

PHYSICAL CULTURE

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

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BERNARR MACFADDEN, EDITOR-IN-CHIEF.

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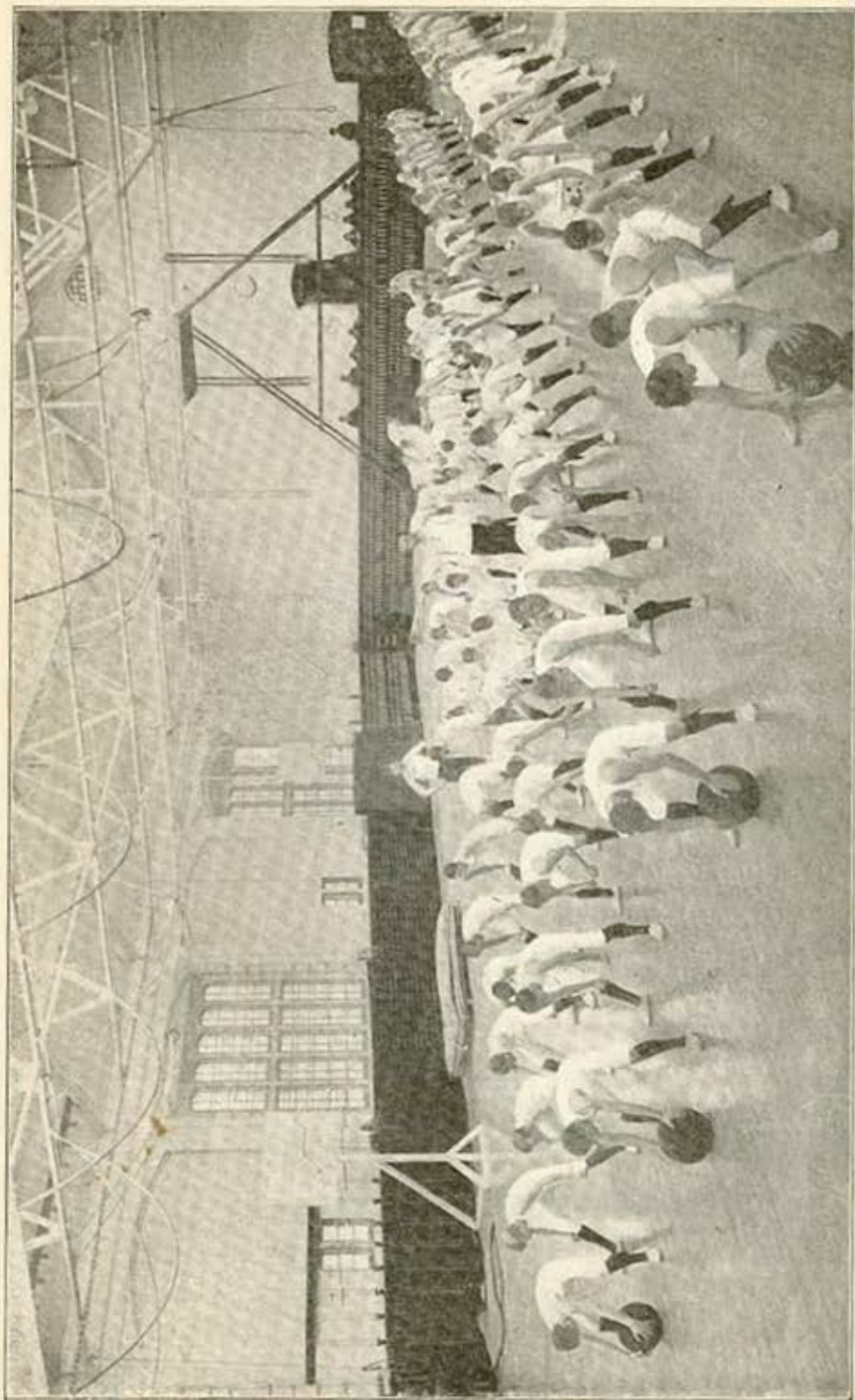
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Compulsory Physical Exercise at the University of Pennsylvania. Passing the Medicine Ball.

(See Physical Training at the University of Pennsylvania, page 172.)

Tensing Exercises

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

By Bernarr Macfadden

FOR some time, I have intended giving my readers a series of exercises such as will be described in connection with this and following articles. These exercises offer special advantages. They can be taken at any time that may be convenient. Many of them can be taken while walking along the street or while sitting at a desk. In fact, some of them require practically no movement. You could for example be exercising your muscles by the methods that will be suggested in this series, and a friend with whom you might be conversing, would not be aware of your efforts. Of course, to carry out the idea to perfection, one must ultimately secure perfect control of the entire muscular system; that is, you should be able to tense and relax any part of the body by the mere effort of the will. If you will faithfully follow out the exercises beginning with this lesson, you should gradually be able to acquire this perfect control of the muscular system. The first few lessons will be as simple as possible, and yet will be devised with a view to exercising practically all the muscles of the body. As I have said on many former occasions, to secure the best results from regular exercise, one must bring into thorough activity every muscle of the body. No part must be allowed to remain inactive. Each muscle must secure the beneficial effects that arise from its regular use.

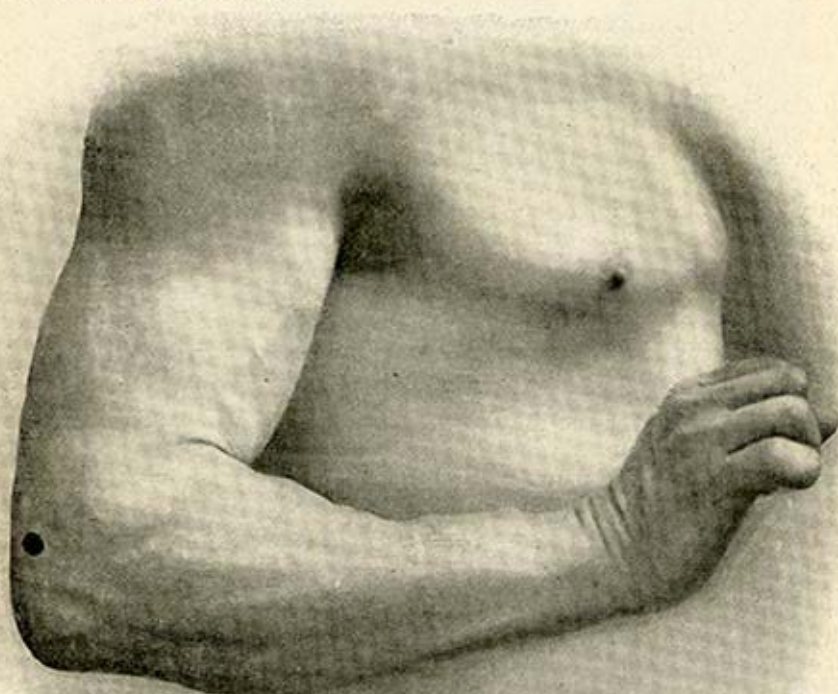
Exercise No. 1.—Assume position of feet as shown in illustration given. Bring the arms up and tense them vigorously, at the same time bringing the head as far back as possible. Maintain this attitude, head back, arms flexed, and the muscles of the legs and the entire body strongly tensed, several seconds or until slightly fatigued. Relax and repeat exercise after a short rest.



My attention was more especially called to this system of exercises when on lecture tours that required me to pose each evening preceding the lecture. The various poses needed to advantageously illustrate the muscular development necessitates the muscles being as

lime-light, has not the faintest idea of the muscular effort required in assuming and maintaining them. I have heard athletes who had thoroughly mastered the control of the muscles in this way, state that, after a series of poses, they were almost exhausted. In my own

Exercise No. 2.—(The illustration for this exercise appears on the front cover.) Flex the arm in position illustrated. Bring the fingers far down over the palm, and then press inward with the fingers as hard as possible, at the same time tensing the muscles of the arm vigorously. Maintain this attitude for a few seconds, or until fatigued, and then take the same exercise with the other arm.



Exercise No. 3.—Flex arm as illustrated with palm of the hand downward. Now bring the hand upward as far as you can, bending it at the wrist. Hold this position with the hand far upward and arm flexed until slightly fatigued. Take the same exercise with the other arm.

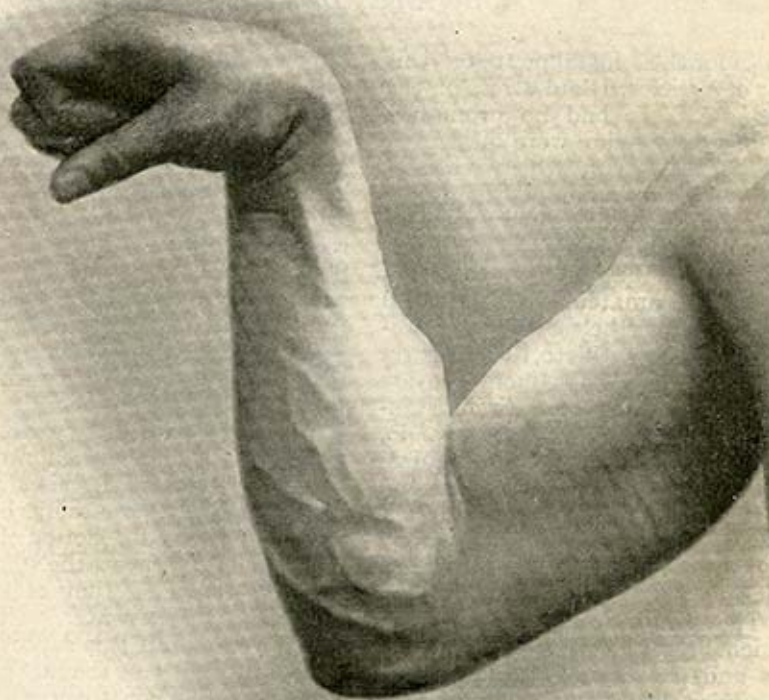
tense as possible. I soon learned that this tensing of the muscles while assuming those various attitudes called for, was a means of rapidly increasing the development of the former. The average individual, when viewing the athlete in his various poses in the brilliant

experience, after assuming a series of ten or twelve poses, I can assure the reader that the muscular effort involved brought in its train a very distinct fatigue, though of course, if one is in a proper physical condition, and is not using too much meat and stimulating

drinks, this fatigue very quickly disappears.

Posing, even when one has thoroughly mastered the art, is therefore, the hardest kind of work. Of course the average reader must understand that I mean the posing that is usually seen in dark cabinets with strong lights thrown on the poseur in such a manner as to illuminate and illustrate the muscular development.

athletes to maintain an attitude of this kind for even that period. Now, beginning with this issue, I intend to give my readers a series of exercises that will not only teach them the art of posing if they are desirous of acquiring it, but will ultimately enable them to obtain and maintain thorough control of every muscle of the body, and in acquiring this thorough control, the muscles will



Exercise No. 4.—Bring arm upward, and then twist forearm outward from the body. Next bring the hand down as far as possible, bending at the wrist. Assume this position as illustrated above. Now with hand held far downward, arm flexed tightly, maintain this position until slightly fatigued. Take the same exercise with the other arm.

Posing that is required for artists is of course, very different. The muscles of the athlete posing in a cabinet, could hardly be maintained in their condition of acute tension longer than a minute, without the severest fatigue. In fact, it is difficult for many

be slowly but surely developed to their utmost possible proportions.

If you do not find time to take the exercises in your room, take them at other times. Stretch the muscles frequently during the day. Each exercise will be explained in detail.

Amateur Athletics Exposed

PROMOTERS OF ATHLETIC MEETS ARE THE PRODUCTS OF A SYSTEM—THE WHOLE QUESTION SIMMERS DOWN TO THAT OF EXPENSES—BOTH PROMOTER AND ATHLETE PLACED IN A FALSE POSITION—AN ATHLETIC TRUST—THE RECENT CONTROVERSY BETWEEN THE I. A. A. C. AND THE A. A. U.—MR. DUFFEY'S LEGAL PROCEEDINGS AGAINST J. E. SULLIVAN IN THE MATTER OF THE EXPUNGING OF HIS ATHLETIC RECORDS FROM THE "OFFICIAL ATHLETIC ALMANAC."

By Arthur Duffey.

IN last month's instalment of this series of articles, I laid stress on the fact that if we had no promoters of athletic meets, who were possessed of itching palms—men who were constantly seeking to advance their own interests in any and every way—there would not exist the abuses and the incidental scandals that are so much in evidence in the amateur athletic world of to-day. Nevertheless, these promoters are, like the athlete, the creatures of conditions rather than men who are what they are by choice. Circumstances compel them to act as they do, thanks to the methods of the organizations with which they are affiliated and which control both them and the athletes.

For this reason they are not so open to criticism as would appear at first sight. They are the products of a system which bristles with blunders, subterfuges and paradoxes, and until this system undergoes radical changes, the promoter will remain as we now know him, and the status of the amateur will be unchanged also. Yet it is evident that the promoter of athletic meetings is a necessity in spite of the defects that are now inherent to him and his. If it was not for him, we could not have athletic contests, and consequently the athletic world would have no excuse for living in a public sense, although of course in a personal way, the athlete has the most excellent reason for existence in view of the good that he does to the athletic world, his own body and the example that he sets to others.

Furthermore, many of the gentlemen who bring about athletic meets are men who have the best interests of sport at heart, who chafe under the unnecessary restraints placed upon them, and feel keenly the false position in which they are usually placed by the rules and regulations of the A. A. U. or the I. A. A. C. Such men are as honest in their dealings with the public and the athletes as the rules in question will allow them to be. It is only when these rules are of a type that it is impossible to comply with them that they are violated. I may add, however, that in such cases no one concerned feels that an unpardonable sin has been committed, this statement including the star amateurs, but that, on the contrary, the action is perfectly justified. To repeat, the whole question simmers down to that of expenses on both sides of the water. I have pretty well threshed out this aspect of the subject, but in view of the fact that it is the kernel of the controversy, I make no excuse for once more referring to it.

As my readers know, expenses are theoretically allowed to amateurs on this side, although they are not allowed on the other side of the water. In America, the line is drawn at "excessive" expenses, and in England it is declared that there shall be no expenses whatsoever. In both instances, the rules are more or less violated, simply by reason of the needs of the average amateur. The bat-like blindness on the part of athletic officials in this connection is at first sight of a marvellous nature. But when you remember that "None are

so blind as those who won't see" the mystery is explained. Of this I shall speak a little later, however.

It is a curious fact that while in America the rules regarding the financial aspect of athletics alluded to are theoretically less strict than they are in England, yet as a matter of fact, the athlete has more consideration shown him in this respect in the latter country than in the case of the athlete who is under the control of the athletic trust, as centred in the Metropolitan Association. You can draw your own inferences from this statement. In England unofficial recognition is given to the fact that the athlete incurs expenses in connection with his attendance at a meeting and—there you are! The consequence is that things run pretty smoothly in English amateur athletic circles, and while *flagrant* violations of the rules regarding expenses are not overlooked, yet on the other hand, the officials have sense and diplomacy enough not to inquire too closely into the financial aspects of the meet at which a number of stars may appear, and at which too, there may be a record attendance in consequence of the stars. The English people are so constituted that athletics are less a luxury than a necessity to them, and therefore they demand that the best of amateur talent shall be in evidence at the meetings in question. What will not an English sportsman give to see a spirited contest, be it amateur or professional? If it were not for the common sense of the officials as just intimated, there would be something as unfair as ludicrous in asking men to assist in drawing an attendance of from 15,000 to 20,000 people, with incidental stocking of the club's treasury, without realizing the expenses to which they, the athletes, have been put. As I have already stated, the best men among the English athletes are men who are comparatively poor, and can ill afford to spend time or money on railroad and hotel expenses and incidentals in connection with their training and the meetings themselves.

Nevertheless, the mere fact that the English athletes are treated in the manner stated, in violation of the rules of the A. A. A. points to the absurdity of

these same rules and how utterly they are opposed to common sense and the best interests of athletics. And exactly the same kind of thing stands good to a great degree on this side of the water under the current despotism of the A. A. U. Of course, the athletic spirit in America is not so widely diffused or nearly so strong as it is in England, this for the reason that athletics, like any other national trait, has to be developed with the passing of time. For all that, the success of athletic meetings on this side of the water depends more or less upon the prestige of the club under which the meeting is held, and the standing of the men who take part in the contests. It goes without saying that that portion of the public interested in athletics will not attend meetings to any extent at which the talent is of a rather second rate nature. So that it is the star athletes who form the attraction and the basis of any success which these meetings may obtain. And again, the American star athlete is, together with his English brother, invariably a man of very moderate means, if not in actually poor circumstances. Which once more brings us to the question of expenses, which as I have repeatedly stated, is the point at issue. "Expenses" in America is a term that can be construed for or against an athlete, as I have already shown, and in accordance with the likes and dislikes of the officials of the A. A. U. In last month's magazine, a reference was made to the "expenses" of a certain prize fighter who was the protege of one J. E. Sullivan, such expenses being declared by an authority on the subject as "enormous," but—he was Mr. Sullivan's protege, and the expenses "went." On the other hand, a man whom the A. A. U. dislikes may be called down, suspended, and expelled for charging five cents for a trolley ride when he could have walked, on the score that the said five cents was excessive. Of course, I am speaking in a metaphoric sense, but you will see the point.

