

# PHYSICAL CULTURE

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## ...CONTENTS...

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	PAGE
Likely Competitors for the Thousand Dollar Prize Contest.....	468
Physical Development Simplified..... <i>By Bernarr Macfadden</i> .....	469
The Uncertainty of Science..... <i>By Bolton Hall</i> .....	475
Astounding Mental Gymnastics of the Yogis of India..... <i>By Michael White</i> .....	476
The Qualified Schoolboy of 1903.....	478
Samoa—The Isles of Eternal Summer..... <i>By Walter Smithson</i> .....	479
Muscle and Health for Boys..... <i>By Bernarr Macfadden</i> .....	483
Boys' Question Department..... <i>By Bernarr Macfadden</i> .....	486
Physical Culture's War Against the Three (Dis) Graces (Cartoon).....	486
Dr. Dewey Upholds the Fasting Cure..... <i>By Dr. Dewey</i> .....	487
How to Cook a Dinner With an Ordinary Lamp..... <i>By Alex Marshall</i> .....	490
Why Carry Nation Chopped Up the Saloon—An Interview.....	494
Mrs. Bernarr Macfadden, New Associate Editor of "Beauty and Health".....	497
What Physical Culture Did in a Case of Appendicitis.....	498
The Strenuous Lover ( <i>Continued</i> )..... <i>By Bernarr Macfadden</i> .....	499
Whiskey a Good Insect Poison.....	505
Grasp the Sword (Cartoon).....	506
Miscellaneous Paragraphs from Everywhere.....	507
U. S. Government Experimenting with P. C. Diet..... <i>By G. Edwards</i> .....	512
Physical Culture City.....	513
Physical Culture Wrestling..... <i>By J. Walter Smithson</i> .....	515
Napoleon's Opinion of Medicine.....	518
Superb Vitality of the Jews of the United States..... <i>By Gabriel Hy. Mayer</i> .....	519
Fever in the Foul South African Swamps..... <i>By Dietrich E. Braun</i> .....	523
Raw Food Enthusiast Lives on Less Than 10c. a Day.....	524
John L. Sullivan's Views on Physical Culture..... <i>By John L. Sullivan</i> .....	525
Drugs and Medicine Never Necessary..... <i>By Aug. F. Reinhold, M.D., Ph.D.</i> .....	527
Pius X. a Mountain Climber..... <i>By Antonio Spatola</i> .....	528
\$1,000 Reward for Proof of the Value of Vaccination.....	530
Peruna, the Great Cure-All..... <i>By G. F. O'Brien</i> .....	531
The Mirror of Truth (Cartoon)..... <i>By Carl C. P. Young</i> .....	533
Question Department..... <i>By Bernarr Macfadden</i> .....	534
Characters Indicated by Contour of Head and Face..... <i>By Prof. C. DeLancey Allen</i> .....	536
Nudity and Morality Among East African Tribes.....	539
Cause and Cure of Colds..... <i>By Bernarr Macfadden</i> .....	541
The Glory of Grace..... <i>By Frank L. Freeman</i> .....	543
About Mary's Little Waist.....	546
Great Physical Culture Exhibition.....	547
Final Opportunity to Enter \$1,000 Prize Contest for Women.....	551
Final Opportunity to Enter \$1,000 Prize Contest for Men.....	552
A Centenarian..... <i>By J. Brooks Fletcher</i> .....	553
Physical Culture Spreading to Italy..... <i>By Dr. Theodor Gatti</i> .....	554
Editorial Department..... <i>By Bernarr Macfadden</i> .....	555

PHYSICAL CULTURE is Published Monthly and is Primarily Devoted to Subjects Appertaining to Health, Strength, Vitality, Muscular Development and the General Care of the Body, and also to all Live and Current Matters of General Interest, Enlivenment, Entertainment and Amusement.

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|                                  | 8 Geo. Dupain, Sydney, Aus.         |

# PHYSICAL DEVELOPMENT SIMPLIFIED

A SERIES OF LESSONS FOR DEVELOPING THE HIGHEST DEGREE OF VITAL, FUNCTIONAL, NERVOUS AND MUSCULAR VIGOR. LESSONS ARE GRADUATED AND ARE APPLICABLE TO THE STRONG AND WEAK OF BOTH SEXES. ALL THE INFORMATION PREPARED FOR THE BOOK "PHYSICAL DEVELOPMENT SIMPLIFIED" PREVIOUSLY ANNOUNCED WILL APPEAR IN THESE LESSONS

*By Bernarr Macfadden*

The Photographs Illustrating These Lessons Were Specially Posed for by the Editor Himself

## LESSON XII

### THE VALUE OF BATHING

ADDITIONAL EXERCISES FOR REMEDYING ROUND SHOULDERS AND DEVELOPING THE ARMS, SHOULDERS, CALVES AND UPPER LEGS

IT would be difficult to compute the value of a clean skin in maintaining health. You cannot enjoy exhilarating health and be dirty. Cleanliness is a part of health. IT IS HEALTH. You cannot be healthy unless you are clean, not only externally but also internally. The object of every health-building influence is to cleanse the body. Air purifies and cleanses



the blood as it comes in contact with it in the various minute air cells of the lungs.

Water taken internally makes all the fluids of the body assume a proper consistency, and thereby assists in cleansing every part.

Exercise is a marvelous cleansing agent. It increases the activity of every part of the functional system, and the blood as it rushes along through arteries and capillaries not only performs its duties, but is cleansed of much of its impurities by the increased activity of the eliminating organs influenced by this muscular activity.

There are many who bathe frequently with the

PHOTO No. 104—Exercise No. 63. Stand with the feet in position shown above. Bear the weight of the body on the heels and turn the toes outward as far as you can. Now change the weight to the toes and move the heels outward as far as possible. Continue this exercise until the legs are as far out as they will go without pain. Reverse the exercise, bringing the feet slowly together. Continue back and forth until the muscles tire.

strictest regularity, and still they are not clean. How few realize that the internal surface of all the various arteries, glands and organs of the body is perhaps fifty times greater than the exterior surface of the body. To be clean means that every part of this internal surface must be free from filth and foreign matter. The average human being in this age of hearty eating and excessive clothing must bathe in order to be clean, not only externally, but internally.

The true object of bathing is not so much to keep the dirt from the exterior surface of the body, but to accelerate the action of the pores and thus enable the interior organs to properly and effectively perform their functional processes in eliminating surplus filth or impurities.

To keep perfectly wholesome and clean without bathing would require first of all a very cleanly diet. No meat, rich or indigestible dishes would be

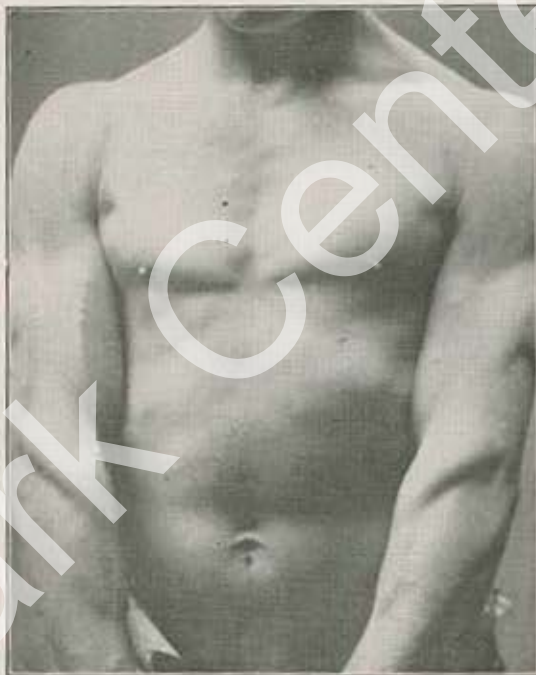
enable the internal filth and impurities to be easily and quickly removed.

If you follow the ordinary meat diet, eating three meals a day, it will be extremely difficult, perhaps impossible, to keep clean without bathing. The pores of the skin should be extraordinarily active in order to maintain even average health under circumstances of this nature.

The bathing habits of various countries differ very materially. The many habits of various persons in one country greatly differ. In some homes, the taking of a bath is an unusual event. In country districts where bath tubs are unknown, one or two baths during the winter season will represent often the efforts in this direction.

Though you may be able to avoid bathing and enjoy a moderate degree of health, you will undoubtedly be stronger, healthier and cleaner if the bath is frequently used.

Let us carefully view the



**PHOTO No. 105—Exercise No. 64.** Bring the shoulders downward and as far forward as you can. Now slowly bring them backward and upward (See next photo.)

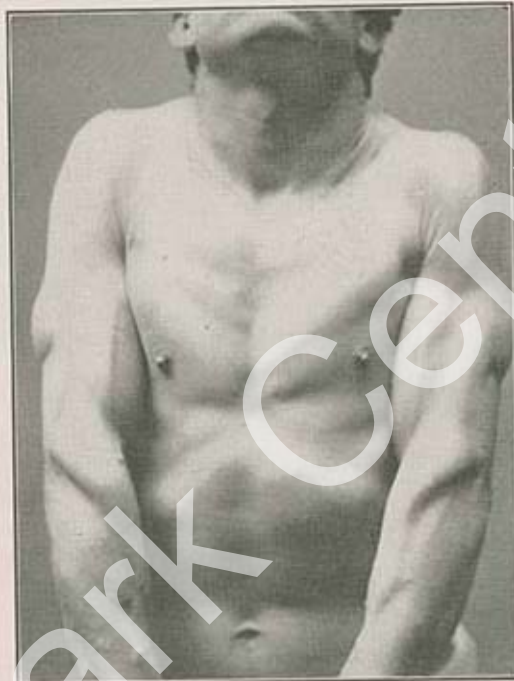
allowed under any circumstances. Pure water would have to be used freely, active exercise would be frequently necessary, and the habits of life would have to conform with the great laws of health in every small detail.

Let me emphasize that the principal object of bathing is not to cleanse the exterior surface, but to open and accelerate the action of the pores, and thus

effects of bathing. We have hot, tepid and the cold baths. The cold bath is usually taken without soap; it is not especially cleansing. It is more of a tonic. It accelerates the blood to the surface, and is usually exhilarating. It should be used with care. To some it is very beneficial, while to others, if the circulation is poor, an extremely cold bath is not advantageous. If not very strong you should be-

gin with almost tepid water. Each day the water can be used a little colder. The cold bath, to be productive of the most benefit, must be followed almost immediately by a feeling of warmth and exhilaration. If you cannot thus recuperate, the bath has been too cold, and it should be used warmer on the next occasion.

To be productive of the most benefits, a cold bath should follow a dry friction bath of the entire body, which should also be preceded by some vigorous exercise that will bring all the muscles of the body into thorough activity. If a cold bath is taken after the entire functional and muscular systems have been awakened thus, after the circulation has been accelerated to every part of the external surface, it is then not only beneficial, but thoroughly enjoyable as well.



**PHOTO No. 106—Exercise No. 64 (Continued.)** To position shown above, throwing the head as far back as you can at the same time. This exercise is specially beneficial in straightening round shoulders, and it should be repeated until tired, two or three times a day, if bothered with a defect of this nature. The exercise can be made still more difficult if you will, after having brought the shoulders up and back as far as you can, make two or three attempts to bring them still farther back and down as far as you can.

There are various ways of taking cold baths, but probably the safer method of beginning is to use a wet towel or a sponge. If you wish to be still more careful, you can merely dip the hands in cold water and rub the wet hands all over the body during the first few attempts. The shock from this is mild

indeed, and to recuperate from this is not difficult. After trying this a few days a wet towel can be used, and then later you can secure a large sponge and use the cold water more freely.

Some take a plunge into a bath tub of cold water. This is a very vigorous method and can hardly be recommended, unless a great deal of vital strength is possessed.

Never take a cold bath when you are chilly. Never take a cold bath unless it will seem actually pleasurable. Though one may shiver at the thought of cold water upon rising from a warm bed, some active exercise such as I described preceding the bath will very often make you actually yearn for and thoroughly enjoy it.

Cold water is a powerful stimulant to the exterior circulation. When it is first applied, it drives the blood inward

and forces it onward in its circle toward the heart. New blood soon rushes in, and the exterior circulation is, therefore, very greatly accelerated.

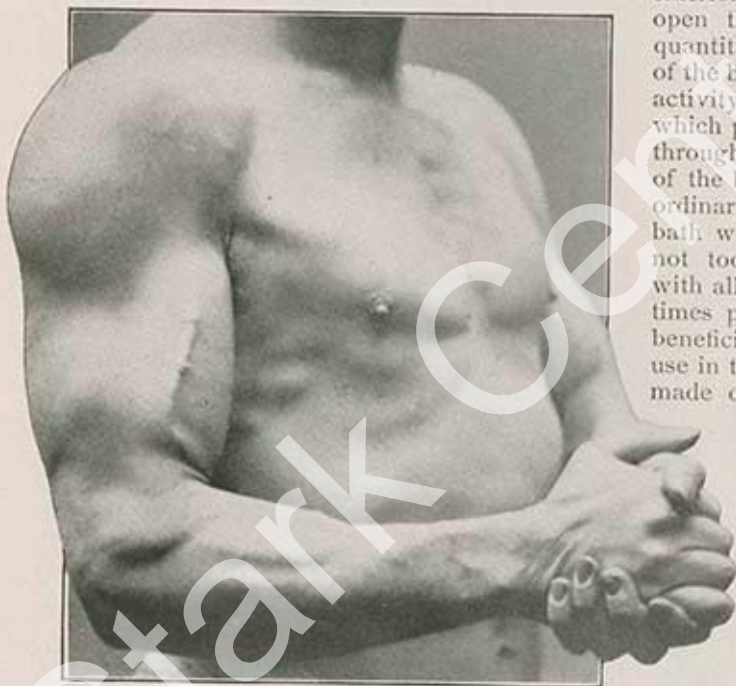
No one can question for a moment the conclusion that a vast amount of impurities are eliminated through the skin. A person in the habit of wearing very light-

weight clothing very often catches a cold by clothing heavily. Skin activity is absolutely necessary to health. Heavy underclothing that keeps the air from the surface of the body deadens and dulls the sensibilities, and thereby lessens the activities of the pores of the skin and is bound to be ultimately debilitating.

Exposure is often said to produce a cold, and the same means can often be used to cure it. In other words, one can influence largely a quick recovery from a cold by using some means of inducing

of pneumonia under circumstances of this nature, but exposure of this kind induces, first of all, extraordinary activity of the purifying processes of the pores of the skin. The principal cause of consumption and numerous other diseases is a dead, inactive skin, and cold bathing is unquestionably one of the most powerful means of remedying this defect.

The more clothing you wear the less you exercise, and the more you eat the more frequently the use of hot baths will be necessary. Hot baths are powerful exterior cleansing agents. They open the pores, draw a vast quantity of blood to the surface of the body, and induce external activity of the secreting glands which pour their impurities out through the pores to the surface of the body. If you follow the ordinary habits of life, a hot bath with the free use of soap, not too strongly impregnated with alkali, from once to three times per week is undoubtedly beneficial. The best soap to use in taking a hot bath is that made of vegetable oil. Pure castile soap can be recommended. Soap will to a certain extent extricate the oil from the skin, and the more alkali that it contains the more the result will be noticed. Oil makes heat and is a



**PHOTO No. 107—Exercise No. 65.** Grasp your hands as shown in illustration. Now, resisting the motion slightly with the left hand, bring the right hand back and forth in front of you, then up and down, obliquely upward, obliquely downward, and, in fact, move the arm about in various ways. Take same exercise with left arm, resisting movement slightly with right arm. Continue movements until tired. This is especially beneficial for developing the arms and shoulders.

greatly increased activity of the pores. I have on an occasion adopted what many would term a very dangerous method of assisting to cure a cold. I would stand or lie for a long time in a cold draft without clothing. I know the average individual would be afraid

valuable emollient; it keeps the skin soft and velvety to the touch and in appearance, and if it is removed too freely by frequent bathing, actual injury may result.

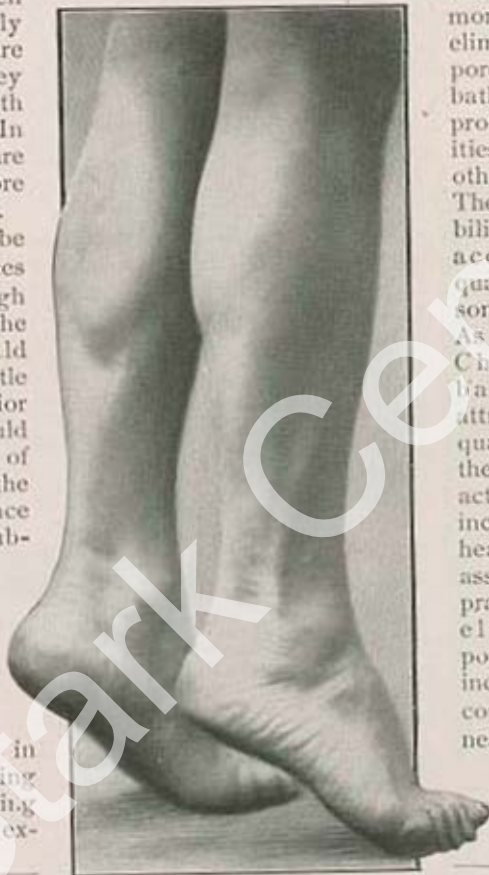
The necessity for hot baths must be determined, however, by your own habits

and by your own needs. If you are what is termed "a high liver," and do not exercise very frequently, you will have to use hot baths very frequently to maintain even exterior cleanliness. When you feel sticky, you can be sure then that it is time to bathe, though perhaps it is better to anticipate this condition.

Hot baths, of course, are inclined to be relaxing, and if taken to excess are certainly debilitating. If you are not very strong they should be taken with the greatest care. In many cases they are capable of working more injury than cold baths.

The tepid bath can be used in many instances for cleanliness, though this would be about the only purpose it would serve. It has but little effect upon the exterior circulation, and would accelerate the action of the pores only to the extent of the influence exerted by the rubbing and cleansing of the skin.

The shower bath is probably the most exhilarating. This is used almost universally in all gymnasiums, and those in the habit of attending gymnasiums and taking this bath, and the ex-



**PHOTO No. 108—Exercise No. 66.** Rise on toes as high as you can, as shown in illustration. Now, maintaining this position, make an effort to rise still higher. Repeat this until the muscles are slightly tired. It is an especially valuable exercise for developing the muscles on the back of the calves.

warm at first for the purpose of washing off the perspiration and impurities that may have exuded from the pores to the surface while exercising; but following this the water is used as cold as it runs from the pipes.

Referring to the previous articles published in reference to bathing, it must be admitted that the more one is in the habit of bathing, the more impurities will be eliminated from the pores. If you do not bathe frequently, in all probability these impurities might find some other means of outlet. There is also a possibility that they would accumulate in such quantities as to cause some serious disease. As Dr. Robertson of Chicago asserts, the baths unquestionably attract a very large quantity of the blood to the surface, but in this action there is certainly increased safety from a health standpoint. His assertion that there are practically no impurities eliminated from the pores of the skin, I am inclined to believe, is considered false by nearly every member of his own profession. If you should inhale the odor that

ercise that precedes, are loud in their praise of its value. I have heard hundreds of comments upon the remarkable change that is noticed after half an hour of exercise followed by a shower bath. For gymnasium use the shower bath is taken usually hot or moderately

often arises from perspiration when one is not in good health, you would have positive proof that impurities are eliminated through perspiration. He is unquestionably right in his assertion that a soap of strong alkali would remove too much oil from the skin, but it is not at

all necessary to use soap of this character. Very high grade vegetable soap contains but very little alkali.

The danger of pneumonia from a bath might occur with those who indulge in this luxury "once in a year whether they need it or not," but those who use a bath regularly will be much less inclined to this disease, because of this cleanly habit.

Too much hot bathing is unquestionably debilitating, and there may be a few people who are bathed out of the world according to this doctor's assertion, but where there is one bathed out of the

world there are probably many hundreds carried out because of the filth that has clogged the pores and deadened their natural activities because of the need of frequent baths.

If all were as clean as Dr. Page states he and his patients are, undoubtedly there would be but little use for hot

baths; but I am very much inclined to believe that those who follow the ordinary habits of civilized life of to-day would find some difficulty in thoroughly cleansing the body with the use of tepid water without soap, a method which Dr. Page advocates.

Let each and every individual consider this subject carefully for himself, and form habits that are essential to bring about the

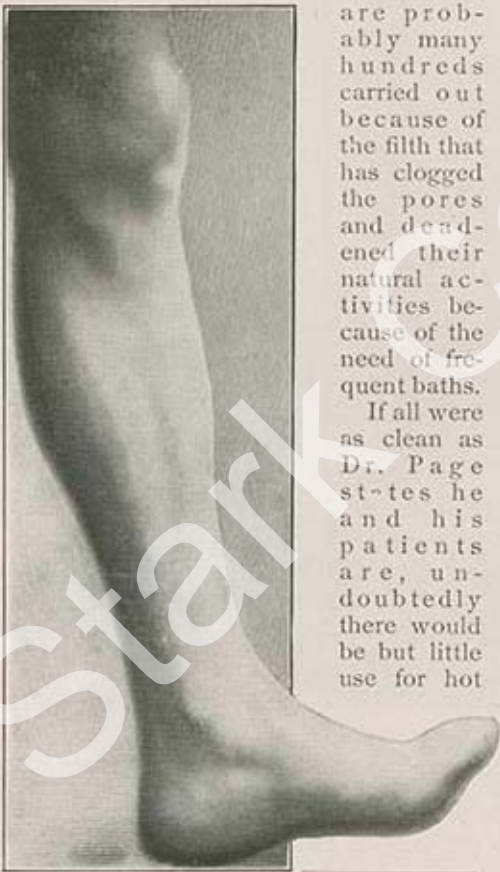


PHOTO No. 110—Exercise No. 67 (Continued.) As far as you can, as shown in above illustration. Continue movement until tired. For developing the small muscles on the front part of the calf.



PHOTO No. 109—Exercise No. 67. Raising the right foot free from the floor, reach with the toes downward as far as you can, as illustrated. Now raise the toe upward (See next photo.)

highest degree of health and strength in his own particular case. What each one desires is internal and external cleanliness. You want a wholesome, clean, strong body, and you should make every possible effort to acquire it.

If you can live cleanly, dietetically, wear clothing of light weight, and thus secure the benefit of almost a continual air bath, and make free use of towels and soft brushes for friction of the body, you may be able to keep clean without the use of water. But living so close to nature is very difficult for the average



individual in this civilized age. Therefore, you must do the best you can. In my own personal habits, I usually take a cold bath with a wet towel immediately after the exercise in the morning, and take one or two hot baths during the week before retiring at night. In the matter of hot baths, I allow my inclination to indicate their need. I

have no regular days for taking them.

Our reader must solve the problem as to the bathing habits that would be most beneficial for his particular needs, but I am very much inclined to believe that the method which I have outlined for personal use would be applicable to the average individual who desires to possess bounding, exhilarating health.

## THE UNCERTAINTY OF SCIENCE

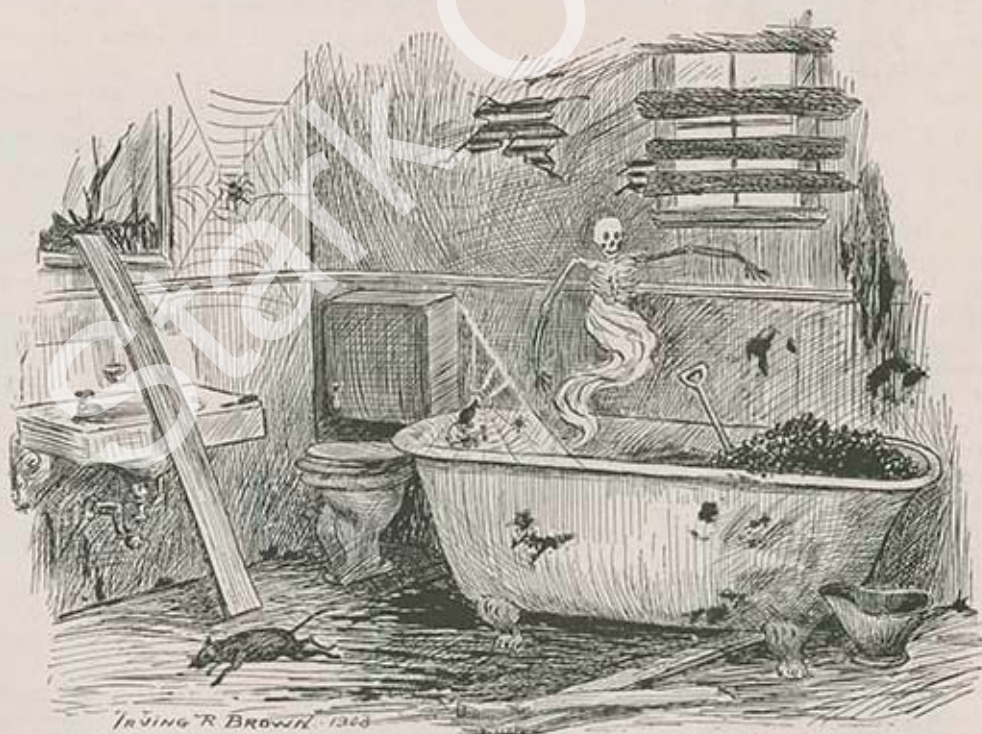
*By Bolton Hall*

Two-thirds of a doctor's success is due to his use of mental science, generally unconsciously. Drugs do little to cure disease. Every doctor in good practice, since the time of Esculapius, has had several hundred cases of "cold in the head" every year.

The symptoms are familiar to everyone, and the doctor, with simple instru-

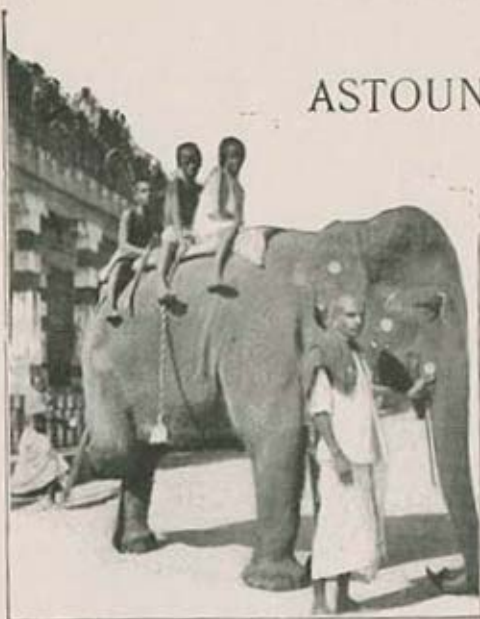
ments, can actually see the parts affected. But no two doctors are yet agreed as to the best remedy for cold in the head, and only the quack medicine men even pretend to cure it.

What chance, then, is there of a doctor's diagnosing and curing a disease of one's gizzard, which he not only cannot see, but is not sure that it exists?



"Death Lurks in the Bath Tub!" How the Bath Room of Dr. Robertson, the Physician Who Condemns Bathing, Probably Appears

## ASTOUNDING MENTAL GYM- NASTICS OF THE YOGIS OF INDIA



The Sacred Elephant

WHILE the tricks of such Hindu jugglers as have been recently performing in the vicinity of New York may seem astonishing enough, these fakirs must not be confused with the sect of Yogis who have probably penetrated further into the mysteries of psychology than have any other men. In fact, a wide distinction separates them. No true Yogi ever has left, or probably ever will leave, his native land. While a small amount of pay will induce the Hindu juggler to pretend to raise a healthy plant from a seed planted in a little soil right before your eyes; or while he will toss into the air a rope that seems to ascend straight to the clouds, and then cause a small boy to climb up the rope until he disappears in the distance, the true Yogi—the real wonder-worker of India—cannot be paid for exhibiting to the wondering such feats as are within his power. The Yogi is a mystic; whether he possesses all the powers that are attributed to him is still a matter of discussion among Caucasian investigators.

The night's wage of a grand opera singer would not of itself induce a true Yogi to manifest his powers of mind over matter. Of what use would money be to the creature whose mortification of the

THE POWER OF MIND OVER BODY  
ENABLES THEM TO PERFORM  
MARVELOUS AND MYSTERIOUS  
FEATS

*By Michael White*

Author of *Lachmi Bai*

flesh has been carried to the extent of presenting before your eyes a living skeleton clothed, at the best, with a rag about his loins, smeared with ashes, possibly blind from gazing at the sun, horribly contorted in limb from self-inflicted penances, and for whose support a handful of rice a day will amply suffice. Whatever charges may be leveled against him, it cannot be said he brings himself to such a condition for material gain. To be sure, there are a great many fakirs or tricksters posing as Yogis; but placing them upon one side, one may inquire what it is the true Yogi seeks to attain—what he apparently does attain by a course of mortification of the flesh that a Trappist monk might well hesitate to enter upon?

In the philosophy of Yoga, to obtain the eight supreme powers of mind over matter eight courses of discipline are enjoined. The passing of the whole of these may occupy the period of a natural life. The first is to obtain a simple control of the mind over the grosser senses, so that one is able to cast forth an evil or harassing thought as readily as he does a pebble out of his shoe. This is accomplished by gazing intently at a flower or at some other object for several hours at a time. Thus, the Yogis believe one may be able to reduce his mind at command to a state of absolute blankness; a condition that may be likened to a field lying

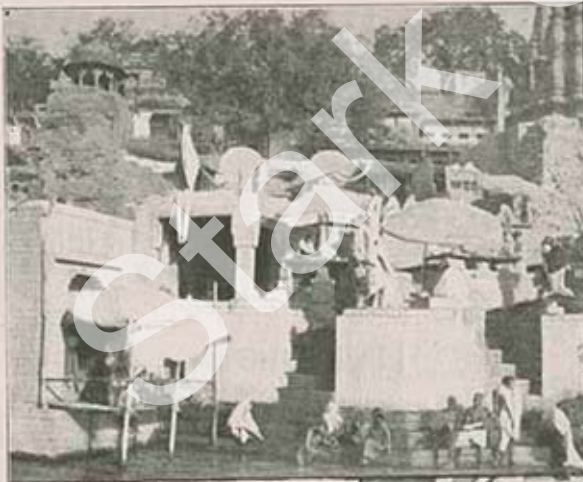
fallow previous to the sowing of the grain of higher thought. The next course is the keeping of prescribed observances; fasting, penance and so on. This is intended to subdue the flesh at the same time that the mind is in training. The third is the remaining in certain painful bodily postures for lengthening periods, to which in time, the muscles becoming accustomed, the sense of pain is conquered. The fourth is the restraint of breath. This, to Europeans, is the most remarkable in its results. There are well authenticated instances of Yogis having been buried, a crop of grain sown and raised over their heads, to be disinterred after months and restored to life. Briefly, the remainder of the eight are, in order: the deliverance of the senses from the objects of sense, or the destruction of taste, sight, smell, etc.; the attainment of absolute self-composure, meditation, and profound meditation. When the Yogi has reached the last stage he is as near dead to all physical and material influences as a creature in bodily form well can be. He has stamped out in his being the last spark of every human pas-

kind. Insanity, born of passion, can find no lodgment in the brain of one who has utterly subdued its origin. The supreme mental calm of the Yogi is the very opposite to the hysteria of the madman.

