of potatoes, the greater food value makes up for the difference. We follow the writer so far, but we fail to see why some native grain, such as barley or wheat, or both should not be used instead of rice.