All of this brings us up to what? Promoters and athletes under the current rules are placed in a persistently false position through those same rules. I will not say that they are opposed to them, although the fact remains that

they must be doing violations to their athletic consciences, provided that they have such, by constant—and necessary—violations of such rules. This being so, does not common sense, if not expediency, suggest a radical change in the rules by which a man shall be able to use the services of star amateurs, and for the star amateurs themselves to take part in contests without being compelled to face this bugbear of "compensation," excessive or otherwise, for athletic services. The conditions are known to everyone in the athletic world, and outside of few high officials, are a source of constant irritation, to use the mildest term. This being so, it is proper to ask why the rules are not changed so as to meet conditions as they actually are, and thus remove the difficulties under which promoters and athletes now labor alike. This question I will now answer.

A trust exists for the benefit of a few against the interests of the many. We find this in every instance. America is supposed to be the home of the trust, and as a matter of fact it is. We have a sporting trust on both sides of the water, although the influences of the same are much more in evidence in America than in England. In the case of the A. A. U. practically the same men have been in office ever since it came into existence, and these have been gradually centralizing and increasing their power until the organization exercises a Czar-like and tyrannous rule over practically everybody and everything connected with athletics in the country. There are some cases in which a mild despotism is a good thing, but not in this instance. If the A. A. U. existed for the good of athletics to the extent which it ought to, the proposition would be a different one. But as it stands, it exists for the benefit of a few men and not for the men who constitute the athletic world proper, namely the athletes. Precisely how these few men are benefited I will leave the reader to infer, but it is evident that they would not make a persistent struggle to retain the power which they now possess unless it was for some very excellent and personal reasons. It should be pointed out too that these men are not athletes, although I believe that one J. E. Sullivan in his

young days won a ribbon or two for walking, and if report speaks true, did a little sparring. As for Mr. MacCabe, he has made some successful runs—for office—but outside of these, I never heard anything about him that justified his being identified with athletics. The same remark stands good for the other high officials of the A. A. U. Yet these are the men who dictate the policy of the organization and control the destinies of the amateur athletes of United States.

I am under the impression that if some real athletes were in control of the A. A. U.—men who are familiar with the many intricate phases of amateur athletic sport—there would be a radical alteration for the better in its methods and its principles. There are indications that a change on the lines indicated are not so far distant. We see that the Atlantic Division of the A. A. U. has elected George W. Orton, ex-champion steeplechaser of America to a position of control and we furthermore find that the athletes of the Metropolitan Division of the A. A. U. have formed an organization for the purpose of having that voice in their affairs which formerly was denied them by the bosses of the A. A. U. I need not speak of other signs of revolution which are in the air, but the foregoing instances are sufficiently significant. The times are ripe for a change. But the A. A. U. officials refuse to recognize this fact, because such change would very properly mean a radical readjustment of the official make-up of the A. A. U. in the way of cutting off dead wood, disposing of fossils, the elimination of selfish interests, and the destruction of centralized and questionable power. This change must also include—and I say this with the utmost emphasis—a due and honorable recognition of the value of the star amateur and his services. I shall treat of this aspect of the question in a future article.

It goes without saying that the promoters of athletic meets are closer to the A. A. U. officials than are the athletes themselves. The affiliation is not merely of a sentimental nature, but is of a business sort also, as is shown by the fact that if an athlete is suspected of having received excessive expenses, the

men who offered or gave those expenses are never called to account, but it is the athlete who suffers. If the A. A. U. was as honest in its actions as it is in its utterances, why does it not seek to punish the men who offer inducements to the athlete rather than the athlete himself? The obvious answer is that there are "reasons" for protecting the promoter, while the athlete, because of the tyrannical power of the A. A. U., is incapable of hitting back. Does anyone remember in connection with any one charge of professionalism against an amateur athlete, of the man or men who gave the money which made the amateur a "professional" being hauled over the coals for so doing by the A. A. U.? Absolutely no. Will my reader recall what generally becomes of the star amateur? Isn't he almost invariably suspected of professionalism if he isn't actually declared a professional? There must be some reason for all this. What is it? The answer is once more—the rules. It would seem that to be a star amateur of exceptionable ability is to be declared a professional forthwith. This is an excellent way to encourage amateur sport, isn't it? The men behind the coin are protected, and it is the athlete who suffers. In England it is otherwise. In the case of charges being brought against an athlete, an equitable view of the matter is taken, and promoter and athlete suffer alike. "Pull" does not count so much on the other side of the water as it does here. It is to be regretted that one Sullivan, who apparently takes the A. A. U. as his standard, does not imitate it in this respect as he tries to in many others. If you want to make athletics a "gentleman's" game, why not do so entirely rather than partially?

It is the rule in life that unless a man or an institution advances with the times, that is, unless there is an adjustment to the changes which time brings about them, they alike become stagnant or atrophied. And in both cases there is a process of shrivelling up and finally dying. The A. A. U. is in the hands of a few men who have passed the half century mark, and who have but little in common with the younger generations of athletes, and the newer

methods and needs of amateur sport. The dogged and unreasonable manner in which they refuse to recognize the new conditions and the new methods of the amateurs of to-day, is at once an evidence of their unfitness for the positions which they hold, and a plea for their giving place to men of broader views and more liberal ideas.

The A. A. U. controls the amateurs of the United States. Such amateurs number many thousands, but is there among them that loyalty and regard for the A. A. U. which is necessary for the furtherance of amateur sport? If the athletes of the Metropolitan Association were perfectly satisfied with the A. A. U. would it be necessary for them to form an association for the express purpose of seeing that justice was done them, and that they obtained their rights? Is not the mere fact of such an association *prima facie* evidence that Sullivan's rule is misrule and that there exists a friction which is fatal to the smooth running, and well being of what should be a united body? I personally know of a number of men, prominent athletes at that, who are members of the newly formed organizations, who are bitterly opposed to the current ways of the A. A. U., but who feel that if they came out individually in a flat-footed fashion they would have their athletic futures ruined by the tyrannous powers that are now vested in Sullivan and his colleagues.

Right here I want to say this to my athlete friends and acquaintances; do not for an instant be cajoled or persuaded into the belief that I am working against your interests. It is absolutely to the contrary. Knowing the athletic game as I do, I fully understand the impositions that are practiced upon athletes, and the galling restraints under which they chafe. It is to alter these conditions for the better that this series of articles is being written. I claim that the system as it now stands is inefficient, unjust to the amateur, and harmful to his dignity as a man and his standing as an athlete. I am fighting for the amateur, not against him. Every attempt is being made to put me in a false position. But in the long run it will be found that the stand that I have taken

is for the benefit and well being of the amateur athlete as well as for amateur sport. Pioneers and reformers have always been subject to the abuse of those who buttress the evils which they promote for selfish reasons. This has been my experience, and I have no doubt will continue to be, but to repeat, I am doing all this for the good of the amateur athlete and athletics in general. Bear this in mind, and watch the trend of events. The ball of reform has been set rolling the athletic world over, and it will only stop when there has been a complete disappearance of the injustice under which the amateur now labors, and the relegation of old fads, old fogies, and A. A. U. foolishness to the limbo of oblivion.

The withdrawal from the courts of the controversy between the I. A. A. C. and the A. A. U. over Castleman and Joyce is, on the face of it, an apparent victory for the first named organization. I would advise my Irish-American friends, however, to watch out. The arrangement now is, that the trouble is to be settled by a committee appointed by the A. A. U. which is to pass on the merits of the evidence submitted to it. Just how it was that the I. A. A. C. was hypnotized into falling into a trap of this kind I cannot understand. It has placed the settlement of the matter in the hands of those who are avowedly prejudiced to its interests.

Let us consider the makeup of the A. A. U. committee, each member of which by the way, has been appointed by J. E. Sullivan, the prime mover in the action against Castleman and Joyce. Gustavius T. Kirby, who is on the committee is one of the athletic graduate advisers of Columbia University. He has always been bitterly opposed to so-called "professionalism" among college athletes. Yet in spite of this fact, it is notorious that there is, or has been, no educational establishment in America so open to criticism on the score of professionalism as the university with which Kirby is connected. It is evident by this, that Mr. Kirby might profitably expend his energies in a little cleaning of his own house, rather than in attempting to tidy up the athletic domiciles of others.

As to Dr. Luther Halsey Gulick, I fail to see how experiences with kindergarten athletics qualifies a man to pass on the status of the grown-up athletes. Apart from that fact, however, Dr. Gulick is the chairman of the A. A. U. Basketball Committee. Under his rule, there has been a general revolt of basketball players all over the country, and especially in the Metropolitan District, against his methods and principles, and as a result there has been formed the Protective Basket-ball Association, a letter relative to which follows. If he can exercise no more judgment in regard to the athletes named than he has done in connection with basketball, so much the worse for everybody concerned.

As to Mr. P. J. Walsh, I think him to be a good man in a bad place. At all events, he is an athlete with a knowledge of the intricacies of amateur athletics, even if he has made a mistake in accepting a place on the committee. The best of us have sometimes to sacrifice conviction to interest. His appointment on the committee is anyhow a recognition on the part of Sullivan of the growing power of the man who is an athlete in fact as well as in name.

The following communication explains itself. I publish it gladly and for several reasons. Its tenor is in line with the growing dissatisfaction of athletes with the unjust rulings of the A. A. U. The courage of the promoters of the Protective Basket-ball Association in putting themselves on record as refusing to endorse the hypocritical methods of Mr. Sullivan and his associates is to be highly commended. And in permitting amateurs and professionals to play together, the Association, to my mind, strikes the keynote of the coming and revolutionary reforms in athletics in general.

PROTECTIVE BASKET BALL ASSOCIATION.

New York, 1906.

TO THE EDITOR:

Kindly accept the sincere thanks of the association for the correct and just article contained in your February issue on basketball and this association's attempt to improve the game. We also wish to extend our sincere thanks to Mr. Arthur F. Duffey for his interest in our work.

I am enclosing a copy of the association's position towards the game, or rather an article explaining why the association was formed.

The cloak of hypocrisy which the A. A. U. makes use of is unknown to us and you will note we admit professionals and amateurs.

At the present time we have 106 teams enrolled, or a total of 742 players

I am sending under separate cover a photograph of our president, Albert H. Delfausse who really deserves the credit for the forming of the association, and by hard work interested basketball enthusiasts to get together and take the game out of the hands of the A. A. U.

Again thanking you for your interest, I am

Very truly yours,

CHARLES KERTH, JR.

Chairman Press Committee

THE PROTECTIVE BASKETBALL ASSOCIATION
OF THE EASTERN STATES.

It being a generally admitted fact that the game of Basketball has reached a stage where concerted action is an absolute necessity, if the game is to be saved from falling into total disrepute, a number of teams within a circuit of 500 miles from New York have found it necessary to form an organization known as the Protective Basketball Association of the Eastern States.

The associated teams entertain no idea of regulating the affairs of or dictating to any persons outside of their own ranks; believing as they do that most potent reforms are not effected by such practices, but that the desired end can best be accomplished on the principle that, "Charity begins at home," and the best results are to be obtained by every member seeing to it that he himself violates no rule which may be enacted to safeguard the game.

The Association claims no jurisdiction over Basketball as a game, but confines itself to inviting all who entertain ideas similar to the above to co-operate with them for the general welfare. Believing that the present situation warrants the treating of the game in its entirety, the association will make no effort to determine the amateur, professional or other standing of any team, player, official, manager or any other person.

The Association is sufficiently broad in its scope to admit of all teams meeting on a common basis without reference to any disqualification imposed by any body governing or claiming to govern the game up to the present time. It believes that the same necessities apply to all teams, professional, amateur or intermediate, and it likewise believes that the remedies proposed will answer the requirements of all alike, the desired end being to evolve a code from the present situation which will put an end to existing abuses, lack of uniformity in rules, peculiarities of officials and the general complications which result from everybody insisting upon his own peculiar views to the exclusion of everybody's else.

It is not the purpose of the Association to dilate on the foregoing features, every manager knowing them but too well. It simply invites all who wish to see the game placed upon a common sense and logical basis, who are willing to obey the few necessary and

easily lived up to requirements for the safeguarding of the game, who realize the necessity of concerted action and can appreciate the benefits of a protective association that will protect its members against abuses and irregularities, to co-operate in the movement.

The officers of the Association are President Albert H. Delfausse; Secretary, T. C. Jung (153 East 86th St., New York City); Recording Secretary, C. Ahlstrand.

Here is one of many such letters received by me.

MR. ARTHUR DUFFEY:

Allow me to congratulate you upon your telling the truth about amateur athletics. When you started on your Australian trip the President of the A. A. U. made a big blow in the papers about "pot-hunting." Now is the time for you to do some "knocking" yourself. You carried the colors of the E. B. A. A. with Holland, Young and Crowley, to oblige the Hon. Joseph M. Cabe. To tell you candidly I think the gentleman with the Hon. before his name gave you some inducements. Show up the crowd of grafters in the A. A. U. I wish you every success in connection with your exposures. I had the pleasure of making your acquaintance at the championship at Riverside in '99, the year that you lowered Kranzlein's colors,

J. M. C.

Boston, Mass.

The readers of PHYSICAL CULTURE will doubtless know through the medium of the newspapers that I have begun legal proceedings against J. E. Sullivan as secretary-treasurer of the A. A. U., such proceedings taking the form of a motion to compel him to show cause why he should not be enjoined from expunging my records from the Official Athletic Almanac, of which he is editor. It will be remembered that Sullivan has already expunged these records from the publication in question.

The reply which Sullivan makes to the papers filed in my behalf by my attorney is of a characteristic nature, and entirely in accord with the Sullivan "honesty." He says for example in his answer "that the plaintiff, Arthur F. Duffey, is not now and never has been a member of the Amateur Athletic Union of the United States." How he reconciles this statement with the fact that I was a member of the East Boston Athletic Club, of which Joseph B. MacCabe, now the president of the A. A. U., and then president of the club in question which club is a member of the New England Association of the A. A. U. it is

hard to say. It may be good law for Sullivan to make the assertion in question but to the average follower of athletics it will look like deliberate falsehood. The question also arises how it came about that if "Arthur F. Duffey is not now and never has been a member of the A. A. U." that the A. A. U. managed to "expunge" my records from its records. The mere fact that my records have for long formed part and parcel of the official documents of the A. A. U. is proof positive that I was a member of that organization in spite of Sullivan's statements to the contrary.

Sullivan admits that at the Annual Convention of the A. A. U. in November last, the record committee "recommends that the following records heretofore credited to Arthur F. Duffey be expunged from the records book," but how could they be expunged if, as Sullivan asserts, I was not a member of the body? And how did it happen that my records were accepted by the A. A. U. if I never was a member of it?

If time permitted, and if it was worth while wasting the space, I could give other extracts from Sullivan's answer which would give added stress to that consistent regard for truth which so eminently distinguishes him in his dealings not only with myself, but with other star athletes. But I think that the foregoing will suffice.

The case is still pending, but I beg to assure my friends as well as Sullivan that it will be fought to the bitter end.

The "consistency" of Sullivan has before now been alluded to in these

articles of mine. Another illuminating instance of this quality of the secretary-treasurer is that of his treatment of J. W. Morton, the British champion sprinter. During Morton's recent visit to America, Sullivan in the first instance had nothing good to say about him, and did not hesitate to express his opinion of the Englishman in a manner that left no doubts regarding his feelings towards him. At length it dawned upon the astute James E., however, that Morton might serve his purposes as a money maker on the score of his standing in the athletic world. From that time on, James E. began to cultivate Morton, the result being that the latter became the alleged author of a book entitled "How to Run 100 Yards," which is copyrighted by the American Sports Publishing Company, of which corporation Sullivan is president. The title of the book is somewhat vague, inasmuch as anybody can "run 100 yards." There is nothing in the said title to convey the impression that the book itself will teach you how to run 100 yards—properly. Also, the matter proper fills about one-third or less of the work, while the advertisements of athletic goods take up the balance of the space. To all intents and purposes, the book is a re-hash of the one written by me and published by Sullivan.

The incident goes to show what is well known to those who are familiar with Sullivan methods; that his regard for a star amateur lasts just as long as the latter is of financial service to him and no longer. I know of what I speak.

A CHALLENGE ACCEPTED

Mr. C. Powell King of Lebanon, N. H., writes to us stating that he will accept the challenge of John A. Eddy, of Dilton, Mass. as far as it appertains to athletic contests.

Mr. King states that he is willing to enter a five-mile walk and will also on the same day run a race of a similar distance. Our readers will remember that Mr. Eddy is a veteran of the Civil War and 66 years of age, and challenged any man of his age to a walking race or to

live for 100 days on \$2.50 without losing weight or strength. Mr. King, who accepts his challenge, states that he would like the race to take place at the Riverside Track, Lebanon, N. H. He says that he can get a big crowd to attend and that he will allow Mr. Eddy \$50.00 for expenses if he will agree to come there, and that he will make any reasonable wager Mr. Eddy might desire. Mr. King is 67 years old, and his offer is open to anyone of his age.

Physical Culture as a Deterrent of Crime

THIRD INSTALLMENT OF AN INSTRUCTIVE AND SIGNIFICANT SYMPOSIUM ON THE EFFECT OF MUNICIPAL GYMNASIA AND PLAYGROUNDS ON THE HEALTH AND MORALS OF COMMUNITIES—THE CITY OF ST. PAUL, MINN., WHICH CLAIMS TO BE THE HEALTHIEST CITY IN THE WORLD, HAS AN ADMIRABLE SCHEME OF PUBLIC BATHS, PLAYGROUNDS GYMNASIA, AND OTHER INSTITUTIONS OF A LIKE CHARACTER WHICH ARE SELF-SUPPORTING AND IN EVERY WAY ADMIRABLE.