Now as to the reward that the philosophy of Yoga holds out to its votaries. While the chief end is to attain unity with the supreme spirit, by degrees the eight powers of mind over matter are granted. First, the power of invisibility; then, in order, that of exceeding lightness in two forms, that of reaching anything with the tips of the fingers, even the moon, irresistible power of will, lordship over all things, the power of altering the courses of nature, and lastly, that of transporting one's self at will to any place whatsoever.

If we take these literally, they are, of course, impossible as contrary to the laws of nature, but if in a sense figuratively, as meaning a development of the powers of hypnotism and mental telepathy so far beyond our efforts in those directions as to seem almost incredible, then there appears reason in what, to the casual observer, is the madness of the Yogis.

Whether the ascetic course prescribed by the philosophy of Yoga to attain this end is not carried to an unnecessary extreme remains open to question. But as sacrifice of material things forms the basis of the course for perfection in the



Performing Ablutions in the Holy Ganges at Benares



After the Bath in the Holy Ganges

sion. But so far from having become insane, he may be likened to a mental athlete who, by a course of the most rigid training, has scaled psychological heights as yet unattainable by the rest of man-

physical athlete, it may be taken for granted that self-indulgence in any form is not the means of attaining the mental powers of the Yogis. To make the unimpressible Englishman



A Yogi Waiting for Donations of Food



A Yogi Smearing Himself with Ashes

believe that he stands amid a cataclysm of the elements, while in reality the stars are twinkling out of the perfect serenity of an Oriental night; to exert a power of will so forceful that a disease said to be incurable by Occidental physicians is arrested in a patient though miles away from the spot; to foretell with accuracy the coming of certain events; these authentic achievements of the Yogis are probably not to be attained without a severe and protracted course of discipline.

Pitiful, even revolting, as the Yogi may appear, as he is occasionally met with wandering from one sacred shrine to another, or seated at the door of a temple, he at least could survey the nerve-racked temperament of the modern Occidental from a plane of absolute mental calm that many would give much to possess. To the material wealth of the world he may add nothing; but if he tastes not of its pleasures neither is he affected by its disappointments. In his philosophy the strenuous life was lived a thousand, two thousand years ago and was found wanting. He views us with our civilization as being children who have a great deal to learn of him. Who knows?

### THE QUALIFIED SCHOOLBOY OF 1903

"Tommy, have you been vaccinated?"

"Yes, ma'am."

"Have you had your vermiform appendix removed?"

"Yes, ma'am."

"Have you a certificate of inoculation for the croup, chicken pox and measles?"

"Yes, ma'am."

"Is your luncheon put up in Dr. Koch's patent antiseptic dinner-pail?"

"Yes, ma'am."

"Have you your own sanitary slate

bag and disinfected drinking cup?"

"Yes, ma'am."

"Do you wear a camphor bag around your throat, a collapsible life-belt and insulated rubber heels for crossing the trolley line?"

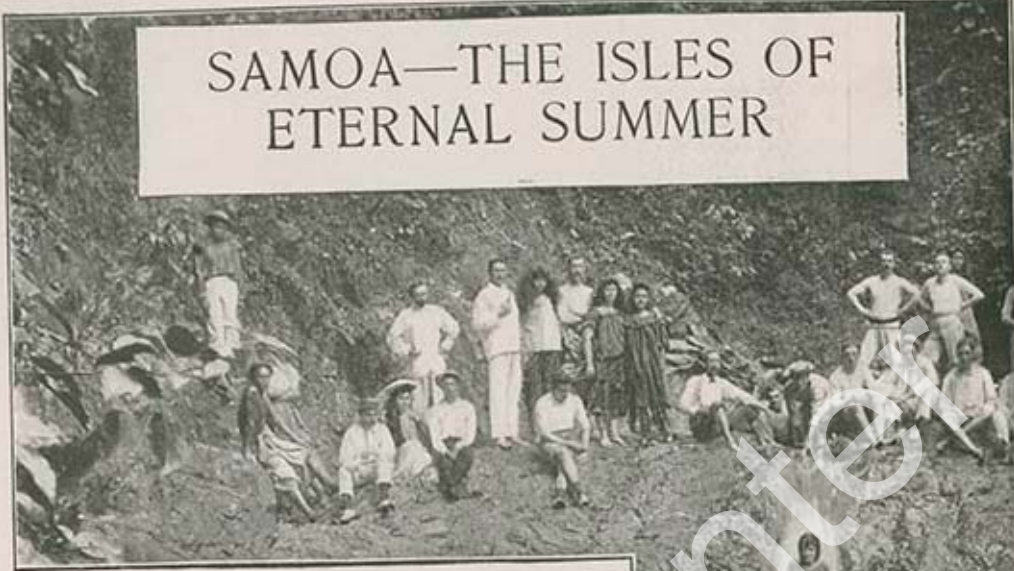
"All of these."

"And a life-assurance policy against all the encroachments of old age?"

"Yes, ma'am."

"Then you may hang your cane on the insulated peg and proceed to learn along sanitary lines."—Judge.

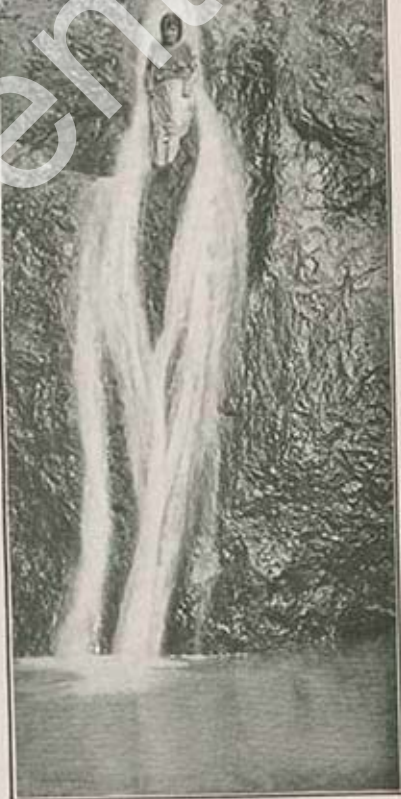
## SAMOA—THE ISLES OF ETERNAL SUMMER



HERCULEAN MEN AND HANDSOME WOMEN—THEIR CLOTHING A COAT OF OIL AND A LOIN-GIRDLE—VEGETARIAN FOOD AND DRINK

*By Walter Smithson*

IT was thought, some years ago, that no earthly interest could ever unite the four greatest powers of the world either in a common agreement or in a common disagreement. Least of all did anybody think that Samoa, from the wide waste of the Pacific, could offer to England, Germany, France and the United States a rock of mutual offence. Of all places of fictitious fame this handful of islands had already a share that was top-heavy. Several causes had conspired to lend to Samoa this romantic importance. Its central position, which early made it the rendezvous of the whaler, the missionary and the trader; the handsome appearance of its people, their gentle ways, courtliness and proverbial hospitality; the seductive charm of its climate, all contributed to this repute. Add to this the unmatched beauty of its scenery. Every story book of the nursery, every tale that told of islands of eternal summer, of valleys bright with flowers, of mountains wreathed to the top in never-fading verdure, of tropic fruits in superabundance, of blue



The Sliding Rock of Papase'ea

seas and surfs of silver, was an indirect advertisement of Samoa. The wise therefore said: "Samoa's celebrity is literary; æsthetic; let it alone."



went at breathless speed on the surface of the falling cascade down to the final flight through the air, and were submerged in the basin at the foot.

The Samoans are of large stature, and are well formed.

These islands are, for the most part, lofty, broken and ragged in appearance, rising in some cases to a height of more than twenty-five hundred feet. Vegetation is very luxuriant, covering the surfaces to the summits of the mountains. There is a great abundance and variety of fish, but there are few animals of the higher kind, except such—the hog, for example—as have been introduced by the white man.

One of the natural wonders of this archipelago is the Sliding Rock of Papase'ea, back of Apia. Papase'ea consists of three steep descents of smooth rock, over which trickles, at the proper season for sliding, about two inches of water. The upper fall is thirty feet, the middle, twelve, and the lower, only five or six. Each descent terminates in a deep pool, so that one may slide naked down the wet rock with alarming velocity and be received in safety in the refreshing waters below. They are called, respectively, the men's, the women's and the children's cascades; but the Samoan young women pride themselves on being able to steer the visitor toboggan-fashion—without the toboggan—down the steep plunge of the upper fall. A recent traveler tells how one of these girls carried a white man over the rock, "just to show him how." Inching along the top until they caught the full force of the stream, they



Surf-rider and Boatman of the Samoan or Navigators' Islands

Their complexion is a dark bronze. The hair is straight and black. Their features are well marked and distinct. They have high foreheads, large, bright, black eyes, and good, white teeth. They are good-humored, social, desirous of pleasing, and fond of amusement. The beauty of the Samoan women has been sung the world over, and hundreds of men have relinquished every advantage of civilization and become beach-combers for the sake of the handsome brown damsels of these islands of the Pacific.

The original native dress consisted principally of a coat of oil rubbed into the skin, and with this garment the Samoans were contented, innocent and healthy. But the modern cotton shirt or gown brings on consumption and pulmonary complaints, in spite of the lovely climate, and in spite of large limbs, a big chest and a naturally splendid physique. Besides the aromatic oil, a modest loin-girdle for the men, wide enough to amount to a very short excuse for a skirt for the women, with garlands and strings of shells and of berries, and other ornaments for ceremonial occa-



The Brown Damsels of the Samoan Archipelago

sions, completed a fashionable outfit in pleasing harmony with the simple life of this island people.

The Samoan house consists merely of a convex roof supported by posts, the spaces between the posts being open during the day, and closed with coconut-leaf blinds at night. There is but one apartment; but this is divided into sleeping rooms at night by means of tents depending from the roof. A small fireplace in the middle serves for lighting purposes, the cooking being done in pits outside. The men do all the cooking. No seasoning is used except a little seawater. The favorite *poi* is made from taro and breadfruit, by mixing with water and beating until the mass becomes like dough. This, when fermented, is eaten from a bowl by dipping three fingers into it and sucking them. After the meal, water for washing the hands and lips is passed

around, and then a rub on the nearest post winds up the ceremony.

Kava, or *ava*, is a mild intoxicant of a pleasant peppermint taste, made from the native pepper-plant, whose root has aromatic and pungent qualities. It is prepared by chewing the root, then adding water to the product, and straining. This is generally the work of the girls, whose



A Samoan of Typical Build

The Samoan women, by the deft use of their fingers alone, weave from fiber the most beautiful mats, some of which are the work of years. They are as closely woven and durable as stout damask. By the time one of these fine mats is finished the fair maker has grown as fond of it as of her own child; and it is prized and kept in the family for many generations. Much interest has attached always to the material known as tapa. Though called a cloth, it is rather a paper. It is prepared by steeping the bark of the paper mulberry, and beating with mallets, thus increasing the width and diminishing the length. Two strips, with the grain laid crosswise, are beaten into one to increase the strength. Tapa, beaten as thin as tissue paper, and as beautifully colored, is used for mats, hangings and loin-girdles.

Though the Samoans are a race of splendid physique, handsome, bright, strikingly erect, sound, healthy, vigorous, and of tremendous strength, yet, from their standpoint, there is no reason, in a country so spontaneously productive of food, why they should work; except, at most, by short spells. Therefore they have never learned to sustain severe and extended effort. Occupation, however, must be found, if only to vary the monotony; and so the life of the Samoan is taken up with a great number of ceremonies, formalities, pageants—all of high importance in his estimation. The commonest affairs of life occasion parades, meetings, arbitrations and endless speechmakings. But in all, even in war, while grave, he is amiable—the best mannered, the most generously hospitable, the most courteously polite man to be found in any land.

Nowhere is the national character seen to better advantage than in the "guest house." Hospitality is practiced not only as a private virtue, it is also



Ready for the Dance at the "Guest House"

elevated to the dignity of a public function. Each native town supports an institution in which the traveler, and often a whole neighboring town at once, are treated free to the best the community can afford. This free inn is in charge of a vestal virgin known as the taipu, whose office is elective, and is the object of the Samoan maiden's highest ambition, as being the surest stepping-stone to high social position in marriage. She presides at the festivities attendant upon the reception of honored guests; and when she goes abroad, her renown is proclaimed by the municipal orator. A train of garlanded maidens assist her in preparing the kava for the guests, and in the performance of the pantomimic dances so common to the Pacific Islands. The Samoan dance is a modest series of poses; often shading off, however—especially late at night—into the *lanalunga*, to which the word modest is hardly applicable.





## MUSCLE AND HEALTH FOR BOYS

I AM starting my little talk again with a letter. It is the heartrending appeal of a boy who has suffered the tortures of the damned.

I fully realize that it is a subject which is tabooed. You are not supposed to talk on these subjects in cold type. It is only discussed in hushed voices, and it is always shrouded in a certain amount of mystery and frequently of vulgarity.

I want every one of my boy pupils to read this letter. I want him to know the frightful results that often follow habits that are usually acquired from vulgar associates. Every boy, to be strong and manly, must be pure in mind and thought. He must avoid absolutely all lascivious subjects. If he comes in contact with boys of this kind, he should shun them as indecent, immoral and degrading. They will simply lead him to the weakness and despair that are so plainly expressed in the letter that follows. You cannot be a man and follow the habits of an immoral wreck. It is only through knowledge that you can realize the terrible body and mind deteriorating effects of the indecent habits often ignorantly acquired in early youth.

I receive many letters such as I reproduce herewith. They show what a terrible curse ignorance and the indecency of mind that often results from it, have become. Every true-hearted boy, who is strong of body and strong of mind, should not only keep from a habit of this kind, but he should shame all other boys into following his rule.

Boys cannot be strong, cannot be manly, cannot develop into anything of importance if they allow such baneful practices to sap their vitality, stunt their growth, and destroy all that is noblest and best in their physical and mental make-up.

This boy whose letter follows is not alone. There are thousands upon thousands of poor, deluded victims who have followed the same road. This road is strewn with poor, miserable weaklings, and if one were to travel it to the end he would see nothing but frail, delicate,



**Exercise No. 1.** Pick up a handkerchief or anything lying on the floor, keeping the knees perfectly straight and rigid, and heels together. If this can be performed easily with the article directly in front, stand with the feet a little apart and place the article about six inches or a foot behind you, picking it up while keeping the knees rigid.

sickly bodies, misery, desolation, crime and early death.

Let every one of my young readers help us to spread the truth, help us to call attention to these depraved habits that take all the strength and manliness from a boy's character. Be strong yourself and help others to develop strength. I reproduce the letter:

“DEAR EDITOR:—

“Poor, weak, and almost given up in despair, I appeal to you, my last and only hope on earth. I am nearly a young man and I ought to be enjoying life; but—Oh! I shudder to think of it—I

am a poor, weak, nervous wreck, ashamed to look in the face of the opposite sex. I have lost all vim and energy, all power and manhood, and am afraid even of the darkness.

"Listen to my sad story and let me beg and plead with you to give me your advice.

"I was a healthy baby, strong and well-built, never sick a single day, and grew up to be a fine boy. But Oh! I wish my parents had taught me the vile evils I would have to avoid. But my parents never said a word about this awful sin. When I was ten years old I

been doing so for four years. No wonder I'm a wreck!

"I don't believe in drugs of any kind, nor in electric belts, but I do believe you can inform me through the pages of your most valuable magazine, *PHYSICAL CULTURE*, to which I have been a subscriber for two years, what to do to stop the unnatural drain.

"I'll do anything you say. I have never asked a favor of you before. You can print my entire letter in *PHYSICAL CULTURE* if you see fit. Please print it. It may be the cause of saving some poor, innocent boy. Let me ask you



**Exercise No. 2.** Illustrated by the three following photographs. Assume position shown in first illustration, keeping elbows rigid. Now the boy reclining should gradually bend his elbows until they rest on the floor, as shown in the next photograph.

fell in with bad company, boys older than I, and they taught me evil practices and therein was my total ruin. Yes, RUIN! For five years I was a victim, not knowing the terrible effects, and my parents never gave me one word of warning.

"Finally, I had a chance to hear a lecture on the subject, one given to boys only. God bless that man. He laid the facts bare to us, and I resolved never to fall again. That was four years ago, and I have never been guilty since.

"But lo and behold, the message came too late. I was already gone, for then I began to suffer from losses and have

again to please print it. I don't want other boys to suffer as I have done. And let me beg you, in my weak and humble way, to please tell me, through the pages of *PHYSICAL CULTURE*, what to do. The advice you give is not for myself alone. There are hundreds of other boys in my condition. Probably it will save some of them from an early grave, and perhaps myself, too; so you see a page in your magazine will mean much."

There is certainly hope for this boy. He may not be able to develop the same strength that he would have possessed if this baneful habit had not secured such a terrible hold upon him, but in physical



Exercise No. 2. (Continued.) The boy above should now bend his arm slowly until position as shown in next photograph is assumed.

culture and in the upbuilding of the physical forces he has a remedy that will undoubtedly develop a satisfactory degree of health and strength.

The exercises that I have given herewith, and those exercises which appear in the front of the magazine, will be found of very great benefit. The exercises that appeared in the March issue of PHYSICAL CULTURE for the development of vital strength can be especially recommended for a boy who wishes to increase

his vital powers. Proper exercises, frequent bathing, a daily cold bath, proper mastication of food, long walks, deep breathing, and every means that tends to build the highest degree of physical vigor will result undoubtedly in enabling this young man to recover his health and strength.

*Bernarr Macfadden*



Now go back to the original position in the same manner, the boy above first straightening his arms, and then the boy below gradually pushing him upward until his arms are straight also.

## BOYS' QUESTION DEPARTMENT

Q. Please answer in the Boys' Department the following question: Are tea, coffee, and white bread harmful?

A. The articles of diet you mention I consider harmful. All boys who wish to develop their muscles to the highest degree of health and strength should let them alone. Drink milk instead of tea or coffee, and eat Graham or rye bread instead of white bread.

Q. What exercise should a boy, eleven years old, use in order to develop muscles of the forearm that have shrunk greatly from carrying one arm in splints two months to heal a break?

A. The exercise given for men in the July number of PHYSICAL CULTURE will enable you to develop your forearm, though if you will use the hand of the affected arm considerably, gripping the other hand, thoroughly and frequently tiring the muscles in this way, you may be able to bring about quickly the desired results.

Q. Would you suggest a method of physical culture for a six-year-old boy who has good health and is growing rapidly? Or would it be better to keep him outdoors and at play and to be content with this?

A. The best method of physical culture for a six-year-old boy is very active play out-of-doors. Interesting games which require considerable activity will be about the best system of physical culture for him, though the exercise illustrated in this magazine for boys will undoubtedly help him to develop strength.

Q. My boy has small, hard lumps on the side of his neck, large at times, while

at other times they seem to disappear. What is the cause and what methods of treatment would you advise?

A. The defect that you mention will disappear probably if you keep your boy out-of-doors as much as possible and encourage him to play active games with other boys. Your statement that the trouble disappears at times indicates very accurately that it is caused by general constitutional conditions and bad blood. As he builds up health and strength they will ultimately disappear permanently.

Q. Will running develop the thighs? I am sixteen years of age and take lots of exercise. For two weeks I have exercised regularly for half an hour each day with weights, but my muscles don't seem to improve or enlarge.

A. Running will naturally develop all the muscles of the leg. You can hardly expect much development in two weeks. It takes about a month ordinarily to show much of a change in your muscles from the exercise.

Q. Would you recommend a two-meal-a-day plan, eating nuts, grains and fruits, for a person, sixteen years old, who is troubled with catarrh of the head and throat, or would three meals be better?

A. The two-meal-per-day habit certainly would be far better for you than three, while suffering from the trouble you mention. Be very careful to masticate your food thoroughly, live out-of-doors as much as you can, and above all be careful to sleep in a well ventilated room. The breathing of bad air is one of the most usual causes of catarrh.



Physical Culture's War Against the Three (Dis) Graces - Tobacco, Liquor, Corsets

## DR. DEWEY UPHOLDS THE FASTING CURE

Written especially for PHYSICAL CULTURE

By Edward Hooker Dewey, M.D.

Dr. E. H. Dewey, who was the first physician to demonstrate scientifically the value of the fasting cure, has given us a very clear reply to Dr. Lawson's article on "The Error of the Fasting Cure," published in our last issue. In the letter which accompanies his reply, referring to Dr. Lawson's article, he says that article has neither science nor good sense in any one line of it, but is full of absurd statements without a shadow of reason to support them. He says: "I have seen fit to demonstrate Dr. Lawson's ignorance by unfolding the new physiology of the fasting cure to all your readers." Dr. Dewey's article will be read with interest by all physical culturists.—BERNARD MACFADDEN.

THE loss of appetite is always due to disease. No one ever begins to cut down daily food, or to fast, until driven to it by digestive troubles; they are all developed while on the full-ration plan.

Fasting in the absence of hunger is Nature's plan to create desire for food; and it is the swiftest of all means. It never fails except when disease has made death inevitable.

The safety of fasting depends on the ability of the brain to keep itself nourished at the expense of the body. It never loses weight in sickness or starvation, because of this power of self-feeding. Hence, in time of acute sickness, we need not try to feed the brain, and we cannot save the body from wasting, no matter how or with what we feed. The brain is the seat of all the powers, and there is nothing more marvelous in all physiology than its power to feed itself at the expense of the body for months, in time of sickness or starvation, without a morsel of food. It regains its lost powers from rest and sleep only. The stomach is a machine whose business is to restore waste only. It gets all its powers from the brain and from putting food into it; and its digestion and assimilation is no more a source of strength than the milling process is to the dynamo or the engine whereby the grain is reduced to refined flour.

We go to the bed-room, and not to the dining-room, to *recover lost strength*.

The need of food is only regulated by the degree of waste resulting from the general activities. The renewal of the flesh is no more regular as a process than are the activities to which the loss is due.

The fasting cure has its beginning in the disease that has abolished hunger, and its end in that hunger which marks the return of digestive power. Within these limits, feeding is an error that in the far future will be held as we now hold the lancet of the bloody age of medicine. To feed the sick, to feed without hunger, is to call upon a brain weakened by disease to force a food mass in a state of *decomposition through stomach and thirty feet of bowels*. In times of acute sickness this is an error, serious in proportion to the gravity of the disease. The ability of the brain to feed itself when food cannot be taken, or digested if taken, is strikingly illustrated by the following cases:

Two years ago, Mrs. W., of East Mead, Pa., had a stroke that paralyzed her throat muscles. Not even a swallow of water was taken thereafter. Yet her ample body fed the brain for four months; death finally occurring from disease and not from starvation, as the body was not extremely emaciated.

Recently I traveled across the country for thirty-three miles to attend the funeral of my first and beloved teacher. There had been several years of suffering from injury and disease. Eating had been kept up except as cut down by her ailments. In her prime her weight was one hundred and fifty pounds. For my eyes there was only a skeleton in the casket; a weight loss of not less than eighty pounds.

Several years ago a frail, very spare boy of four years had his stomach destroyed by a drink of a solution of caustic potash. Not even a single drink of water was retained thereafter; death

occurring on the *seventy-fifth day* and with mind perfectly clear to the last hour. The skeleton, the brain and viscera were all that was left to give weight.

The ordinary adult carries in his body enough brain food for many months; we don't know how many months. A soldier of the civil war entered the service with a weight of one hundred and fifty-nine pounds. This was reduced to sixty pounds at death. He was sent home to die; and he astonished all friends by the clearness of his mind, even on the day of death. This was a case of ulceration of both stomach and bowels, and from a history of his case it was believed that digestion was impossible during the last four months. There were four months of ulcers. How much more time there was while they were developing and paralyzing digestive power could not be known.

Dr. Lawson asserts that when a sufficient amount of food is admitted into the body the desire to eat is shut off; and that the wise will heed the signal.

This does not distinguish between hunger relish and that mere taste relish that invites eating without hunger, and which has made ours a nation of *gluttons*. As we enjoy ice cream without hunger, so do we enjoy those toothsome, last-course abominations that beguile a second meal at the same sitting, by virtue of the taste alone.

Half-starved babies. — Nature is wiser than man, and if more food is taken than is good for it, the excess is vomited. In other cases, the intestines expel it; yes, and at what a tax upon the brain!

In my own practice there was the case of a child of four months old who was reduced to nearly a skeleton while taking ample nourishment, the intestines apparently disposing of all that was taken and without the least digestion. The daily feedings were reduced to a small fraction of former amount, and the result was a rapid gain in weight and a final complete recovery. A condition of general dropsy is sometimes due to overfeeding in the nursing period.

In one case, an infant of three months seemed to be unusually well nourished in spite of half a score of bowel movements daily. These were reduced to one daily by the three-meal plan; the water

weight was all absorbed and perfect health thereby assured. This was the first case of the kind so treated in this city in which I practiced, and an army of relatives would not believe that the brave young mother was not starving her firstborn to death.

There is now a stalwart young man who has not been sick a day since the three feedings of undiluted cow's milk became the plan to be strictly followed during the nursing period. There is practically no starvation from lack of daily food in this land of immense crops. There is no underweight not due to indigestion; no overweight not due to food in excess; and obesity is a striking illustration of daily food far in excess of the need. It can be cut down by fasting to any desired figures with only increasing mental and physical strength. It can be cut down more slowly by the needed cut in the daily food. And it can be held to the desired figures by keeping the daily food to the actual need, with health the result.

The absorption of the body as brain food is not attended by any realized sense. It is a feeding that seems to be without cost to vital power. Neither is there any realized sense in the restoration of the lost pounds when digestion makes no protest.

Who can say how long a fast may continue without injury to the vital system? That is not for man to determine, as it is wholly a matter of disease.

For more than twenty-six years I have been letting all of my sick go without food until the return of hunger. Many of these fasts have been of more than a month's duration; others, forty, fifty, sixty, even seventy days, with recovery in each case. There has been no death where food was desired, with any power to digest, and withheld. Going without food in the absence of hunger, due to disease, applies to all cases, no matter what the disease.

To cease eating when disease has abolished hunger, to begin eating when the disease is so cured that digestion has become possible, is Nature's plan; and within these limits it is the only plan to save vital power from wasting in the stomach when food is not needed for brain purposes, and is worse than useless for

body purposes. It is the only way to secure all the vitality for the cure of disease. Voluntary fasting is a rather serious undertaking. It brings at once to the front the bogie "Starvation."

It is like laying profane hands upon gods of wood and stone. The evils, the fatalities, that are charged to the fasting cure, exist only in the minds of those not well up in this new study of the brain. With more knowledge, it will be realized that there is no starvation so prolonged, so perturbing to the mind and distressing to the body, as that which comes from habitual food without hunger, under the most serious error that it is needed to keep up strength.

The starvation of overfeeding is everywhere. It exists in a thousand forms. It is disease culture from the half-starved baby in its crib, whose luckless stomach and bowels ever utter their plaints to deaf ears, to the giant whose chalky toes

and rheumatic joints proclaim the glutton. There is no ailing that is not aggravated by food without hunger. There is no disease whose activity is not lessened by fasting. To all who are eating from a sense of duty, this parting physiology is given: "Fast until you get hungry; and keep in mind that fasting—eating less for a time than you need and can digest—is hunger culture, and not disease culture."

The only result is a clearing of the intellect, a cheering of the spirits, and such culture of hunger as will compel more food at each meal. Had Mr. Rathbun practiced this physiology he might have lived for years.

He died with a weight of two hundred and six pounds due to food far in excess of the need. More fasts should have been taken, and for height, his weight should have been reduced to one hundred and forty pounds and held there.



He Believes Physical Culture is All "Bosh"



The Human Form Divine?

## HOW TO COOK A DINNER WITH AN ORDINARY LAMP

THE SLOW COOKING PROCESS ONE OF THE MOST CONVENIENT, ECONOMICAL AND ADVANTAGEOUS METHODS OF PREPARING FOOD—RETAINS THE FLAVOR IN ALL ITS EXTREME DELICACY AND NONE OF THE LIFE CELLS OF THE FOOD ARE DESTROYED BY EXTREME HEAT

*By Alexander Marshall*

*Mr. Edward Atkinson, of Boston, Mass., is a real humanitarian. He has experimented very largely with the slow cooking process and has made some very valuable discoveries. He has invented an oven, and, instead of having it patented and making all he can from it, he has given his discovery free to the world. I have given his suggestion a personal trial, and I can most enthusiastically recommend this method of cooking to all who prefer cooked food. Every housewife, and every man interested in the preparation of food so that it may possess its most delicious flavor and be most healthfully and easily digested, should give the ideas expressed in this article careful consideration.—BERNARD MACFADDEN.*

THE various processes of preparing food should be of interest to every human being. We all have to eat, although it must be admitted that in many cases it is not a pleasant duty. But that is usually the fault of the individual, though it is true that badly prepared food can in many cases share much of the blame.

The invention of Mr. Edward Atkinson, of Boston, Mass., which he has given free to the world, will enable anyone gifted with an ordinary amount of intelligence to cook all kinds of foods in the most palatable and delicious manner. Mr. Atkinson has described his method in a little book, and I could hardly make his ideas more clear than by telling of his invention in his own words, which follow:

"All kinds of food can be cooked with a stove, range or coal, and be made more appetizing and more wholesome. One quart of high-grade kerosene oil, one hundred and fifty degree flash test preferred, burned in the best type of lamp, similar to that used by sensible people to read by, will do more cooking than one hundred and twenty pounds of anthracite coal, and will do it better. The present cost of such oil by the barrel is fourteen cents per gallon. The kitchen, or pantry, or dining room in which the cooking is done will be free from the usual

bad smell, although sometimes pervaded with a pleasant odor. The cooked foods will not contain so much waste. They will be rich in nourishment and the natural flavors and juices will be more fully developed. The same results may be attained from the consumption of forty feet of gas burned in one Bunsen burner at the rate of five feet per hour, or less."

To show how simple is this cooking process, Mr. Atkinson describes the apparatus he used.

First, a table is made, twenty-two inches high, sheet-iron top, twenty-four inches square, corners rounded, with a hole in the middle two and one-half inches in diameter. There is a ridge raised around the hole to prevent condensed steam dripping through it and breaking the lamp chimney which is underneath.

2. An indurated fiber washtub, fifteen inches inside diameter of the bottom, seventeen inches at the top, eleven inches deep.

3. A lamp with a round wick one and one-half inches in diameter.

4. A cap of sheet iron four inches in diameter, one-half inch high, to be placed over the hole in the table for slow cooking; to be disused when meats are to be roasted or broiled.

5. A round platform of wire mesh twelve inches in diameter, supported on



legs two inches at the circumference and in the middle, on a circle about ten inches in diameter, to be placed on the table over the soapstone.

It is very convenient to have a wire cage or basket open at one end, of thirteen inches diameter, to fit within the reversed tub, outside the first wire platform and the dishes which are put upon it, five and one-half to six inches high. This "cage," as it may be called, made of strong wire, to support heavy dishes, being reversed over the lower tier of dishes after they are put in, makes a second platform upon which the upper cooking vessels may stand.

With this arrangement six good-sized

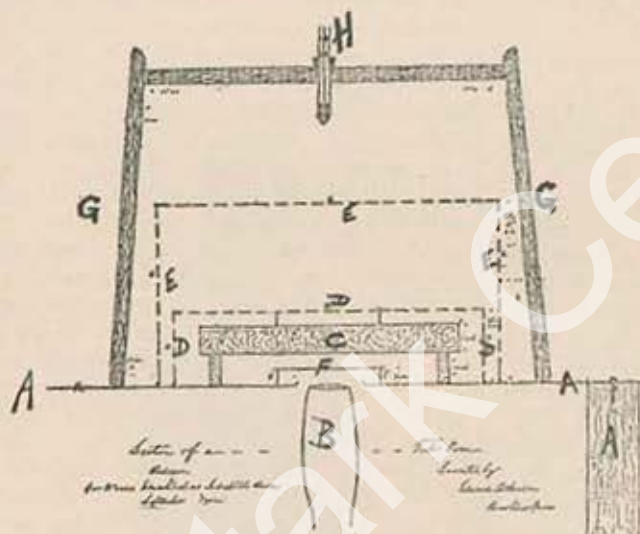
with or without covers or an open dish or pan.

8. Tin pans and metal cooking vessels may be used, but earthenware casseroles or jars are much to be preferred.

9. A smaller tub, to be placed inside the tub described, confining the heat yet more, and rendering it possible to cook more quickly than with the single tub, or a larger tub to be placed outside the tub oven itself.

#### THE PROCESS OF COOKING.

Place the table away from draught; light the lamp, with the flame low, and place it under the hole in the table so that the top of the chimney will not be



Sectional View of the Lamp Cooking Stove

A Table with iron or tin top 28 inches high.

B A common kerosene or Rochester lamp with round wick  $1\frac{1}{4}$  inch diameter.

C Slab of Soapstone, Tile or two bricks.

D Wire platform, supported at sides and in the middle.

E Wicker cage or basket of strong wire  $\frac{1}{4}$  to  $\frac{1}{2}$  inch measure.

F Iron cap to be used for slow burned cooking, to be removed for dry roasting or broiling.

G Tub 15 in. x 17 in. x 11 inches.

H Thermometer packed in a cork.

The table should stand on a platform about one foot high.

cooking vessels may be placed under one tub eleven inches deep, or a larger number of jars not over three and one-half inches high each.

6. A round plate of soapstone, one inch thick, to place upon this platform when the closed cup is not in use, to deflect the upward current of heat. If soapstone is not handy, a flat stone, two bricks, or a tile.

7. Three vegetable dishes of ordinary size, or, what is better, three casseroles that can be placed within the diameter of the tub, around the hole in the table, cover with flat tin covers on which two larger casseroles can be placed to be used

over one-quarter inch below the level of the metal, or as near as will not make the lamp smoke. Place the tub bottom up on the table over the soapstone platform, or over the tile or the bricks. Heat this tub oven about one-half an hour before placing the vessels containing the food under it. When these are ready put the flame of the lamp up to its full capacity without smoking.

Assuming that five casseroles may be used, three containing different kinds of food are to be placed on the lower wire platform; if the covers are not flat, substitute sheets of tin, on which the second tier of casseroles may rest; then place the

two larger casseroles crosswise upon these, or place an open pan or dish upon them, or upon the second wire platform indicated in this drawing on the top of the cage; an iron cap is used over the hole for slow cooking. If quicker cooking is desired in a dry heat, the cap over the hole may be omitted. With this dry heat an æsthetic brown will be obtained on the meats or fowls; a good crust will be formed upon the bread or pastry. Without the cap the hot air of the cooking chamber will, of course, be very dry, and care must be taken not to let the lamp smoke. With the cap over the hole, the air of the oven will be very humid, suitable for simmering and stewing. Boiling not desirable; to boil meat is to spoil meat.

When the oven is used for roasting, the pans or dishes containing the food are to be without covers. Bread may be also baked in the dry ovens, in pans, placed on either wired platform.

"In my own family," says Mr. Atkinson, "we bake various kinds of bread from four to five hours at a very moderate temperature. We place a pan of water on the upper shelf, which keeps the atmosphere very humid, and while a thick brown crust forms, it is very tender. By the long baking, the crumb is cooked in the very heart of the loaf, and the finest flavors of grain are developed." Bread baking in the tub oven will require some experimental work to "get the hang" of it.

Persons who cannot eat ordinary bread can eat this bread with impunity, and it keeps much longer when cooked slowly in a humid atmosphere than the bread baked in the usual way.

Roots or tubers should be sliced thin before putting into the casserole, then covered with water, or, better, with milk; if hot water is on tap, use it. Sliced potatoes may well be soaked in cold water before being put into the cooking vessel, and therein covered with either fresh cold water or hot water.

"The next lesson will be in the simple arts of making and baking puddings, bread and biscuits. My experience has been mainly in cooking four-course dinners, especially of game, for eight or ten persons, under the half of a sugar barrel

inverted over a metal table. These barrels are thick, and will hold all the heat put into them with very little loss by radiation. If a soapstone slab cannot be had, two bricks or a flat stone will serve about as well.

"It is perfectly safe to cook by day under a wooden half barrel, but I should not advise its use by night. An oblong box made of one and one-half inch boards, lined with two or three thicknesses of asbestos paper, makes an excellent oven, and is a little more convenient than a tub or half barrel. The edges of the box which rest on the metallic table should be bound with tin.

A half-hour after breakfast will serve to put all the materials for a mid-day dinner into the cooking vessel, season, and put them under the double tub, with the cap over the hole. If the work day begins at eight, the four hours to noon will suffice for the cooking. If the work begins at nine, then four hours until 1 p.m. If the hole is uncovered, use judgment as to time.

"After the tubs have been put over the vessel and the lamp rightly adjusted, it is better to quit watching or to go somewhere else, lest one should be inclined to meddle; the lamp does the work.

"I may especially commend tub and bucket ovens to families living in flats where heat and hot water are on tap; the small kitchen will be a much more comfortable place. If gas is used, very much less will be required than with the gas stoves of the common kind, which are very wasteful. A jacketed oven might be used on a gas stove with a great saving of gas. If the pantry is big enough to hold the tub or the Aladdin Oven in a corner, the kitchen may be given up to other purposes; all the work may be done in the pantry. I have had little practice with gas, having none in my house.

"The tub oven may, I think, be converted into a bread raiser which would assure the raising of the sponge after a given number of hours, say four hours, after the manner of the 'Case bread raiser,' which is no longer to be found for sale.

"I suggest experiments on this line. Bore a hole in the bottom of the tub, say one-half an inch in diameter, in which

pack a thermometer in a cork, with the reading outside. Place upon the bricks or soapstone a pan of water; if warm water is handy, start with it warm. Heat the bricks so as to secure a humid atmosphere within the tub at 90 degrees Fahrenheit, then place the sponge to be raised on the second wire platform, over the pan of water. Watch the thermometer. If it will remain about four hours at ninety degrees the bread will rise; if the temperature lessens, put the smallest hand-lamp you have under the hole, with the top of the chimney some distance away, and let a very small amount of heat keep the brick or soapstone at a uniform temperature.

"When the oven is in use for cooking, the sponge may be placed in a pan upon the reversed bottom of the tub, which is the top of the oven, covered there, and there it will probably rise while the cooking within the oven is going on.

"In this way, bread worked in the morning could be raised while the dinner is cooking in the oven, so as to be ready to put in for baking when the dinner is taken out. I only suggest this.

"In the regular Aladdin Oven I can cook three separate charges with one quart of oil burning eight hours, weighing in all forty to fifty pounds; one charge of bread, one of meat and vegetables, one of soup stock and cake."



Specimen of Corsetless Zulu Maiden—Chief's Daughter

These photographs are of a Kaffir woman and of a Kaffir boy. The woman's figure is an excellent specimen of how a figure may appear that is not bound up in a corset. Both are also interesting in so far as their homelies in that part of Africa which, in Cecil Rhodes' dream, is destined to be the central part of a great African Empire. Maybe by the time the boy is to manhood grown this will have been consummated, but in the meantime his acres are waste and bare, and he must yet confront lions, hyenas and other wild beasts.



Incipient Citizen of Rhodesia

The abnormal size of the boy's stomach shown in photograph is probably due to an extraordinarily hearty meal.

## WHY CARRY NATION CHOPPED UP THE SALOON

WHAT SHE PROPOSED TO ACCOMPLISH BY THIS UNIQUE AND SENSATIONAL METHOD—SHE BELIEVED THAT BY THUS CALLING THE ATTENTION OF THE PUBLIC TO THIS MONSTER LIQUOR EVIL SHE COULD VASTLY BENEFIT THE CAUSE OF TEMPERANCE

*If you have imbibed your ideas of Mrs. Nation from the newspapers, you probably consider her a half crazy fanatic. That was my idea of her until, induced by curiosity, I went to hear one of her lectures. I was pleasantly surprised by her appearance and her emphatically expressed conclusions. She has a motherly expression, and her sympathetic voice, that sometimes grows wonderfully intense, clearly indicates that she is conscientiously trying to carry on a great reform. In her fight against whiskey and tobacco we stand with her, and though we may disapprove of her methods, we must admit that she is working in a noble cause.—BERNARR MACFADDEN.*

MRS. CARRY A. NATION, who styles herself "Your Loving Home Defender," was asked to explain the objects she had in view when smashing the saloons in Kansas. She said:

"In one way it was the work of a 'crank.' But, as they say of Hamlet, 'There was method in his madness.' I did exactly what the Law said should be done. The Law said that these evils should be publicly destroyed. It did not say how. I fulfilled the Law; I did exactly what it said.

"What would Carry Nation's work have been without her method? Now, if I had done anything in the ordinary way, people would have

said nothing, and they would never do anything. In order to wake people up and make them think, you must do something extraordinary. It is so easy for these conser-

vative people to condemn my methods, and I find generally that they themselves have no method at all. If they will give me a better method I will throw mine away; but they have nothing to put in its place, and they simply want me to have nothing. People don't like to build up; they like only to criticise those that do. You will neither enter Heaven yourselves, nor allow those that would to enter.



Mrs. Carry A. Nation

People have to be forced to do anything.

"We are living in a vulgar age, and I lay every immorality that there is in the world to-day to the licensed saloon. It breaks down health and fills the public mind with all kinds of indecency. I say that in three hundred years from now we shall be a race of imbeciles and idiots, if this thing continues. It means absolute oblivion.

"Now, when you get people to *think*, they nearly always will think right. It is the thoughtless that are going wrong. You see, people go wrong more from lack of thought than from want of heart. The Bible says, 'He considered, and changed his ways.' And when one begins to

the right thing than be refined in doing a bad thing. And anything done on the side of humanity will receive the admiration of every sincere, true human heart. Any act, I don't care what the act is, if it is done on the side of humanity, is a great act. And any speech made on the side of humanity is a great speech, I don't care how rough or crude it is.

"Besides, God told me to do this. He spoke to me, and told me to do it. I was lying in bed in a half-conscious state, and these words came to me distinctly: 'Go and break them up, and I will stand by you.' You know, I jumped from my bed out into the middle of the floor, as if some one had thrown me



Mrs. Carry Nation's "Home for Drunkards' Wives and Children"

One of two fine properties in Kansas purchased by Mrs. Carry Nation with the money she earned on her lecturing tours. In this way she believes she can bring comfort into the lives now darkened and saddened by the saloon curse.

*consider*, he nearly always changes his ways. The one fault is, that he doesn't consider.

"Now, I am a reformer. Every reform must be started by some act of physical force. Every reform in the history of the world has been started by some strong-handed, forcible act. It was so in Bible history, and it is so today. They are people like Gideon, Samson, David, Joan of Arc, John Brown, and our forefathers who threw the tea over into Boston harbor, who make the people rise up and throw off all kinds of slavery. Every reform has to be accomplished by some startling act of physical force.

"And people call these things peculiar. I would rather be rude in doing

out. I knew it was Divine authority. I never said a word to anybody about what I was going to do. I slipped around and got some rocks and wrapped them in a newspaper, so that I could pack them in a box.

"Yes. God told me to do it, and I did it in perfect confidence that I was going to win. It seemed a hard thing to do, but God never has a hard case. He that said, 'Let there be light,' and spoke the world into existence, certainly can do everything else.

"Certainly, I was confident. Besides, my name is Carry Nation. That name, 'Nation,' is a big word. My father wrote it 'Carrie A.,' and now, instead of spelling it 'Carrie,' I spell it 'Carry A Nation.' That's what I want to do.

With the first two initials the name is C. A. Nation (See a Nation). And the initials of my name are C.-A.-N.—CAN!

"In the smashing of the saloons, you should have seen the consternation of the bartenders. And one says, 'Was—that a woman?' Another fellow says, 'Is hell broke loose?' And of all the scared, quivering, miserable creatures in the world, these were the worst. They didn't know but what the judgment day had come. You know that guilty men are easily scared; they are the biggest cowards in the world. As they say, 'Tis conscience that makes cowards of us all.' They were nearly scared to death.

"And now this movement will go on. I tell you, it's in the hearts of the people. They want it—they are hungry for it. And there is only one way a reform can come. You can't get it from the Democrats. You can't get it from the Republicans. One party is as bad as the other, each wanting simply to get into office, and to stay in and get the spoils.

"The only way a reform can come is through the Prohibition Party. This liquor curse is ruining everything. In order to get a man to do anything, you must get him sober. You must get this nation sober before it will do anything. This government is an organization that deprives a family of protection. If you are able to raise your family, if you bring your boy up all right, it is because you have resisted the opposition of the government. What's the matter with that boy who comes reeling down the street? Why has he come to that condition? Because the government has opened a place to make him a drunkard. It protects the breweries and the manufacturers of the stuff that makes him a drunkard. It protects the railways that carry the stuff that makes him a drunkard. If the boy goes into the army he is made a drunkard. It was only because the people rose up that Congress abolished the canteen in the Army. Neither of the great political parties would ever do it.

"Now, my object in the play I am writing, and in smashing the saloons, and in everything I do, is to excite interest in reform and make the people think. There isn't a single thing I do but what hits some of the immoralities of the age.

My play will be simply an illustrated lecture."

Mrs. Nation asked: "Do you ever condemn the corsets in your publication? Do you know the reason women wear them? It is because the manufacturers get a few silly-headed women to put them on, and then the others follow like sheep for the sake of 'style!' No sensible woman would wear such a thing. I call them vices, tortures, contortions. Oh, it's horrible! You know that more than half of the ills of women are caused by the corset. The idea of a woman being bound up in such a way, pressing up her heart and her lungs, her liver and her lights, hindering her pulse! Why, it even crushes her individuality and her soul.

"But it is because we are living in a vulgar age. I believe that the train that women wear is only an excuse for indecency in holding up the dress. The public mind is filled with immorality. It is the vulgar picture, suggestive in every shape and form to lower morality, that we find everywhere. And at the bottom of it all is the licensed saloon. Then there are the patent medicines, and the doctors, that first give many people the desire for liquor."

Mrs. Nation was asked what she thought of Peruna.

"Peruna? This remedy is strong with alcohol. It is manufactured to make drunkards, but it is under a cover so that they can sell it in drug stores and in prohibition States like Kansas. You know it's Peruna and one or two others that a druggist cannot sell in Kansas without a permit. And so a lot of these patent medicines are mostly alcohol. They ought to be smashed.

"I attack doctors because they prescribe alcohol. I say that if a physician came into my house and prescribed alcohol, he couldn't prescribe for my sick dog; because, if he understands his business, he always has something else that will accomplish the work much better. Besides, he knows, even if he is a fool (it seems that a fool ought to know it), that the influence of alcohol on the system will paralyze it so that it is incapable of throwing off the pain. Why do doctors give it? Why, for the same reason that the saloon keepers do, for gain.

When he prescribes alcohol his patient's stomach will go wrong, and he buys a dope from the doctor. His heart gets out of shape, and he gets a nostrum from the doctor. His liver gets out of fix, and the doctor sells him a pill. And so he makes the patient a victim.

"Let me tell you a story. At one time I picked up a bottle of this Schlitz Malt, belonging to my brother, and poured out a glass in the presence of several women and drank it. 'Why,' they said in astonishment, 'that's beer.' 'Now,' I said, 'get me into a buggy and take me down to the doctor's office.' When we arrived there I asked him: 'Doctor, what's the matter with me?' He looked me all over; looked at my tongue and my eyes, and felt my hand. I asked him again: 'Doctor, what is the matter with me?'

"Pa! Why don't they put Jimmy Jeffries' picture on the postage stamps?"

"Now don't be smart again, little boy."

"Hully gee! You don't know! Because he can't be licked."

"He said: 'Well, you are in a very abnormal condition. YOU HAVE BEEN POISONED.'"

"I drank the beer to bring about this condition. I said: 'No, doctor, I have not been poisoned. It is simply that Schlitz Malt you prescribed for my brother to drink!' And you should have seen that man! It was Dr. Moore, of Medicine Lodge, Kansas.

"I shall put this incident into the play that I am writing. I shall also have the smashing of the saloon. My manager has suggested things for this play that I cannot subscribe to, so I have let his fancies go and am writing it myself. I shall play my own part, and the whole object of the play is to arouse an interest in the need of reform. My life is only a background on which is painted this work which I am doing."

In the October number of *PHYSICAL CULTURE* a cartoon by T. E. Powers was reproduced from the *New York Evening Journal* and by mistake credited to the *New York Evening World*. We gladly correct the error, and take this opportunity to express our thanks to the *Journal*.

## NEW ASSISTANT EDITOR FOR BEAUTY AND HEALTH

Some very interesting articles are expected to appear in *Beauty and Health* for 1904. The new Assistant Editor, whose photograph appears herewith, will no doubt be able to add much to the value of the magazine.

Several articles of interest have appeared in the December issue. The Editor has given exercises for expanding and developing the chest, and for making the body supple and agile.

A valuable article on "Woman's Change of Life," by Chas. E. Page, M. D.

"Health and Strength for Girls" gives some valuable exercises.

Continuation of the discussion as to Whether College Education Discourages Matrimony.

The subject of the editorial in this issue is "Do Moderate Drinkers Make Good Husbands?" Feminine readers are advised to discourage, in every possible manner, even the moderate use of alcohol by those they love.



Mrs. Bernarr Macfadden

The new Assistant Editor of *Beauty and Health*, who will assist in the preparation of the series of articles for 1904, by the Editor, containing information that should be of great value in the daily life of woman.

## WHAT PHYSICAL CULTURE DID IN A CASE OF APPENDICITIS

IN May, 1900, Mr. R. A. Obenaus, of Catskill, N. Y., was attacked with a severe pain in his right side on rising from his bed. He immediately dressed, went to a doctor, and after a brief examination he was told that he had a severe attack of appendicitis. The doctor gave him medicine to physic him and had an ice bag immediately put upon the patient's right side, over the appendix. This was left on the body for four days, when the pain seemed to leave him. Mr. Obenaus got up, but was feeling very weak. He gradually recovered, however, until a year later another attack came on. The same process was gone through; this time for twenty-four hours, when the pain again seemed to go away, but leaving him as weak as before. Early in the spring he felt the same trouble coming back again. The M. D. again examined him, and this time advised him to have an operation performed. He immediately went to a hospital and was examined by the best doctors he could find, who also advised the operation, but the hospital was so full at the time that he could not receive immediate attention. They prescribed a medicine for him and told him to report in the fall. On his way home from the hospital examination he met a friend who advised him to take up physical culture. He was skeptical, but bought several of the magazines and set about to practice exercises which he thought might particularly benefit his intestines and strengthen the lower muscles of the body. He practiced bending from side

to side at the hips and from front to back, and the leg exercise, as illustrated in the magazine.

"After trying several doctors and using medicine of every description for over two years and spending many a dollar," Mr. Obenaus said in an interview, "I am to-day, thanks to God and PHYSICAL CULTURE, as strong and healthy as any man would want to be, and I am happy to think that I escaped that horror of horrors, the *knife*."

"Look at those people who have had an operation performed," Mr. Obenaus said in speaking of appendicitis, "Do they look well? Are they well? Not one of them. They are always doctoring and taking medicine for their bowels, and nine out of ten have to be operated on again. I will tell you what that little organ is. It is simply an oil cup for the intestines of the body. The opening in the appendix is about the size of a pin hole. How on earth, then, is an orange or grape seed going to get in there? Can you tell me? Can a doctor tell me? No! They call it inflammation, and no doubt the little cup does become so, but this is immediately set down as appendicitis. Fresh air, normal exercise and plain food are what every man, child and woman should



Drum-Major R. A. Obenaus

have. If a person follows this simple rule of life I will guarantee that he will never be bothered with a case of appendicitis."

Mr. Obenaus' diet is very simple: he rarely eats meat and never pastry or fresh bread, but lots of vegetables and fruit. Three or four times a week he uses a spoonful of olive oil.



## THE STRENUOUS LOVER

*Original Story by Bernarr Macfadden*

*Revised with the Assistance of John R. Coryell*

XXXII

CERTAINLY, after all that had been said by the detective, it seemed as if there could now remain no doubt in Arthur's mind that Helen was indeed as guilty as had been declared.

Mr. Boyd felt heartily sorry for Arthur, but he was human enough to exult in the consciousness of having been right, and he could not help casting a look of triumph at him when Helen and little Gertie were brought into the room under such peculiar circumstances.

To his amazement, not to say disgust, however, he saw Arthur leaping toward Helen with nothing but sympathy and passionate love betraying themselves on his face.

He interposed his person between Arthur and Helen, so as to check the former's advance, at the same time crying out sharply:

"Don't you understand? That woman, Mrs. Charles Morgan, stole that child and has been caught with the child in her possession."

Arthur stopped and looked first at the detective and then at Helen. Everybody else in the room looked at him, even Amelia turning from little Gertie, to whom she had run at once, to watch the tragedy of a strong love dying.

"Helen," Arthur said, "you heard what he said."

Helen, who had indeed heard, and had started forward with a low cry of pain, stopped quickly at the sound of his voice and studied his face with passionate earnestness, her bosom heaving almost convulsively.

"Yes," she answered slowly, "I heard what he said; but what do you say?"

Before he could make any response the detective cried out:

"This will not do, sir. Permit me to carry my work on to the end;" and he turned sternly to Helen, demanding: "Is it not true that you are the wife of Charles Morgan?"

"Helen," broke in her mother tremulously, "I——"

"Answer my question," the detective said to Helen, interrupting her mother.

Helen looked only at Arthur, studying his face as if she would read the thoughts that gathered behind it.

"Will you listen to me, Arthur, while I tell you what I wish you to know; or will you have me answer this man's questions?"

"I beg your pardon, Mr. Boyd," the detective holding little Gertie said. Mr. Boyd motioned him to silence, and the man shrugged his shoulder, as if submitting without comprehending why he was silenced.

"Mr. Raymond, you will oblige me, I hope, by permitting me to question Mrs. Morgan. If she be innocent she has no reason for objecting to answering."

"I am waiting for your answer, Arthur," Helen said.

"I can only answer that you must decide for yourself, Helen; I do not and have not wavered in my trust in you."

"And you will trust me to the end, no matter what may transpire?"

"I could not do otherwise," he answered firmly; but she could see trouble in his eyes.

"I will answer your questions," she said, turning to the detective with a look of queenly pride.

"You are Mrs. Charles Morgan, are you not?" he demanded.

"I am not," she answered.

"Do not hope to carry out such a deception, madam!" he cried indignantly,

"for not only have I the proofs in my possession, but even your own mother but a moment before your entrance admitted——"

"I meant to say," broke in Mrs. Bertram, when the detective waved her aside.

"It is too late to retract now, madam. You know she is the wife of Charles Morgan."

"I am happy to say," Helen interposed quietly, "that I am not his wife. I was, but I am now legally divorced."

She turned to see how Arthur would receive her words, and she saw him start back with a gasp. Then their eyes met and exchanged a look that seemed to reassure her, for she turned once more to the detective, as if bidding him resume his questioning.

"You have visited him time after time since he has been in prison?" he said sharply. "It looks to me as if your divorce was only a matter of convenience."

"I have visited him a number of times since he has been in prison," she answered.

"Perhaps you will admit that you visited him to make arrangements for the abduction of this child?"

"Certainly I shall admit nothing of the kind."

"But you were found with the child in your possession?"

"Yes."

The detective turned triumphantly to Arthur. Helen was already looking at him.

"You see, Mr. Raymond," he said, "by her own words she is convicted. It is hardly worth while for us to prolong this scene."

Certainly Arthur could not fail to see that Helen had admitted enough to justify any one in pronouncing her guilty; but there was something in her expression while answering the detective that gave Arthur the feeling that no one could be more scornful than she of the baseness of which she was accused.

It is true that he had heard her admit her marriage to Charles Morgan with a pang that had caught him unprepared, in spite of what had been said before. But the fact that she was divorced was enough for him, for he was above the absurdity of condemning a woman be-

cause she has refused to live with a man whom she can no longer love or respect.

Besides, he could see how all her treatment of him became justified and explained by the fact that she was a wife, and, above all, the wife of the man who had done so much to injure him.

All this and much more had passed through his brain while the detective was interrogating Helen. He could not understand, but his trust in the woman he loved was in no wise abated by anything he had heard her say.

So when the detective spoke to him his eyes were gazing into Helen's and finding there the proud assurance of perfect innocence. She did not speak, but waited for him to do so.

"Her words are susceptible of explanation, Mr. Boyd," he said.

"This is the maddest infatuation," the detective cried; "but your opinion, sir, shall not avail to save her from the penalty of her crime. Do you forget how you refused to believe that she was the wife of Charles Morgan?"

"I do not forget; but it is enough for me that she has repudiated him. Will you not speak, Helen, and clear yourself of the crime of which you are accused? I do not ask it for myself, but for your own sake."

"You do not believe me guilty, Arthur?"

"Not for an instant."

She smiled and turned to the man who still held little Gertie in his arms.

"Let this man tell what he knows of the matter," she said.

Arthur pushed Mr. Boyd aside and took his place by Helen's side, murmuring in a tone that she alone could hear:

"Is this the end of my probation, Helen?"

"It is for you to answer that question," she answered; but the smile that parted her beautiful lips gave an added meaning to her words.

"Mr. Boyd," the man said, speaking softly, so as not to arouse the sleeping child, "it's all a mistake; this lady had nothing to do with the kidnapping."

"What?"

"That's right, sir; she saved the child, or it wouldn't be here now. The woman who did it is in charge now."

Mr. Boyd turned an incredulous glance on Helen, who, with her hand in Arthur's, waited quietly for her vindication.

"I suppose," said Mr. Boyd, resuming his ordinary manner with an effort, "you know what you are talking about, Dan?"

"Well, I think I ought to, sir."

"You know that we've been watching this—this lady for some time, and have known that she was meeting Morgan at Sing Sing?"

"I know that, but I know she saved this little girl and didn't kidnap her."

"You are sure it was no plan?"

"Oh, I can't say anything about that, but on the face of it the fact is that if it had not been for this lady the woman who stole the child would have got away with it before I could have caught her."

"Perhaps," said Helen with a quiet dignity that was wonderfully impressive, "it would be better to let him tell just what did happen. If you feel after that that you really must connect me with this crime I shall have no objections."

"But I shall," interposed Arthur firmly. "I know Mr. Boyd too well to suppose for an instant that he has any but the best motives for persisting as he does in connecting you with the crime, but I none the less object most strenuously against his present attitude."

"But, Mr. Raymond," protested the detective.

"Let your man tell what he knows, if you will," said Arthur, "but in the meantime some one should telephone that Gertie is found and will be home in a short time."

"Of course, it must be as you say, Mr. Raymond, but before permitting Dan to tell what he knows of this evening's occurrences, let me say—and I say it without the least animosity toward this lady—that all her conduct has been much against her. Her moving from one place to another in such a mysterious manner, her visits to Charles Morgan at Sing Sing, and the very fact that now the baby has been recovered through her. It seems to me it is a fair question how she happens to have been able to know how to find the baby. Surely, Mr. Raymond, it must suggest itself to you that this opportune divorce from Morgan is strangely fortunate in coming at the same

time with her discovery of the child. That is a service you are little likely to overlook."

"You certainly know how to put one and one together so as to make two, sir," said Helen calmly, her luminous eyes searching Arthur's as if to discover any least glimmer of doubt.

She found none there, however, for standing by her side he fairly thrilled with the consciousness of her truth and purity, and he flashed back into her eyes a look of perfect trust.

"Amelia," he said suddenly, turning to her, "I want the two best women I know to become acquainted with each other. You know who Helen Bertram is; Helen, this is my dear friend, Amelia Winsted."

Amelia had responded to Arthur's words with eager swiftness, gliding to the side of the woman who had won her lover from her with outstretched hand, saying heartily:

"Miss Bertram, I do not need to tell you that I am as firm a believer in you as Arthur himself. I am the more glad to see you that Arthur has said so much of you that I already feel more than half acquainted."

No one could have withstood the charm of the fair, sweet girl, and Helen made no effort to do so, but rather found her heart going out to her at once.

"Friends are not so plentiful with me that I would refuse one," Helen said warmly, "least of all when that one is a friend of Arthur's, and one, moreover, who must always win love easily for her own sake."

Amelia could not help flashing a merry look at Arthur as these last words fell from Helen's lips, but she refrained from uttering the teasing words that leaped to her lips. Instead, she turned to Mr. Boyd, who was watching them with a cynical expression curling his lip, and said gaily:

"Come, sir, let your detective tell his story, so that we may take our little Gertie home. Believe me, you have made a slight mistake this time, but we shall not value your services the less for that."

Even the disappointed detective was forced to melt a little under the genial warmth of Amelia's manner.

"Well," he said, "I suppose I must be

mistaken, since you insist upon it, but Dan may as well tell what happened to him, so that we may all know."