By Bernarr Macfadden.

I HAVE received the following letter from the Mayor of St. Paul, Minn., which is self-explanatory.

SAINT PAUL, MINN.

Executive Department.

DEAR SIR:—Your inquiry regarding the effect of the establishment of opportunities for athletic exercises under municipal direction has been referred to Dr. Justus Ohage, the Head of our local Health Department. Under his direction, and largely, if not entirely, through his efforts, an island in the Mississippi River within the city limits has been devoted to recreation purposes, and the appliances include most of those which you would regard as essential. He is thoroughly familiar with the entire subject, and an enthusiast. I am sure he will be glad to give you every information that will be of value to you.

As a general proposition I agree with your view of the subject, as presented in your circular letter.

Very respectfully yours,
R. A. SMITH.

MR. BERNARR MACFADDEN,

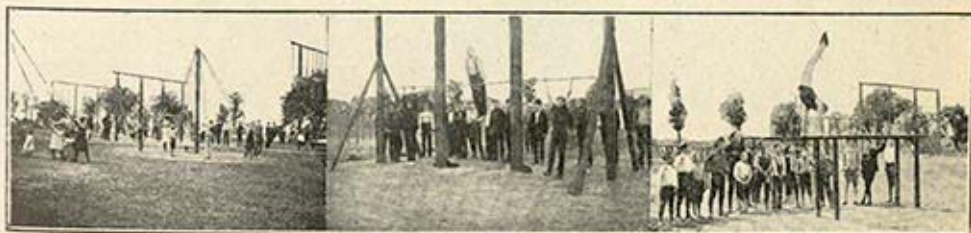
DEAR SIR:—Your recent letter has been handed to me by Mayor Robert A. Smith, and in answer would say that since the public baths and playgrounds were established, a noticeable improvement of our youth is apparent. Under separate cover I send you annual report, from which you can get all the details. Any further information you may wish, I shall be glad to furnish.

Wishing you success in your noble work,

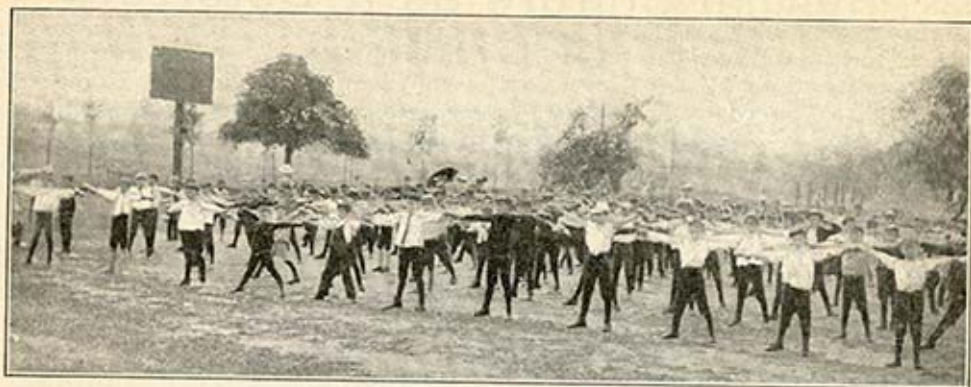
JUSTUS OHAGE, M. D.
Commissioner of Health.

St. Paul, Minn.

The city of St. Paul, Minn., is according to the report of its commissioner of health, the healthiest of all the larger cities in the United States. It has an annual death rate of a trifle less than 9.00 per thousand as against between the 18 and 19 per thousand of New York, and the much higher death rate of many of the cities of the south.



Scenes at the Open Air Gymnasium at Hartford, Conn.



Showing the Interest Taken in Gymnastics by the Boys of Hartford, Conn.

Judging by data which has reached this magazine, this excellent showing of St. Paul is in a great measure due to the intelligent and practical work of its health commissioner and his assistants.

This work includes a common sense method of handling contagious diseases, an excellent manner of collecting and destroying garbage, the thorough cleaning of alleys and vacant lots throughout the city, the religious inspection of dairy cattle and milk depots, an equally rigorous inspection of meat markets, a vigorous campaign against the smoke nuisance and other nuisances which affect the public health, and last, but not least, the establishment of free public baths, playgrounds, and public gymnasiums and athletic grounds. It is with these last that this article has more particularly to do.

It was Dr. Ohage who conceived and brought into practical being the municipal baths, etc., which distinguish St. Paul, and it may be added that these latter in general, both as to their methods, principles and general conduct, are well worthy of acting as exemplars to other cities. Dr. Ohage's account of their inception and the way in which they are conducted, which follows, is so complete that the subject needs no further introduction. This is his account of how they came into existence:

Cleanliness and healthy outdoor exercise being absolutely necessary for the maintenance of good health, I came to the conclusion some years ago, that the establishing of public baths and playgrounds, where they could be within

reach of all, came under the province of the department of health. With this conception of duty, this department took the initial step to accomplish this object in the autumn of 1899.

After a thorough and careful investigation, an island lying in the Mississippi river near the Wabasha street bridge was found in every respect suitable for this purpose. This piece of land, about forty acres in size and over 4,000 feet in length, was virtually the property of no one, it being but a large sandbar overgrown with brush, willows and other trees, abandoned by civilization and formerly the camping ground of Indians and tramps. After considerable difficulty I succeeded in locating the parties having an interest in the island and induced most of them to donate their rights and titles to me for the purpose of establishing public baths. Notably among them were Ex-Governor Ramsey and Mr. John Farrington of this city, the Messrs. Bernheimer of New York, and Mr. Speel of Washington, while the interest others had in the property was purchased by me. I also paid all back taxes and acquired tax titles, and thus all right, title and interest to the property was vested by deed in the commissioner of health. The land was of really no commercial value except for this purpose, as often in the spring it was covered with water and unfit for permanent habitation. A beautiful sandbar stretching the entire length of the island, with a smooth gravelly bottom, gradually sloping into deeper water, made this an ideal bathing ground.

Early in October, 1899, a crew of men was set to work to rid the island of underbrush and get the grounds in shape for putting up the buildings, consisting of two pavilions, a cashier's office, and a bath house, 470 feet in length. This building was arranged to accommodate men and boys at one end and women and girls at the other, separated by partitions, each fronting on a separate bathing pool. A foot bridge was also constructed connecting the island with the mainland, all of which were complete when the baths were opened on the 9th day of June, 1900.

In planning and designing these, I copied the most approved bathing institutions of this country and Europe, which I have had occasion to visit. My object was to have this work done and paid for with the aid of some of our public spirited citizens, so as to make the entire establishment a gift of the people to the people, without any expense to the city whatever. There was but little enthusiasm shown by the public at the beginning, and not until the baths were firmly established and their benefits and usefulness demonstrated, did I receive any assistance in liquidating the accrued indebtedness.

The total cost of the island and improvements at the time it was transferred to the city was about \$12,000. This amount was paid by donations from the public, of which about \$700 were contributed by the school children of this city by penny contributions. The object of this was to develop in them a sense of part ownership to and

cherish the spirit of common possession and interest in this enterprise. This makes a bulwark against future encroachments by commercial greed or so-called industrial expansion and subsequent ruin of this lovely spot.

That the privilege and enjoyment of the baths and playgrounds might be within the reach of all, I placed the price of accommodations as low as possible, viz., a bath suit, towel and soap for two cents or a private cabinet with locker, bath suit, two towels and one piece of soap for five cents.

During the first year the patronage rapidly increased and by a firm maintenance of decency and proper conduct, the island soon became a favorite with our citizens.

The number of visitors during four years was nearly 5,000,000, and with this vast multitude of people assembled, (on some warm days as many as 11,000 bathers of both sexes and from forty to fifty thousand visitors) only three arrests were made and no offences were overlooked.

The first year, when the baths and playgrounds were managed entirely at my own expense, the season closed with a profit of \$15.12, showing the possibility of self-sustenance. Later the patronage increased to such a degree that the original accommodations became inadequate and after the city was given possession of the island, extensive additions were made. A large pavilion in which refreshments are served, with a seating capacity of over 2,000, was constructed, in front of which is the



General Calisthenic Drill for Boys at the Hartford Public Recreation Grounds

family pool, and also a two-story bath house 400 feet in length for women and girls, accommodating about 1,500 at one time, was put up at the westerly end of this pavilion, thus allowing the original bath house to be used entirely by men and boys. The institution now makes a charming appearance, surrounded as it is by natural beauties. Directly west of the women's building is their gymnasium. In the rear of the large pavilion, is the gymnasium for men and boys, equally well equipped, both under the management of Mr. Carl Rothfus, professor of physical culture and gymnastics of the Y. M. C. A. The use of these gymnasiums is free to the public, who in addition to this, have permission to partake in games of foot-ball, basketball, handball, lawn tennis and all kinds of athletic sports.

In either of the bath houses is an office under the charge of a division superintendent and assistants, where bathing suits, towels and soap are furnished and where the upper floor is arranged to give temporary shelter and accommodation to those who may become suddenly ill or injured.

The general superintendent of the entire bathing department is Prof. Julius Herrmann, instructor of physical culture in our public schools.

To prevent any accidents or drowning and to maintain absolute order and decorum, the bathing pools are constantly patrolled by four guards, each in a life boat fully equipped for accidents. These men are thoroughly drilled, expert swimmers and divers, and are regularly commissioned police officers.

A laundry, fully equipped with all modern appliances, has a capacity of 12,000 suits and 25,000 towels a day. Every article before being given out is washed "surgically clean."

Adjoining the laundry is a large workshop where all repairing is done. About 200 feet beyond this is the dining room and kitchen for the employes, numbering about forty-five. A little farther west is the public kitchen, which contains stoves, all necessary cooking utensils, firewood and artesian well water, the use of which is free to the public. Picnic parties and families intending to spend the day may bring their victuals,

cook them and enjoy them at the tables which are placed in the beautiful grove. No charge is made, but parties are expected to abide by the rules that govern the use of the grove.

Last year the nucleus was laid for a zoological garden. Almost all the animals and birds were donated, and are a source of unlimited enjoyment to the visitors, especially the children. We have about 200 animals and birds ranging from bears to guinea pigs, and from eagles to turtle-doves. All are properly caged, placarded and cared for.

Our rules are few, but strictly and courteously enforced. Swearing and boisterous or improper conduct are unknown on Harriet Island. School children spend entire days unattended by their parents, who have absolute confidence in our ability and willingness to care for them. The baths and refreshment stands are closed at eleven o'clock every evening and no one is permitted to remain on the island later than that hour.

At the extreme west end of the island is situated the Harriet Island Day Nursery, which was founded in 1902 by Assemblyman E. H. Whitcomb, M. D. Children are left at this nursery by their parents who follow their employment during the day. They are taken care of by the matron in charge, who is assisted by one or two trained nurses, furnished alternately by the hospitals of this city. A matron, Miss Elizabeth Callahan, is in charge of the nursery.

The baths have greatly assisted in reducing morbidity and mortality in our city. The average number of deaths by drowning in St. Paul has been about fifteen each year previous to the time the baths were established; since then there have been no drownings from bathing, but this is not all, the benefits of the St. Paul free public baths and playgrounds extend still further.

The department of the visitors and bathers has been highly commendable, each striving to make the other happy, and add to his or her enjoyment. Men were voluntarily acting as guardians and instructors to the boys, and many a little fellow who never had a kind word spoken to him but had been cuffed around and abused on the streets, at

last found a haven where he was treated with sympathy and kindness, thereby contributing to his moral and social elevation. The baths and playgrounds and the beautiful park connected with them being so easy of access, only eight minutes walk from the court house, accommodated many thousands during the hot, sweltering days of summer. They were a boon to all classes of people; they extended their benefits alike to the rich and poor, to the young and old. No distinction was made, nor was there any demanded. If those who contributed by their generosity toward the establishing of the baths and playgrounds can note the happiness of those who enjoy them, their satisfaction for having assisted in such an undertaking will more than compensate them for their outlay. The benefit that these baths, playgrounds, gymnasiums etc., have been to our city is not all they have accomplished, for they have given an impetus to, and have been an object lesson for other communities to enter upon the same kind of humanitarianism.

It may appear to some that the foregoing kind of work is not necessarily within the province of a department of health, but we in St. Paul are fortunately situated. We are not alone acknowledged to be the healthiest city in the world of its size, but the municipal department which oversees the sanitary condition of our city, is given almost absolute power, and is also free from all political embarrassment.

The entrance of the public baths is through a beautiful little park extending from the Wabasha street bridge. Over the entrance stands prominent in gold

letters so that every one may see and profit by it, the motto of the St. Paul Department of Health.

"In the health of the people, lies the strength of a nation."

The editor of PHYSICAL CULTURE commends this motto to the consideration of communities less advanced in the matter of municipal physical culture than St. Paul, Minn.

CITY OF HARTFORD, CONN.

Office of the Mayor.

MY DEAR SIR:—Replying to your favor inquiring whether we have any public gymnasium, and if so, what their effect upon public morals is, I beg leave to say that we have established in Pope Park a well equipped out-door gymnasium in the factory district of the west side of our city, which is well patronized during the summer and early fall months. We have also at Riverside Park public playgrounds well supplied with appliances for the children, and also a separate garden for each child which it cultivates for itself. We believe here that these institutions are doing much to improve the moral and physical health of the community.

I think if you would communicate with Mrs. Henry Ferguson, wife of Prof. Ferguson of Trinity College, Hartford, you would get much data on this subject as she has taken deep personal interest in these matters since their institution a few years ago.

William F. Hume,

Mayor.

OPERATION PROVED TOO MUCH FOR HIM

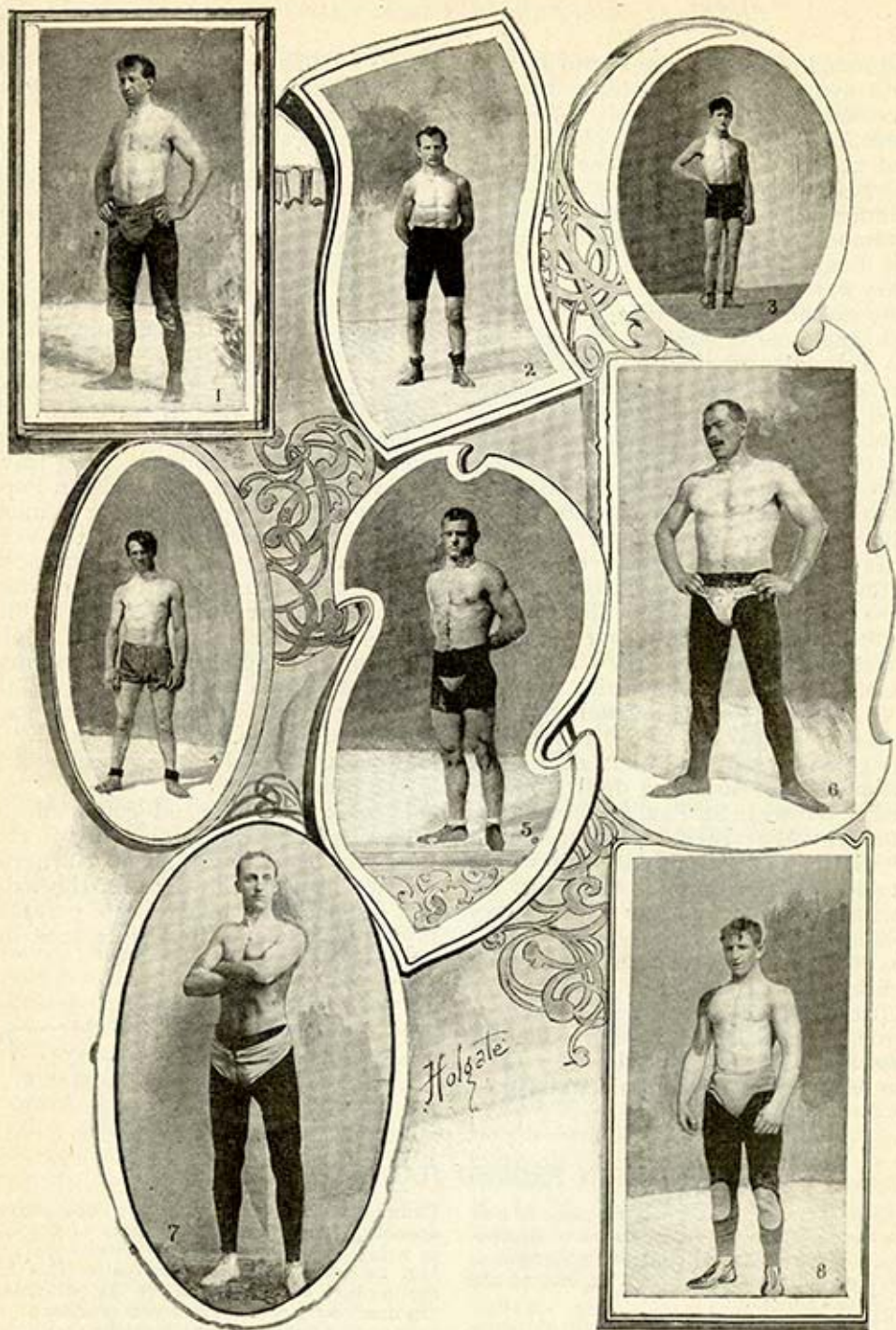
The following is a curious instance of how one may survive the worst forms of dissipation, the gutter, and a generally dangerous life, and ultimately come to his end at the hands of a surgeon.

The Rev. Samuel H. Hadley, the Superintendent of the Old Jerry McAuley Water Street Mission, of 316 Water street, New York, was operated upon for appendicitis and died in the Presbyterian Hospital.

Mr. Hadley was a converted drunkard and gambler. In a pamphlet called "My First

Drunk and My Last" he tells how, after spending the first eighteen years of his life in a log cabin out West, a "friend" coaxed him to drink whiskey. Soon after this his mother died and, as he says in the pamphlet, "in one year I was a confirmed drunkard. I gave up my studies, took a travelling position, became a professional gambler and for fifteen years rarely went to bed sober."

On Tuesday evening, April 18, 1882, he he found his way to Jerry McAuley's Mission and was converted. Four years later he took charge of the work at this place.



Some Winners of the Championships, Physical Culture Exhibition, New York, October, 1905,
and of the World's Olympic Wrestling Championships, St. Louis, 1904.

1. BENJAMIN BRADSHAW, New York, 135 pounds. 2. GEORGE MEHNERT, Newark, N. J., 115 pounds. 3. ROBERT CURRY, New York, 105 pounds. 4. GUSTAVE BAUERS, Newark, N. J., 115 pounds. 5. I. NIPLT, New York, 125 pounds. 6. B. HANSEN Brooklyn, heavyweight. 7. CHARLES ERICKSEN, Brooklyn, 158 pounds. 8. OTTO F. ROEHM Buffalo, 145 pounds.

Scientific Wrestling

CATCH-AS-CATCH-CAN STYLE THE MOST SATISFACTORY FOR DEVELOPING STRENGTH, GRACE, ELASTICITY, AND QUICKNESS.

By *Claud E. Holgate*

Illustrated with favorite holds of Mr. Geo. Mehnert, of the National Turn-Verein, Newark, N. J., World's Champion Featherweight Wrestler.



15. **Waist Hold.**—After securing hold as shown in illustration, quickly lift your man off his feet and throw him down on his shoulders. Even if you do not throw him so that his shoulders touch the mat in falling, the shock of the fall will take some of the speed out of him, and if promptly followed up you can quickly and easily gain another hold.

It is well to remember that in wrestling, as well as in boxing, or in fact, in the operations of opposing armies, strategy is an important factor in gaining success. A clever feint will often lead your opponent off his guard and enable you to obtain just the hold you wish. Learn to be quick. Every move should be made with vim and snap.

16. **Counter for Waist Hold.**—The counter is worked by using the double arm lock as shown, pinning your opponent's chest tightly against your back. Then use the outside crook and force him off his feet, falling with him and still keeping his arms pinned. Generally he will fall flat on his back, after which it will help you to use your own weight to your own best advantage. The under man can often offer much more resistance to his opponent who is trying to turn him over, if he makes his weight "dead." You should soon learn how to do this effectively. On the other hand the upper man can often tire out the under man by continuously leaning heavily upon him.



17. Commencement of Fall from Three-quarter Nelson.—This shows way in which opponent is raised, and how the right shoulder is to be used in forcing him over. After you have him in the position shown, quickly jerk his head from under him. The counter for this hold is the same as shown in figure 6, and should be worked as soon as the hold is taken.



18. The Bridge.—The Bridge is used to prevent the shoulders from touching the mat, and should be practiced by everyone contemplating wrestling. It requires strong neck and back muscles to sustain it against pressure.

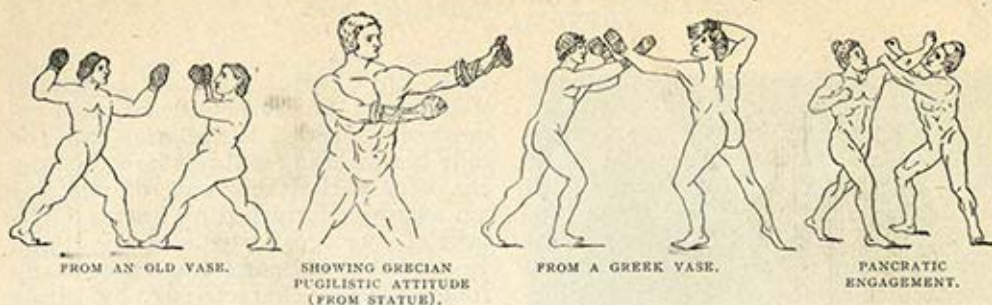
The method generally used to break a bridge is to lift opponent's head from the mat, and then quickly shove him forward and downward, bearing on as much weight as possible.



19. The Scissors and Arm Hold.—This hold is very effective in breaking a bridge, or forcing an opponent to yield. The legs are crossed over the body as shown, the upper leg pressed across the abdomen, with the knee pressing into the solar plexus. The top man lies at right angles to his opponent, and is in a comparatively safe position. As considerable pressure can be exerted with a powerful pair of legs, the under man is generally compelled to give in.



20. Double Nelson.—This hold, which is a combination of the half and farther Nelsons, is barred by the Amateur Athletic Union, on account of the danger of breaking a man's neck with it. It is not a practical hold anyway, as it is difficult to gain a fall with it, and it also leaves too many openings for a counter. It is merely given here to illustrate the hold.



Boxing Among the Ancients

IN CLASSIC TIMES PUGILISM WAS VASTLY DIFFERENT FROM WHAT IT IS TO-DAY—NOT INFREQUENTLY THE DEFEATED MET DEATH, WHILE THE VICTOR WAS DISFIGURED FOR LIFE—THE TERRIBLE CÆSTI—OTHER FORMS OF THE SPORT, IF IT MAY BE SO CALLED

By John D. Swain

SPARRING was introduced into Britain by the Romans. At a very early period, certainly not later than the reign of King Alfred, it formed part of every military education. From England back to Troy is a far cry, but if we would study the very inception of pugilism, we must turn to the Iliad and Odyssey.

Concerning boxing in ancient Greece and Rome, we do not lack data. Our knowledge is drawn not alone from ancient statues and figures (often archaic) on vases and tombs, but from the pages of classic literature. In general, we find that it was held in high favor in Greece and Rome. Professors of pugilism were so esteemed in Greece that even the cities of their birth gained fame therefrom. There existed in Greece innumerable statues of pugilists. Most of Pindar's Nemean Odes are in praise of champion pugilists. I shall attempt to show that sparring, in Greece and Rome, may have been much further developed than we imagine. Many are unaware that it was diligently studied and assiduously followed by a considerable class of athletes 1000 years B. C.; and few are cognizant of the fact that

it was then a science, bound by iron rules, and taught by skilled masters.

Very early it must have occurred to some observer that there was a right way of striking and of standing, which would increase the effectiveness of his blows, and the integrity of his defence. Other things being equal, he defeated the youths of his own age and strength, and his peculiarities of style were adopted by observing rivals, and improved upon. So in time there came to be a recognized system of attack and defence with the hands, based upon a very severe series of experiments. Finally, promiscuous pummelling emerges from the mists of antiquity, and becomes pugilism.

To Amycus and Epeus, pugilism owes its introduction among athletic sports. About the first fact of which we are historically certain, however, is that boxing was formally introduced at the Games of the Twenty-third Olympiad, and thrown open to boys in the Thirty-seventh Olympiad. Henceforth it became a regular feature of the Olympian, Isthmian and Nemean Games.

It argues well for boxing as an art that the Greeks, although as a race so aesthetic as to have



FROM LATRAN MUSEUM, ROME.

incurred the accusation of effeminacy. were from the first devoted to the sport. Always an artistic people, the brutalities of the Roman arena would never have been tolerated by them. Their national games were free from the bloody spectacles which disgraced the Circus Maximus, and they preferred those which evidenced skill and symmetrical development rather than brute strength and unnatural combats. Yet boxing easily held first place in popular estimation, and at the funerals of heroes, and even during religious ceremonies, young men competed in the Classic Ring. We may rest assured that the sparring contests of that day were conducted in an orderly manner, and with skill. The Greeks detested clumsiness, and demanded that all their sports should attain a high development. Hence we are not surprised to find that the Greeks were always regarded as superior to the Italians in boxing; Suetonius admits this although the Italians indulged in the exercise from an early date, it being common during the Republic and the Empire.

The introduction of boxing as an accomplishment of the Roman knights, during the reign of Nero, was not looked upon with universal favor. But the objection was not to boxing itself, but the public appearance of the aristocracy before the common audience.

Among the Greeks, the Ionians excelled the Dorians, even as the Ionic order of architecture is more graceful

than the Doric. Rhodes, Arcadia, Aegina and Elis furnished the most renowned boxers. In relation to the folly of restricting well-regulated boxing, the very earliest example of which I am aware is furnished by Sparta. The laws of Lycurgus forbade sparring; and we read that in Sparta there were many rough brawls, characterized by biting and scratching, the latter not calling forth any public condemnation!

To this day, we find that in nations where manly boxing is unknown, personal encounters are marked by cruel and dishonorable practices, such as gouging, kneeling, stabbing and the like. England and the United States, heirs of the ancient "pugilatus," are about the only countries where personal altercations do not entail these cowardly tactics. (An exception should be made in favor of Japan, which has a highly developed system of attack and defence of its own.)

Sir Walter Besant, writing of a clergyman who devoted his life to the uplifting of the low classes in a dangerous section of London, says of his young men "he taught them to fight according to the rules of the ring, which, when a lad has once learned, he scorns the old methods of the stone in the handkerchief, the short, thick club, the iron rod, and the cowardly boot." It is said that the good sense of the clergyman was duly vindicated.

The birth of boxing, as a recognized national classic sport, took place during the Twenty-third Olympiad; and one Onomastus of Smyrna was the first to



Pugilist Resting: from Capitoline Museum, Rome

publicly bear away a prize. The occasion was the celebration of the Games of Elis.

Long before its admission as a public spectacle, however, it had been regarded as part of the regular gymnastic course, and was considered especially useful in the training of soldiers; an idea we find firmly planted in Britain by the Romans, who were taught by the Greeks.

In very early times, pugilists wore a strip of raw ox hide tied under the palms, leaving the fingers free, as a protection for the knuckles merely; for they were too wise to risk breaking them. Gradually these gave way to strips of leather wound about their forearms and hands, which were frightful weapons, loaded with lead and iron, and covered with knobs and nails, such as Virgil mentions. This was the *cæstus*.

There were four kinds of *cæsti*, varying in the severity of the blow they were capable of inflicting. In practising in the *Palæstra* at Olympia, the lightest kind of soft leather was used, which



Damoxenes (Canova), Vatican, Rome



Kreugas (Canova), Vatican, Rome

deadened the blow somewhat as do our modern gloves; but in the games boxers donned those inflicting the severest damage. Some used circular iron rings, padded for the hand to grasp; but the most formidable were the "limb breakers" covered with metal knobs and nails. Some covered the forearm, others the hand alone; a statue in the Louvre shows the *cæstus* extending to the elbow. No other protection was countenanced, save pads for the ears—and these only in practice, and in the boys' contests. It will easily be seen that a blow from a sturdy fist encased in a *cæstus* was no trifle. Lucillus speaks of a boxer whose head was so battered it resembled a sieve.

In all the antique statues of pugilists which I recall, the ears are beaten flat, and in many the nose is broken and the face otherwise disfigured. And as these statues represent wreath winners, the losers' condition may be imagined! Pugilists often left the arena disabled for

life. It was customary to attempt to disfigure one's opponent. Death often occurred, yet if wilfully inflicted, the aggressor was punished. It would seem a difficult point to establish; but occasionally the attempt was so palpable that it could not be mistaken; as witness the case of the two boxers whose magnificent statues by Canova are here represented.

It seems that two very skilful pugilists, Damoxene of Epidamnus, and Kreugas of Syracuse, contended at the Nemean Games.

After fighting for four hours with consummate skill, the advantage rested with neither; whereupon, according to custom, it was agreed that each should strike in turn a blow at the other, who should not attempt to guard or evade it. The lot fell to Kreugas, who accordingly struck Damoxenes; but, tired from the long contest, he was unable to "put him out." Damoxene then advanced, bidding Kreugas assume the attitude he takes in the statue, a condition he was entitled to exact.

Damoxene thereupon plunged his hand, strengthened with its *cæstus* and long nails, into the pit of Kreugas' stomach, scattering his entrails upon the arena. Damoxene was banished, and the crown given to poor dead Kreugas, to whom a statue was also voted.

We come now to a consideration of the actual system in vogue two thousand years ago. The trainer in the *Palæstra*, who was often an old pugilist, exacted implicit obedience. Candidates for the boxing contests of the Olympic Games were required to endure ten months of actual training; and this of the severest sort. Besides the usual course of gymnastic routine, intended to develop every muscle, together with a splendid system of baths, the aspirant punched bags of sand, put heavy weights, bent bars of iron of varying grades of resistance, and is credited with wrenching back the necks of bulls, a la *Quo Vadis*. Great stress was laid upon frequent anointings of the body with olive oil, which undoubtedly renders the body very supple. The anointer, no unimportant personage, seems to have had the question of diet in charge. The fortunate man did not, of course, have

coffee or tobacco to contend with; but he prudently watered his proteges' wine, and absolutely tabooed cake. Fish was considered bad; but much meat was eaten, and singularly enough pork was the favorite, although beef and goat flesh were well thought of. The meat diet was introduced by Pythagoras, a noted trainer; before his day fresh cheese, dried figs and wheat were used instead; whole wheat, of course.

As might have been expected, the lusty pupils ate prodigiously; the man who did not demand at least two or three pounds of meat at a sitting, was an object of anxiety to the anointer. A stiff walk was taken to aid digestion, followed by a sleep till late in the morning, after which steady work was kept up all day, with intermissions of rest. Athletes seldom left the ring before thirty-five, and many kept on till their strength failed. In our times, we are accustomed to speak of a prize fighter who remains in the ring till his thirtieth year as "an old timer," or a "veteran."

Except in the act of striking, the hand was kept half closed, to avoid fatigue. The point was then, as now, to inflict damage while escaping unscathed. A well rounded system of attack and defence was thus required.

Clinching was not allowed; the rough *cæstus* would have lacerated the flesh too much. Tripping up with the feet was also prohibited. No regular rounds were fought; a pause was only allowed in case both were fatigued, yet unwilling to quit. In such event, they rested on one knee. Good wind was thus a *sine qua non*. Defeat was acknowledged by lifting one finger. The trainers stood near during a contest, with words of reproach or encouragement; "coaching," in short, being permitted. The contest opened with sparring, efforts to get the sun in the other's eyes, feints to draw leads and reveal style, and in fact much such a display of generalship as we witness in a glove fight to-day, only presumably more scientific. When a blow was struck, it was struck in earnest.

Cicero mentions the continual inarticulate sounds of boxers, grunting, so to speak, with each blow; thinking, he believed, to add force; but probably, done unconsciously.

We note that boxers almost universally stood with the left leg advanced, and the weight borne mostly by the right. Both arms were held well out, and either used in defence or attack indiscriminately. On the whole, the position was more in accord with the teachings of the so-called modern school than the English method of one hundred years ago. It is evident that the system must have differed radically from ours. We wear soft gloves, and give and take more blows in a six round exhibition than would have been seen during an entire Olympiad. Of a modern pugilist it is often said "he is willing to take a blow to get one in." In the day of the *cæsti* this could not be. One stroke might, often did, decide the affair. A single "chance blow" might disfigure for life. So the classic boxer devised an elaborate defence. He was trained to hold out his arms, heavily weighted; for, in the arena, a powerful and cautious opponent would often wait until his adversary's hands dropped from fatigue, and then pummel him out. When the opening came, the head was dashed back to daze and bewilder, and the knock-out administered by striking at the same time with both *cæsti*. Some masters even went so far as to avoid striking at all, until the adversary was utterly worn out. Thus Melancolus, a favorite of the Emperor Titus, highly praised by Dion Chrysostom and other famous orators, trained and dieted carefully to attain great strength and endurance, and it is said could remain in boxing attitude, his powerful arms held out, for two days at a stretch. He often left the arena a victor without having struck a blow, and thought his method more scientific and worthy, "showing more strength, skill endurance, perseverance, energy, and courage; and pitied those who impetuously disfigured and were disfigured." When we consider that a single blow even on the arm might prove disastrous we appreciate Melancolus as a great master of defence; and indeed his knowledge of foot-work alone

was nothing short of remarkable. In leaping backward and to either side, ducking the head and kindred devices, he was unexcelled.

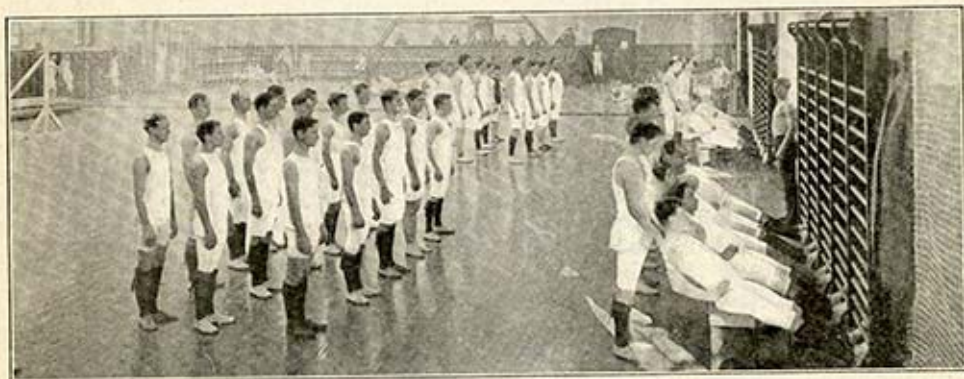
Others adopted his style, among whom was Glaucus an all-round man, whose statue Pausanias saw at Olympia arms rigid before him to keep his opponent at a distance. He also, however, could strike with awful force; he was a farmer, whose father discovered his great strength and took him to the Olympic Games, where he won a hard fought battle. Another pugilist, Hippomaches, as a boy, defeated three without receiving a cut. Hence to leave the arena unscathed came to be the most cherished ideal of the ancient school of boxing; and yet this seldom enough happened as may be imagined.