"First telephone to my sister that her child has been found," Arthur said.

Mr. Boyd went to the telephone to notify Margie and Herbert, and Arthur took advantage of the opportunity to bring Robert and Mrs. Bertram into the circle about Helen, introducing to each other those who were not yet acquainted, so that when the detective returned, having sent the message that was to bring relief and happiness in the sorrowing home, he found his supposed criminal in the midst of a group of friends.

"Go on, Dan!" he said.

Dan, having been relieved in the meantime of the burden of little Gertie by Arthur, took up his story with a very apologetic air.

"Why, sir," he said, "you know you had me already shadowing Mrs. Morgan, or Miss Bertram, when you got word to me that the child had been kidnapped?"

"I had already learned of Miss Bertram's marriage to Morgan," Mr. Boyd said, by way of explanation.

"You said," went on Dan, "that Mrs. Morgan was sure to have had a hand in it. Well, I knew she couldn't have had any hand in it, because I hadn't lost sight of her for several days. However, I kept on her track, following her when she moved so suddenly, and wondering why she did it—"

"I did it because I found I was being followed by an emissary of Charles Morgan's," Helen said, her eyes resting for a moment on the gambler, who had constituted himself an apparently amused spectator of the whole proceedings, and who upon this reference to himself bowed and smiled broadly.

Dan looked at him for a moment, murmured an "Oh!" of surprise and went on:

"I didn't know what to make of it, though, when suddenly Mrs. Morgan left her mother and went up to hang around Mr. Raymond's house."

Mr. Boyd interrupted with a low cry of triumph, at which Helen smiled as if amused. Dan continued his recital.

"To tell the truth, I lost sight of her there, and while I was hunting for her

word came that the child had been stolen and saying Mrs. Morgan was suspected. Well, I didn't suspect her, because I'd got to know something about her while I was shadowing her. But as my orders were to look for the child in her keeping, I did it, though I'd have looked for her anyhow, having lost sight of her."

"I had discovered that I was being followed," Helen said, "and had taken steps to escape the surveillance."

"Well," went on Dan, "it's no use to tell you how I found her again, but a man who has been shadowing anybody for any length of time can't lose him for long; so I came upon Mrs. Morgan and found that she was in hot pursuit of somebody else. That somebody else turned out to be another woman, dressed exactly like Mrs. Morgan, and who was in possession of the child. Mrs. Morgan had followed her until she had cornered her over in Jersey, and had taken the child from her. You wouldn't have thought she was any friend of Mrs. Morgan's, either, if you'd heard her talk. Anyhow, it was Mrs. Morgan saved the little kid, sure enough."

#### CHAPTER XXXIII.

Dan's story was conclusive, even with Mr. Boyd, who promptly made an apology to Helen for his unjust suspicions of her, and was as promptly forgiven.

"And now let us hurry home," said Arthur. "You will go with us, Helen; you and your mother."

"Thank you, no," answered Helen; "we will go to our own home."

"She is afraid of being thanked," laughed Amelia; "but I am sure there can be nothing comfortable in your own home, Helen, if you have just moved to-day; so I am going to insist that you and your mother come with me. We have lots of room, and you simply must come and stay with me. Add your word, Mrs. Bertram, for Helen looks as if she meant to be obstinate."

"Please accept her invitation, Helen," pleaded Arthur.

"But, Arthur," she murmured in a troubled tone.

"You want a good excuse for accepting," laughed Amelia, who seemed to know how to set Helen at ease; "and I

have the excuse: we are all dying to know how you happened to be on hand at the right time. You see, we have a right to know and we shan't sleep until we have been told."

Not much more was wanted to win Helen, but before she would finally yield she took Arthur to one side and said to him frankly:

"I am not going to pretend, Arthur, that I do not understand your feelings toward me, nor shall I any longer try to hide mine from you, but you know now that I am a divorced woman, and that many persons have a strong prejudice against a woman who is divorced; your family may."

"I do not know how some members of my family may feel, and do not care, Helen. Marriage is a matter that concerns those who enter into it, and them only. To me it is a matter of no concern whatever that you are divorced. I love you for what you are. Anyhow, I am sure you could come into my family under no better conditions than these: that you are the savior of little Gertie and that you are the woman I love."

"Then I will go home with Miss Winsted, but not to remain. I will let your family see me, and I will tell you all how it happened that I was at hand to save Gertie. In this way there will be no need of further explanation to them as to who and what I am."

It is improbable that any one but Amelia could have told how it happened that the party distributed itself as it did on the way home. Arthur, if he had spoken for himself, would surely have expressed himself as well pleased that it happened that when he got into his carriage he found Helen already there.

Amelia was not one to half do anything she undertook to do at all. There was no half-heartedness in her sympathy with Arthur's love for Helen; and now that she had seen Helen her sympathy was rather enthusiasm, and she felt that Arthur's steadfastness in spite of everything was fully justified.

She knew very well that the others were always secretly wondering whether or not she had really ceased to love Arthur, but that was a thing that did not trouble her. She had settled it in her

own mind very comfortably. She certainly did love Arthur, and was sure that he loved her; but also she knew now that something besides love was necessary to justify marriage, and that something was nothing less than the physical attraction which she had never felt when she was a weakling, and which she did not feel toward Arthur now.

So it was with a sense of positive comfort that she settled down in her carriage by the side of her pupil, Robert, with little Gertie snuggled in her arms and Mrs. Bertram opposite. She was sincerely rejoiced that she had been able to contrive it so that Arthur and Helen should ride home together.

As for Robert, he was yet such a singular mixture of boy and man that he was never quite sure whether to say what he felt or to hide his feelings. On this occasion he had smiled his satisfaction at being by Amelia's side, but had said nothing.

Generally his manner with Amelia reminded those who saw them together of a great, dignified mastiff; and while Mrs. Raymond and Maud, in particular, never ceased to repine that Arthur did not return to his first love, they yet were able to notice how devoted Robert was to his teacher.

It never occurred to them, however, and perhaps it had not yet occurred to Amelia, that such devotion as Robert now showed might very well in time develop into that sort of love which demands marriage for its satisfaction.

As yet, however, Robert was thinking of nothing of that sort, but only of the improvement of his mental and physical self; whatever else was in his heart was not in a form to be recognized by him. He drank in every word Amelia uttered, and stored its meaning away; and what with his desire to please her and his greed for knowledge he had made marvelous strides.

Physically he was already in a better condition than most men who have been free all their lives to strengthen themselves; but with Arthur as an example, and Arthur's and Amelia's enthusiasm to spur him on, he was determined to build up for himself a physique to be proud of.

He worshipped Arthur, who represented to him all that was worthiest in manhood, just as Amelia represented the best in womanhood; and if he studied to think as Amelia would have him, so he unconsciously studied to look and to act as much as possible like Arthur.

And he succeeded so well in this that Amelia was always amused by the curious resemblance between them; a resemblance which never deceived her, but which had made more than one of Arthur's acquaintances to hail Robert as they caught sight of his broad shoulders at a distance.

Amelia did most of the talking in that carriage, Mrs. Bertram being very weary and Robert, as usual, content to listen to what to him was the sweetest music in the world.

It is needless to tell what went on in the other carriage. Not many words were spoken by either Helen or Arthur, notwithstanding the many that were needed to explain all that had come into the hearts of them both. Yet, little as was said, a supreme contentment was in the heart of each of the lovers when at last the home of the Raymonds was reached.

Arthur knew what he most craved to know from Helen, that she loved him with a fervor and passion no whit less than his own for her. And she knew that his knowledge of her marriage to Morgan, the man he had such cause to hate, had not affected his love for her.

That much she had asked him in plain words, for she could not be happy else. The question had come after the first moments of silence, the carriage rolling noiselessly along on its rubber-tired wheels.

"Arthur," she had said, "I meant to let you know about Charles Morgan in a different way. At first I had not intended that you should ever see me again, but when you came upon me over on the East Side I knew that that was hopeless. It was certain then that we must meet and that you must know that I had been the wife of your deadliest enemy."

"But that is all gone and by, dear; why talk of it?"

"Something must be said between us, Arthur. I had not meant to deceive you at first; I was using my own name when

I posed for Mr. Bernardo because I so loathed the name of Morgan. Afterward I learned how much cause you had for hard feelings for him, and I feared you could never forgive me for having been his wife."

"I only know that all other feelings are swallowed up in the love I bear you, Helen."

"But you were shocked when you learned that I was his wife. I could see that you had all along refused to believe that such infamy could be mine; and then, when the truth came to you from my own lips you were terribly shocked."

"For one second, Helen. Then I looked into your eyes and knew that you were yourself and neither the wife of this man nor the other. I loved you for yourself. I have no prejudice against divorce; rather, I admire that woman who refuses the degradation which is inevitable when husband and wife do not love. Love is the only justification for marriage. Marriage under any other conditions is harlotry. So you see I honor you the more because you refused to live with the man you did not love."

"It is what I would have expected from you, Arthur, and I never feared for your opinion of that. But I was Morgan's bride, Arthur. May it not be that you will recall that fact some day and let it lessen your love for me? I want to be sure of that now."

"And you may be sure. I love you neither less nor more because you were his bride. I am affected in no way whatever by the fact. I love you and I am content that you are as you are. I can imagine you no nobler, no better, no worthier; I can imagine no other woman half so worthy. In my heart, neither in my mind do I mingle you and that man in one idea; you are separate and alone; and if you had never seen him he could have no more part in your life, so far as I am concerned, than some man unknown to me. Can you not understand from your own heart, Helen, that in loving you I set you apart from the world? If love means to you what it does to me there need be no further questionings."

And there were none. Their lips met in their first kiss, and from that moment they set out together in life. A priest

or magistrate might put legal bonds on them, but the consecration of love was theirs already; and that was the real and only consecration of their union.

But there was yet the family approval to be gained, and although Arthur was prepared to wed the woman of his choice in face of the opposition of the whole world, yet even he wished his mother and sisters to like Helen and approve his choice of her as his wife.

But it meant far more to Helen than to Arthur, for no woman cares to enter a family unloved, undesired; so that Helen looked forward to the approaching meeting with Mrs. Raymond and her daughters with no little apprehension.

Arthur might sweep aside their objections, as a strong man may, but Helen shrank from the criticisms and the meaning looks of women who take the old-fashioned view of divorce, and who see in a divorcee one who has violated one of Heaven's laws and who is far on her way toward infamy.

But she need have had no fears for what might happen that night, for the minds of all in the house were filled with no other idea than the rescued child, who was put into Margie's trembling arms by Amelia.

Nor would Margie give Gertie up even to her father, but held her close to her breast while she looked and listened, speaking only to Helen when Arthur introduced her as the one who had found and rescued Gertie.

"God bless you for it!" she sobbed; "and when you have children of your own, as I hope you will, you will understand what it is to me to have my little girl restored to me."

"She is to be my wife," Arthur said, so that all heard. "You have heard me speak of Helen Bertram; this is she."

"I do not wonder you love her," Margie said.

Mrs. Raymond was no less kind than

Margie, kissing Helen and making her welcome and showering grateful thanks upon her. Maud, too, who remembered more clearly than the others the things that had been said about Helen by the detective, yet met her with effusive cordiality.

Then there followed much eager talk about the finding of Gertie, and Helen would have been glad to tell her story then, but they were all too much excited and all too much tired, as Amelia saw; and it was she who interposed to prevent the telling of a story which she knew as well as Helen might not be received as it should be.

She therefore whispered to Arthur that it would be far better if Helen postponed the telling of her story until the next day, before which time she, Amelia, would have an opportunity of preparing Mrs. Raymond and Maud.

She then persuaded Helen and her mother to pass the remainder of the night with her, representing that no one was in the right mood to hear a story which should be told more in detail, anyhow, than the time allowed.

"Margie and Herbert are too much taken up with Gertie to listen," she said, "and they will be your strongest allies, Helen. You see, I have taken the liberty of reading your thoughts; please forgive me!"

"Oh, I am grateful to you," Helen answered. "I confess I am dreading the effect on them of the revelation that I was once that man's wife, and now divorced from him."

"Dread nothing, dear," said Amelia in a tone of conviction; "you will be received as heartily as you could wish. You will see that it is so to-morrow."

So it was with the comfort of this assurance that Helen laid her tired head on her pillow and gave herself up to sleep, nearer to peace than she had been in many weary weeks.

*(To be concluded in next number.)*

### WHISKEY A GOOD INSECT POISON

A Brooklyn liquor dealer, wishing to advertise a certain brand of whiskey, sent a bottle to each of a few prominent citizens, with the request that a favor be sent in return in the form of a letter of recommendation. One of the favored immediately wrote: "I have tried all sorts of insect poison, and find none that can equal your Old Rye Whiskey."

## GRASP THE SWORD!



You! The quack medicine and quack doctor's victim, wake up! Free yourself from a grandfather's rusty notion that health can be bought in nauseating doses, bottled and labeled ready for use, and that suffering is a Divine interdiction placed upon you. Health is Divine! Awaken the Divinity, then, if it hasn't already taken flight from so unholy an abode! Between those bones and the skin that clings to it like a sheet of pale, damp rubber, put something—meat, muscle and exhilarating energy, instead of drug store poison. Look out for the quack doctor, ever at your back. Don't you see he has horns?



## Miscellaneous Paragraphs From Everywhere

### Victims of the Tobacco Evil

Poor, deluded victims of the tobacco habit go on heedlessly to their fate. Occasionally there appears in the daily papers an account of the frightful results of this baneful habit. Some time ago a fireman on the Brooklyn elevated railroad became so enslaved with the habit that he smoked nearly 400 cigarettes a day. He began smoking cigarettes when a boy. His nerves finally gave way and he could not sleep, usually smoking all night. His father and a physician induced him to give up work and to try to break the habit, but in vain. He became insane and was taken to the hospital, where in his ravings he begged for the privilege of dying.

John Conroy, a prominent young man of Hudson County, N. Y., recently died of nicotine poison. Just before his death he remarked to his nurse that if he had his life to live over again he would never use tobacco in any form. Young Conroy was a talented and popular musician. He became addicted to cigarettes at ten years of age, and at the time of his death had smoked an average of 100 a day. Although he fought to overcome the habit during the last year of his life, he was unable to give it up.

### Curing Consumption By Living on Tree Top

Report comes from Dayton, Ohio, that Prof. Oran Steinberger, an artist of considerable note and formerly a college instructor, has made a practical test of an original consumption cure. Having indications of lung trouble, his physicians ordered a change of climate; and the Professor went to Arkansas, but without receiving permanent benefit. Returning

to his home, he worked during the week and exercised for his health on Sundays. He finally became interested in climbing trees, and found the exercise very beneficial. He also made the interesting discovery that the air in the treetop was much purer and clearer than on the ground. He thereupon determined to live in the treetops altogether. He selected a big white oak tree, and on the three principal branches he built a platform, which is large enough to accommodate twenty people, and on a part of that constructed a very comfortable dwelling. There he lives and works, and declares that he never was so well in his life. He has some visitors, but says that he finds his chief delight in the study of nature, and makes friends with every living thing. He asserts that he will dwell in Campaloft permanently, and is recommending the treetop cure for consumption to everybody.

### The Alcohol Demon Being Attacked on All Sides

The drinking man is finding it more and more difficult all the time to secure and retain a satisfactory position. Nearly all railroads have made the use of liquor in excess sufficient ground for an employee's discharge. The Wabash Railroad has issued recently a similar order; and from Pottsville, Penn., comes the report that the mining officials of one district have decided, in order to reduce the danger of accidents in the anthracite mines to a minimum and to assure steady work by the men, that they will hereafter discharge all miners who become incompetent by reason of drink.

Because of the greater laxity in the miner's life, this action in the mines is a greater innovation than that taken by

the railroads; and the commendable feature of it is that the rule was suggested by the employees themselves. They recognized the risk to their own lives due to the carelessness of fellow-workmen befuddled with intoxicants, and their course was prompted by self-protection.

The drunkard has for a long time ceased to be useful. It is becoming a hard world also for the habitual drinker who prides himself that he never gets full. In these measures we have very emphatic temperance lectures. When it no longer pays to be a habitual drinker, alcoholic liquors will be consigned in time to a deserved oblivion.

#### Education and Book Learning

This world is full of educated ignoramus. This seems to be a paradoxical statement, but it is true nevertheless. Dorothy Dix, in a recent issue of the *Evening Journal*, made some very appropriate remarks showing how one can be educated and still be very closely akin to a fool. We reproduce them herewith:

"When we talk about 'education' we mean it, narrowly, as book learning; yet the most forlorn, and ignorant, and helpless men and women in the world are those who know nothing else but books. The most erudite and highly educated woman I ever knew was the greatest failure. She was a prodigy in mathematics, yet she could never keep the butcher's bills within bankrupt limits. She could speak half a dozen different languages, but she couldn't manage a servant in any one of them. She had a vast knowledge of chemistry, but she couldn't make bread that wasn't a menace to life. She understood all about germ culture, but she let her baby die because she couldn't keep its bottle sweet."

#### Schools to be Used to Compete with Poolrooms

In New York there is a school principal with a head full of brains. He has been educated, and still appears to have sufficient common sense to know something. This school principal has a few ideas of his own as to the proper methods of drawing active boys away from poolrooms and other evil resorts. His name is James E. Finnegan, and he is principal of School

117, Bushwick avenue and Stagg street, Brooklyn, New York. He has recently written to the Board of Education, recommending that the manly art of self-defense be a part of the public school curriculum, in the recreation centers, at all night sessions of the school. If this is done, poolrooms hereafter will have to compete with boxing and other active exercises. The district superintendent has been won over to Principal Finnegan's view of the matter, and there appears to be a very good chance of the board acting favorably on his suggestion. There are thousands of empty school-rooms that might be used for such purposes all over the country.

Those who are interested in the welfare of youth, who are desirous of teaching temperance, and desirous of increasing health and strength in young Americans, could hardly attempt a more valuable reform than something of this nature.

#### Some Caustic Truths for Medical Men, by President Andrew Sloan Draper

In a recent address at the commencement exercises of the College of Physicians and Surgeons, at the University of Illinois, Dr. Draper "pitched into" his fellow medical men. A few of his remarks follow:

"The scientific knowledge and the mission of the doctor of medicine should combine to make him the best exemplar in society of physical, intellectual and moral cleanliness. Yet I see doctors every day who need a bath, whose very clothes should be burned, and if they were to go with their clothes the world would not be moved deeply nor sorrow long. Often the breath is foul and evidences are not lacking of the grossest violations of all the laws of sane and healthful living.

"In view of all the things which modern scientific knowledge enables one to know with certainty, there is too much uncertainty, too much hideous blundering in medical practice. To trifle with human life in defiance of well-known scientific truths, to proceed upon mere guess when the facts essential to competent and exact treatment may be easily ascertained, is

an offense against decency and should be made an offense against law which would land one in jail."

#### Longevity Said to Be on the Increase

According to statistics recently presented at the Actuaries' Congress held in New York City, the longevity of the human race is on the increase. Modern scientific medical methods are given as one of the principal causes, though the injection of a certain amount of physical culture into their methods and the general education of the public as to the hygienic methods necessary in building and maintaining health is no doubt the principal cause. One of the members of the congress remarked that this apparent increase in longevity represents not an increase in the vitality of the strong, but a diminution of the mortality of the weak. Therefore, the number of weaklings today is greater, and the result is the degradation of the mass in the average.

#### The Poisoning of Cows With Tuberculin

One of our rural enthusiasts makes some interesting remarks on the latest curse of so-called scientific medicine. His remarks follow:

"Not content with poisoning babies with vaccine virus, the doctors now order that twice a year the cows supplying milk for these unfortunate babies be poisoned with tuberculin virus. Sometimes it kills the cow. Sometimes it does not affect her apparently, but usually it gives her more or less fever for a time. I insist that it cannot be good for the cow, and consequently must be bad for the baby.

"In experiment after experiment it has been proved that calves even do not contract tuberculosis from tubercular cows. So emphatically has this been proven, that permission has been given frequently to keep valuable cows that were known to be so affected until the calf is born and can be taken from the mother. How small, then, are the dangers of the human family, can be imagined readily. I do not believe that one person can be proved beyond doubt to have suffered from bovine tuberculosis.

"Any disturbance of the wonted health

and comfort of a milk-giving animal affects the milk; and I protest that the injection of tuberculin into a herd from which milk is consumed must be of immediate injury to the cow and to the person using the milk from such cows. All consumers should object to milk from such herds. A quiet physical examination may be useful when owners will not dispose of unhealthful animals; but wholesale poisoning cannot be conducive to the public health."

#### Bitter Fight Being Made Against Vaccination

The anti-vaccinationists of Massachusetts are up in arms. They have a strong league and are trying hard to have the vaccination laws in that State repealed, or else declared unconstitutional. Rev. Henning Jacobson, a Cambridge clergyman, a prominent member of the league, was fined \$5.00 some time ago for refusing to be vaccinated, and his case was carried to the Massachusetts Supreme Court, after the fine was imposed by the Municipal Court, on the ground that the law under which Mr. Jacobson was fined was unconstitutional. The Supreme Court decided that the law was constitutional, and upheld the action of the lower court. Then the Anti-Vaccination League engaged George Fred Williams, the celebrated Massachusetts politician, as counsel, and carried the case to the United States Supreme Court. Mr. Williams confidently expects that the case will be reached soon, and he hopes to get in a lot of evidence that was refused admission by the Massachusetts Supreme Court.

The anti-vaccinationists contend that vaccination often results in permanent injury to health, and sometimes in death; that the vaccine sold is often impure and unfit for use; and that there is no practical test by which physicians can determine whether vaccine is pure.

It will be urged also before the United States Supreme Court that vaccination does not prevent smallpox, but that the disease is conquered in communities where it is fought by sanitation and isolation. It might be well to note that all this evidence was not admitted in the Massachusetts Supreme Court.

### Patient Secures \$3,000 Damages From a Fanatical Surgeon

Dr. Edwin H. Pratt, of Chicago, recently received a lesson that will be of the greatest possible benefit to him in the future, though more especially beneficial to his patients. He was so completely satisfied in his own mind of the necessity of an operation on a patient, Mrs. Parmelia J. Davis, that he did not wait for the consent of the patient or of her husband. A suit for \$3,000 damages was brought against him, and the court allowed the amount in full.

It is about time these crazy surgeons were called to a halt. It would have a very good effect upon men of this stamp if a law were enacted here similar to the French law, making a surgeon responsible for an operation when performed unnecessarily.

### Only One Large City Free From Smallpox

It is very pleasing to all foes of the vaccination evil to note that Leicester, England, is practically the only city that has been almost entirely free from smallpox for an extended period. Leicester has for years defied the vaccination acts of England, and has kept smallpox down by better means. For the sake of once more reasserting its position, a member of the Board of Guardians of that city recently moved that the Board resolve to continue the policy of the three previous Boards in not instituting proceedings against parents under the English vaccination acts, and the resolution was unanimously adopted. It simply proves that Leicester has tried ignoring vaccination and is unanimously pleased with the results.

It is said that smallpox has been imported into Leicester over and over again by those who desired to force the community into the vaccination evil, but the disease has never taken any hold in that city.

### Consumption Curable by Vaccine

A remarkable German professor has recently received considerable free advertising because of his announcement that he is convinced that inoculation with tuberculosis toxin will render human be-

ings immune from consumption. His statement very accurately gives evidence that another so-called scientist is laboring under an hallucination.

The Professor states that he does not believe that tuberculosis can be inherited or contracted epidemically by an adult. He asserts, however, that a decisive factor in the spread of tuberculosis is the nourishment of infants with milk taken from cows suffering from that disease. His efforts are being directed toward the substitution of sanitariums and a system of inoculation for consumptives. He is firmly convinced that human beings can be rendered immune by inoculation with tuberculosis toxin obtained from cows.

Poor man! Another so-called scientist gone wrong. One scientist after another springs into life and emphatically asserts that he has a positive cure for consumption, but still the disease continues to go on with its terrible havoc, and it will continue until the victims are educated up to the fact that the disease is brought about by certain causes, and that the remedy is not to search for some mysterious compound, but to build up strength by natural means, and thus to avoid the causes of the disease.

### Yale University to Make a Food Test on Twenty Army Men

Experiments are to be made at Yale University to determine the least amount of albuminous substances required to maintain good health. Prof. R. H. Chittenden, director of the Sheffield Scientific School, recently announced that through the courtesy of Secretary Root and Surgeon-General O'Reilly, of the Army, the War Department will cooperate with the Sheffield laboratory in a physiological study of the least amount of protein or albuminous food required for the maintenance of health and strength under ordinary conditions of life.

Twenty men have been detailed from the hospital corps of the Army, and they will be used to carry on the experiment. There are no special theories involved, and no special system of dietetics will be tried. The object especially aimed at is to ascertain experimentally whether

physiological economy in diet cannot be practiced without loss of strength or vigor. Prof. Chittenden claims that most people consume more food than there is really any necessity for, and that this excess is detrimental to health.

**Alcoholic Liquors in Patent Medicines**

The Colorado State Medical Society gives the following table, showing the percentage of alcohol in each of the patent medicines named:

Green's Nervura .....	17.2
Hood's Sarsaparilla .....	18.8
Schenck's Seaweed Tonic .....	19.5
Brown's Iron Bitters .....	19.7
Kaufman's Sulfur Bitters .....	20.5
Paine's Celery Compound .....	21.0
Burdock Blood Bitters .....	25.2
Ayer's Sarsaparilla .....	26.2
Warner's Safe Tonic Bitters.....	35.7
Parker's Tonic .....	41.6
Hostetter's Stomach Bitters .....	44.3

This shows that many of the widely advertised patent medicine nostrums con-

tain a larger percentage of alcohol than does commercial whiskey. The *Ladies' Home Journal*, in commenting upon this in a recent issue, calls attention to the possibility of many being made victims of the alcohol habit through the influence of this patent medicine tipping, in the following remarks:

"As the remedies are prescribed to be taken in teaspoonful or even larger doses, three times a day, it can easily be understood why they give a delusive sense of well feeling and increase the appetite of those who take them. It is very probable that at the present moment the temperance societies of this country could do nothing better calculated to advance the cause of temperance than to undertake a vigorous crusade against the use of such remedies. In woman, particularly, the origin of the craving for liquor is often a mystery to her family and friends. Undoubtedly, the taste for spirits not infrequently begins with indulgence in these so-called "tonic" remedies, which have done and are doing an incalculable amount of harm."



The Fashionable Poise

HER POP—"Say, Maw, what in thunder is the matter with Sal? She walks like a god-darned monkey!"

HER MAW—"Why, Joshua! That is the fashionable poise; Sally has on her new straight-front corset."

## U. S. GOVERNMENT EXPERIMENTING WITH PHYSICAL CULTURE DIET

*By G. Edwards*

THE United States Department of Agriculture, which is thoroughly American in its constant "doing" of new things, has been conducting a series of dietary experiments with the aid of Professor Jaffa, of the University of California, the results of which should be found encouraging to all those students of food values who are trying to solve the problem of a cheap yet perfectly nutritious and sustaining diet, and at the same time trying to smile at the "Beef Trust." The dietary studies were carried on mostly upon nuts and fruits as a true food for man.

Thirty-one experiments were made in order to ascertain the digestive effects of the food, and nine studies were made to determine their nutritive values. The eatables that were embraced in these experiments consisted of almonds, figs, strawberries, watermelons, oranges, pomegranates, nuts, persimmons, berries, scarlet haws, muskat, tokay, currichon, yardal, cantaloupe, grapes, bananas, pears, tomatoes, apples, honey, and a supply of peanut butter. The only foods allowed in the experiments that bore any relation to animal products were cottage cheese and eggs, and these were given in limited quantities. This delightful fare surely would be sufficiently varied and appetizing if adopted for the most selective taste.

The persons upon whom the experiments were made were two of the students for the university at which the experiments were going on, two middle-aged men, two women and three children. The male members all did hard manual work during the time of the experiments. The cost, as estimated by Professor Jaffa, amounted to about fifteen cents to eighteen cents a day. Comparative studies were made in which animal products were used, and in these trials it was found that the daily cost amounted to from twenty-

six to thirty cents a day. Fruitarian fare furnished about sixty per cent. of the protein usually derived from the ordinary meat diet, while the health and strength remained the same. In two or three of the cases there was actually a gain in flesh and weight among the subjects experimented upon.

It was estimated that one-half pound of peanuts would furnish one thousand calories of energy at a cost of three and one-half cents, or less, and protein at a cost of thirty-six cents a pound. Since a porterhouse steak, at its toughest, to yield the same result, would cost twenty-two and one-half cents and \$1.31, respectively (providing the Meat Trust did not do some somnambulistic price lifting), one can readily see the cheapness of substituting the nut as a nourishing part of one's diet.

Dried beans, which cost only five cents a pound, were also used in the experiments, and they were found to supply more than one hundred grains of protein and fifteen hundred calories of energy, therefore excelling the peanut in protein and energy.

One of the main purposes of these studies was to collect authentic data regarding the value of nuts as a food, since fruitarians must resort to nuts to supply the protein that is so little contained in fruits. Fruits are well known to contain an abundance of carbo-hydrates, while nuts are rich in fat.

The results of these valuable experiments, even if they do not induce a majority of the people to adopt a fruitarian diet, prove the fact, so long emphasized by fruitarians, that fruits and nuts are a thorough, sustaining, wholesome food, rather than food accessories, and that man can live on them, getting more than sufficient nourishment and energy from the natural diet.

# THE PHYSICAL CULTURE CITY

## MORE LETTERS FROM ENTHUSIASTIC READERS INTERESTED IN THE PROPOSED CITY

*Letters continue to come in from all parts of the country from enthusiasts interested in the proposed Physical Culture City. At this writing no definite opinion can be expressed as to the possibility of this city being started. I expect to give the various plans proposed careful consideration and may be able to make some definite statement in the February or March issue. We herewith reproduce a few more of the letters. Remember that they are not necessarily the best we are receiving. It would be impossible for us to determine accurately the comparative merits of the letters or of the suggestions being made; so if any interested reader does not find his letter published, he need not necessarily feel that it did not contain suggestions of value.—BERNARR MACFADDEN.*

To the Editor:

The idea of a Physical Culture city would seem to bear promise of greater benefit to mankind than any idea suggested up to this time. A clean city, of people mentally and physically clean, is probably something upon which the sun has not yet risen.

The future "rises before us like a dream," like an animated vision of a society regulated by Reason. We see no saloons, no jails; for the conditions of which crime was the fruit no longer exist; no insane asylum, no doctor with knife and pill, no drug store, no ridiculous, soul-blighting fashions, no tobacco fumes, no Pasteur Institute. The shadow of the butcher's knife, the stain of blood, no longer fall upon the land. Taste is no longer perverted, demanding the blood of life-loving creatures, nor are we pained by the sight of beaten, starved and overworked horses.

Instead, we see cultivated fields, groves and gardens, with their beauty, harmony, color, wealth of food, the conserving plant, and the mill. We see reared the hall of science, the school, the industrial palace. Over all prevails an atmosphere of love, filling happy homes and impelling the common effort to make every member happy.

Here we have the promise and hope of a reconstructed social organism, of a brilliant resurrection of man from the ashes of his hideous past, rising Phoenix-like to a nobility of nature in which his life

will be dominated by the crowning sentiment of Love.

ALEX. CUMMING.

N. Y. City.

To the Editor:

I enjoyed your editorial about a "Physical Culture City." Such a dream has my hearty sympathy. I look at the poor, miserable souls about me, and think of the thousands more of poor, deluded beings who, on account of their hide-bound prejudices, will refuse the simple means to a "new life," which is so free to all. Think of this world when it is revolutionized by natural food and exercise! I have a faith that it will come some day. I am just a poor, struggling student, trying to get through college, so I can't give your scheme any financial support—just moral.

Yours truly,  
P. W. GLENDENING.  
Indiana.

To the Editor:

I will pledge myself to give \$5 towards building a Physical Culture city, and if need be will give more from time to time.

If my services should be needed in building the city I would be willing to give them, provided I could earn my way (I have to work for a living), and after the city is built I would like to live in it, if I should not have to give up my chosen work (civil engineering).

I could be of service as civil engineer's assistant or carpenter, or I am not afraid to swing a pick and shovel, or carry a hod.

Yours respectfully,  
W. B. RACE.  
Madison County, Mont.

To the Editor:

Your idea of a Physical Culture city has stirred me to the depths of enthusiasm. I realize, as many others do, that money would be the first asset to figure on. But in this regard I cannot help very much, because I have, through the teachings of your magazine, been more in pursuit of health than money. For several years I have been working in the country on farms in different parts, and this has led me to suggest that, in the event of this splendid enterprise being started, you should select the best soil for raising agricultural products. I am sure there are a good many who would be glad to devote their time and energies to cultivating vegetables, fruits, etc. Certain tracts of the land could be set aside for raising grain or wheat. Gardening and agriculture, if land is in prime condition to make such pursuits profitable, would promote the health of all those working out of doors. One thousand acres would furnish employment to several hundred, and as inhabitants increase more land could be given over for building sites, more land bought, and then there would be more than enough room for parks, playgrounds, etc.

Of course, food factories, sanatoriums, printing establishments would be the first buildings to be erected. Other paying enterprises would spring up in the development of the different departments.

I wish to say with all seriousness that you can count on my muscle when you have work to be done in commencing this dream, and I'll work for my board until the city is a financial success. When the natatoriums, hotels, gymnasiums, amusement places, in conformity with physical culture ideas, have been established, I am sure there will be work to do for all. Push the project for all it is worth; I am at your service. Yours truly,

PAUL ZABEL.

Milwaukee.

To the Editor:

The foundation of a Physical Culture city will be, in history an achievement as

great as the foundation of Rome by Romulus. I wish you every success. Yours truly,

ALEXANDER ZACKHOUR.

N. Y. City.

To the Editor:

I am perfectly delighted with the thought of a Physical Culture city, and would certainly be one of the first to live in it. I can think of nothing more delightful and inspiring than to live among people who thoroughly believe in this clean, pure, beautiful way of living. Very sincerely yours,

CHARLOTTE E. NORTON.

Long Island, N. Y.

To the Editor:

I have read your article on the Physical Culture city with much interest, and believe that it is both *possible* and *practicable*. I believe it would convert the world and bring poor humanity up to a higher level. I would be willing to take stock to the amount of my possessions and give it all the aid possible.

Trusting your efforts will be crowned with success, I am in favor of the Physical Culture city, and in time all the cities will be such. Truly,

GEO. W. COOK

Montgomery, Ala.

To the Editor:

I have just read your editorial in the August number of PHYSICAL CULTURE entitled "Shall We Have a Physical Culture City?" I say "yes" with all my strength. Nothing would come nearer to my ideal than having the privilege of living in such a God-infused, pure place, and to that end I am willing to invest my small savings (several hundred dollars) and become a resident. I am a single man, twenty-nine years of age, and am following the profession of life insurance, which I could do in New York as well as anywhere should your plans materialize. Hoping the movement will assume active proportions in the near future, I am, yours very sincerely,

M. L. SHADE.

Janesville, Wis.





## PHYSICAL CULTURE STYLE OF WRESTLING

A NEW STYLE OF WRESTLING THAT IS CALCULATED TO TRAIN A MAN HOW TO PROTECT HIMSELF BEST IN EMERGENCIES, THE STYLE OF WRESTLING FOR WHICH PRIZES AGGREGATING \$500.00 ARE OFFERED AT THE GREAT PHYSICAL CULTURE SHOW AT THE MADISON SQUARE GARDEN DURING THE WEEK BEGINNING DECEMBER 28TH.

**A**MONG all those who know the value of wrestling as an exercise there is a great interest in the new style of wrestling we have inaugurated. Wherein does it possess advantages over the old styles? is the usual query. The style of wrestling that is most popular at the present time is catch-as-catch-can, and for a scientific catch-as-catch-can wrestler about the easiest method of throwing an inexperienced antagonist is to allow him to have the seeming advantage of being the "top man," and then by some simple trick roll with him or turn him so that his shoulders touch the floor.

As a well-known fighter remarked on one occasion, while watching a contest of this kind: "If that were a rough and tumble contest I could kick the head off my antagonist if I once secured the advantage of being on top."

Now the real objects of wrestling are, first of all, to build increased health and strength; but the next object is to make one agile, quick, and so to train him that he will be able to protect himself in an emergency. Wrestling as ordinarily practiced

at the present time unquestionably brings about results of this nature. But if the physical culture style of wrestling was practiced more it would train a man far more advantageously in the art of protecting himself in a serious

emergency. In this style of wrestling your antagonist never has an opportunity to work over you, after having thrown you down with a view of turning you so your shoulders will touch the floor. The moment either contestant is thrown from his feet a fall is declared. This, as you naturally will notice, results in the contest being decided the moment one man has secured an advantage by forcing the other off his feet.

The physical culture style of wrestling is therefore exactly the same as catch-as-catch-can, as far as holds are concerned, the only difference being that a fall is declared the moment either contestant has been thrown to the floor,

or has been forced from his feet.

The illustrations published in this issue are all holds that can be used in the physical culture style of wrestling. They



**ARM THROW.**—While facing opponent catch his arm at elbow with one hand and at wrist with the other, then suddenly turn and place your shoulder in his armpit and raise him high in the air, as shown in the illustration.



**ARM HOLD.** While facing opponent, suddenly turn, catch his arm between your arm and body and throw him over you in the manner shown in above illustration.

and William J. Brown, teacher of wrestling, who has made a creditable showing in contests with several of the best wrestlers.

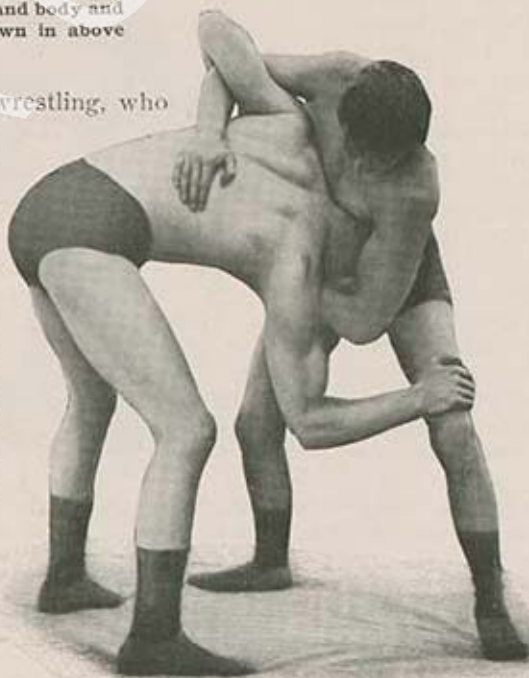
George Bothner has the reputation of being one of the most wonderful and most scientific wrestlers that the athletic world has ever produced. Newspaper men term him the handicap king of the wrestling pad and the McGovern of the wrestlers. He is now the holder of a \$500 belt recently won in an international wrestling championship contest. He has defeated nearly all of the wrestlers in America in handicap contests, notwithstanding his light weight. He only weighs 135 to 140 pounds when in condition, and not infrequently he wrestles men who weigh from 170 to 200 pounds.

When not training for a contest, his time is given to instructing. He has had over

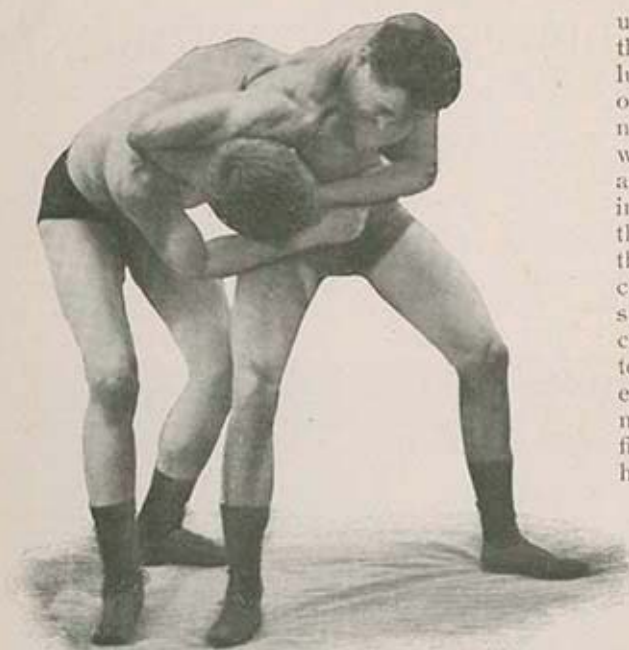
forty contests and never has lost a match, although he has met many of the heavy-weight

class. On one occasion he met the Terrible Turk, Yousouf, and, notwithstanding the vast difference in their weights, it took the Turk eleven minutes to throw him.

Bothner eats what he feels inclined to, and does not believe in strict diet. That is to say, he never worries himself to the fine points about what is good and what is not good, believing that, given a strong, healthy stomach and healthy assimilative powers, which wrestling brings about, almost any kind of food will prove nourishing. Appetite and relish, if normal, will prove a sufficient guide, and, in fact, the zest with which the food is eaten will aid invaluable in the digestive process and assimilation. To show his remarkable strength, he recently posed for a picture while in the act



**HEAD AND ARM LOCK.**—Catch your opponent's head in chancery, then lock your arm in his and gradually turn him until you force him off his feet.

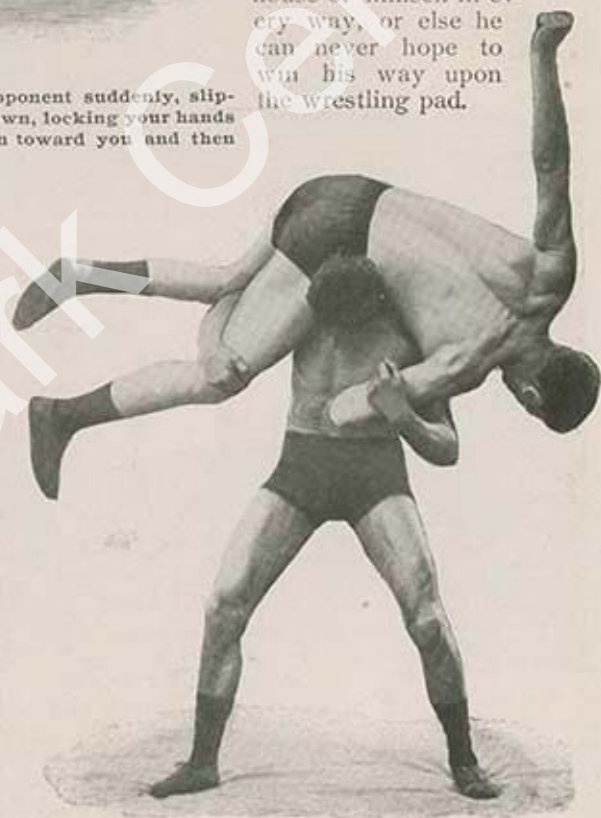


**NECK HOLD.**—Turn on your opponent suddenly, slipping your arm around his neck as shown, locking your hands together, pulling his head tightly in toward you and then gradually force him to the floor.

of holding up three men weighing in the aggregate about 700 pounds. He attributes his strength not only to wrestling, but also to the outdoor exercises, running and walking. He believes thoroughly in the necessity of free drinking of pure water, and expressed himself as never before so surprised as when he began to question his pupils on this subject. The majority confessed to drinking a glass, whereas the champion believes a quart of water, or in the least a pint, should be drunk by every person daily, and naturally does not believe that there is anything equal to wrestling for producing an all-round development of the body.

He warns beginners to use the greatest care. Whenever possible, it is, of course, advisable for them to have a conscientious instructor. There is some danger of injury from strain where two

untrained men struggle with all their might and main with absolutely no knowledge of the various wrestling holds. But beginners, in attempting to learn wrestling, should learn first of all the holds and practice them in all their various positions, and then attempt a contest between themselves afterward. Bothner considers ten or fifteen minutes sufficient in beginning the exercise. Every young man who intends to take up wrestling in earnest should adopt clean, manly habits of life. He should fix his time for sleeping and adhere to it. He should take the proper food. Tobacco and stimulants are to be shunned as enemies to his vitality and strength. He should avoid abuse of himself in every way, or else he can never hope to win his way upon the wrestling pad.



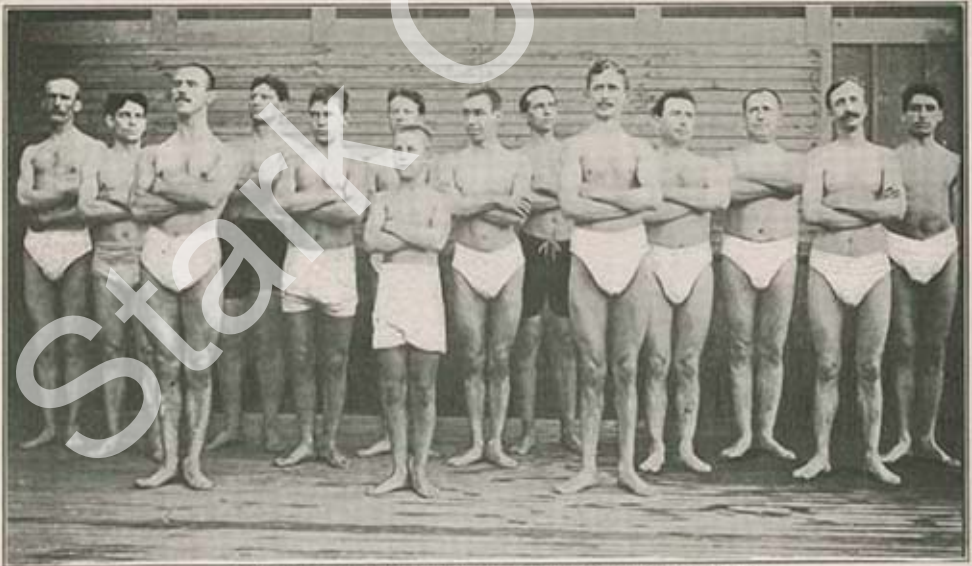
**LEG AND ARM HOLD.**—Suddenly turn on your opponent, catch his arm and leg as shown in illustration, getting your shoulder under him, and raise him in the manner shown in the illustration.

# NAPOLEON'S OPINION OF MEDICINE

FROM DE BOURRIENNE'S MEMOIRS

I HAD a long conversation with the Emperor on medical subjects. He appeared to entertain an idea that in cases purely within the province of the physician the patient has an equal chance of being dispatched to the other world, either by the doctor mistaking the complaint, or by the remedies administered operating in a different manner from what was expected. He acknowledged, however, the great utility of surgery. I endeavored to convince him that in some complaints nature was a bad physician, and mentioned in proof of my argument the examples that had taken place under his own eyes in the cases of the Countess Montholon, General Gourgaud and others, who, if they had been left to nature, would have gone to the other world. Napoleon, however, was skeptical, and

inclined to think that if they had taken no medicine, and had abstained from everything except plenty of diluents, they would have done equally well. I instanced a case of inflammation of the lungs. He appeared a little staggered at this at first, but after asking me what were the remedies, to which I replied that venesection was the sheet anchor, he said: "That complaint appertains then to the surgeon, because he cures it with his lance, and not to the physician. Suppose, now," he continued, "that the best-informed physician visits forty patients each day; among whom he will kill one or two a month by mistaking the disease; and in country towns the charlatans will kill about half of those who die under their hands."



MEMBERS OF THE EARLY MORNING CIRCLE

A Unique Physical Culture Society Formed in Boston

We print herewith extracts from their striking By-Laws :

The object of this Society shall be to promote Superb Health, by natural methods, and to interchange opinions as to what exercise, bathing, and diet are best adapted toward this end.

A binding promise shall be exacted of each member, that he will take a cold bath daily and

devote at least ten minutes night and morning daily to keeping in good condition his muscular system.

Members shall meet at 5.30 mornings for daily baths and exercise at L Street Beach, from April 1 to November 1, and from November 1 to April 1, shall meet Sunday afternoons at 3 o'clock, weekly.

# SUPERB VITALITY OF THE JEWS OF THE UNITED STATES

*By Gabriel Henry Mayer*

VICE-PRESIDENT OF THE FEDERATION OF AMERICAN ZIONISTS, AND CHAIRMAN OF THE PUBLICATION COMMITTEE OF THE MACCABAEAN



Jewish-Russian Emigrants of the Steerage

*In response to our invitation for a further article on the wonderful vitality exhibited by the Jews in general, we have received an article by the well-known vice-president of the Federation of American Zionists, Mr. Gabriel Henry Mayer. The illustrations of this article were made especially for PHYSICAL CULTURE during a tour of investigation into the character and condition of the Jewish immigrants who are now finding refuge in this country from the oppression and persecution that are rife in Russia.—BERNARR MACFADDEN.*

**J**EWISH immigration into America, in its latest phases the outgrowth of bloodshed and persecution in foreign lands, has given a new aspect to the various questions of race, of history and of civilization in the Western world. The issues involved must interest every thoughtful American as few others can, for they mean the rearrangement of our own people, and a new series of questions affecting matters with which every man on American soil has a vital concern.

The president of the Jewish Immigration Society calls attention to the fact that, of the 74,000 refugees who came to America during the year ending with April last, more than one-half were skilled artisans, a higher proportion than

was afforded by the people of any other nationality. It is generally admitted that Russia, like France of the seventeenth century, with her exiled Huguenots, is losing the best part of her people in the exodus, for the Jews form a very large proportion of her industrial population.

The movement of Judaism to the West is best told in the business signs on Broadway, in New York City. For miles one walks along what might almost be imagined to be a boulevard in Jerusalem, between a double row of names that are given in Holy Writ, or of others that the people of the Hebrew faith have chosen in very recent times. It is an eloquent demonstration of the fact that 500,000

Jews live in Greater New York. They are to be found active in every conceivable phase of human endeavor; as merchants, traders, bankers, lawyers, physicians, students and scholars, inventors and mechanics, manufacturers, art and music dealers, and critics; in the metal trades, in journalism, on the stage; in fact, throughout the whole range of American life.

The city of New York is merely an example. A little to the south, in Philadelphia, the great shipyards and mills are impressive testimonials to the manner in which, like so many modern Cyclops, they are forging their way ahead in the trades of iron and steel. One of the most prosperous shirt factories in the United States is conducted by Russian Jews. Expatriated Jewish tradesmen, as representatives of American firms, were actually the men who directed and controlled the introduction of American farming machinery into their former homes.

Far from their land of bondage—where they were domiciled before their Russian oppressors arrived—this marvelous physical type has come to the United States. They have responded quickly to the calls of their new environment. The purest racial strain the world has ever known, they are intermarrying to some extent, as they have done for a century, among the mixed race commonly but incorrectly styled the "American people." Though the infusion of this venerable blood has not proceeded far, and does not proceed fast enough as yet to cause its disappearance if continued at the present rate forever, the new strain has been, and is to become, increasingly a factor in the civilization of the Western world. All races except that of Israel are mingled;

many are composite; some, indeed, mongrel. Into this mass the blood of the prophets and of the lawgivers of old comes as a profound, far-reaching influence, whose ultimate possibilities cannot be foreseen as yet.

Israel's physical vigor has given her, after the lapse of three thousand years of unparalleled vicissitudes, a force she never before attained. It is the fruit of the incessant insistence upon hygienic rules of diet and of cleanliness, and of the habits of mind that sought to find divine sanction for every thought, word and deed. The true son of Israel performs his duties of cleanliness before meat, uttering prayer as the water of his ablutions trickles through his hands. Not the worst stress of hunger can make

him forget that the "trefali," or diseased or "unclean" animal, is not to be eaten. Famine, desolation, war or pestilence could come upon Israel, but never was her son permitted to forget the commandments that kept his blood and his life pure.

Intermarriage

with the surrounding tribes was forbidden of old to the Jew, but it was not solely because of the pride which made him regard himself as the special son of Providence and one of the "chosen people." It was because diseases of the worst type were common among the worshippers of idols by whom he was surrounded; the results of low ideals of character, of conduct and of cleanliness. The physical vigor handed down from the ages as the consequence of the observance of their laws, is now a priceless dower that comes with marriage to members of the Jewish communion.

The word "kosher," or "clean," explains the Jewish system of life. The food, the plates from which it is eaten,



Russian Emigrants on the First Class Passengers' Deck

the animal that is taken for food, all must be "kosher." Many foods now regarded by Gentiles as pure were included in the condemnation of the "kosher" system, but the inhibitions that were seemingly unreasonable were trifling in comparison with those in which wisdom was plainly displayed. The learning of Moses and of the other prophets, if it may be said to err, errs only on the side of purity of diet and of life.

The rule against the eating of pork is one of the most familiar to those not Jews. It is only part of a large system. The hog, in the climate of Judea, is even more prone to its characteristic diseases than in more favored temperate climates. It is an offal-eating and an omnivorous beast, and hence not clean. It was forbidden to the Jews, and wisely. Many English doctors are now convinced that the eating of pig's flesh, in its different forms, is responsible to a great extent for the spread of cancer. These medical men point out the fact that cancer is most common among the very poor, whose chief meat is the flesh of pigs, while the disease is extremely rare among the Jews, however limited may be their means.

None of the carnivora or scavenger animals were permitted to Israel. The dividing line was the physical cleanliness of the animal in habits and diet. The flesh of horses was forbidden. There were few of them in Judea, but their kinsmen, the asses, were inclined to be omnivorous, and all their kind were deemed unclean.

The old injunction, "Thou shalt not seethe the kid in its mother's milk," explains a large portion of the "kosher" system. The Jewish sense of cleanli-

ness and of mercy were alike offended, and the practice was absolutely forbidden. A new-born animal is so much rank poison.

Cleanliness and humanity went still further hand in hand. The animals slain for food must be not only without physical blemish—they must be killed by a professional killer, called a "shochet." These men become so expert in their calling that they slit the throat of an animal and withdraw their blades—with razor-like keenness—with scarcely a drop of blood upon them. Under the Jewish rules of killing, the windpipe must be severed at one stroke, to insure painless death. The knife's edge must be free from nicks, in order to permit the blood

to flow freely. The draining of the arteries preserves the meat longer, for it is in the arterial system that decomposition commences. The introduction or spread of disease by means of the blood is also prevented, for it is in the blood that germs thrive extensively.

The state of the animal's health is determined by simple yet efficacious methods in the examination of the viscera. All meats must be soaked in salt water, in order to draw out as much of the blood as is possible. And, after two days, even ritually clean meat becomes unclean.

"What the man eats makes the man," says the old English proverb that is more honored in the breach than in the observance. Many diseases that afflict humanity are due to food deemed improper or unfit, according to the old Mosaic code. Of recent years scientists have been steadily establishing the fact. It is the opinion of many authorities that the almost entire freedom from crime among the Jews is due to their laws, and particularly to the custom of the majority



Second Class Russian Emigrant Passengers at Play

of the Jewish people of eating but one meat meal per day. The observance of the laws of "Thou shalt and thou shalt not" affords a discipline that ultimately teaches the individual true self control.

It may be worth while to remark that shell fish, according to some commentators, is prohibited to the Jews for moral reasons. Indeed, the whole round of dietary regulations tends to the betterment of the physical and the moral man. The fasts prescribed in the Jewish calendar are calculated to promote health, for the concensus of authoritative opinion is that the majority of people overeat. During illness the wise physician limits or prescribes the diet. The wise Jew is upon a continual diet, and he remains almost free from serious ailments.

The welfare of those living is only a portion of the care exercised by Israel. Those yet to come into this life are its tenderest, most serious concern. Here the ideal of cleanliness takes upon itself a sacred aspect. Wifhood, motherhood, babyhood are a trinity whose beauty and solemnity surpass anything within the control of human desires and love.

An extensive system of wise laws governs the relations of the sexes, enjoining continence at all times, abstinence at certain times. When followed, they conserve the health of parents and of children, born and unborn. The Gentile world is apt to underestimate the importance of the pre-natal state; in many respects it is of the highest importance. Dr. Oliver Wendell Holmes seems to have had a glimmer of the truth when he declared that the education of a child should begin with its grandparents. The laws for easy childbirth and the bearing of healthy children are, in their measure, responsible for the pronounced preponderance of males among the Hebrews.

Statistics that have been gathered show that 20 per cent. more breadwinners are born among Jews than among Gentiles; a factor not to be ignored in this keenly competitive age. It is significant of the laws of the sexes that one authority would prohibit the usual relations except for the purpose of procreation. And it is significant, also, of the care that is given children that parents and children are forbidden to sleep together, because the vitality of the one is drawn upon by the other.

Abounding health, long-continued vigor and unusual longevity are the results that Judaism has built upon the foundations of intelligent physical culture, observed through the ages, in spite of one crushing persecution after another. However, these severe trials may, and undoubtedly have, contributed to the bringing about of the result, by weeding out the unfit.

Long life is so general among the people of Israel as almost to have passed into a proverb. A Jewish cemetery is conspicuous for the scarcity of children's graves. The United States census demonstrates, in an astonishing manner, the superior longevity of the Hebrews. The Jew lives to an average of  $57\frac{1}{3}$  years, while the Christian dies between 33 and 34 years. In my own family the ages hark back to my great-grandparents, and the ages of the elders range from 72 to 105 years.

In such portentous facts does Judaism present its record to the world and justify its claim that it is the most marvelously successful example of physical culture ever afforded by humanity. The other Semitic peoples of the long ago, unfortunately not inheritors with us of our cultural birthright of physical, mental and moral law, have passed almost entirely away, or they lag superfluous on



Russian Emigrants of the Steerage Taking God's Fresh Air



the borders of modern progress. Rome, which, under the Emperor Hadrian, once issued an edict commanding the utter destruction, not only of Judea, but of Judaism itself, has crumbled long since into dust. Other races that have sought to emulate the example of Rome are re-

membered only by piles of debris on the plains of Asia. The Jews are here still; greater, more numerous, more able than ever to aid the world and to do their part for humanity and for themselves. They are history's tribute to the value of a rounded culture of body, soul and spirit.

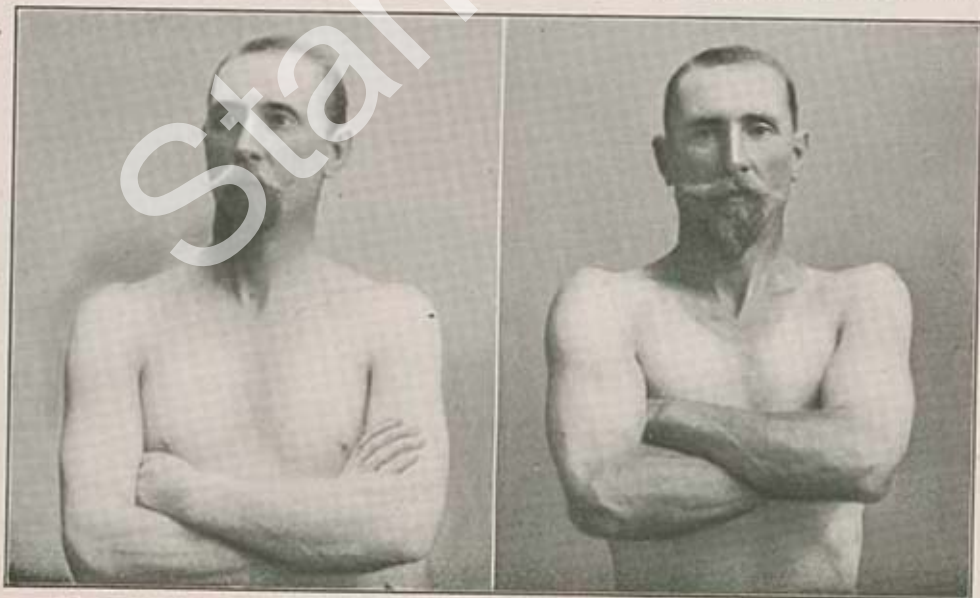
## FEVER IN THE FOUL SOUTH AFRICAN SWAMPS

HOW EXERCISE IS WARDING OFF THE DREADED DISEASE

*By Diedrich E. Braun*

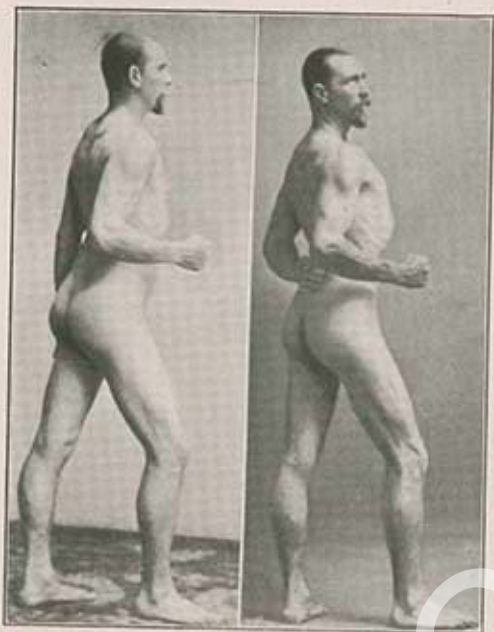
THE war has stripped me of the greatest part of my worldly possessions, and left me a poor, struggling exile on foreign shores. But the same war has brought me into contact with PHYSICAL CULTURE, and I am satisfied with the bargain. The three years of campaigning, captivity and exile had somewhat shaken my constitution, so I set out last year to enlighten myself as to the various natural means of building and maintaining health. I went back to South Africa, and had not long to wait for an opportunity to put my newly acquired knowledge into practical use. My

entrance into the Transvaal was debarred by the British authorities, and instead of returning to my property up there I experienced an enforced stay at Delagoa Bay, which enjoys the most evil reputation in sanitary respects throughout South Africa. A few years ago I paid this place a flying visit and was laid up with fever for seven weeks afterward. That was previous to my knowledge of the method of healing sickness without drugs. Now I have been living here seven months, under the most unfavorable circumstances, without any ill effect. The nature of my employment compelled me



Diedrich E. Braun as He Appeared Before and After Adopting Physical Culture Methods

to take up my abode right in the middle of the much dreaded swamps which stretch between the waterfront and a



Before and After Training

steep hill half a mile off. This hill is inhabited by a great number of Caffirs and coolies who make the swamps a general

dumping ground for all kinds of filth. In considering that this bay is from ten to twelve miles long and three miles wide, and is surrounded on all sides by similar marshes, one can realize that the air must be anything but wholesome. These foul surroundings have a tendency to deposit their stench upon almost everything one possesses. My food becomes tainted in an incredibly short time; my blankets also smell very strongly of swamps if I hang them out to air.