There remains but to note the offshoots of the ancient boxing. The first and most important was the *Pancratium*, a combination of boxing and wrestling; undoubtedly the very severest exercise possible to devise. No *cæsti* were used, and the fist could not lawfully be closed in the act of striking; butting and biting were forbidden. The contest endured until death or defeat the latter signified by an uplifted finger. The *Pancratium* was introduced into Rome in the reign of Caligula, and soon became very popular.

The Latin taste demoralized boxing, introducing bouts between women and dwarfs, and other absurdities contrary to the spirit of the Grecian School. The second variation was that of the Italian *Catervarii Pugiles*, who fought not in pairs, but in a general mix-up. Little is known of this form, nor does it seem worthy of further notice. In the legitimate style of boxing, however, the student cannot fail to be impressed with the degree of proficiency attained; and the modern pugilist may well congratulate himself that none of these ancient warriors can appear against him, with their superb physical condition, capacity to endure frightful punishment, remarkable defence, and hitting ability.

Physical Training at the University of Pennsylvania

SOMETHING ABOUT THE METHODS INAUGURATED BY DR. R. TAIT MCKENZIE, THE PHYSICAL DIRECTOR, TO THE END OF DEVELOPING ALL OF THE STUDENTS OF THE UNIVERSITY ON ATHLETIC LINES

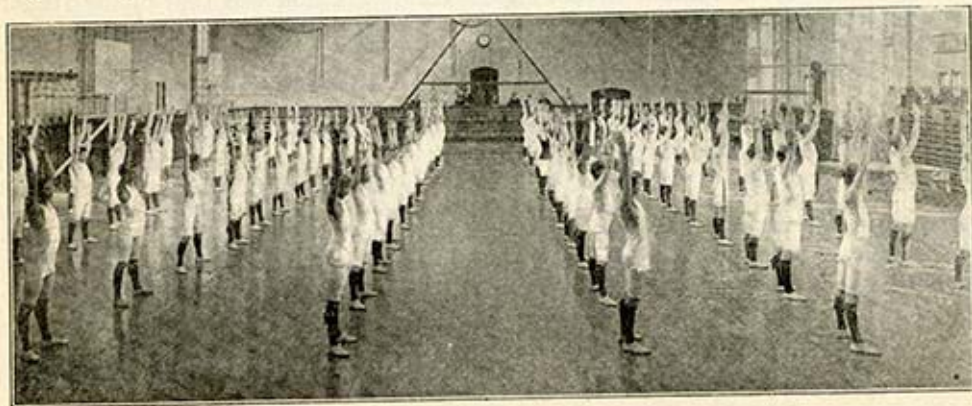


Exercising the Abdominal Muscles

If the faculties of all universities follow, as they are likely to, the example of the faculty of the University of Pennsylvania in the matter of training the body synchronously with the mind, and both thoroughly, the time will come when a student may be recognized by his fine physique and manly bearing just as a West Point cadet in mufti can now be picked out of a crowd by reason of his straight back and military carriage.

This magazine has on more than one occasion told of the splendid gymnasium of the University and of its director, Dr. R. Tait McKenzie, who is admittedly one of the best specialists of his type in this country.

No excuse goes with the physical director. A student may plead that he has a weak heart and is not capable of taking the physical training course. Straightway he is given exercises of a mild and specific nature, and by degrees



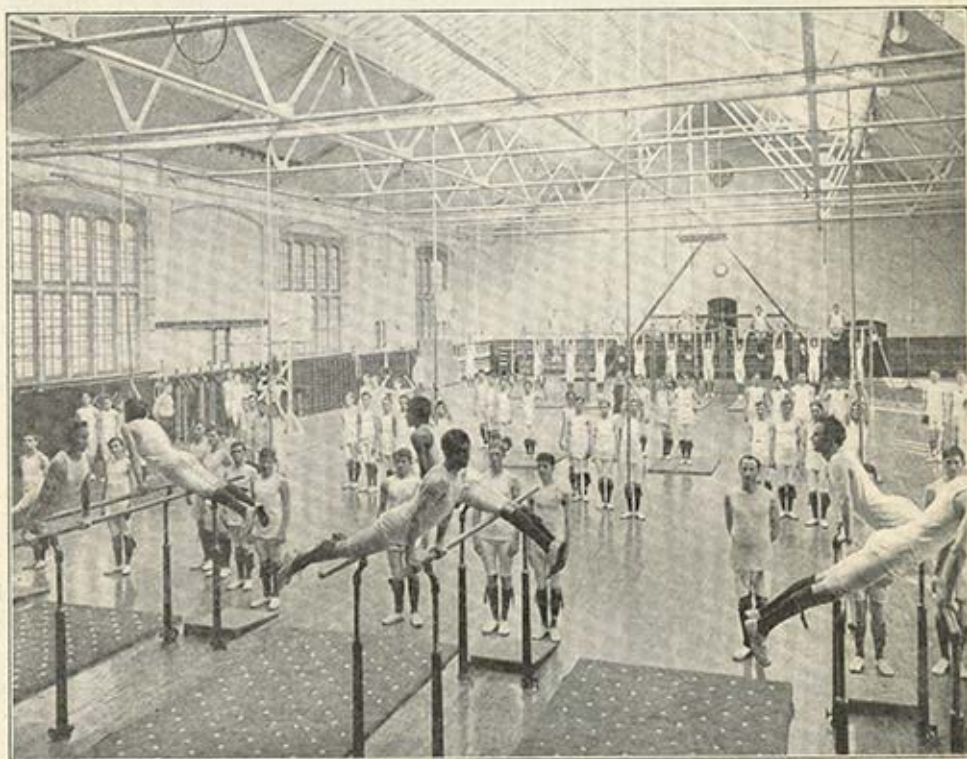
Calisthenic Drill

he becomes capable of undertaking advanced and harder work.

The first step taken by the director is to examine the students and ascertain exactly what type of athletic exercises will do the most good in each individual instance. The outcome of the examination is that each student is assigned to the class that is best suited to his physique.

At intervals and all day long the gong in the big gymnasium sounds and the classes file in, take their instruction under the direction of one of Dr. McKenzie's assistants and at the close of the lesson, file to the dressing rooms while other classes take their places.

Few of the students are permitted to engage in very violent exercises. The prescribed course of training for the most part consists of work with the medicine ball, calisthenics, pulley weights, running and vaulting with the "horse." At the end of the exercises, if the weather permits, the class is taken for a run around the track at Franklin Field, which adjoins the gymnasium. Then back to studies. Only one hour is devoted to the exercise or about the same amount of time that the student would take to "rest up" after dinner. No student is allowed to shirk physical work without good and sufficient reasons submitted in writing to the director.

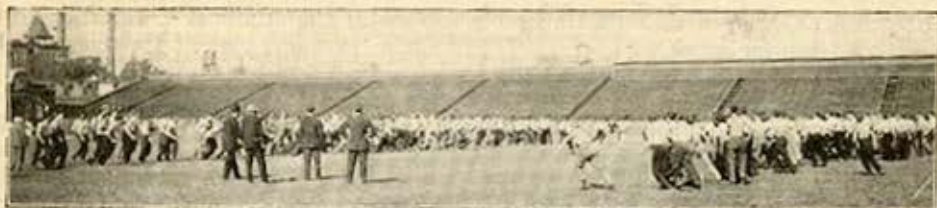


At Work on the Gymnastic Apparatus

By care and judicious exercises and continual encouragement, together with the careful grading that places a student in a class of his own calibre, a distinct advance in the general physique of the Pennsylvania students is assured and the new department is becoming one of the most valuable in the college.

The gymnasium of the college is fitted with huge nets which can be dropped from floor to ceiling, thus dividing the great floor into three sections.

Many other reforms have been introduced for the betterment of athletic conditions in addition to those referred to in this article.



Beginning of the Rush.

An innovation in class rushes was tried with great success by the Freshmen and Sophomores of the University the present year. Instead of the senseless fight in the basement of College Hall, in which many students have in past years received nasty injuries owing to the limited space for the fracas, the seniors decided this time to have the affair in Franklin Field. As another improvement it was arranged to make the class rush a combination of football on a gigantic scale and a free-for-all pushing scramble.

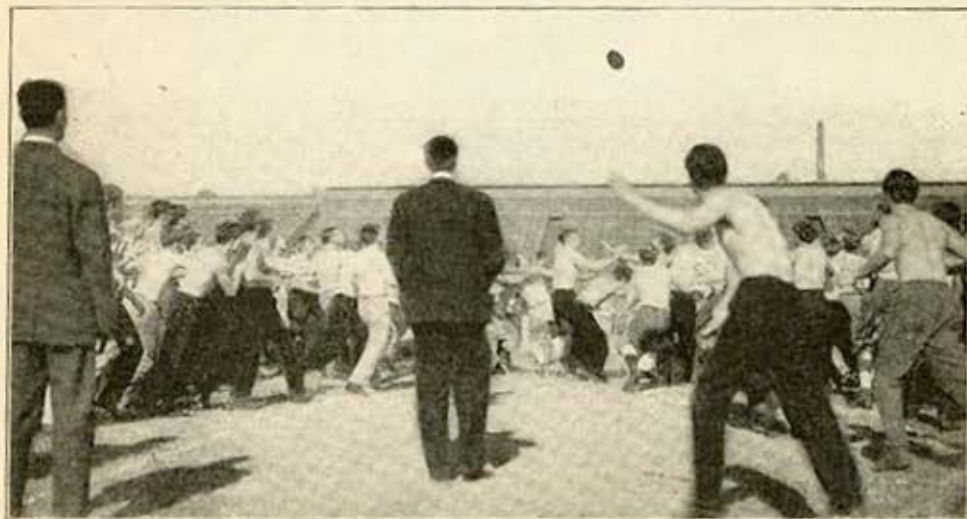
Sophomores and Freshmen lined up on opposite sides of Franklin Field, while the senior who floor-managed the affair stood in the center with a foot-ball. Each side was instructed that the game was to carry the ball down behind the goal posts as at foot-ball. No rules were made for the rush. The sole object was to get the ball back of the goal posts. Any tactics short of murdering an opponent would be deemed fair. All class rushes are governed by this basic understanding. When both sides were ready, the students stripped to the waist, and thirsting for each other's blood the ball was thrown into the air and the opposing squads came together

with a crash. Thenceforth it was a squirming struggling bunch of boys with a foot-ball somewhere in the center of the mass, where, no one knew or seemed to care.

The most sensational incident of this new class rush was the sudden appearance from the rim of the struggling circle of a scared and battered foot-ball. Only one boy of the half-naked contestants saw the ball. The rest were too intent on the struggle to notice that the objective of the fight had made its escape between the feet of the students. The one boy who happened to see the ball making its coy way to freedom grabbed it.

"Run with it," yelled a hundred voices.

The boy with the ball ran, with the entire aggregation of students after him. But he had a clear field and no one could stop him short of the goal line. He made a clean touchdown. But alas for the futility of human endeavor. Emerging as he did from the fracas, with his head swimming and both sides of the field alike to him, the unfortunate Sophomore had made the unpardonable mistake of running with the ball in the wrong direction. Next year a push ball will be substituted for the foot-ball.



A critical moment in the second half. Ball has been thrown into the air.



The 'Famous Crack Athletic Team of Indians from the Carlisle School for Indians'.

Manual Education at the Carlisle Indian School

RADICAL DEPARTURE FROM BRAINS-CRAMMING PROCESS OF MODERN EDUCATIONAL SYSTEMS—BODY AND BRAIN RECEIVE EQUAL TRAINING—CARLISLE METHOD EFFECTIVE IN TURNING OUT ALL-ROUND USEFUL AND INTELLIGENT CITIZENS

By Waldon Fawcett

Apart from the excellent and useful work with which the Indian School at Carlisle is identified, the Institution points a moral which those who are responsible for the education of children of our own race seem to persistently ignore. The writer of the article which follows shows that the method adopted at Carlisle of half a day of manual work and half a day of mental work has resulted in hundreds of our young savages being transformed into useful and successful citizens. In other words, a fact is recognized at Carlisle, which is altogether lost sight of in our public schools, that there must be a due balance maintained between exercise of the body and the brain if our children are to develop into all-round, wholesome, healthy men and women.—*Bernarr Macfadden.*

THE public has during recent years heard much of the prowess of the young men of the Carlisle Indian School in athletics, as evidenced in football and baseball, and of the young women in basketball and other outdoor sports. But it has had scant opportunity to appreciate the great strides which have been made in that practical education which enables the Indian to take his

place beside the pale face in the making of those things the possession of which marks the difference between savagery and civilization.

This manual training system has been developed until the school buildings embrace a large number of workshops of various kinds and two farms where the tilling of the soil is taught in accordance with the latest approved methods. The

many respects their attainments are more remarkable than those of their male colleagues. The system is the same in the girls' department—half a day of work and half a day of study. An important branch of the work of the female pupils is the sewing. The courses give an all-round experience, and enable each girl to make her own clothes.

And it would be much better for the sons and daughters of our own people if they could have more training of a similar nature, especially in branches involving considerable physical activity. Our present one-sided public school system is too enervating and too exhausting.

Every girl receives two lessons per week in cooking, and also is entrusted with the work of the dining room, which is very heavy in a school the size of the one at Carlisle. In the laundry the Indian girls find another field for practical work. In the higher branches of learning, the Carlisle girls have been wonderfully successful. Dozens of the graduates are now teaching school in many parts of the West; several have taken courses in the Boston Conservatory of Music; and in Phila-

delphia and other Eastern cities some have qualified as trained nurses and are receiving from \$100 per month upward. The school authorities at Carlisle take upon themselves the responsibility of obtaining suitable places for the pupils among well-to-do farmers and others



Carpenters' Shop



Shoe Shop



Tinmiths' Shop

during the vacation period. The aggregate earnings of these summer workers amount to more than \$20,000 each season, and it is notable that upward of one-half of this amount is deposited in the school savings bank—an institution conducted in the same manner as a regular bank. During the season that the "outing" plan was inaugurated, some twenty years ago, places could be found for only two dozen of the pupils. Gradually, however, the movement has grown until now more than seven hundred young men and women of the copper-colored race go out to such service each season. So highly esteemed is their work by their employers that the school authorities each year receive application for twice as many young helpers as they can provide.

As a result of this system, the Carlisle girls are well-trained in practical work, and are able to support themselves during the vacation period. The aggregate earnings of these summer workers amount to more than \$20,000 each season, and it is notable that upward of one-half of this amount is deposited in the school savings bank—an institution conducted in the same manner as a regular bank. During the season that the "outing" plan was inaugurated, some twenty years ago, places could be found for only two dozen of the pupils. Gradually, however, the movement has grown until now more than seven hundred young men and women of the copper-colored race go out to such service each season. So highly esteemed is their work by their employers that the school authorities each year receive application for twice as many young helpers as they can provide.

ASSISTANT MANAGER WANTED

On this publication with thorough knowledge of publishing business; one with long experience, who can manage all departments of office; must be familiar with composing-room, pressroom and bindery; teetotaler and non-smoker; must be capable of taking entire charge in my absence. Write full particulars, giving experience, references and salary desired. Address

(Personal) **BERNARR MACFADDEN, Physical Culture City, Spotswood, P. O., N. J.**

Physical Culture an Essential in the Life of an Actress

"EXERCISES that tend to benefit the health have always exerted a fascination over me," said Cecil Spooner, in a recent interview, "and unknowingly ever since a wee child I have been a staunch advocate of physical culture. Within the past five years, it has devolved upon me to study the essentials of physical culture from an educational standpoint. I found that my methods have unknowingly followed those laid down by Mr. Bernarr Macfadden to a marked degree. Now if there be such a thing as telepathy as to the culture, surely I have been inspired by him. Fencing is perhaps my favorite pastime, and I pass hours every week in exercise with the foils, it causing me to feel like a new woman. Being the co-star and leading comedienne in our stock company at the Bijou Theatre in Brooklyn, of which my sister, Miss Edna May Spooner, is leading woman, and my mother, Mrs. Mary Gibbs Spooner, director, you can readily understand that I am a busy woman and needless to explain that I receive my share of the incidental work. There are five women associated with the interests of the Bijou Theatre, and each has an amazing amount of work to undertake. The fact that my sister and myself stage plays each week, besides giving three matinees and six

night performances, will enable you to realize that I must be a firm believer in physical culture to devote hours daily to its practice. But the results are beyond expectations, for I am in good health, never experience a tired, sickly feeling, and after my daily exercise appear to have taken on a new lease of life. My friends have laughed at me because I am even a physical culturist in regard to diet, eating no meat, preferring vegetables, for they nourish both body and brain. Study-

ing a long role each week necessitates an actress with a quick brain housed in a sound body. Imagine, if you please, a season of forty-five weeks. Consider arising daily at eight o'clock, breakfasting, looking over correspondence and dictating letters until 10 o'clock, attending rehearsal from then on to noon, oftentimes until one o'clock, next luncheon and then a matinee twice a week, while often after the matinee a new specialty has to be rehearsed or a new dance given; next another rehearsal, then dinner and a few minutes to rest before the return to the dressing-room! Then admit, as you

will, that only with a physical culture actress is it possible to keep up such a daily regime!