Fever is a general epidemic of the community, and especially among those who live on the waterfront. Out of five who have resided in the same house with me I am the only one who had not an attack. I am thoroughly convinced that the reason for my being well, whilst so many of my neighbors were sick with fever, broken out with sores, going round looking yellow and peaked, is from strictly following the rules as laid down in PHYSICAL CULTURE.

The accompanying photos were taken before and after adopting my present mode of living. Although my measurements are nothing to speak of, it is plain to be seen, by comparison with the photos recently taken, that the exercises have not been in vain.

## HOW A RAW FOOD ENTHUSIAST LIVES ON LESS THAN TEN CENTS A DAY

To the Editor:

In the September issue I noticed a suggestion by one of the readers of the magazine that those who are interested in hygienic living, and especially on the vegetarian and raw diet, inform their fellow readers, through the magazine, what they eat and how they prepare their food.

My diet is extremely interesting, I believe, since I live on less than ten cents a day. I take about six to eight ounces of wheat as it comes from the granary, soak it in water for twenty-four hours; then I pour the water off, put the wheat on a plate, adding two ounces of mess or cooking oil (which, by the way, is pure enough for any human being to eat), or any high-grade vegetable oil will do. I then mix it up and eat it, chewing it thor-

oughly, with about six to eight ounces of fruit, which is first-class as an eliminator.

This is my dinner. I never eat breakfast, and for supper I eat little; that is, about four or five ounces of fruit; and I fast one day out of every seven.

I have been living in this manner for over a year, and am enjoying perfect health. Let me advise those who are attempting to live on a vegetarian diet to use vegetable oil as a substitute for the grease that they get out of animal corpses or meat.

The main factor in enjoying abundant health on so simple a diet is that I practice deep breathing three minutes out of every hour of the day. Sincerely yours,

JOSEPH A. ZELTCHIUS.

Seattle, Wash.

## JOHN L. SULLIVAN'S VIEWS ON PHYSICAL CULTURE

SOME OPINIONS OF THE OLD-TIME WORLD'S CHAMPION WHO HAS BEEN ABLE TO RETAIN GOOD HEALTH NOTWITHSTANDING HIS WIDE DEVIATION FROM PHYSICAL CULTURE RULES

*By John L. Sullivan*

*John L. Sullivan is a physical wonder. Probably there was never a prominent athlete who so thoroughly disregarded the laws of proper living as he has done; yet he is apparently in excellent health to-day. Had the average man attempted to keep pace with John L. Sullivan he would probably have been gathered to his fathers long ago.*

*The author of the following article believes in physical culture, as is evidenced by his statements, and these are most interesting when coming from such a source.*

*Mr. Sullivan is almost white-haired now and is very stout. He is still popular with the people, who allude to him as "Good Old John L.," and who also say of him, "With all his faults we love him still."*

*He appears in vaudeville in an original monologue at frequent intervals, and is also, in the smaller cities, a great drawing card as a baseball umpire. It is stated that he receives as large a sum as \$300 for acting as umpire at one game.—BERNARR MACFADDEN.*

THE beneficial results of physical culture are becoming more and more apparent even to the uninterested observer.

Every day, and even many times daily, I notice these results while walking along the street, riding in "L" or trolley cars, or at the theater.

So far as my observation enables me to observe, it seems that the average person, whether he be young or old, rich or poor, one of leisure or a wage earner, is healthier, and necessarily happier, than was the average person a score of years ago.

Especially do I notice this pleasing change in women. They seem to be better developed, better colored—so far as natural complexions are concerned—and healthier and better to look upon than was the case a generation ago.

I notice, too, that women dress differently than they did even a few years ago. The sunshade, or parasol, appears to be fast going out of date, the veil seems to be little used, and I notice with pleasure



John L. Sullivan in His Vaudeville "Turn"

that women are wearing shorter skirts—not the kind that trail behind—and save more or less work for those who clean the streets and sidewalks. The department store men tell me that women are wearing a full size larger shoe, corset, glove and shirt waist than they did three years ago. This radical change can be directly traced to the results of physical culture—or, in other words, to exercise—and especially to such sports and pastimes as tennis, cycling, golf, rowing and swimming.

The common-sense appreciation of the value of proper exercise is much more general now than it was a few years ago. When I was a lad about all the exercise

a small boy could get was obtained in the vacant lots in and around Boston, and these vacant lots were the direct cause of the development of many ball players who later became shining lights in the professional baseball field. Nowadays there are no vacant lots, or comparatively few, in the large cities, and this condition of affairs has resulted, indirectly, in the establishment of a great many gymnasiums, both private and public.

Where one could find one public gym-



Old "John L." in His "Palmy" Days

nasium twenty years ago he can find twenty to-day. Where one private gymnasium existed a score of years ago there are hundreds to-day.

Gymnasium work is excellent. The simple home apparatus for the benefit of one who wishes to keep himself in good physical and muscular condition really fills a long-felt want. With all the various appliances that are now sold at a rea-

sonable price, no one, not excepting the hollow-chested dry goods salesman, need be without the means of developing himself. A few dollars will provide enough apparatus to enable him to enjoy proper exercise, and this apparatus need not occupy more room than can be conveniently found in a small bedroom.

I don't know much about physical culture as I suppose the term is generally understood, but I do know that all exercise is beneficial. Outdoor exercise is the best, for the reason that fresh, pure air aids most wonderfully in producing the best results.

I know that many people cannot conveniently enjoy out-of-door exercise, and those who are dependent upon indoor exercise in the way of chest weights, dumbbells and similar appliances will do well to exercise indoors with the windows open. The wider the windows are open, except in severe weather, the more beneficial will be the results.

It is possible, I think, for a man, under ordinary circumstances, to keep in good condition by exercising indoors for not more than half an hour a day. This exercise should begin in periods of five minutes each in the morning before breakfast, and at night just before going to bed. This is assuming that one is out of condition, or that he has never taken advantage of systematic exercise.

The length of time devoted to the twice-a-day exercise can be gradually increased from five minutes to fifteen minutes, and this length of time should be sufficient for the ordinary person.

In connection with the exercise the bath should not be overlooked. The bath should follow both the morning and the evening exercises. The water should not be so warm as to enervate, nor so cold as to chill; these points should be especially observed in cases where one is not properly cooled off after exercising.

Walking is one of the very best exercises, and one that can be enjoyed by every one who wishes to improve himself physically. Some people claim that it is better to walk with a swinging stride, while others advance the idea that a short, jerky, falling step is better. Of the various walks or gaits I know little, but I do think walking is an excellent exercise. As to the form or manner of walking, I

think it is better to walk in the most natural way.

It is, of course, unnecessary to impress the necessity of keeping up a constant inhaling and exhaling of the lungs, assuming that the air is pure.

Many authorities lay great stress upon dieting; not only in the case of the athlete, but also in that of the ordinary business man who wishes to keep in good condition. This theory never appealed to me. I think a man can eat and drink almost whatever he chooses to—provided it does not injure him.

*Yours Truly,  
John L. Sullivan*



The Sturdy Mr. Sullivan of To-day

## DRUGS AND MEDICINE NEVER NECESSARY

By Aug. F. Reinhold, M.D., Ph.D.

FOR centuries the drug advocates have preached drug medication into the people. It is now imperative for those of us who know better to pound the opposite idea (which is the truth) into them, namely, that drug medications are *always* detrimental; that they always shorten life. As long as the people believe in drugs they will remain the victims of unscrupulous nostrum-venders—be these legalized or not.

If a person becomes sick it is because one or all of his eliminating organs are clogged up. To free and to stimulate these organs Nature's remedies are all-powerful: Fasting, proper diet and clothing, water cure, exercise or rest, sunlight baths, etc. If any organ or part of the body be torpid or anemic, a sufficiently powerful current of water, directed on the afflicted part, will make it tingle with

blood in a few seconds. No drugs of any kind are ever necessary.

The following experiment, recorded by the London *Lancet*, proves that at least mineral drugs are detrimental:—A German scientist divided a number of rabbits into two groups. He then fed one group with ordinary milk from the cow. The other group received a like amount of milk from the same animal, but with this difference: He first abstracted from the milk its natural mineral ingredients, such as lime, iron, phosphorus, etc., and then added the same amount and kind of minerals, but obtained from an apothecary shop. Now, although no chemist would have been able to distinguish between the two kinds of milk, yet *all* animals of the second group died. The artificial minerals proved rank poison to their organisms. Each animal in the first group lived and thrived well!

# PIUS X., THE MOUNTAIN CLIMBER

*By Antonio Spatola*

LEO XIII., the octogenarian, who preserved the spark of life in his frail body by strict adherence to a diet suited to his years and his physical condition, has been succeeded by Pius X., the mountain climber, who, though on the eve of three score years and ten, still preserves an active intellect in a sound and vigorous body. Compared with his delicate predecessor, the present Pontiff can be regarded as a strong man. He comes from a family noted for the hardy constitution of its members. Reared in the rural districts of Italy, Giuseppe Sarto, his brother and his sisters, have always loved the pure air, the flowers and the mountains. In childhood they frolicked with Nature, and in maturer years Nature repaid their devotion with ruddy cheeks, nerves of steel, and constitutions that have been able to meet

any reasonable demands that have been made. No greater contrast could be imagined than the physical differences between the dead Pope and the living one. Leo was naturally weak; Pius is constitutionally strong; Leo was a dietetist; Pius has a wholesome regard for vigorous exercise. But they were alike in their reverence for the unchangeable laws of Nature. As a man sows so shall he reap.

Before the present Pope was ordained

to the priesthood he was noted for his athletic habits. Mountain climbing was one of the most pronounced of these, and as a pedestrian, ten, fifteen and twenty-mile jaunts, with the inevitable Alpine crook, was no uncommon thing for the future Pontiff. The first of these predilections was not remarked at the time, because mountain climbing among the peasants of Riese at that period had attained the



Pius X. in Robes as a Cardinal

same degree of popularity accorded to the bicycle in this country a decade ago. But Giuseppe Sarto did not confine his outdoor exercise to the mountains. He was also a lover of long walks, and he carried his indulgence to such a degree that it became the subject of current gossip among the villagers.

When he was ordained a priest and assigned to the village of Tombolo, in the province of Padua, he continued to gratify his love of outdoor life. When he was appointed to Tombolo it was as assistant to the pastor, and the assistant priests are usually charged with the routine parochial duties of the parish. He could be found visiting the poor in their houses, going from street to street or from farm to farm. It is no exaggeration, therefore, to say that three-fourths of his time was spent outdoors, beneath the blue skies of sunny Italy.

During all of this time Father Sarto led a life of great simplicity. He was an early riser, frequently leaving his couch at five o'clock in the morning. From inclination and the nature of his calling, his was a very methodical life. He spent half an hour at his toilet, which included a quick bath and a shave. His breakfast consisted of fruit, milk and eggs. Then came the coveted walks about town and, in the afternoon, a long ramble in the suburbs and the mountain districts. His intimates say that on these prolonged walks Father Sarto seized the opportunity to memorize his sermon for the following Sunday. If that be true,

it demonstrates the wisdom of preparation, for the Sunday discourses of the young priest were notable for exactness of statement and precision of language. Thus did the peasant-priest of Riese turn pleasure to profit, a possibility that lies within the reach of most men, whatever be their nationality, their calling or their station in life.

Methodical habits formed by Father Sarto while he was a priest remained with him as Chancellor of an important diocese, as Bishop, and as the Cardinal

Patriarch of Venice. This last post, ancient and picturesque, brought with it a wealth of form and ceremony; but beneath it all Giuseppe Sarto remained the same sensible, healthy-minded man he had been when he first entered the diocesan seminary to prepare for the priesthood. He had always a great fondness for the water, and it was gratified when he assumed the patriarchal chair at Venice. No gondola was seen oftener on the water than

his, and it was characteristic of the man that it was steered in the direction of the hovels of the poor more frequently than it was in the neighborhood of the palaces of the wealthy. Venice became to him a second home, and he drew in great draughts of its life-giving air with a gusto that was refreshing to see. He loved every part of the quaint city by the sea, and it is no wonder that he shed bitter tears at the thought of leaving it forever.

When Cardinal Sarto was elected to



Pius X. in His Papal Robes

the Papal chair every one who came in contact with him remarked the delightful contrast between his rosy cheeks and youthful appearance and his silvery white hair. Could a better tribute have been paid to this distinguished exponent of physical culture, the mountain climber and lover of pedestrianism? It may interest readers to know that the new Pope, although a man of splendid physique, has not an ounce of superfluous flesh on his body. He is of medium height, and has the clear skin of a man who leads a wholesome life. His eyes are clear blue, and look at visitors with a steadiness that is sometimes disconcerting. His head is well shaped, the forehead high and the eyes separated by a determined nose over a firm but gentle mouth. Those who have seen Pius X. in religious processions say that his superb carriage immediately marks him as a man of distinction.

Readers of the newspapers will recall that Pius X. had not been in the Vatican a fortnight when he was seized with an attack of vertigo. His friends became very much alarmed, and feared that it was the beginning of a breakdown. Others ridiculed the idea, and said that it had no significance. Both were equally wrong. Those who seek the true cause do not have far to go. A wild plant, that flourishes in all its possible strength and luxuriance in the forest, cannot be transplanted in a hot-house and continue to thrive. So with Pius X. He was in splendid physical condition on his election to the Papal chair; but will his constitution be able to stand the radical change in the atmosphere in which he is henceforth to live? That it will be, for a time, cannot be doubted. But Father

Sarto and Bishop Sarto and Cardinal Sarto loved the outdoor life; loved the woods and the mountains; loved the sea, with its exhilarating breath. Will Pope Pius X. love them any the less?

It can be stated on the authority of those who are in a position to speak intelligently, that, so far as the Pope is concerned, a marked departure in the routine of the Vatican may be expected in the near future. Pius X. will uphold the traditions of the office that he did not seek, but it is believed he will not continue much longer to be the "Prisoner of the Vatican." That is to say, he will enjoy more personal freedom. The sight of the Pontiff driving through the streets of Rome will be an unusual spectacle for the people of the Eternal City, and it will be one that will be thoroughly appreciated. The Italians love pomp, power and display, and the sight will gratify them beyond the power of words to express.

Those who were close to Leo XIII. defended his non-appearance in public on the ground that the peculiar political conditions in Italy made it inadvisable for him to expose his person to the danger of open assault or insult. The Italian government is willing to assure Pius X. that his person will be sacredly guarded.

It is particularly interesting to note that in this matter Pope Pius X. is not concerned so much with the expediences of policy as with the preservation of his own health. He loves air, sunlight and physical exercise. The question is only how to obtain these requisites, without doing too great violence to the traditions of the Papacy.

### \$1,000 REWARD FOR PROOF OF THE VALUE OF VACCINATION

To the Editor:

Now, why not offer one thousand dollars in one of the issues of your magazine for any doctor who will prove to a select body of good thinking citizens that vaccination is any good or ever was any good? Have the offer illustrated, with some doctors lifting the scab from an animal to get at the thick slimy puss which has gathered in the wound, and then rubbing it in the healthy arms of a man to keep him from having smallpox.

Our small society will put up its part of the money in case any doctor should accept the offer, which is very unlikely. This will be the means of making us many friends who still cling to the vaccination theory and will make all admit that our Anti-Compulsory Society is in earnest. Yours for the truth,

JOHN J. RUTHERFORD,  
42 Centre Street, Sec. pro tem.  
Point St. Charles,  
Montreal, Can.



# PERUNA, THE GREAT CURE-ALL

By G. F. O'Brien

A FORMER TRAVELING AGENT OF THE PERUNA DRUG MANUFACTURING COMPANY.

*The attention of temperance reformers of the country is called to the startling fact that the stimulating qualities of nearly all patent medicines come from the alcohol they contain. Many of them contain more alcohol than does whiskey. The following article, sent me by a former employee of the Peruna Drug Co. of Columbus, Ohio, gives some very startling information about the ingredients of Peruna and the business methods of the company. An investigation has been made as far as possible to verify the truth of the statements in this article, and a chemical analysis of Peruna has been made for the editor by a qualified chemist to substantiate the statements made as to the ingredients of Peruna. If any of these statements are untrue I would be pleased to know it.—BERNARR MACFADDEN.*

SOME one has said that a sucker is born every day. After you have read this article you will say that a sucker is born every second. Everybody remembers the great showman, P. T. Barnum, and the wonderful success he achieved. His maxim was that the "American public liked to be humbugged." This phrase is true in more senses than one, and no one knows it better than the man who spends the bulk of Dr. Hartman's money to push the sales of Peruna.

Abraham Lincoln once said that "You can fool all the people some of the time, and some of the people all of the time, but you cannot fool all of the people all of the time." This pertains to Peruna as well as to the defunct Turf Exchange, or any other gigantic fake, for when any body of men can mix a compound of deodorized spirits, cubebs, water, and color the mixture with burned sugar and give it a crazy name having no more meaning than the mixture has virtue, and sell it to you or anybody else for a dollar a bottle, it is a foregone conclusion that the bottom will drop out of it some day and as quickly as it did with the sale of "Vinegar Bitters."

No one who can read a newspaper can help coming across some testimonial proclaiming the wonderful cures performed by this dope liquid. You, who cannot see the working of the machinery of a patent medicine company's offices, think that everything you see is true. Well, it isn't. Not by a city block. Of course, the testimonial has the signature of the

person whom the Peruna Company says was cured, but should they allow you to see the supposed letter you will usually see that the signature and the writing of the testimonial are not written in the same hand. I say this advisedly, for I know, as I have secured hundreds of such testimonials, and in no case did the cured(?) write a word other than his signature. I was ordered to make the testimonial as strong as I could, and by the promise of giving the writers a dozen of their photographs they in most cases signed, saying:

"I suppose it is all right."

The first testimonial I wrote for Peruna was secured from a farmer in Minnesota, in 1894. He said that he and his wife were cured of "catarrh." Well, the layout I saw at his barn was a sight for sore eyes. I counted seventy-four empty Peruna bottles, and wondered how on earth the family was still alive. The druggist of whom the farmer bought his Peruna laughed when I showed him my testimonial, and said that he never had catarrh—had only a bad thirst every hour or so.

In 1895 I learned that a prominent man in Iowa was a strong advocate of Peruna, and as the sale of Peruna was small in that city I at once decided to secure the indorsement of him and called on the leading druggist and learned that the party had catarrh.

I then returned to my hotel and wrote a strong testimonial and gave my customary song and dance to the gentleman in question about his prestige in the county, and told him that as he was a leading

business man in that city it was his duty to sing the praises of an article that pleased his taste. He then stated that I could sign his name providing it was not to a mortgage on his blacksmith shop. So, after some strong talk, he affixed his name and gave me his photo, and I went on my way rejoicing.

Well, six months later the poor man died. The Peruna Company continued to publish his testimonial several years afterward, until I called their attention to the fact.

Peruna is sold in carloads at \$4,200.00 a car.

Now the company buys its "spirits" (alcohol) by the carload from Peoria, Ill. They get their cubebs in "barrel-fuls," and their water is somewhat inexpensive. An ounce of caramel or burned sugar will color a case of Peruna. So here is a close estimate: Actual cost of the liquid, five cents; bottle, three cents; label and wrapper, half a cent. This shows a total cost of nine cents a bottle. Twelve bottles cost a dollar and eight cents. Then add the cost of the box and the twelve excelsior wrappers, and this makes a case of "Peruna" cost, say, a dollar and a quarter. This is sold for seven dollars a case, in car lots of 600 cases to the car, or a total of \$4,200.00. Deduct \$750.00, the actual cost of material, and you have \$3,450.00 profit on each car. However, as all of the expenses come out of this, we cannot say that the company clears \$3,450.00 on every car, for they have about 150 girls in the various departments to pay.

In all of the testimonials published you will see at the end of the ad. several lines stating that "if you don't get relief at once write to Dr. Hartman, and he will give you his valuable advice gratis."

Well, you send in your diagnosis, and your letter goes to an employee. It is opened very carefully so that no stamps may go in the waste basket. Then your penmanship is ridiculed, or praised, and then your treatment is dictated to one of the young lady stenographers. It will read like this:

"My Dear Sir:

"I have your esteemed favor, and after careful study of your symptoms as given in your letter I find that you have a very

bad case of catarrh of the stomach. You say that you have followed the directions as given on the bottle and failed to get relief. Well, this is singular. Yours is the first letter we have received reading like this, and we feel satisfied that you are wrong. However, try a larger dose before meals and upon retiring, and you will receive a permanent cure.

"Yours respectfully,

DR. S. B. HARTMAN."

Wouldn't that jar you? Right here is where the fake comes in. You are led to believe that you get Dr. Hartman's advice, and you get merely a typewritten letter from his employee who, by the way, spends a great deal of his time in some health resort in Arizona for the same trouble for which you asked a remedy—"stomach trouble." If Peruna will cure you, why on earth doesn't this man cure himself, and save car fare to Arizona?

The same question might be asked of another employee, who in all probability will go to Los Angeles the coming fall for a milder climate. Everybody in Columbus who knows him knows that he has very weak lungs. Now, if his Peruna is so good for curing you of catarrh of the lungs, why in the name of all common sense doesn't he cure himself? The simple fact is that he has no faith in it, nor has anyone else in Columbus who understands the game.

Nearly everyone knows how far an Indian will go to get a bottle of "spirits." In Indian Territory the marshal has refused to allow Peruna to be sold or given away to anyone inside of the boundary lines of the Territory. How is Peruna smuggled in? Peruna is sold there just the same, only it is kept under the counter out of sight, and when an Indian calls for "Peruna" the druggist forces him to buy some article like a prayerbook, or face bleach, or Pink Pills. Then he gives the Indian the Peruna, charging full price for both articles. When an order for a carload comes from St. Louis, Kansas City or Wichita, it specifies at least 100 plain boxes, meaning that the words "Peruna, the Great Tonic," are to be left off. By leaving the boxes plain this stuff goes by the inspectors at points in the Territory,

and thus the laws of our country are trampled under foot by the very people who would be the nation's benefactors, and who are the first to cry "fraud, counterfeiter, imitator," against any shrewd doctor who wants to work the same money-making game.

Monterey, Mexico, is at present being christened, I believe, with this bottled water, spirits, cubebs and burnt sugar, which will inoculate the natives in this new field with an article that will produce that "funny feeling," and cause more than one Spanish descendant to bite the dust.

Do you suppose that a temperance woman knew what she was doing when she recommended the article that is barred out of Indian Territory? If some squaw did this we could overlook it. Ask Carrie Nation what she thinks of Peruna.

I have often wondered if all of those

public men would go on the stand and take their oaths that the testimonials they signed represented the whole truth. What do you think of a man who will say that he was cured of anything by drinking water, spirits, cubebs and burned sugar?

The Owl Drug Company made a statement that Peruna contained whiskey. The drug company meant well in exposing the harm that lies in it, but it has not even the credit of containing any whiskey, for whiskey costs money, and one glass of whiskey costs more than the whole bottle of Peruna.

But Peruna has this merit, that the "spirits" used are 90 proof, and Peruna as it is sold contains about 26 per cent. alcohol—more than enough to make alcohol slaves of the women and children who make use of it, and sufficient to produce a good noisy drunk, one to be remembered long by any man.



Many Fashionable Women Will Only Look Into the Mirror of Truth When Death Escorts Them There



## Question Department

By *Bernarr Macfadden*

*It is impossible for me to give individual advice outside of the columns of the magazine. All those desiring advice for their individual needs are requested to consult some good Physical Culture teacher or natural cure physician.*

Q. Inasmuch as so large a percentage of men are said to suffer from varicocele, will you please give a little space on the subject in your Question Department, outlining treatment to be adopted?

A. In the treatment of varicocele it must be remembered that the cause of the trouble is the stagnation of the blood in the veins of the affected parts. The remedial treatment, therefore, would be the adoption of methods that will be inclined to accelerate the circulation in the affected tissues themselves and in the adjoining parts. Exercises

which will be inclined to use the muscles about the lower part of the abdomen and the inner and front part of the leg, will naturally be beneficial. Exercise No. 13, given in the March issue of *PHYSICAL CULTURE*, can be recommended, but following this exercise it is necessary, in order to effect the most beneficial results, to take a cold sitz bath, immersing the hips up to the waist-line in water. Remain in this as long as you can and still be able to recuperate with a feeling of warmth. In the treatment of this trouble, it should be remembered that in some serious cases the tissues cannot be made entirely to resume their original condition, but this need not cause any serious worry since, regardless of their condition, the tissues and

cords can be so strengthened that it will cause little or no inconvenience.

Q. Can you give any advice that will be helpful to one trying to stop smoking?

A. The best way to stop the tobacco habit is first of all to take up a thorough system of physical culture; adopt a plain, rational diet, drink rather freely of water, take long walks and make every endeavor to reach the highest attainable degree of physical health. After you have begun to acquire this you should notice a distaste for smoking. If, however, the habit has been so strongly entrenched that there is no noticeable sign of a diminution of the desire, some will-power should be brought to bear. There should be no special difficulty in making up your mind that you will stop the habit, and after determining upon a date you will then have a chance to test your will-power. For a week or two you may have some trouble. A narcotic of this character almost always secures a very strong hold upon the user; but after two weeks, if you will resolutely continue the determination to free yourself from this enslaving poison, there should be no doubt of your ability to further rid yourself entirely of the habit. You can, of course, try the tapering off process; that is, try to use a little less of the poisonous weed each day, though I am very much inclined to think that this would be really the most difficult method in the end.

Q. Would you kindly advise whether you can make as strong a showing at your present age as you could, say, seven years ago?

A. I take it that this inquiry means whether or not I am as strong muscularly to-day as I was seven years ago. Of course, in order to answer a question of this kind accurately, it would require a long course of hard training. I would say, however, that I have tested my strength at intervals when taking gymnasium work, and can safely say that it is at least equal to, if not greater than it was seven years ago.

Q. What, in your opinion, is the best method for developing speed, agility and all-round flexibility?

A. In order to develop speed, one must make movements that require speed. In order to be agile and supple, a great many exercises must be taken which require this flexibility. Whatever particular characteristic you may endeavor to develop, you must remember that it is acquired only by frequently repeating the exercises which require a certain amount of the physical characteristic which you are desirous of developing.

Q. Why does fasting produce such weakness and an all-gone feeling in my case?

A. Fasting will naturally produce weakness and what might be termed an "all-gone feeling" in those who are not in the habit of fasting occasionally. The internal functional system has some little difficulty in properly nourishing the body when a change of this kind is suddenly made. In nearly every case, however, this symptom disappears in a day or so. When this weakness is noticed, some light exercise, such as a walk in the open air, or deep breathing, will remove unsatisfactory conditions at once. I remember very distinctly that in my first attempts at fasting, after a fast of a day or two I would feel weak and faint on rising in the morning, but a short walk with deep breathing exercises dissipated the feeling.

Q. Kindly state effects of fasting on cancers and similar diseases, and how long it would be necessary to fast.

A. The effects of fasting on the particular disease you mention will be beneficial in nearly every case. In fact, it is the only method for diseases of this kind that can in any way give promise of recovery. Cancer has never been cured by drugs. It is a blood trouble and benefit can only be secured from those means which will purify and improve the condition of the blood.

Q. According to your theory the digestive process is a muscular function. You further assert that all muscles and parts of the body are strengthened and developed by constant, or at least regular use. Now, how can this be reconciled with your theories on fasting? Should not the digestive organs be developed to do their duty on the same principles as the other muscles, namely, by giving them plenty of work of the right kind to do? I believe some authorities assert that by continually abstaining from hearty eating, the digestion will become so weakened that eventually it cannot digest a hearty meal.

A. The muscles of the stomach were made to perform particular functional processes just as those of the arm or leg. I certainly believe in the use of every part, in accordance with Nature's intentions. The entire alimentary canal was made for the purpose of furnishing the body with nourishment. How much food is needed to perform this purpose depends largely upon habit. The average human being eats all he can. He gives but little thought to what is necessary to feed the body. The result of all this is that the stomach and the entire alimentary canal at times become very much overworked. They are incapable of properly performing their functional processes. Under circumstances of this nature there is the greatest possible need for a rest. If you overwork or strain any muscle or cord of your body, the only means of inviting quick and permanent recovery is almost absolute rest. This will explain why I so strongly advocate fasting under certain circumstances. It gives the functional processes a rest, and they take up the work of digestion after this rest with renewed life and energy.

Q. Have been a physical culturist for a year, but cannot get rid of a coating on my tongue. On two occasions a fast of four days has made it ever so much worse. Kindly advise also the value of sugar and candy, for which I have a fiendish craving. I now have boils, the first sickness of my life. Eat one or two meals a day. Never have an appetite.

A. Perhaps you are not drinking sufficient liquid. Have pure water at hand and drink freely of it at all times and the coating you mention should disappear, provided, of course, you are taking active exercise and are eating the right kind of foods. The craving for sweets indicates very accurately that there is something wrong with your diet. You are not being properly nourished. You should never eat without appetite. Fast until you secure an appetite, and then be sure to eat in proper quantities to insure your being hungry at each meal. It would also be greatly to your advantage if you adopt the uncooked food diet.

Q. I am of a phlegmatic nature, and find that most of the people I meet are the same. Kindly state cause of it, and name the remedy.

A. The phlegmatic temperament has various causes. In some cases, of course, it is inherited, but as a rule it is acquired by too hearty eating, eating beyond the digestive capacity. The natural result of this is that a large amount of the nervous energy is required in digesting your food and there is but little left for other purposes. I would advise you to adopt the two-meal-per-day habit and eat mostly uncooked foods, and your supply of energy is almost certain to increase.