"How do I find time for physical culture? you ask me. Well, upon arising, I devote half an hour or longer to exercise, I eat a sensible breakfast, no meat



Miss Cecil Spooner

whatsoever. Before rehearsal, I find time to fence and sometimes box. Boxing is not a ladylike pastime, a well-known Englishman recently said. Well, neither is gormandizing an occupation that would be associated with a gentleman. So while most women are causing their stomachs much trouble by overeating, I am boxing, and during the past year I have made such progress in the science that now they call me 'Little Quick Strike,' for with the punching bag I am rather an expert.

"My luncheon is strictly of pure food, served in physical culture style, as is my dinner. My sister, Edna May Spooner, is gradually becoming a physical culturist, while my mother declares that she will enter my camp ere long, as will our business representative and 'heavy' woman, Miss Cora E. Morlan. Heavy in the sense of the professional term, not in the sense of the weight, as she is an ideal figure, weighing but 138 pounds and standing five feet seven in her stocking feet. I have a gymnasium adjoining my dressing-room and now and then when a special team of acrobats are engaged in the theatre, I watch their maneuvers and during the 'waits,' if I have on a rough and tumble costume,

I imitate them. As to horse-back riding, I am a consistent advocate of the saddle. In Scranton, Pa., where we have our country home, two thoroughbreds are always in readiness for us when we are there. We bought them a few years ago and they are splendid jumpers. My sister and I often leave Brooklyn on a Saturday evening for Scranton and return early Monday morning in time for the rehearsal. Sunday, we enjoy a long ride, and Monday, in the wee hours of the morning we are up and have a farewell ride ere we return to the city.

"Recently an amateur dramatic society named after me requested me to organize a special class for physical culture, and two mornings in the week I slip away from rehearsals and instruct the girls. Forty members form the class, and thirty of them are what I would call enthusiastic physical culturists. With health one can essay all sorts of roles on and off the stage, hence wealth follows, with health and wealth there is surely happiness, so Physical Culture is an essential in the life of the professional who wishes success to attend her. Physical culture is responsible for half my success if not all."

DID HE TAKE HIS OWN MEDICINE?

The two clippings which follow are from a recent issue of the *Tenby* (Wales) *Observer*. The grim humor of the same will be apparent, if one stops to consider the unfortunate proprietor of the Quinine Bitters travelling all over the earth in search of the health which he assured others could be secured by his nostrum.

FIVE FIXED FACTS ABOUT GWILYM EVANS' QUININE BITTERS.

1. It strikes at the *source of the disease*, and, by removing the causes of disease, the evil effects soon vanish.

2. It *strengthens that part of the system* which is weakest, and, therefore, most liable to the attacks of colds and all diseases.

3. It *purifies the blood*, and thus gives new life and force to all parts of the body.

4. It gives *healthy action to the digestive organs* and to the liver.

5. By removing impurities, strengthening the weak parts of the system, and purifying the blood, the human frame is well fortified to *withstand* the attacks of disease.

ANOTHER "FACT."

Llanelly mourns the loss of one of its chief citizens. The death of Mr. Gwilym Evans, J. P., of Quinine Bitters fame, which occurred last Saturday, did not come with suddenness. He had suffered from gout for very many years, and it was from the remote consequences of it he died. On one occasion he went round the world in search of health, and he had to winter abroad during recent years. Deceased fought bravely with his ailments, but grave symptoms set in on the Wednesday previous and he breathed his last on Saturday at his residence, The Wesfa, Llanelly, in the 54th year of his age.

Weird and Wonderful Story of Another World

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

By Tyman Currio

(Continued)

CHAPTER XI.

BLAME me who will for the madness of the moments when I was filled with determination to steal this wonderful woman from her people and make her my own. I can laugh at myself now with no little scorn and decision, but at that time I was still so possessed by the earthly notion of man's masterfulness, and woman's dependence that I did not recover my reason until I felt the strong hand of Bel on my shoulder.

I do not know what telltale expression animated my features, but I am sure that it never entered the brain of that altogether self-reliant creature that I was dreaming of the possibility of carrying her away by force.

"What is the matter, Wuzzy?" she asked calmly, "you seem agitated."

I checked myself instantly, the futility of what I was doing being borne in on me by the recollection of what that strong hand could do to me.

"I forgot myself," I stammered weakly; and began to drop all the sides again.

"Well," she answered with a kindly smile, "to forget one's self is good; it usually leads to remembering others."

"Forgive me for speaking to you as I did," I said, hanging my head.

"There is no question of forgiveness, Wuzzy; you did not understand. I can see that your people and mine have different views of many things. But am I to really understand from what you

have said that with your people the high and glorious privilege of motherhood is entered upon emotionally and without consideration of the grave responsibilities it entails?"

I confess it exasperated me not a little to listen to her calm, serene tones; I suppose I was in a state of irritation over her rebuff of me; anyhow I answered somewhat tartly:

"A maiden of my people would feel herself outraged if I were to talk to her of motherhood."

"Outraged! surely we are misunderstanding each other, Wuzzy. Explain yourself more clearly."

"I mean that I may properly speak to a maiden of love, but not of motherhood."

"But she must wish to be a mother," exclaimed Bel in a puzzled tone.

"I suppose she knows that she will have to be a mother; she cannot escape her fate when she unites herself for life to a man."

"This is the most singular thing yet," said Bel. "You speak as if motherhood were a thing your maidens would escape if they could. But of course you do not mean that."

"Of course I do not mean that. What I mean is that a maiden of my people thinks only of love and not of motherhood when she unites herself to a man."

"Do you mean," she asked in a puzzled tone, "that your maidens love only one man, and that one he who is to be the father of her children?"

I found it difficult to explain the exact conditions to her, for as a matter of fact I had never thought very carefully on the subject myself, taking it for granted that our institutions were fixed and immutable because perfect.

"It is like this," I said, collecting my thoughts: "In the first place our maidens are brought up in utter ignorance of all that pertains to sex, it being considered with us that sex matters are filthy and not to be discussed even between mother and daughter."

"Oh Wuzzy!" she cried, "this is too horrible to be true. Are you sure that you are stating the case correctly?"

"Of that there is no doubt," I replied, though wishing with all my heart that I had not been drawn into a discussion of the subject. "In fact," I went on, wishing to be fair and truthful, "we have a society whose main purpose it is to prevent any knowledge of sex matters from reaching the minds of our young people, so as to keep them pure."

"You surely did not mean to say pure, Wuzzy; you meant ignorant."

"We consider ignorance of sex matters purity."

"And so," she said sadly, "your young people grow up to manhood and womanhood in perfect ignorance of those beautiful truths which are at the very basis of life itself?"

"Oh, not in utter ignorance," I answered, remembering my own youth, "It is true that our teachers are forbidden to speak freely of such things, and our parents are too modest to do so, but the children talk with great freedom among themselves."

"But if they are ignorant how can they impart any information?"

"Oh well," I replied, unwilling to admit the full truth of her suggestion, "we get a lot of information of a sort. Anyhow we manage to get along somehow. The main thing is," I went on anxious to get away from a subject that promised so little credit to me or my people, "that it is love and not the thought of motherhood that controls our young people."

"Well, of course," Bel said thoughtfully, "I ought not judge of your people by our standards. You are different from our men in so many ways, and it

may be that your women are different from ours. With us we women are specialized for motherhood, so to speak. We are incomplete physically until we have fulfilled the function of motherhood. No doubt it is different with your women, though I cannot comprehend how it can be so."

I always resented her way of looking upon me as if I were inferior, even though fully conscious of my actual inferiority to Dolha, who she always declared was an ordinary specimen of his kind.

"No, it is not different," I replied warmly. "I have told you many times, Bel, that even though our maidens are far less beautiful, far less strong and well than you, they are yet very beautiful—some of them—and are like you in all essentials. They too are specialized for motherhood, as must be the case with the female of any animal; they too do not reach their best until they have borne children. How could it be otherwise? The race would die out, of course, if men and women were not specialized for parenthood. We know that as well as you."

"But Wuzzy," she cried in perplexity, "you just told me that your maidens were not prepared for the exercise of that, their greatest, most important function, but were brought up in a carefully devised system of ignorance and guarded from knowledge of themselves, and even had a body of persons whose office it was to maintain and perhaps even promulgate ignorance."

"Well, you may not understand it," I replied, "but it is the truth."

"And yet, Wuzzy," she said, fixing her eyes on me, "I do not recall your betraying ignorance during any of the discussions we have had. How do you account for your knowledge?"

"Of course," I answered with a smile, "we must have some knowledge on the subject; and to supply and guard that knowledge we have a noble body of men who devote their lives to ridding us of our bodily ailments."

"I note what you say about bodily ailments," Bel said thoughtfully, "and some day I wish to talk to you about that, but just now I wish to pursue this subject. You say there is a body of

men charged with the task of knowing about sex matters."

"Yes, we call them physicians in our language. What name do you give to such men?"

"We have no such men. But of that also we will speak later. Tell me now why, if these men have knowledge, they do not spread it?"

"It is difficult to answer that so that you will understand," I replied. "In the first place we do not permit anyone to disseminate such knowledge because we think it detrimental to public morals, destructive of modesty and calculated to foster impurity. In the next place these physicians could not very well live if the people had knowledge; and finally the physicians, themselves, know really very little about sex because it is almost a forbidden subject to them."

"I think this is the most awful condition of affairs I ever heard of. Oh, indeed, I never even dreamed that that people could be in so terrible a state. I do not wonder, Wuzzy, that you are in so degenerate a condition."

"Oh," I cried, stung as I always was at such frankness on her part, "I do not see why you should say so. It seems to me that we show a higher state of civilization than you when we make love the paramount reason for mating. You would reduce the matter to a physical basis."

"Do you mean that we reduce parenthood to a physical basis?" she asked.

"That is right of course," I answered, for indeed it is obvious enough that mere parenthood is a purely physical matter, "and I do not speak of that alone. What I mean is that two persons who are going to join themselves together for all the remainder of their lives should have deep love between them in order that they may not be unhappy in the long years that follow."

Bel looked at me as if groping for my meaning, then said hesitatingly:

"Let me understand you, Wuzzy, for this is most interesting. Do you say that it is the custom of your people to join a man and a woman together for life?"

"Surely it is."

"Then of course a most extraordinary love must exist between those two.

And you say that your young men and women wait until they feel this extraordinary, ever-enduring, undying love for each other before they take upon themselves the honors and privileges of parenthood?"

"Well, generally until they think they have such an affection for each other."

"You say *generally* and *think*, Wuzzy. Do you mean that there are some who do not wait for such a love, and others again who deceive themselves?"

"Well, of course," I answered, wishing we were come to the place where the sports were to be held, "no system is perfect; there are some men and women who enter into the union for material benefit, some who are incapable of love and some who mistake passion for love."

"And when they find out their mistake I suppose they seek other partners; do they not?"

"Not very often, because it is considered very wrong to do so."

"Wuzzy, Wuzzy!" she cried in a hopeless tone, "I sometimes wonder when you are telling me about the customs of your country if you are not misinformed. You tell me in one breath that in your country it is considered that love is the only proper reason for mating, and in the next you assure me that when two persons have made a mistake and find they do not love each other, they yet must remain together because it is considered wrong not to do so. In other words they should not come together if they do not love, but they must remain together if they do not love. I do not understand at all, but I suppose there is more of it than you can explain."

"It would take a great deal of time to explain fully," I answered. "Are we not near our destination yet?"

"We are not far from it, Wuzzy. But tell me, is it not in the nature of your men and women to love?"

"When they are not mated, it is," I replied, not considering it necessary to go into the question of such marital infelicities as unfortunately come to light now and again.

"Oh!" she murmured thoughtfully; "I can understand how it might come about after generations of following such a custom you might bring about a condition where your individuals were so

delicately organized that the men and women fitted to love each other supremely would find each other out. Of course such a system as yours demands that there should be only one man and one woman who could love each other; else there would be unhappiness."

"No, no!" I cried, "it is not that way at all. Before a maiden has made her choice of a mate she very likely will love a dozen different men, unable perhaps to make a choice between them; but possibly one will have a finer house than the others, or something else that the maiden especially wishes, and she will choose him for her life mate. After the choice is made and she is tied to him she must be true to him. That is all."

"As you say," murmured Bel, "it is not easy to understand. I suppose you have followed this love system for so long that almost automatically a man and a woman come to care only for each other as soon as they are mated. But Wuzzy! here is a sort of puzzle: You say that sometimes persons who are mated do not love each other, yet must remain together. I presume that is a sort of punishment for making a mistake."

"I suppose so," I answered weakly.

"But if they do not love each other, they may then love others. Now according to your rule if they love they should mate; yet they may not mate. What is done in such a case?"

"Really, Bel!" I answered very soberly, "I would rather not talk about that with you. There are some things better not discussed."

"Better not discussed! Why, Wuzzy?"

"Well, I can't altogether get over the notion that there are some things that ought not be discussed between a young man and a young woman."

"But why, Wuzzy? What things? And how can one arrive at knowledge without discussion?"

"Aren't there any subjects that are not discussed freely among you?" I demanded, feeling very certain I had caught her.

"None."

"Think for a moment, Bel," I insisted. "Surely you don't discuss every subject. Is there not one sore on your social body that you do not uncover?"

Of course the reader will understand readily enough that I was thinking of the social evil, which we are taught is a necessary adjunct of our system of civilization. Bel considered with a puzzled air and then answered:

"I know of no sore on the social body; and I am positive that there is no possible subject that we do not discuss freely. To be frank with you, Wuzzy, I don't really understand you. Why should one not discuss any subject?"

"Don't you think anything is wrong?"

"Oh yes, but the more wrong a thing is the more we discuss it. Besides I know that your ideas and mine are very different on the subject of wrong. I can't grasp your meaning when you say wrong, because it is evident you mean something which has its existence mainly in your imagination. How, for example, can it be wrong to discuss sex matters when right living is absolutely dependent on knowledge of sex? Why is it not hideously wrong not to discuss sex, since ignorance is almost fatal to life?"

"What becomes of modesty if you discuss such a subject?" I demanded.

"It isn't a question of modesty but of health," she cried. "Is there any immodesty in your opinion in discussing eating or the other digestive processes?"

"Of course not."

"Then explain how modesty has anything to do with the question of sex. You cannot do it, Wuzzy. Now we think it wrong not to be strong and well, not to observe correct habits of living, not to chew the food, not to eat the food that will nourish best, not to avoid over-eating. Then in sex matters—"

But I would not go into that subject any deeper with her; and fortunately at that moment as I looked over the sides of the car, I saw below me a great city spread out, its lofty spires piercing the sky, its massive buildings forming monster monuments of the high degree of proficiency in building of the people of Jupiter. I could see public buildings and parks and great factories; and my heart throbbed with delight as I looked down upon the silent witnesses of the industrial greatness of this people.

"How magnificent!" I cried. "This is one of your great centers, no doubt," I demanded.

"Ah!" she said, her beautiful face lighting up with interest, "that is one of our best-preserved ruins. It has been a source of information to us for many centuries, and we have students who pass their time working out its past and gone problems."

"Ruins!" I gasped. "Do you mean that this magnificent congregation of buildings is only a relic of the past? Do you mean that you have to-day anything finer than this? Ah! you must have progressed far beyond us indeed if that be so."

Bel looked doubtfully at me as if trying to grasp the meaning of my words, for indeed I did not speak as glibly as the words set down here would imply. In fact I must say that I have put down here the meanings of our conversations rather than a literal transcript of them.

"I do not quite understand," she said. "Certainly we have nothing like this now: nothing remotely like it. Do I make out from your words that what we see below us is at all like what you are familiar with in your country?"

"Exactly like," I replied: "excepting perhaps that this is more magnificent on a larger scale, showing a greater advance in the industrial arts."

"It belongs ten thousand years back in our history," she said.

"What must your cities be now!"

"Wuzzy!" she cried joyously, "there are students groping around in those old ruins who will be besides themselves with joy when you tell them that you belong to a civilization as primitive as that to which that place belongs. Oh, you will visit them, will you not?"

"Gladly," I replied, humbled as I had never been before as I realized that this glorious city covering so many square miles of space and made up of buildings that would have been the marvel and the despair of earthly architects was only a landmark long since past in the progress of the wonderful people I had come among.

"Some if not all of them will be at the games to-day," she said; "and you shall meet them; I will see to it that you do."

"What!" I cried, "do such serious students go to your games?"

"Wuzzy," she replied, "you are for-

ever asking questions that betray such singular conditions in your country that I can hardly forbear putting you through an examination forthwith."

I did not wonder that this was so, for it seemed to me that almost every new thing I learned of these wonderful people was the exact contrary of some phase of life on Earth. Often enough I came out of Bel's examinations humiliated and wishing I had not exposed the ways of my people to her surprised and usually shocked comment.

"I wish to ask you questions," I replied, "so I may hardly object to anything you may ask me. What is it now?"

"You seemed surprised that serious students should attend the games; do they not do so in your country?"

"Very few of our serious men, of whatever occupation, would wish to be seen as spectators at such games as we hold. They would be very sure to lose in reputation."

"Perhaps you mean that they would be held in slight esteem if they did not take part in the games. I can understand that."

"Take part! why no reputable man past his youth would dream of taking part in any such recreation. A few of our mature men, after they have broken their health by too great application to work indulge in one or two dignified games."