A—Mental Temperament

**S**UCCESS—that is the magic word to inspire effort—and true success is worth its price, for it means health, wealth and happiness. Yet it requires self-knowledge and hard work along the natural lines, and the way to it is sometimes a great puzzle. The study of perfect human nature and the endeavor to cultivate what we lack in ourselves, while utilizing our natural talents and abilities, will help us, particularly if we are practical and analyze the lives of successful individuals and learn from their methods.

Physical man is composed of three groups of organs or members, which, by unequal development in different men, produce great variety in the human family. Some are all brain and nerve, with hardly enough muscle to give any strength and stability and not enough vitality to recuperate and prevent exhaustion. Others are all muscle, and have not enough brain to direct their strength into profitable channels. Then we find others with an abundance of vitality and animal life and a great love of sensuous pleasure, but without that brain which would give a taste for intellectual pursuits, and wanting in muscular tissue to give them power in action.

Those of mental type have large heads, with a great amount of brain in the forehead, temples and top-head. They have fine features; and slenderness, delicacy, sharpness and pointedness of outline will

## CHARACTER AS INDICATED BY THE CONTOUR OF HEAD AND FACE

SUCCESS OR FAILURE LARGELY INDICATED BY THE CHARACTERISTICS OF THE HUMAN COUNTEenance

*By Prof. C. DeLancey Allen*

characterize every part—head, face, hand, foot and the entire frame, making them often graceful and refined, but sometimes frail looking. This class will never accomplish much at hard physical work, but are built more for brain work, and should train with light gymnastics, not too severe. Their especial forte is in art, music, poetry, literature and philosophy, and they can often counsel and advise and plan and scheme and theorize better than they can do the practical work of the world. They are generally moral and kind, but high-strung and sensitive, while their caution often amounts to worry, and they are liable to be nervous and excitable.

The motive, or muscular, type has prominent angular features, showing the development of the joints, bones, ligaments and muscles, and it is plain that this form is adapted to hard physical work and is strong enough to stand a



B—Motive Temperament



C—Vital Temperament

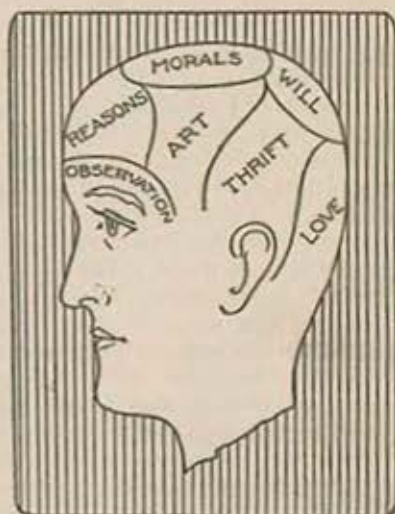
severe strain. Here we find the lower part of the forehead well developed (which gives strong observing faculties), and the crown is apt to be large (giving ambition, self-confidence and will power), while the brain centers over the ears and just back of them add courage and force to the nature. This is the purely athletic temperament, and the prominent, square, angular, and sometimes long, irregular, awkward, homely features, hands, feet and general form proclaim this fact. These people can lift heavy weights and do not mind strenuous exertion. They have stability and endurance, and are often fond of the battle-field and like to explore and subdue nature, and sometimes their practical minds are interested in science, and generally make excellent executives. They are not usually as versatile as are those of the mental temperament, but they do not build air-castles often, unless it be from great ambitions.

These two types represent the active working elements that would exhaust the entire life force if the vital element were deficient; but when we find the form has a tendency to round out and increase in weight rather than to grow thin, we know that a person must have power to build up and recuperate; so good digestion, circulation and breathing power are what the anthropologist sees indicated by the round, plump cheek, or round head, hand, foot, body, etc. Here

there is enthusiasm, vivacity and emotion, with versatility and changeability, along with warm social feeling and magnetism and a desire to mingle with one's fellows, as in business life, hotel management or in entertaining. There is a natural love of all the pleasures, luxuries and comforts of life and a desire to gratify the appetites, with not much inclination toward deep thought or real hard work, and there may be danger of developing heavy, phlegmatic conditions, with lazy indifference or dissipation. Here the forehead is generally full in the lower and middle parts (giving curiosity to see and know and memory), and the side-head and back-head show, respectively, selfish business traits and a friendly manner that warms up and makes acquaintances easily.

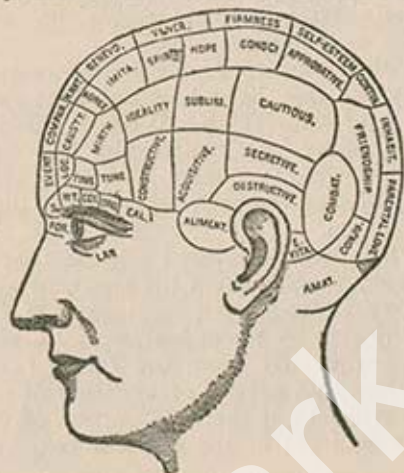
With the mental temperament we generally see fine, light hair and blue eyes and light complexion. With the motive temperament, the complexion, hair and eyes are often very dark. With the vital temperament, the coloring is usually light or medium.

While temperamental characteristics are easy to read from the signs, so also can we judge of the soundness of the vital organs by the appearance of a person, particularly from the face. Good digestion and perfect assimilation of the food will fill out the back portion of the cheek in front of the ear and below it,



The Seven Regions of the Head

and the activity of the liver can be read not only in the color of the complexion, eyes, etc., but in the development of the cheek a little in front of the pole. Then, the effect of good, deep breathing is to enlarge the muscle on the cheek bones running to the nostrils, so that here and in the size and dilation of the nostrils we have an indication of the capacity of the lungs; while the facial nerve pole of the heart is found in the chin, and persons with a good, firm, steady pulse will never have very small chins nor much indentation in the chin. Any trouble with the kidneys is likely also to show itself, not only by changing the color of the face, but by knotty indentation of the chin. Experience will sometimes enable one to



Classification of the Different Regions of the Head

judge in this way better than a life-insurance examiner can do.

The details of physiognomy, phrenology, etc., would fill volumes, but we will give a few of the most valuable points as illustrated in some of our best-known men.

Regarding the forty-two centers or organs of the brain (with about one hundred possible sub-divisions), we may say that the faculties naturally form seven groups, and these general locations are very easy to remember.

When the lower section of the forehead is large or bulges out, the brain displays great observing power and a tendency to notice and remember little particulars and to gather knowledge easily. It makes a man practical and matter-of-

fact, and gives power to attend to details and to judge of the qualities of things, or to superintend and see all that is going on. But such heads are sometimes illogical and unable to weigh both sides of a question fairly.

When the upper portion of the forehead is large, the reasoning and planning power will be remarkable and the person will be interested in theory and philosophy, and will want to know the why and wherefore of all things. They analyze and compare and can study political and social problems and understand principles of action and the causes operating to result in a change of market or other conditions. However, they are sometimes visionary and impractical, with ideas not founded on facts.

In the very top of the head are the moral and religious centers—kindness, reverence, faith, hope and conscience. These should be a check to the selfish, passionate faculties, but sometimes in excess, they may lead to bigotry and fanaticism.

The crown contains the elements of firmness, self-esteem and approbation (ambition to shine and make a good impression). These organs make a man want to lead and give orders, and they sometimes place an inferior intellect, as a figure-head, over higher types who are unwilling to take responsibility for their own actions. Self-esteem, particularly, needs cultivation in the average head. It would give more dignity, self-confidence and independence, and overcome sensitiveness as to what others think or say.

In the posterior brain are localized the love of the opposite sex, friendship, child-love, and the attachment for home. A man with a large back-head, therefore, has a strong social nature, and domestic qualities, and women with such heads usually make the best wives. A lack of brain here usually means a lack of popularity, while an excess tends toward too much socialism and may infringe upon intellectual and business pursuits.

In the side-head we find the forceful, aggressive, selfish elements, with shrewdness and prudence, so that broad-headed men generally get the best end of a bargain when trading with narrow-headed men, whose real place should be in professions or where there is not much com-



mercialism required. Excess of lateral brain means stinginess, meanness, antagonism, cruelty and craft, while deficiency makes a tame, easy character, without thrift and with no "strenuousness."

Then, in the temple region we have the love of grandeur and beauty, imagination and invention. The value of these faculties is easy to comprehend, and a lack of development here makes a man unfit to live in this world of culture and refinement and mechanical progress. An excess is less deplorable, generally, but makes one fancy-notioned, over-nice, and too poetic, imaginative and sentimental for the cold, hard matter-of-fact existence, which many of us have to lead, and people may say that there are "wheels" in such a head.

The entire forty-two brain centers can be located from the cut—Individuality (or observation in detail), Form, Size, Weight, Color, Order, Calculation, Eventuality, Locality, Comparison, Casualty (cause and effect), Human Nature (character reading), Agreeableness, Language, Benevolence, Veneration, Spirituality (faith), Hope, Conscientiousness, Continuity (application), Inhabitiveness (love of home), Conjugalinity (union in marriage), Amativeness (love between sexes), Vitativeness (love of life and health), Combativeness (fight and argument), Destructiveness (or executiveness), Acquisitiveness (love of the dollar), Alimentiveness (appetite) and others all are plainly labeled.

## NUDITY AND MORALITY AMONG EAST AFRICAN TRIBES

IN ONE TRIBE, MEN AND WOMEN GO ABSOLUTELY NAKED, YET IMMORALITY IS PUNISHED BY DEATH

JOSEPH BOOTH, in an article which appeared in the *Advent and Sabbath Review and Herald*, writes of these East Africans:

"Their habits, customs and costumes vary strangely," he says, "as also the speech. It is by far the most wonderful picture I have been permitted to see in heathendom. Some are clothed in calico, some in grass, some in tree bark, some with iron and brass ornaments and rings, some with skins, some of the men are naked, and some of the women very scantily clothed, and in some tribes both men and women are absolutely naked, and without any disfigurement on their bodies or faces or ears.

"There is one large tribe of the latter,—the Kavirondo people—numbering, the authorities say, about one million. I am greatly interested in these people; for they bear the universal reputation of being the most moral of any tribe—not meat eaters, and not polygamists. Immorality is rare, and punished with death.

"Of some of the people I can give scanty particulars. Of most, I know nothing but their names and localities.

The Swahili and Waganda tribes are the most civilized. The former are mostly Mohammedans. The latter, although so far in the interior, are very intelligent, and largely Christians.

Both the Uganda people (called Waganda) and the Swahili wear round caps and white gowns—red caps if journeying, and white at home. The Kikuyu are a pleasant, tractable people, with an elevated, healthful, fertile country. They wear a sort of bark-cloth mantle, and terrible ear ornaments. The Massai, Wanandi, and Walumbwa are warlike; the men wear no clothing. They have large herds of cattle and sheep, and carry huge, heavy iron spears, from five to six feet long. A single man will attack a lion or a leopard. In wet or cold weather, which is frequent, their country lying at an altitude of from five to eight thousand feet, they hang an ox skin around the neck, letting it fall over the back, and leaving the front of the body unprotected. Their women wear the most marvelous circles of iron and brass rings, ever widening until they reach the shoulder-blades, and pro-

jecting in front and behind the body. The arms above and below the elbow are encased in curiously wrought corrugated sheet-iron armlets of their own making.

"The two last-named tribes are even now fighting the British, and they take thousands of their nut bolts from the railway line, and also the rails, for spears, etc.

"The Massai, Walumbwa, and Wandandi form a keen contrast to the Kavirondo. The latter live upon plantains, bananas, cassava, sweet potatoes, beans, and nuts, and are chaste, sober, and peaceful; while the three former, who live upon the hills and mountain plateaus from three to four thousand feet above the Kavirondo plains, cultivate nothing, wandering wherever there is food for their cattle, living on a flesh diet, drinking blood—frequently by opening the veins of their cattle, and closing them afterward—are immoral, and of a fierce and bloodthirsty character, yet of a somewhat haughty and

handsome presence. They are very similar to my Yao friends, who until recently ate the hearts of their conquered foes, in order to possess their strength. Even in Plainfield station we have converts who have done this thing.

"Among the Nubian-speaking tribes the men are naked, the women somewhat clothed. The Shilowk, Dinkas and Baris are highly moral. *The Baris are very tall, courageous, and fine people, mostly over six feet six inches in height.* They learn to write quickly, my informant having taught them. The Madi are timid and retiring. They wear long skewers of white glass, pendant from their lower lips, also treasure the hair of their ancestors, and make helmets of their own hair, covered with white beads. The Lutuka wear hanging, fringe-like grass around the loins. The Soudanese and Nubians wear their hair in little ringlets. The women are clothed with gay calicos, and are noted for their immorality."



SOCK: "Doctor, what do you take for a heavy cold?"  
DOC: "Usually a heavy fee."



PHYSICIAN: "I am afraid, young man, that you live too high. I should advise a morning walk on an empty stomach."  
YOUNG MAN (respectfully): "Whose stomach?"

## CAUSE AND CURE OF COLDS

*By Bernarr Macfadden*

ONE of the most prevalent complaints that afflict humanity is the ordinary cold. In itself it is not serious. The various causes to which colds are attributed would fill an ordinary book. One man will say that he went out without his coat, another crossed the street without a hat, another forgot to close his window, another happened to get his feet wet. To the ordinary individual a cold is a deep, impenetrable mystery, if he cannot account for it by some accidental exposure.

Let my readers, first of all, understand that though a cold may be induced by an exposure, it is really made possible by an abnormal physical condition, for a cold is often "caught" without the slightest exposure. Several very hearty meals, or the muffling of the body in clothing to excess, will often induce a cold.

Before discussing the Cause and Cure of a Cold, let us ask what is a cold? All the various manifestations that accompany what we term colds, the pain and soreness, the inflammation and mucous discharge from the throat and nose, all indicate an effort on the part of the functional system to free the blood from foreign, impure matter. A cold simply gives the body a chance to rid itself of surplus impurities. It is an attempt on the part of the body to bring back normal health. It should never be driven back; it should be drawn out. Every possible means should be adopted to cleanse the body as speedily as possible.

We have various kinds of colds, accompanied by various symptoms. Pain or inflammation in almost any part of the body is often termed a cold, but the most prevalent symptoms are inflammation and mucous discharge that accompany a cold in the head, throat or lungs. It would be of but little use to go into detailed symptoms of the complaint, as everyone is familiar with them.

**GENERAL CAUSES.**—A cold can be caused by any deviation from your usual habits, which is inclined to cause functional disorders that will fill the blood

with foreign or impure matter. If you are accustomed to leading an active outdoor life, and suddenly remain indoors, this is liable to induce a cold. Probably the most usual cause of a cold is eating more than is needed to nourish the body. The stomach is capable of satisfactorily digesting a certain amount of food. There is a vast difference between eating all you need and all you can. When food tastes good it is not at all infrequent for one to eat all he can, and unless in possession of extraordinary digestive strength, the policy of eating all you can is bound to result in trouble of some kind. The organs of assimilation take up imperfectly digested food and it is passed on to the various blood-making and blood-purifying organs; but these organs are unable to eliminate the great amount of impurities that it contains, and should any part of the body become inflamed, all these various surplus impurities are rushed to this particular part for elimination.

Breathing confined, impure air is probably the next cause of colds. You must have pure air in order to purify the blood. Oxygen is essential to perfect health. When the poisoned, confined air is breathed over and over again, a cold is a frequent result. Lack of exercise would, no doubt, be classed as the next cause for colds. One can deviate very widely from the laws of health in his habits of life if he keeps his muscular and functional system thoroughly active by active exercise. Clothing too heavily is probably the next cause of importance, as the pores of the skin under circumstances of this nature become dulled and deadened in their activities, and impurities that should be eliminated by this means are sent back into the circulation in search of some outlet, and a cold is often induced.

To reiterate briefly, I will maintain, therefore, that a cold is caused by over-eating, breathing bad air, lack of exercise, or clothing too heavily; but it may be induced also by dissipation or, in fact, by any deviation from the rules of health.

**PHYSICAL CULTURE TREATMENT.**—In the treatment of colds, every possible means should be adopted to assist the organs of elimination in ridding the body of impurities that have accumulated. Remember that the cold is not a disease in itself. It is simply a curative process. It is a step toward health. It is a means adopted by the functional system to help you cleanse your body. It is your duty to assist this process in every possible way.

The great depurating organs of the body are the lungs, skin, kidneys and bowels. It is your duty, therefore, in attempting to rid yourself of a cold, to use radical measures for increasing the activity of all these various organs. It makes but little difference whether the cold is located in your lungs, throat or nostrils, or in your big toe, the treatment is practically the same. The cold simply indicates that your system is loaded with impurities, and you must begin at once to rid your body of them by every sensible means. If a cold is moderate, a long walk, with deep breathing exercises, free drinking of water, and a fast of two or three meals, or for one or two days, will entirely remedy it. If it is severe, and a more radical treatment is needed, I would suggest the following methods:

First of all, thoroughly cleanse the lower bowels with the internal flushing treatment. Have pure water at hand and drink freely of it, encouraging yourself to drink a glass or two every hour during the day. Following some vigorous exercise of all the muscles, take a rough, dry towel and rub every part of the body until the skin is pink from the friction. Spend five or ten minutes taking this dry

friction bath. This will induce, of course, thorough activity of the pores. A cold sponge bath can be taken after this, if the patient is vigorous enough to recuperate from the effects of the cold water. A long walk is usually of especial value.

Keep in the open air as much as possible, taking a great many deep breathing exercises. If you are inclined to be athletic, a run of two or three miles, or even more, would be valuable. If you are not strong, and are inclined to be stout, a steam cabinet bath would assist recovery.

Whatever means you may adopt for a cure, remember the necessity for avoiding food. Do not eat under any circumstances unless you are especially hungry. If you have an eager appetite, you may eat a few mouthfuls, but never eat a hearty meal. You must give your functional system a chance to right itself. All your nervous energies are needed in the curative processes. You will have but little energy to spare for the digestion of food. Whatever of these remedies you may select to bring about a recovery, do not make the mistake of trying them all at one time. It takes a little time for the functional system to act, whichever remedy you may adopt, and you must not make your treatment too rigorous. To briefly recapitulate; you should see that the skin and bowels are active, that you are breathing fresh, pure air, that you are drinking freely of water, and then there will be no question of your ability to rid yourself quickly of an ordinary cold. In fact, a ready adoption of the remedies suggested here will often prevent pneumonia and other serious diseases, the first symptoms of which are usually an ordinary cold.



Some Imagine Themselves "Real Men" When They Stand on a Saloon Corner, Smoke a Cigar, and Wait for the Usual "Move On" Order

## THE GLORY OF GRACE

THRILLING STORY OF A GIRL WHO PLAYED HER BROTHER'S POSITION IN A FOOTBALL GAME

*By Frank L. Freeman*

THERE was mourning in our house; not genuine mourning, you know, but grief, soul-smashing grief, because Lal Foster, my brother, and the star half back of Grace College, could not play that afternoon in the annual game with Barrington, her hated and strongest rival. He had sprained his ankle the night before.

"Tough, aint it, Patty," he remarked, "that this thrice accursed thing should come upon me at the last moment? And say, the green devils know half our signals, too." The last was a slighting reference to Barrington's colors.

"Yes," I murmured sadly. "What will become of the yellow angels?" This was a little soothing syrup for Grace's saffron banner.

"Don't joke, Patty, we're gone plumb to—to the devil. And we haven't won a game from them in three years. Lord, they don't even know I can't play."

"I suppose it would change the betting?" I suggested playfully.

"We've got the science, the team work and the iron, but——"

"They have your signals, and your ankle has you," I completed.

"Exactly," said Lal, and we both groaned. He was sure Grace could not play without him. So was I. The hospital claimed the other eligible half backs. To put in a new man now would spoil everything. It was the season's last game after several hard-earned victories, to which fractured ankles and splintered collar bones had been duly and gratefully sacrificed. The only trouble now was that more sound ankles and collar bones were not available. Many a freshie would willingly have permitted the sawing off of a leg to have saved the glory of Grace.

Lal had a thinking spell then, an altogether serious illness for him. Suddenly he hopped up and hobbled over to me.

"Patty," he began, "you're an athletic girl, aren't you?"

"I am," I assented—which was true. Indeed I was qualified to say "legs" in company.

"You're my twin, too, eh?"

"So they say, Lal."

"There aren't any whiskers on your face, any more than on mine."

"Well?" I inquired, wonderingly.

"And, say, Patty, how many times can you 'chin' yourself?"

"Twenty-one," I responded proudly. "The best record for a man is only thirty-five. But why are you asking me? This is no news to you."

"Good, Patty, and you can wrestle, box, row, swim or do anything that a boy can do?"

It was all true. Trained athlete that my brother was, I was almost his equal in strength, weight and agility. We were the children of a famous athlete of another day and generation.

"Patty?"

"Lal?"

"You're going to play that game in my place!"

"Not on your li——" He placed his hand over my mouth.

"Heavens, Patty, don't talk slang, if you *are* scared," he exclaimed.

"Why, but the very idea!" I almost shouted. "What would I do with my——" I glanced down at my skirt.

"Shin guards and padded pants may conceal Nature's most perfect accomplishments."

"Oh!"

"Tuck those Titian tresses of yours under a leather cap, pull the flaps down over those little ears, bite the grip of a nose mask with those pearly teeth, rub mud on your hands and face, and you will look as badly and play as well as I do."

"You conceited thing!"

"You will, Patty dear, won't you? You know the game as well as I do. You know the signals, too. Perhaps you can-

not hurdle, but you'll have only to make a bluff at it if called on."

The spirit of daring was hovering dangerously near me. Youth and an abundance of warm blood are enemies of discretion. I knew the game by long observation, and through some actual experience, the latter having been gained by a few games on the sly in the girls' gym at college. Lal had taught me Grace's signals just for fun, but under vows of secrecy.

"But, Lal," I protested, "if I should consent, how on earth am I to get to the field?"

"Easiest thing in the world. Put on my suit here at home, head harness and all, and sweater and mackintosh, for it's going to rain. Stay here until two, catch the car, arrive on the field late. Then plunge right into the game for glory. Act sulky, and don't talk much. It's a way I have when I am cross. After the game, cut for home. Say yes, Patty, P-l-e-a-s-e."

The woman struggled within me, naturally, but the athlete, or patriotism, or something, won out.

"I'll take the chance for you, Lal," I said.

"And for the glory of Grace, too, Patty. Now run up to my room, crawl into my togs, then come down, and I'll show you how to manage."

I started for the door. Then a new and staggering thought came to me—a thought that made the blushes and hot tears come. I sank down in a chair.

"Why, what's the matter?" exclaimed Lal. "Don't flunk now!"

"I'll never play now," I sobbed. "No, no, no!"

"Don't say that, Patty. What's the trouble?"

"Tom Wakefield plays fullback for Barrington," I cried. "Isn't that trouble enough? Do you think I would play against him?"

"But Tom is nothing to you."

"Yes, he is."

"Ah! Then he has spoken?"

"No."

"You love him, though?"

"Ye-e-s—er—no."

"He loves you?"

"I don't know."

"Well, what the deuce——"

"And there's Littlefield, their quarter. I snubbed him last week at the Sig reception. Oh, it's awful! Suppose he tackles me?"

"Then, again, suppose Tom does?" suggested Lal. I did not answer. "Patty, do not fail me! Please go."

"I will," I replied, starting up; "but if you ever tell that you didn't play to-day——" I gave him a pantomime of the dire vengeance that would overtake him if he ever lisped a word of it.

\* \* \* \* \*

How I reached the field, with my knees knocking together at every step, I do not know. It was after two, and they were waiting for me—Lal—down by the north goal. I limped slowly toward them. What if they should recognize me! I had made a firm resolve not to speak to a soul, and was already wondering if Grace would think their left half had been rendered dumb by some unlooked for catastrophe during the night. Just then a friend in the Grace section yelled:

"Foster! Foster!" The rah, rah, rahs, and general babel of songs and slogans that followed were in my favor. No one could possibly hear my little voice.

Captain Merrihew came running up.

"You've got to play the game of your life to-day, boy," he said. "I'm afraid all we can do is hold 'em, and you'll have to do some punting. You're looking pale, too. Quick, now! They've won the toss."

Thank heaven, that was over! I pulled on my nose mask and took my place in the line, glad that action had come. Straight ahead of me was the field of frozen mud, flanked by hills of humanity. One hill was green, the other yellow. Yells, cheers, shrieks, and even groans, burst from the irrepressible collegians, mingled with the blare and toot of horn and trumpet. A brass band occasionally crashed, and bits of songs floated to my tingling ears.

"The good old autumn time!

The good old autumn time!

We'll bury Barry in the mud

In the good old autumn time!"

Then the answer:

"On a Sunday afternoon—

'Tis Grace's dead march tune!

To-day is our picnic, to-morrow their funeral.

On Sunday afternoon!"

The game was on. The ball rose from the kick off, and—horrors!—it came straight toward me, falling—bang!—in my arms. I shot down the field like Robin Hood's arrow for forty yards. Then that cur of a Littlefield downed me. Though the crowd cheered, my blood boiled, and I registered an oath to choke Littlefield in the next scrimmage.

We couldn't gain a foot after that. Our ends were blocked, line plunging failed, trick plays collapsed. Barrington knew our signals. Three times I was thrown at the line—I, a fragile maid of twenty summers—and three times I stopped there because a ton of flesh fell on my spine. Neither could Barry gain when they had the ball. They lacked our brains and beef. They forced us to our thirty-yard line, and dear old Tom Wakefield made a try for goal, but failed, because the girl who loved him was in the way. It was a brave play for me to break through and block a two hundred pound man, and it made me sick at heart, too. I resolved not to interfere with him again if it cost Grace the game.

When the half ended I stole away behind the gym building until distracted cries for Foster rent the air.

A few more words with the captain, and I was again in the shuffle, this time eager and anxious. I distinguished myself more or less, and won the approbation of the inspired fends on the grand stand, but we couldn't gain ground. The game dragged miserably on toward its end.

\* \* \* \* \*

Only a minute more of play. Sixty clock ticks and all would be over. We held them for downs. Grace was a big seventy yards from the goal and glory. The ball was hers.

"27, 11, 15, 2 and 20!"

The signal for a hurdle by the left half—by me! A last desperate chance. I had hurdled for fun in the Wellesley gym—falling on a mattress, of course. This would be a wild leap over a line of giants into the enemies' breastworks, where eleven demons were ready to throttle one.

"Rah, rah, rah! Grace! Foster!"

Our line drew up as iron scraps fly to a magnet. The pigskin was snapped with the speed of a cannon shot. I tucked it under my left wing, dashed for the line, and rose like a pigeon from a trap. For

an instant I felt elevator sick. Then I struck the ground—the cold, unrelenting ground. Someone pulled my leg. I was angry, and was up in a flash.

"Go like h—!" gasped Quayle, the mighty guard, who in some unaccountable manner had overturned his big opponent and was now blocking the panting backs. That leg pull and laconic profanity settled it. I sped toward the uprights as Mercury might have done when carrying a message for Venus. With a clear field? No! There was handsome, brawny Tom, playing way back, with the expectation of a try for goal or a punt, or—something. Lord! I was the something he was waiting for! The measly glory of Barrington was in his keeping. He must tackle me. It was "up to him," as several thousand throats warned him.

"Dear old Tom," I thought under my head harness; "this would not have happened if your big bashful self had proposed when you had the chance last week. My love is yours, but that goal is mine. It's too late for sentiment, now!"

I flew straight at him. The dear boy made a flying dive at me at the ten-yard line, missed, and I plunged on—on to glory! Then—oh, proud girl!—my toe caught a rut, and down I went. Tom was upon me in a twinkling, his leg encircling my back like a flexible iron post. His mighty embrace crushed my padded shoulder.

"I'll hold you, Lal, if I die for it!" he muttered through his nose rubber. How I hated and loved him at that moment! And to think that this Hercules had been too shy to propose to little me!

My cheek was in the mud and my mouth was in the mire, as I gurgled back: "I'm yours, Tom, but not yet." Of course he didn't hear me.

I had learned a wrestling trick or two, and had a spring in my back. I rose with all of Tom's avoirdupois upon me, and floundered a yard or two more through the pasty mud. Any woman can squirm and wriggle a little. I could a lot. I went a foot or two farther, still keeping the ball from mother earth. Then we rose and fell with a mighty slap. Head and arms free, I mustered my last ounce of strength and pushed the ball toward the goal for a touchdown, just six inches over the line.

Mount Pelec at the climax of eruption would have sounded like the first faint chirping of the infant cricket beside the collegiate roar that followed. The other players came running up, their foot patters striking the ear like baby kisses.

"Whi-i-i-i-r-r-r-r!" The referee's whistle! The game and glory were Grace's!

Then I, the cause of it all, had a most disgraceful attack of stage fright. What, oh, what was I to do when my leather cap came off, and those "Titian tresses" came down? I had lost my rubber muzzle. Luckily, it was growing dark.

"Foster! Foster!" Old Quayle threw me in the air and I alighted on the shoulders of six athletes—yes, I, the modest, shrinking belle of half a dozen balls—with two men proudly holding each of my legs aloft! My!

Suddenly that cur of a Littleton put in an appearance, fairly frothing at the mouth.

"I'll marry your sister for that," he yelled at me, "and get even with you, Foster."

That was too much. Lal wouldn't have knocked him down for the insult. Lal was a gentleman. But I wasn't, was I?

I kicked myself clear of my supporters, hopped to the ground, and planted the very dream of a left-hander between the puppy's eyes. He dropped like a victim of Jeffries. Now I realized I was in a fix "for fair." A snort of anger went up from the crowd. The movement toward me became general.

"Get in here, Lal," said Tom's voice in my ear, and my recent opponent, anxious to do his sweetheart's brother a favor, pushed me into a cab, jumped in beside me, and shouted to the driver:

"To the Montevideo!" In five minutes we were in his room at that hotel.

"Quick, now, Lal," he said. "Change your clothes and skip. My brother devils

would tear down the house for a chance at you."

He hastily pulled out a suit of his own clothing, tore off my shinguards, snatched off my head harness, and—stared.

My coiled hair had fallen down.

"Miss Foster!" he gasped.

Miss Foster resumed her role of first lady, blushed, and hung her head.

"Did you—did you—?"

"Yes, I 'did' you," I replied. "I had to, for my brother sprained his ankle last night."

"You—you threw me?" (Brute man, of course that thought came first.)

"Yes, I—I—"

"Patty—Miss Foster!" The light of the divine passion glimmered in his eyes. How I wished that I had let him down me outside the line.

"But don't you know this is worse than all else put together?" he queried excitedly.

"What?" I asked innocently.

"Why, you, a woman, are here in my room—with those togs on. Isn't that enough?" He actually turned red.

"Well?"

"Great Scott, what am I to do?" His face burned with love, albeit pity chased it out.

"Why, propose, of course!" I placed my hands on his padded shoulders. He gazed at me as though I had saved his life, then "tackled" me fairly, just above the waist.

"Down!" I replied, and kissed him with muddy lips.

The ring of an electric bell, the summons of a maid servant, the flash of a ten-dollar bill, a vow (bribed) of eternal secrecy—then I was a woman again.

Thus was the glory of Grace saved for a season, and the reputation and husband of Patty Foster forever.

Rah, rah, rah! Grace!

### ABOUT MARY'S LITTLE WAIST

Mary had a little waist,  
She laced it smaller still;  
A stone o'er Mary has been placed  
Upon the silent hill.

And on that stone these words are writ:  
"Oh let us hope she's gone  
Where angels never care a bit  
About what they have on." —*Chicago Herald.*



# THE GREAT PHYSICAL CULTURE EXHIBITION

ARRANGEMENTS FOR THE MONUMENTAL PHYSICAL CULTURE EXHIBITION ARE NOW ALMOST PERFECTED, AND IT IS CONFIDENTLY EXPECTED THAT THIS WILL BE THE GREATEST ENTERTAINMENT OF THE KIND EVER PRESENTED.

**Two \$1,000 Prizes for the Most Perfectly Developed Man and the Most Perfectly Developed Woman**

The two \$1,000 prizes offered to the most perfectly developed man and the most perfectly developed woman have attracted some extraordinarily well-developed specimens. Finely-formed men from all parts of the country have sent in their entries, and women whose physiques approximate perfection are being heard from everywhere.

The various preliminary contests have been arranged and at the Exposition all the winners of these different preliminaries will appear for the final contest. It will be a gathering where some of the finest specimens of physical manhood and womanhood will be represented that have been produced by modern civilized environments.

## The \$500.00 Wrestling Championship Contest



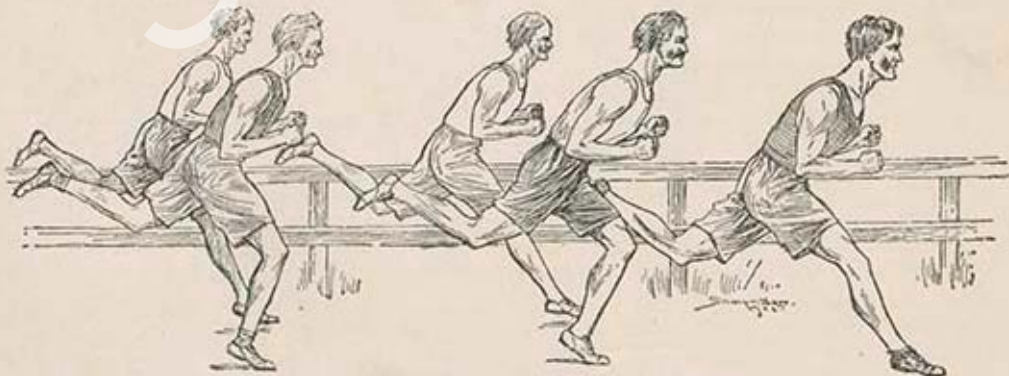
Physical Culture Style of Wrestling for \$500.00 in Prizes.

The prizes offered for the wrestling contest appear to be exciting interest everywhere in the athletic world, and some of the best known wrestlers will, no doubt, appear and compete for this liberal prize. The Physical Culture style of wrestling furnishes a more exciting contest than any other style, and some highly interesting matches should result in this great athletic competition.

The \$500.00 offered will be divided into five prizes: First, \$300.00; second, \$100.00; third, \$50.00; fourth, \$30.00; fifth, \$20.00.

## \$500.00 in Prizes for a Three-day Fasting Go-as-you-please Race

Many queries have been made as to how many miles will be traveled by those who enter the three-day fasting go-as-you-please race. A race of this kind has nev-



Three-Day Race of Fasters for \$500.00 in Prizes

er been given before, and it would be really a difficult matter to form any opinion as to how far the racers will travel. They may surprise many by nearly equaling the records of those who have been allowed food ad libitum. A contestant in this race will naturally try to start with a fair amount of fat in the beginning, for fat

is simply stored energy, and will naturally be used as a means of nourishment while the contestants attempt the extremely difficult ordeal of racing for three days without food. The \$500.00 offered will be divided into five prizes: First, \$300.00; second, \$100.00; third, \$50.00; fourth, \$30.00; fifth, \$20.00.



Weight Lifting      Throwing 56-lb. Weight      One Mile Race  
Some of the Athletic Events in Which the Seven-Day Fasters will Compete for \$500.00 in Prizes

### \$500.00 in Prizes Offered for an All-Around Athletic Competition Following a Seven-Day Fast

This unique event is attracting attention everywhere. A great many competitors are expected to strive for these prizes.

The average individual imagines that after he has fasted a period of seven days he is more ready for death than he is for an athletic competition. This is a very erroneous conclusion. The strength of a man who carries a moderate amount of flesh is reduced but slightly by fasting seven days; in fact, a very fleshy man would gain in muscular and functional strength after a fast of this kind. This has been proven to be a fact in many instances.

The events in which the seven-day fasters will compete are as follows: Throwing the 56-pound weight for height, 50-yard run, 220-yard run, one-mile run. As stated in a previous issue, this contest will be awarded by points. All competitors will be compelled to compete in every event. The winner of each event will be allowed 10 points, the second man 5 points, third 3 points, and the fourth 1 point. The \$500.00 offered will be divided into five prizes: First, \$300.00; second, \$100.00; third, \$50.00; fourth, \$30.00; fifth, \$20.00.

### Championship Events For Women and Girls

One of the most unique features of the Exposition will be the championship events for the so-called weaker sex. Valuable prizes have been offered for the va-

rious events, and it is evident from the outlook that the records made in women's colleges will be very badly beaten by the contestants at the Exposition.



Women's Running Races

The various prizes and races to be contested were given in the last issue of the magazine, but to insure the largest possible entry list they are repeated here-

with. It will be noted that the 440-yard run has been scratched from the list, and that the high jump has replaced it.



Fencing Championship

First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch; fourth prize, nickel watch.



Fifty-Yard Race For Girls Under Sixteen Years of Age

First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch; fourth prize, nickel watch.

Fifty-yard run, open for girls and women of all ages.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch; fourth prize, nickel watch.

220-yard run, open for girls and women of all ages.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch; fourth prize, nickel watch.

Running high jump, open for girls and women of all ages.—First prize, solid gold watch; second prize, gold-filled watch;

third prize, silver watch; fourth prize, nickel watch.

880-yard run, open for girls and women of all ages.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch; fourth prize, nickel watch.

One-mile run, open for girls and women of all ages.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch; fourth prize, nickel watch.



Boys' Race (Under 14 Years)

First prize, solid gold watch; second prize, silver watch; third prize, nickel watch.

### Handicap Amateur Athletic Events

We also repeat the events for which prizes are offered to amateur athletes. No one is barred from entering these various contests, though those entering the amateur events must never have competed for a cash prize.

The events and prizes will be as follows:

Fifty-yard run.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch.

220-yard run.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch.

440-yard run.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch.

880-yard run.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch.

One-mile run.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch.

Five-mile run.—First prize, solid gold watch; second prize, gold-filled watch; third prize, silver watch.

Throwing 56-pound weight for height.

For the benefit of our readers, arrangements have been perfected whereby all readers of the magazine, whether they are regular subscribers or buy the magazine at the news stands, can enter any one of these contests free of charge, the Handicap Amateur Athletic Events excepted. The ordinary entry fee is \$1.00 for each contest, but by forwarding us the entry blank that follows, giving name and address, we, the Physical Culture Publishing Company, will see that you are entered free of charge. Please note that no one contestant can enter in more than two events. All entries to the Handicap Amateur Athletic Events must be forwarded, enclosing, for entry fee, fifty cents, to Manager Madison Square Physical Culture Exhibition, at Suite No. 1117, 1123 Broadway, New York City.

Cut this out and mail to Entry Department, Physical Culture Pub. Co., 1123 Broadway, New York. Free Entry Blank for all Events except Handicap Amateur Contests.

Name.....  
Address.....

Events (1).....  
Events (2).....

## Showing measurements and other information that should be furnished by each female applicant.

*Measurements of all women contestants are for the use of the judges only.  
If so requested they will not be published.*

Date .....

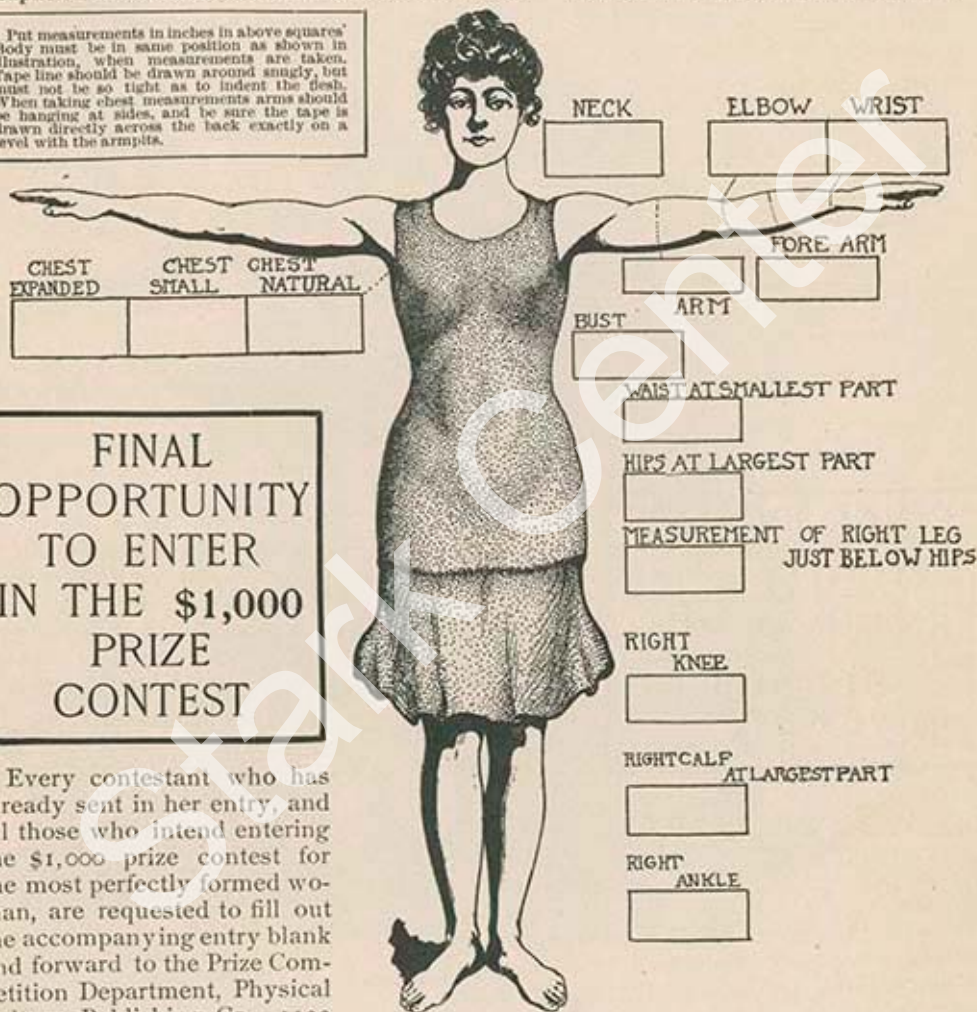
Name .....

Address .....

Age..... Height without shoes..... Weight without clothes.....

Occupation ..... Married or single .....

Put measurements in inches in above squares.  
Body must be in same position as shown in illustration, when measurements are taken. Tape line should be drawn around snugly, but must not be so tight as to indent the flesh. When taking chest measurements arms should be hanging at sides, and be sure the tape is drawn directly across the back exactly on a level with the armpits.



**FINAL  
OPPORTUNITY  
TO ENTER  
IN THE \$1,000  
PRIZE  
CONTEST**

Every contestant who has already sent in her entry, and all those who intend entering the \$1,000 prize contest for the most perfectly formed woman, are requested to fill out the accompanying entry blank and forward to the Prize Competition Department, Physical Culture Publishing Co., 1123 Broadway, New York City.

We request all those who have already forwarded their applications to send this additional application in order that there may be no possible chance of any name or entry being lost. If photographs have been forwarded already call our attention to this, or send additional ones. Measurements of the women contestants are for the use of the judges only and will not be published without permission, unless these measurements should win a prize. Photographs showing something of the physical appearance of each applicant are desired, although, if these cannot be secured, ordinary photographs can be forwarded.

## PHYSICAL CULTURE

Showing measurements and other information that should be furnished by each male applicant.

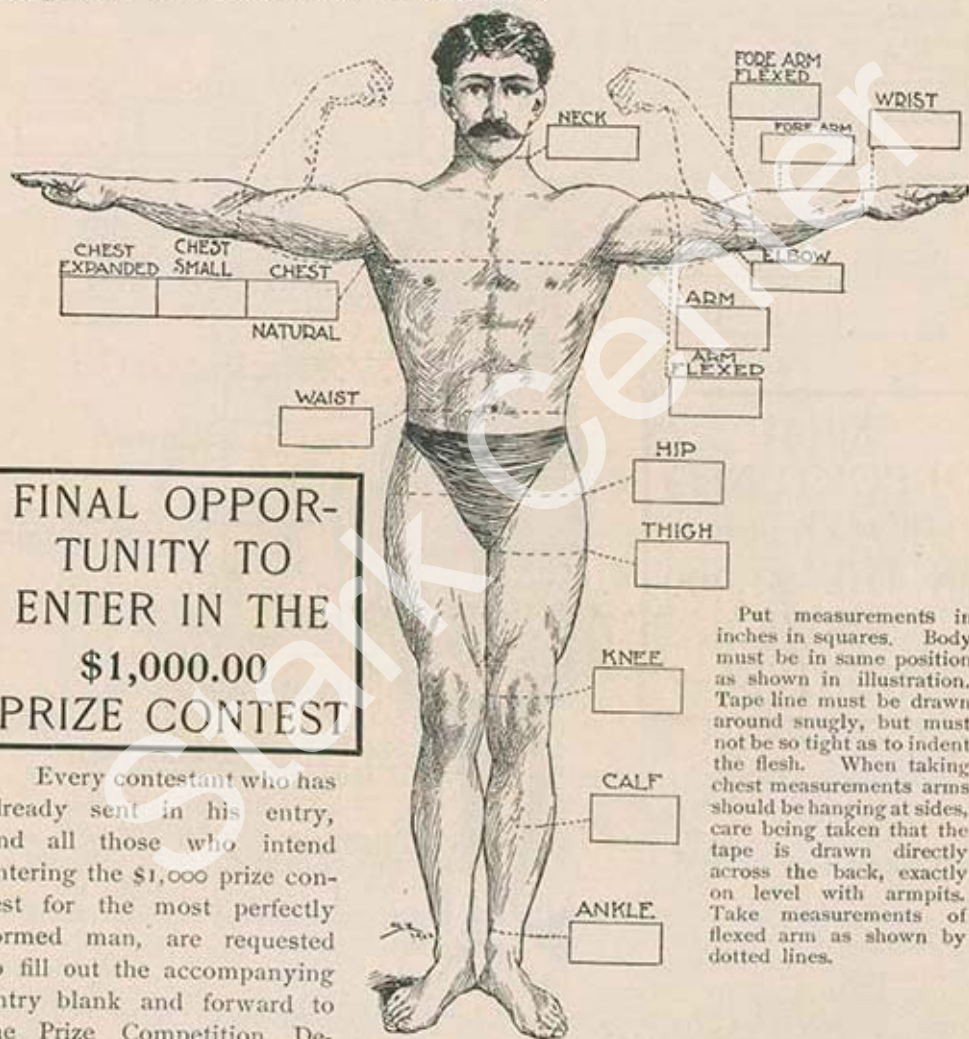
Date.....

Name .....

Address .....

Age..... Height without shoes..... Weight without clothes.....

Occupation.....



Put measurements in inches in squares. Body must be in same position as shown in illustration. Tape line must be drawn around snugly, but must not be so tight as to indent the flesh. When taking chest measurements arms should be hanging at sides, care being taken that the tape is drawn directly across the back, exactly on level with armpits. Take measurements of flexed arm as shown by dotted lines.

**FINAL OPPOR-  
TUNITY TO  
ENTER IN THE  
\$1,000.00  
PRIZE CONTEST**

Every contestant who has already sent in his entry, and all those who intend entering the \$1,000 prize contest for the most perfectly formed man, are requested to fill out the accompanying entry blank and forward to the Prize Competition Department, Physical Culture Publishing Co., 1123 Broadway, New York City.

We request all those who have already forwarded their applications to send this additional application in order that there may be no possible chance of any one name or entry being lost. If photographs have been forwarded already, call our attention to this fact, or send additional ones.

## A CENTENARIAN

By *J. Brooks Fletcher*

**M**ORE than one hundred years ago, in the woods of old Virginia, November 11, 1801, Levi Reynolds was born. And to-day, at the age of one hundred and two years, he is a most remarkable specimen of physical and mental manhood. This old pioneer giant, six feet two inches in height, and weighing two hundred and fourteen pounds, relates the tragic and thrilling incidents of his early life with a zeal that excites and interests the listener. His well preserved physical vigor pays the highest possible tribute to the virtue of

plain living and wholesome outdoor exercise. Mr. Reynolds has spent most of his life in the woods, and in his earlier days, when the State in which he now lives was covered mostly with forests, he traveled on hunting and exploring expeditions from the Alleghenies to the Mississippi.

His description of the encounters on these expeditions and his account of soldier life would fill a volume with facts of value and historic merit. He relates having battled with the Indians, and

verifies his facts by scars that speak more forcefully than the tongue. At one time, in a hand-to-hand fight with a red savage, he was struck on the head with a stone hammer and his skull was fractured. He was captured, but escaped, and a deep, ugly depression above the right temple, half concealed beneath the gray hair that falls thinly above his brow,

makes more thrilling and real the old man's story.

He now lives in a little cabin in the shadow of a small wood. Above the mantel hangs an old-fashioned flint-lock and a hunting knife and many Indian relics. Among the things he values most are the old buckskin clothes he



Levi Reynolds, Age 102 Years

used to wear. He now spends his time out-of-doors, walking leisurely among the hills. This picture is somewhat unnatural, because it makes him appear too well dressed. His usual costume is an old slouch hat, rough clothes, and in the summer he goes barefooted. He lives plainly and simply, and to this he attributes his remarkable old age and good health.

There are many traditions concerning the phenomenal strength of this old

pioneer, and even now his great broad shoulders and heavy frame give one the impression that he has wonderful physical power. Mr. Reynolds is the father of eleven children, has twenty-four grandchildren, and fifty-four great-grandchildren. He is one of the few venerable pioneer heroes remaining to tell of the tragedies and experiences of that earlier day when civilization, moving westward, paused in the wilderness to build its home.

## PHYSICAL CULTURE SPREADING TO ITALY

### A LETTER FROM A PROMINENT ITALIAN SURGEON

TO THE EDITOR.

Let me first introduce myself to you as a subscriber to your very interesting magazine on physical culture, as an admirer of your successful efforts, and as a fellow fighter with you now in the most beneficial war that has ever been fought. Although a physician, I have been working and preaching for some years to instill the same principles in my country, as you have succeeded in doing in America; and you shall be easily persuaded of this after perusing the little works on this subject which I have published, and from their date of appearing. I send them to you and beg you to accept them as a homage on my part. I have marked here and there several things I would like to call your especial attention to.

I have been a subscriber to your magazine since May, 1902, when while in New York I saw and became interested in it, and last February I procured the entire collection. The perusal of it gave me great pleasure.

I suppose that we both, being advocates of physical exercise, started unknown one to the other, at the same time, you in New York and I in my own country. Such a coincidence of two minds in one meaning would surely make me more persuaded of the truth if I had not been already convinced.

It seems to me, moreover, a strong demonstration that the development of the human thought is ruled by a physical law, as truly as the law of gravitation; that every one who intelligently attends to the culture of his own body, naturally and necessarily goes about to build up his mind with ideas of perfection, health, beauty, justice, individual and social progress, and welfare to humanity. Thus it is clearly seen that the cause must win.

TEODORO GATTI,

Surgeon of First Class, Italian Royal Navy.

Spezia, Italy, Naval Hospital,  
March 20, 1903.



Photograph of Dr. Teodoro Gatti illustrating an Exercise From a Series Entitled, "Harmonic Gymnastics"



# Editorial Department

*Accept every conclusion you find in this magazine for whatever your own reason shows it to be worth.*

*There should be no authority for you higher than your own intellect.*

*No human being is infallible. Every one makes mistakes; therefore no one has the right to place himself on a pedestal as an authority on any subject.*

*If you accept absolutely, without full and due consideration, the theories of any one it is an acknowledgment of your own mental deficiencies. Accept nothing that your own common sense, your own reasoning power, do not endorse as truth and fact.*

**O**NE of the most remarkable and unique expositions ever given in this country will be the First Physical Culture Exhibition, which will be held at the Madison Square Garden, New York City, during the week beginning December 28 and ending January 2.

This Exhibition is being given for the purpose of calling the attention of the public to the vast value of physical culture. The fasting events, for which liberal prizes have been offered, will prove very conclusively that a man can fast for several days, and even for a week, without losing but little strength.

## The Great Physical Culture Exhibition

The magnificent specimens of manhood and womanhood that have entered the contests for the two \$1,000 prizes will tend, in themselves, to prove what can be done by persistent attention to the great laws of health. Every physical culturist who has good reason for believing that he is especially strong, or that he is especially well developed, should enter into some of these contests. The prizes offered for both men and women are attractive and liberal.

Arrangements have been made whereby all our readers can enter these various contests absolutely free of charge. In another part of the magazine entry blanks have been placed, and by simply filling out one of these blanks and forwarding it to us, your name will be entered in the contest in which you desire to compete.

Do not be backward in entering. You cannot do worse than lose, and there is a chance of winning a valuable prize.



**A** COMPARISON of this issue of the magazine with December of 1902 will show a very remarkable improvement. It is not only larger in size, and vastly improved in contents and in appearance, but it is filling a broader and nobler sphere of usefulness. It is educating the public on a subject of the greatest possible importance. It is making men and women do some thinking as to the value of health and strength. It is growing bigger and stronger and more influential with every issue.

## Physical Culture for 1904

I do not intend to make any brilliant promises for the magazine during 1904, but I can say truly, that I believe the improvement in the next year will nearly equal that which has taken place in 1903.

I am constantly learning. I want to grow broader and more free from prejudice with added experience. I have many plans for improving this magazine during the

coming year. I might use several pages in elaborate announcements, but what my friends desire is not brilliant promises, but an interesting, attractive and beautifully printed publication.

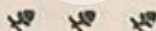
Not long ago an enthusiastic reader stated that I was especially deserving of praise because I was telling the public all I knew, and that the time would not be far distant when there would be nothing more to tell, and then there would be no further sale for PHYSICAL CULTURE.

The more writing you do on a subject of this nature, the more you add to your knowledge, the more matter of interest you are capable of preparing. There is nothing narrow about physical culture. It is the broadest subject that has ever been discussed.

In the January issue I expect to begin a series of articles that will discuss matters of the greatest interest to every thinking human being. These various articles will take up the various periods of the day, and those habits which are the most desirable will be suggested.

For instance, the first article will be entitled, "The Mental and Physical Requirements of Bedtime." We shall discuss the various exercises that can be taken to advantage at this period of the twenty-four hours. The various methods of ventilating the sleeping room will be dealt with. The mental attitude and other details of importance at this time will also be considered.

Following this will be an article on exercises that can be taken while putting on your clothes. There are to be three or four articles following this on breathing and other valuable exercises that can be taken in bed on awakening. All these articles will be elaborately illustrated, and should enter into and influence the life of every one who will carefully consider the information given therein.



**S**OME time ago we exposed the fraudulent methods of the Koch Consumption Cure. This expose was taken up by the New York Herald, and there is not a vestige of a doubt in the mind of any man who followed this expose, as to the plain endeavors of the promoters of this company. Their one and only object is to rob the people by any means within their power. They never did and never can cure consumption.

*How to Eliminate  
Medical Fakes*

But now note the astounding condition that exists in this so-called civilized community. Everybody knows that this consumption cure company is a fraud of the most damnable sort; but still newspapers throughout the entire country continue to publish their seductive and misleading advertisements. Are not these newspapers a party to this crime of misleading poor, weak human beings into spending money for a remedy that cannot possibly be of the slightest benefit?

I want every reader interested in securing justice for the poor, the weak, and the ignorant, to write to the editor of every newspaper that publishes this Koch Cure Company's advertisement, or that publishes advertisements for any other fakir, and call his attention to it. Perhaps he will ignore it. In fact, he is almost sure to ignore it. But suppose he does? Is there no remedy? Can they afford to continue to be the partners of a lot of jail birds in deceiving the American people?

**NO! NO!** Let us cry out in a mighty voice; let us stand together and demand that this greed and this injustice shall cease. *There is an effective remedy!*

If you write to the editor and no attention is paid to your demand, then write to the Postmaster-General and ask him why a newspaper printing fraudulent and misleading advertisements should be allowed to use the mails. If this is not using the mails for fraudulent purposes, I would be pleased to know what it should be called. This method of reaching these unprincipled scoundrels who conduct these medical fakes will ultimately exterminate them. Shut them off from the newspapers and the United States mails, and there is but little left for them.

Let us all stand together; let us all determine that we will make every possible conjoint effort to shut off all the avenues which these fakirs are now using in conducting their business. Do not forget; write to the editor; and if the editor makes no effort, call the attention of the Postmaster-General to the advertisement published in the particular paper, and ask him if the mails are not being used for fraudulent purposes.



**I**T gives me pleasure to be able to call the attention of my readers to the first letter we have received from an experimenter who is brave enough to try the so-called "staff of life" in accordance with the suggestion made by me in a recent editorial.

There is nothing like a practical experiment to prove the truth of our statement that white bread is not a food in any sense of the word. It simply fills the stomach and adds to the work of the functional system, but it does not nourish. It is said that the clay eaters subsist on their peculiar diet with a fair amount of comfort, but I never heard of a human being who was able even to maintain life for a long period on the products of white flour.

*The First Experimenter  
with the Fake Food  
—White Bread*

I reproduce herewith the letter, describing the experiment in full. It comes from a man absolutely unprejudiced, and therefore his opinions are unbiased. He has not received a penny for his efforts. I hope his experience will be convincing to those who are open to reason of the real value of this so-called food.

His letter follows herewith:—

TO THE EDITOR:

Dear Sir—I read your condemnation of white flour as a food, in the Editorial Department, and it was a surprise to me, as many thousands make use of it at nearly every meal. I, myself, lived on it for years until I changed to natural diet. Noticing that you would like to have some reader to increase his knowledge and also to increase and benefit the knowledge of the general public, along physical culture lines, by living solely on white bread products for a period of one or two weeks, testing the strength and general mental condition both before and after the experiments, and after resuming the normal diet once more to live for a similar period on whole wheat bread and other foods made from the whole grain, testing strength and general mental condition before and after this experiment also, I decided to try it and give my experience to you for the benefit of other readers. I ate nothing but white flour products for two weeks; for the first four or five days I felt all right and continued going through my daily exercises; then I began to lose weight and to get thin, especially in the face. I may state that before I started the experiment I weighed one hundred and forty-seven pounds and lifted a weight from the floor, amounting to five hundred and sixty-eight pounds. After two weeks of white

flour diet my weight was only one hundred and thirty-one and one-half pounds and I just managed to lift a weight of four hundred pounds. At first I thought of giving it up, because I thought it a hard experiment, and did not like to have people come to me and say: "What is the matter? Are you ill?" for I had lost all the color in my face and it was very scurfy. I was constipated the whole of the second week and had to move my bowels with some stewed fruit.

It took me eleven days to get back to my normal condition. I might state that I did not do my regular exercises during the second week while living on this white flour diet, for I was very weak, and at one time I became so dizzy that I fell down to the floor. I once fasted nine days, but I always continued my daily exercises and thought nothing of it. If there is anybody who doubts that white flour does not contain the least bit of nourishment, let them have a "GO" for a fortnight, and he will find it no romance. After returning to my normal condition I started to live two weeks entirely on whole wheat products, and I am glad to say that this time I kept the color in my face and my weight was one hundred and fifty pounds, and I lifted a weight of five hundred and sixty-eight pounds with perfect ease, and kept up my daily exercise without the least exertion. I also took a seven-mile walk every night and returned untired.

I hope the readers of your magazine can clearly see how worthless white flour really is as a food. I, at least, know what it was during the two weeks' experiments and would not like to try it again.

Yours truly,

VINCENT MITCHELL.

47 Holdfort St., Wellington Road, Wortley, Leeds, England.

**W**ITHIN the last few months, three or four deaths which occurred during or following a fast have been given wide publicity. Prejudiced physicians and others interested in belittling fasting as a means of curing diseases, are flaring these deaths as a warning, absolutely ignoring the fact that a search of the records for the same period might show three or four hundred thousand deaths occurring among those who follow the usual dietary habits in disease.

It would be an interesting comparison if one could accurately determine the percentage of deaths among those in the habit of fasting occasionally, and among those in the habit of eating three or four meals a day, whether they need them or not.

### *The Fasting Cure*

Those who possess a smattering of information on any subject are usually far more self-opinionated than those who have delved down into the mysterious depths of knowledge. Those who know the least about fasting and its effects are usually the loudest in their protests against its use.

To become familiar with any subject, you must come in close contact with all its various phases. A fast of one meal or one day can give one but little information about the principles of fasting.

On one occasion I heard a very emphatic arraignment of the fasting cure from a man who had fasted one day, and had deduced all his conclusions from this one experience. If we were to adopt a similar attitude on all subjects, many very valuable aids to health and strength would be cast aside as dangerous. The first experience with active and vigorous exercise, for instance, will frequently make one sore and stiff. If conclusions were deduced from this one experience, exercise would be considered extremely injurious.

If a German, unfamiliar with the English language, should suddenly land in this country and begin to spout his theories about the proper construction of English sentences, we would consider him a fool. A similar process of reasoning is not at all out of place in dealing with many who are at present so strongly condemning the fasting cure. They never personally tested it. As a rule, they have not seen any one test it, and their utterances should be given about the same amount of attention as should those of the German student who attempts to criticise the conjugation of English verbs.

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