Bel listened, shaking her head as my meaning became clear to her. Perhaps I should say again what I have already tried to make clear—that she and I thought in such different images that it was often difficult for us to understand each other, even when we understood the words we employed.

"I begin to see why you are so degenerate, Wuzzy. I believe that your people do not understand how to live. It would seem to me from all you have told me that the one thing your people almost study to neglect is the body. Am I right?"

Naturally I did not relish being called degenerate, but I could not avoid admitting that I was a poor specimen physically in comparison with either Bel or Dolha. It was still a question in my mind, however, if all the Jupyterians

were as superior. I answered her truthfully nevertheless.

"Yes, you are right. There is a small class of persons who are very much derided because they preach the doctrine of sound bodies,* but in the main it is held on Earth to be undignified, unworthy and altogether peculiar to pay any attention to so gross a thing as the body. In fact, to be perfectly candid with you, Bel, there have been a great many persons who have acquired great reputation by affecting to despise the body."

"What a singular perversion! Is it possible, Wuzzy, that your people do not understand that the brain is a physical thing and will work better in a sound body than in an unsound one? And then, too, the loss in beauty. Compare yourself with Dolha, Wuzzy, and you will understand what I mean. Why it is a delight to look at him; and he is by no means in the first class of beauty."

"And you, Bel," I said, willing to pay her a compliment, "are certainly a delight to look at. But you, no doubt, are in the very first class of beauty."

"I took the award at the last games, she answered very simply, "but I do not think I shall this time, for, from what Dolha tells me my closest competitor in the last games has improved so much that I shall not stand first now. But there is where the games are held!" and she pointed out to me what at first I took for only a lake set in a green meadow, but which presently revealed to my delighted eyes besides the lake, a great amphitheatre surrounded by tier on tier of seats.

CHAPTER XII

I WAS still absorbed in contemplating the beauty of the spectacle which as yet presented itself to me only in miniature, so far were we from it at the moment, when Bel said to me:

"You can see there are already a great many there but if you will look you will notice how full the air is of others."

I suppose I might have noticed this sooner if I had not been so taken up by my conversation with Bel, for now

*Of course, it will be understood that I refer to the Physical Culturists.

that I looked about me in the sky I was almost startled to see a myriad of cars of all sorts gliding swiftly toward the scene of the games.

None were very near us as yet, but it was not long before the novel shape of my car brought a number of interested spectators near enough for us to see each other; and I was soon made conscious that I and my car had been heard of by all of them.

We received and gave the cheeriest of greetings, as if all were old friends, though it seemed that Bel had never met some of them. Indeed it developed afterward that the fame of my presence had spread into remote parts, by means of that not very flattering description of me by Bel, which it seems had been given out in order that any who might feel interest in such a case should have the opportunity to study it.

I discovered now, through questioning Bel, that the games which were to be held were similar to many others held in various parts of the country, each drawing upon a certain section in the main, but attracting strangers from everywhere; for the games were open to all, without any restriction whatever.

I could not make Bel understand me when I tried to discover if professionals were barred from the competitions, and later I learned the reason; it was that nothing remotely like professional athletics was known.

Every man, woman and child without regard to age was eligible. In fact in games of contest no questions were asked at all when a person presented himself. If he chose to enter no one made any comment. But of that feature more will be said later.

I use the term strangers, but I should explain that a stranger in the sense in which we use the word is unknown among the Jupiterians; for there is an absolute absence of distrust among them, with the result that any two persons meeting anywhere take each other for granted at once and without question.

I feel that these observations may seem irrelevant and perhaps spasmodic, but the nature of my task in trying to describe these extraordinary people compels me to put down any thought as it comes to me rather than wait in the ex

pectation of making an orderly procession of facts, lest I should fail to mention some important yet unrelated fact concerning them.

I am writing these things with a calmness not in the least in consonance with my feelings at the time when, speeding through the air, I found my car surrounded by the smaller cars and individual machines of these wonderful people.

I, who had looked upon my own car with an awe not easily described, was almost shocked by the easy unconcern of the occupants of the cars about me. Everybody seemed bound on a frolic, and often after an exchange of greetings with us some one who had been presented to me by Bel as a great astronomer, or a great botanist, or a leader in some other branch of scientific research, would dart forward with a speed of which my machine was altogether incapable, and engage in a race with a companion voyager.

A great alteration took place in Bel, too, now that she was in the midst of her own kind. She seemed to remember that it was a play-day, and was laughing merrily and exchanging jesting words with one and another as they came up. Heavens! how beautiful she was!

How beautiful they all were! I did not see one man, woman or child who was not beautiful; and yet of so many different sorts of beauty. And of so many styles of garments, when they wore any. There seemed no fixed fashion, and yet not one wore an ugly or inartistic article of dress.

As a rule the children—marvels of loveliness, as well as I could judge under the circumstances—wore nothing. I was interested, too, to note how they treated so singular a phenomenon as I. They gazed at me with frank curiosity but with a kindness that was altogether charming, seldom speaking at all unless in response to a greeting from Bel, who acted as if they were all her own little brothers and sisters, so tender was she with them.

I would be glad if I could convey any adequate image of the picture we all made as we coursed so swiftly, yet so smoothly through the air. I was as yet

under the influence of the novelty of this means of locomotion, but they were all as unconscious as my own people when they ride in the street cars.

That indeed is a very poor simile, however; for nothing can well be clumsier, noisier, fouler than the great cars into which we pack all sorts and conditions of persons. It is a subject I do not like to think about. The air motors of the Jupiterians are noiseless and odorless as well as so gracefully modelled that they are a pleasure to look at.

I confess I was less proud of my machine after travelling in it in company with those about me, for mine was not as beautiful as it easily might have been, and was somewhat noisy.

I think I was at that time more impressed by the children than by any other feature of the beautiful spectacle which grew in magnitude and in interest the nearer we came to the scene of the games.

The beauty of the children I have already spoken of, but I remember that I was most impressed at the time by their utter fearlessness; and it is little wonder that I was so struck when it is considered that little ones from six upward rode their individual machines, laughing, talking, racing, playing a game not unlike the "tag" which our children play on foot, all with such absolute unconcern of the frightful distance they were from the solid surface of Jupiter, that for a little while my heart was in my throat.

When I became accustomed to their daring pranks, however, I was able to appreciate and enjoy their marvellous skill. Fancy these little cherubs suddenly dipping like a flock of great birds, all in pursuit of their leader, and then as suddenly swooping away to one side, only to double and rise and skim over the top of my car, their merry laughter and musical cries filling the air.

I had been very much impressed by the singular sweetness of the voices of Bel and Dolha from the first, but I had assumed that they were exceptional. I had discovered, however, that all the voices that had come over the telephone were musical, and now I learned that a harsh, unpleasant voice was nowhere

heard. Later I was told that the utmost care had been exercised for many generations and was being continually exercised to teach children how to use their voices.

I must say it was an odd revelation to me later when I discovered that it was not the custom among the Jupiterians to bid children hush, but only to teach them to so use their voices that they might cry out in the loudest tones without giving offence. But of children, their ways, their joys and their education later.

I was like an intoxicated man at that time, coming as I was into the midst of this wonderful life, and being accepted, as I saw, without qualification. I saw nothing but kindness and happiness and good cheer. Everybody was playing—playing with might and main; and I thought to myself that knowing Bel and her industry so well, I could make some guess at the industry of these others when play time was over; for Bel had given herself up utterly to the delight of play as if she had never had a serious thought in her life.

I feel that I should get on with my story, but I cannot refrain from giving one incident of our flight together that morning, since it will serve to give some notion of the possibilities of aerial locomotion, and perhaps at the same time let in a side light on the character of the people among whom I had come.

It was when the children had begun to play their games soon after joining us, and while I was in a tremor of fear for them lest one of them should lose his balance or his nerve. I caught Bel by the arm as one of the children was performing what seemed to me a particularly dangerous feat, and cried out:

"What if he should fall? Nothing could save him."

"He is not likely to fall, but if he should it would not matter."

I stared at her, wondering for the moment if she spoke so lightly because perhaps it was one of the peculiarities of the Jupiterians that they held a human life so cheap.

"Would not matter!" I repeated. "What do you mean? What could save one of those children if he should fall from his machine?"

Bel smiled and gave a long, peculiar cry which called to her from the frolicking children a little girl of perhaps twelve years of age. The child separated herself with wonderful adroitness from the swiftly moving crowd and came close up to the car, her lovely face eager and smiling as if she felt it a privilege to talk with Bel.

"Do you want me, Bel dear?" she asked caressingly.

"Yes, little Mera," answered Bel taking her hand tenderly; "I have wanted you to know Wuzzy—" Mera gave me her other hand and smiled like a heavenly creature at me—"because I shall ask you later to go about with him a little, and just now I want you to show him something."

"Anything you like, Bel."

"He just asked me how a child could be saved if it fell from one of the machines." Mera smiled gaily as she glanced up at me. "Will you show him?"

Heaven knows that if I had had the faintest notion of the dreadful thing that was to follow I would have protested with all my might against it; but I supposed that Mera was going to give me a display of skill and agility, and so I smiled encouragingly at her. In another instant she had darted off to rejoin her companions.

"How much she looks like you, Bel," I said.

"She is my sister," replied Bel with a smile. "But watch her!"

The beautiful child put on unusual speed and in a few moments had come up to the main body of the children, but I noted that she swooped under them so that they were unlikely to be aware of her presence, unless some of them had seen her by some chance.

For a little while the children went on with their play, I wondering what Mera would do to solve the problem I had put to Bel, when suddenly her machine turned on its side and she fell off into space, uttering a thrilling cry that seemed to freeze my blood.

Down, down the child went like an arrow, her machine turning over and over and because of its greater weight forging ahead of her.

"Oh, my God!" I cried out in agony

of spirit, and turned fiercely on Bel, who had been the instigator of the act.

She stared at me in mild wonderment and pointed at the cloud of machines ridden by the children. Twenty of them, perhaps, had dropped below the others and were swooping down with the rapidity of lightning as if seeking to catch the apparently doomed child, whose course through space was now being watched by almost everybody in the neighborhood.

Presently two of the machines caught up with her and went down with her, one on each side; and I could see that the downward motion was gradu-

ally lessening and that finally it ceased. Mera had been caught as gently as if she had been a feather floating in the wind.

While she was borne up, her machine was brought to her; for it, too, had been rescued. She was assisted into her seat, and a few moments later was beside our car, laughing into our faces as if she had been doing some pleasant trick for our delectation.

"If you will jump over, Wuzzy," said Bel, "they will do as much for you."

I shook my head. I would not have done it though Bel herself had been the reward.

(To be Continued)

SOME VEGETARIAN DELICACIES

A WOMAN who keeps a little vegetarian restaurant in New York adds considerably to her income by the sale of three delicacies which many people who are not vegetarians drop in to buy and carry home. One of these specialties is nut chowder, another vegetarian doughnuts, and the third vegetarian pies.

Preparation of the nut chowder is an arduous undertaking requiring hours. Two different nut preparations, cut into small squares, are used as a foundation of the chowder instead of clams. A layer of these is placed in a large caldron first, then layers of various vegetables, also diced. The layers are repeated until the caldron is full, when water is added and the whole allowed to simmer for several hours. At the end, milk is added, giving the appearance of a rich cream soup filled with chopped nut foods and vegetables.

"The vegetarian doughnuts resemble the ordinary article, but no meat fat being permissible in their making, they are fried in a kind of nut butter.

"That the doughnuts have proved generally popular is proved by the fact that, whereas they sold six for five at the start, they now bring five cents for three, and there are never any left late in the afternoon.

"The vegetarian pies are made with crusts formed from two kinds of ready

cooked breakfast foods. In each case the cereal is moistened with an equal quantity of cream, and the pie plate is lined with the pastelike mixture. Then the custard, cocoanut cream, apple or other filling is poured in, the cereal crimped about the edges to resemble the ordinary pie, and the pan is placed in the oven. A meringue is usually placed on the top instead of an upper crust.

"While the filling of the pie is cooking, the cereal bakes dry and crisp, becoming firm enough to support the pie when taken from the pan. If the breakfast food used is formed of grain flakes, the effect is especially delicious, it baking out crisp and light like very good pastry, but with none of its indigestible qualities.

MISTAKEN EFFORT

Commercial Traveler—What have you got, waiter?

Waiter—Sheep's heads, calf's liver, and pig's feet.

Commercial Traveler—Great Scott! I don't want to know about your physical deformities; I want something to eat.—*London Tattler*.

ALL HE CARED ABOUT

First Surgeon—Have you saved your man?

Second Surgeon—No, but I've saved his appendix.—*Smart Set*.

Rounding Up the Quacks

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

THE COLLAPSE OF THE VIM SWINDLE

THIS is the story of a still-born swindle that was fathered by criminal misrepresentation and mothered by brazen effrontery. That it practically died at birth does not lessen the evil intent which prompted its conception. That its promoters are not now behind prison bars is but another proof of the laxity of certain of our laws. That they have not felt the just impact of the boot-toe or the clenched fist of some one of the swindled, goes to prove the truth of the maxim that "What is the business of many is the business of nobody." The allusion of all of which is to the effort, recently made, to persuade gulls and dupes to exchange good money for worthless shares in a moribund magazine, whose delightfully misleading title was *Vim*. "Vim" the term, is good American vernacular for vigor and vitality. *Vim*, the magazine, during its sickly existence had such a feeble hold upon publication life, that it barely managed to crawl along from month to month until its recent and unlamented demise. "*Vim*" was a misnomer on the face of it.

Rascality seems to be subject to the law of gravitation. A flood of theft and graft and chicanery in high places invariably sweeps down through other grades of society, finding its lowest level in the sneak thief, and its intermediate manifestations in schemes such as those exploited by *Vim's* late management. But in the case of the exponents of "high finance," the exploiters of mergers and the Napoleons of Wall Street, the millions which they steal are usually stolen from those who have, in turn, stolen on the like gigantic scale, and consequently one need not waste sympathy on the despoiled. Rascality of the *Vim* type, however, filches from the purses of the

poor and the needy. There is something magnificent about the man who marauds by the millions. But eminently despicable is he or those who, by means of specious lies, persuades the hard earned dollar from the ignorant or helpless or weak and trusting. This last, the exploiters of the *Vim* scheme did, or attempted to do, as we shall presently show. These may seem to be hard words, but before we finish we shall prove that they are amply justified.

A speculation in which there is a fair percentage of what is known as "commercial risk" is one thing. A scheme in which, as its authors are aware, there is not the faintest chance of fulfilling one of the fraudulent promises made in connection with it, is quite another matter. The law permits of the first, but it goes without saying, that it does not allow of the latter. But the law is unhappily too often derelict in its duty in regard to many types of knaves and impostors.

Vim came into existence about four years ago. Nominally, it was devoted to the promotion of physical culture methods and principles. Actually, and as was shown by its advertising columns, it catered to the quacks and charlatans whom, editorially, it professed to despise. Posing as a watch-dog of the public health and morals, it was in reality a snapping, yapping, little cur that ineffectively bit at the heels of those whose success it could not duplicate, and of whose standing in the community it was both envious and jealous. By plans and schemes which we need not recite in detail it managed to prolong its malodorous and anæmic existence until December of last year. On January 4th, it went into the hands of a receiver. Its goodwill and effects, which were then sold at public auction, realized \$950,

there being an asset of \$450 in cash which went to the purchaser. By this it will be seen that that portion of the public which was invited to attend the sale—including experts on the value of publications—estimated *Vim*, its goodwill, right of title, interests, and tangible assets, outside of the cash asset named, at precisely \$500! The reader of this article is asked to bear these figures in mind for reasons which will presently appear.

As intimated, *Vim* from the very first had a good deal of difficulty in drawing its publication breath, so to speak. Last summer, its symptoms of dissolution reached such an acute stage that its proprietors found it necessary to take some drastic action to prevent it from expiring on the spot. The result was, that its subscribers, during the latter part of July, received a gorgeously gotten up booklet, the outside cover of which was chiefly remarkable for its pictures of money-bags bulging and bursting with gold pieces, while its pages were filled with statements that were as seductive as they were mendacious. With it came a long letter that led off with the proposition. "The enclosed booklet is not merely a circular gotten up to further some visionary plan." Whether the plan was or was not "visionary" the reader will be in a position to judge before we get through with the question.

Space will not permit of our quoting from the booklet at length, the author of which is allegedly "Yours for success, Richard Palmer, Treasurer and Manager, The *Vim* Publishing Company." But we will give some sentences from it which will illustrate its fraudulent trend. Also, taken in connection with the result of the receiver's auction as already told, the booklet will, we think, warrant the severest criticism of those responsible for it.

After some preliminary, the booklet leads off with the lie; "If you have a little idle money the necessity of poverty and toil is now over. This is your opportunity. I want you to read every word of this announcement. I prepared it expressly for the subscribers of *Vim*. It is intended for them exclusively. I have a money making proposition to

offer. I ask you to join me. Do so and you will know the worth of affluence and ease. The capitalization of the *Vim Publishing Company* has been increased from \$10,000 to \$100,000. I propose taking its subscribers—who are its friends—as stock holders and partners."

If this last sentence had been made to read "I propose taking in its subscribers" it would have been much nearer the truth. But to continue:

"The *Vim Magazine* is now a financial success. (!) It has built up the subscription list with marvellous rapidity. I see no reason why \$100.00 invested with me now in the *Vim Publishing Company* should not be worth double in a few years."

And yet, *Vim* at the time that this was written was in such desperate financial straits that it had difficulty in paying the salaries of its employees. Again:

"The business is now 'humming' but I need a larger working capital. We have outgrown our facilities. Our business is increasing so rapidly that we lack capital to handle our enterprise. The *Vim Publishing Company* has always been a close corporation. I could have secured thousands of dollars from capitalists for investment. I invariably refused these offers of financial assistance. Not only myself but our directors realized that the capitalists in question had a selfish motive in view. They knew their prospects for making a lot of money were excellent. A few thousands of dollars would do us little good unless we had the co-operation and assistance of the ones who invested it."

Please note the philanthropic unselfishness which thus prompted the haughty refusal of the "thousands of dollars from capitalists" and the begging of dollars from poor people, as per the booklet.

Observe too; "I would not for the world ask you to speculate. This is your opportunity to join me in a money making enterprise wherein you can make money quickly and safely."

If this is not fraudulent misrepresentation, then we are much mistaken as to the phraseology and purport of the law which deals with such matters.

"Money invested in the *Vim Publish-*

ing Company is just as safe as if it were deposited in a bank. Even banks fail."

It is an axiom of the police that a law breaker is invariably brought to justice by some of the blunders that he is bound to make, sooner or later. A tendency to blunder seems to be a part and portion of the mental makeup of those who live on the wrong side of the law. Without saying that the foregoing applies to Mr. Palmer and his late colleagues, it is submitted nevertheless that, to assert that the money invested with *Vim* "is just as safe as if it were deposited in a bank" and that to immediately follow this with the statement that "Even banks fail" is a distinct blunder. The logic of the foregoing evidently was that it was *not* safe to deposit money with *Vim*. *Vim* gave itself away in accordance with the police theory quoted.

Still more; "*The Vim Publishing Company* is making money. It will continue to make money whether or not you decide in this. All my life I have been connected with money making enterprises. There is not a single failure credited to me. *The Vim Publishing Company* under my management will be one of the most profitable publishing concerns in the United States or in any foreign country."

Note, January 4, 1905. *Vim's* goodwill, title etc., valued by experts as worth \$500.

"I am not looking for large capitalists. I have no doubt that I could interest two or three wealthy men so that they would take up the entire subscription."

Mr. Palmer is again doing a little blundering. He has just before stated that "I could have secured thousands of dollars from capitalists." Now he says, "I have no doubt that I could interest two or three wealthy men." Obviously, the capitalists were not hunting him, as he intimated in the preceding sentence.

"I prefer selling the stock in small blocks. I shall expect every subscriber of *Vim* to purchase at least one share for \$5.00. \$5.00 is a small amount, I know, but it will pay you a handsome profit."

The man to whom an investment of \$5.00 is a matter to be thought over carefully, is naturally much more numerous

than the individual to whom \$5.00 represents the price of a decent dinner, or a not too lavish lunch. So, as the poor man is in the majority, it is much more profitable to approach him with schemes of the *Vim* order than it is to try to interest his wealthier brother. Hence, the shares for the small sum of \$5.00 each. And as the poor man, from the mere fact that he does not possess much money, shows that he is ignorant of the art of money making and the first principles of finance it is much safer and more profitable to try to inveigle him into a fraudulent enterprise than it is to attempt to entrap that shrewder fellow creature of his, who is approximately rich because he has managed to steer clear of those sharks that are always to be found in the sea of legitimate human enterprise. The fact that \$5.00 may in the case of the man of scanty means represent a good deal of hard toil, self-denial, and the cutting off of little comforts, and that its loss would be a real misfortune to its loser has, of course, nothing whatever to do with the gentleman who secure it by reason of their acumen, and knowledge of the confiding credulity of their impecunious fellow creatures.

"You may purchase stock in any amount and pay for it at your convenience. Probably you will want to pay one dollar a month for each share of stock purchased."

At first there is an apparent distinction between this kind of thing and stealing pennies from a blind man's tray, but on analysis there isn't so much difference after all. It is a "sure thing" in both instances, the only distinction being a penny in one case and a dollar in the other.

The reader is asked once more to bear in mind the fact that on January 4, 1906, and at the receiver's auction sale of *Vim*, all belonging to it, including a cash asset of \$450, realized \$950. The necessity for this repetition will be made apparent in connection with the following quotations:

"*Vim* is growing day by day. It has not a debt outside of current bills. *Vim* does a wholesale and retail business in books and gymnasium appliances. The copyrights on our books are worth

thousands of dollars. The copyright of "The Life Sexual" is valued at \$10,000. The copyright of "Sexual Vitality" is worth \$15,000, possibly more (here follows a long list of books whose copyrights are "estimated" to be worth from \$250 up to \$3,000) the patents on the *Vim* Bag Exerciser are worth at least \$5,000. I believe we will sell 5,000 Whiteley Elastic Platforms within the coming year. The New York Institute of Phrenophysics is owned by the *Vim Publishing Company*. This department of our business alone is worth \$15,000. *Vim* itself has a circulation of 100,000 copies. The subscription list is growing daily, as is also the advertising patronage. As the subscription list increases, the advertising rates will be raised. I expect during the next few months to double the advertising pages. \$100,000 does not represent the full worth of the *Vim Publishing Company*. Its assets at the present time are worth a good deal more than \$100,000."

It will be seen by the foregoing that the author or authors of the booklet makes specific statements in regard to their assets which are for the obvious purpose of inducing the little man with \$5.00 to make an investment in the concern. "Its assets at the present time are worth a good deal more than \$100,000." This was written in July, 1905, remember. Two months later *Vim* was so "short" in a financial sense that it had the greatest difficulty in meeting its most pressing obligations. About a month later it was hovering on the edge of disaster. In December it made its last appearance in the publication world. In January—well, we have already told what its assets proved to be worth. Contrast its actual assets as shown at the auction sale with the statement just quoted, and then ask yourself if the authors of this statement were not guilty of not only a deliberate falsehood but a direct attempt to swindle the public.

"The *Vim Publishing Company* owns a list of 300,000 names and addresses. They are worth from \$10 to \$25 a thousand in the open market."

If this was so, why were not these names thus highly valued as an asset at the receiver's auction sale to which allusion has been made. We

commend the suggestion to the creditors of the late *Vim*.

"*Vim* has a circulation of 100,000."

There were actually 8,500 names on its subscription list; neither more nor less. And doubling that number for casual purchases we get a total circulation of rather over 17,000 as against the 100,000 claimed. Here are other specimens of the mendacious methods of Palmer, et al.

"The *Vim Publishing Company* are proprietors of the *Vim Physical Directors' Academy* under the direction of Prof. Mac Levy."

The "Professor" whose name would seem to suggest that his ancestors came from both Scotland and Palestine, is self christened, so it is said. Beginning life as plain Levy, and remembering that one Macfadden had achieved success as an exponent of physical culture, Mr. Levy apparently thought that it would be a good business proposition to borrow one half of Mr. Macfadden's name, joining it to his own. The result, as will be seen, was certainly striking, but hardly proved satisfactory in a business sense, for Mr. "Mac" Levy had the bankruptcy brush applied to him last Fall. Incidentally Mr. "Mac" Levy took a leaf out of *Vim's* book in the matter of trying to foist the stock of his Physical Culture "Institute" upon the public by means precisely similar to those adopted by Mr. Palmer and his associates. Perhaps some of the readers of PHYSICAL CULTURE may remember the glowing announcements of Mr. "Mac" Levy's get-rich-quick scheme which appeared in the magazines some months since in which he, too, asserted that he had a whole heap of assets worth \$100,000 or so. This announcement was made just before Mr. Levy and his affairs passed into the hands of a receiver, leaving many confiding magazine advertising agents lamenting their belief in him. "Birds of a feather," etc.—you know the quotation. "Mac" Levy tried to get PHYSICAL CULTURE to take his advertisements but failed.

It is said on good authority that, although the scheme was in a sense a failure, partly because *Vim* subscribers were too poor to come up with many incidental "V's," and partly because the

promises and the statements in the booklet were such glaring gammon and blatant buncombe that they failed to take in those who might have bit at a less obvious bait. So as already said, the swindle was more or less still-born, although its promoters coaxed about \$2,000 out of the purses of the confiding and unsophisticated. Directly the money was secured, the crash came, and stock-holders were left lamenting.

There is no need to point the moral of this story. That which the booklet stood for was robbery, nothing more nor less, and we believe that it is the obvious duty of the District Attorney to take immediate and just action against the robbers.

We have devoted a good deal of space to the exploitation of the *Vim* gang for the reason that physical culture, like every other beneficent human institution, is cursed with pestiferous parasites that are all the more harmful because they are apt to bring into disrepute that to which they have attached themselves. *Vim* was one of such parasites, living on the reputation of that noble and helpful science which it polluted by its touch. The harm thus done to physical culture pure and proper is—as far as the unthinking are concerned—much to be deplored. Such harm can only be counteracted by an illuminating exposure such as we are now giving to *Vim*; and we may add in this connection that it is our intention from time to time to also expose other so-called physical culture publications that are to all intent, methods, and purposes precisely the contrary of that which they pretend to be.

ABOUT PERUNA TESTIMONIALS

One of the most characteristic advertisements of Peruna represents an athletically built young woman in evening dress who is holding a banner on which is printed an alleged testimonial from "A Popular Young Society Woman," to the effect that the "dope" in question restored her to health. Ada Baker, of 1117 Woodland Avenue, Kansas City, Mo., is, according to the Peruna people, not only a society woman, but a member of the Hillside Athletic Club also.

This advertisement attracted the attention and excited the scepticism of

Mr. G. W. Bartholomew, of Gunnison, Cal., who being a physical culturist, couldn't understand how a member of an athletic club, could swallow and endorse Peruna or allied trash. So he wrote to Miss Baker the following letter, addressing her as per the Peruna advertisement:

DEAR MISS BAKER:—You will see by the enclosed advertisement that you are shown as a witness for the efficaciousness of Peruna, and at the same time being a physical culturist, and as I am rather of the latter class I would be greatly pleased to know if you are really a devotee of PHYSICAL CULTURE and have resorted to a patent medicine. Since your name and address are so carefully given, I take it as an open invitation to ask you about it. Hence, I enclose you a self-addressed envelope for reply and will ask that you kindly return the enclosed advertisement with your reply. Thanking you in advance I am

Very sincerely yours,
G. W. BARTHOLOMEW.

In due season Mr. Bartholomew had his letter returned to him by the Post Office authorities, with a notification on the envelope to the effect that there was no such person in Kansas City as the "popular young society woman" Miss Ada Baker.

In other words the Peruna people lied in regard to the "testimonial" with the unblushing effrontery, of the typical quack concern.

And yet another instance of how the Peruna people lie in the matter of their "testimonials." A widely circulated advertisement of theirs embodies an alleged testimonial from "Dr. A. Mayan, 314 West Gater Street, Indianapolis," who is represented as starting off with the statement that "Regular physicians do not, as a rule, endorse patent medicines. I have, however, found in my practice that Peruna is a notable exception, etc., etc."

Now the advertisement attracted the attention of Mr. Ernest Cohn, of the Kahn Tailoring Company, of Indianapolis. Knowing the town thoroughly, he could not understand how it came about that "West Gater Street" had escaped his notice. The more he pondered the question the more puzzled he became. So finally he resolved to attempt to solve the mystery by putting himself into communication with "Dr. Morgan" writing thus:

DR. A. MORGAN.

314 W. Gater St., City.

DEAR DOCTOR:—The enclosed clipping is from Saturday evening's news. Please advise the undersigned if it is printed with your sanction

Yours very truly,

ERNEST COHN.

A few days later the letter was returned to Mr. Cohn by the Post Office authorities, with this inscription on the envelope: "No such street in Indianapolis. Name not listed in Directory."

The Peruna people had been once more convicted of being common liars.

A FOOL BORN EVERY MINUTE

As has been repeatedly said in these columns, the quacks flourish by reason of the fact that "a fool is born every minute." And the man who is fool enough to be fooled once by these rogues is, as a rule, so constituted mentally that he can be fooled not only twice or thrice but for an indefinite number of times in succession. So well is this fact recognised by the fraternity of medical charlatans that lists of those of their victims who have been already swindled always have a market value. Such fools in the slang of the quacks are known as "re-bites," "come-backs," "repeaters" and so forth.

"Suckers" of this type seem to be beyond redemption. Printed exposures of quacks and their nostrums may be multiplied; Boards of Health may forbid the sale of Old Dr. Swindle's "Fuddled Food for Foolish Folk" and like trash, Legislatures may pass laws, the press (in very rare instances) may protest, the pulpit may declaim, the Post Office authorities issue fraud orders, and occasionally a quack be sent to prison, but the gudgeon will read and listen and straightway send for another box or bottle of his pet "invigorator," or "nerve-syrup" or "germ destroyer" or what not. The fool, like the poor, is always with us, and hence the advertising quacks wax rich.

To point the moral of all this let us quote from a letter recently received at these offices. The writer states among other things, that he is a "bit nervous for fear that there is something unknown to me" which might prevent him from properly fulfilling the duties of a husband. There is apparently no reason at all for his belief, judging by the general tenor of his communication, but he is for all that, "a bit nervous." And so he encloses a lot of advertisements of notorious quacks and says in relation thereto, "I would like to know which one is honest, as it is my desire to have some good reliable doctor examine me and ease my mind." Also "If one or all of these are honest, please answer." Among the advertisements are those of "The Old Reliable Dr. Lobb" "Old Dr. Theel," "Dr. Hobensack," and "Dr. Emmet," all of Philadelphia and all charlatans and humbugs of the same brand. Each of the rogues makes among others the fraudulent promise to cure impotency or "restore" lost manhood,—a thing impossible.

The writer of the letter avers that he is a regular reader of PHYSICAL CULTURE and those of Bernarr Macfadden's works which deal with questions of manhood. In view of the constant warnings against quacks of the advertising sort which appear in these pages, it is inconceivable how any sane man can ask if "Old Dr. Theel" and the rest of this delectable gang are "honest." Has the author of the letter read the "Confessions of a Quack" recently published in this magazine? Has he read the deparment devoted to quacks? Has he read Mr. Macfadden's many editorials dealing with them? If he has and still thinks that any one of these scoundrels is "honest," why there is but little hope. A man who, under such conditions can have a shred of faith in any "Old Doctor" is a promising candidate for a padded cell in a lunatic asylum.

Mike—Are ye much hurted, Pat? Do ye want a docthor?

Pat—A docthor, ye fule! after bein' runned over by a trolley car? Phat Oi want is a lawyer.—*Judge.*

Athletic Question Department

Conducted by Arthur F. Duffey

Q. Having read about your past performances on the athletic field and being inclined toward athletic work myself, I thought I would drop you a line asking for some information regarding the best course to pursue and how to train for the sprint events, namely, the 60-100-220 yards.

Would appreciate it very much if you would also tell me the proper food to eat while training and also on the day of the race.

Would also like to have your opinion as to what you think is the best for a "rub down" and which will develop the muscles.

A. In the space allotted to this department it would be impossible for me to give you the detailed course necessary for the preparation of a sprinter. I would advise you to practice distance running easily for a few weeks, then gradually try to develop speed as short distances. In the past, athletes have dieted almost exclusively on meat, but later experiments show that such a diet is unnecessary. On the day of the race, I would recommend a hearty breakfast, chops, poached eggs, and toast, and for lunch previous to race would eat very lightly of toast and a warm drink. For a rub down any liniment or embrocation is good that is oily. It is not so much the liquid used as the massage of the muscles that does good.

Q. I am a reader of PHYSICAL CULTURE, although am not a subscriber, and notice that you held the world's records for sprinting. I want to find out if I am built in the right proportions for a sprinter. I am fond of that kind of sport and if I thought I could accomplish anything I would try.

I am 5 ft. 10 in. high, weigh about 148 pounds stripped. A few of my measurements are, neck 15½, chest contracted 33, chest expanded 38½, waist 32½, right forearm 11, right upper arm 12½, right thigh 21, right calf 13½ and ankle 8. Kindly give me your opinion. If there are any charges, please let me know, and I will send same to you.

A. Your build is very good for a sprinter, and since you are fond of the sport, I would

advise you to commence exercising, not so much with the intention of becoming a champion, but for the vast amount of good you will do to your body. Evidently you are "cooped" up all day in a shop, where the air is not as pure as it might be, and a sprint in the fresh air after business hours would unquestionably improve your condition. Infer from your chest measurements that you are suffering from a flat chest, which is very common nowadays among our athletes and very harmful. I would advise you to work at the chest weights, and swing the clubs daily. There are no charges to pay and we are only too pleased to help and advise the readers of PHYSICAL CULTURE.

Q. I am a professional sprinter and have done 9 4-5 over the flat in British Columbia last summer, winning \$2,000. There is an Englishman here who is very anxious to take me to England this spring. I would like your opinion as to whether a 10-second man can make any money in England. I have several things in sight here and in Canada, but he offers to pay all expenses. I thought you were probably the best posted man in the United States, so I thought I would ask your opinion. The man who wishes to take me was an official time-keeper in something like 14 or 15 Sheffield handicaps. But the English are such poor judges of money matters in sports on this side of the pond, that I thought possibly he had overrated the money getting of a good man. In training last summer in a trial sprint in Los Angeles I beat Parson 1 yard in 10 seconds and did not tighten up during the run.

A. A 10 second man can make good anywhere. In England there are but few men who can accomplish that time. But I am inclined to believe that if you went to England you would not be able to make even that time until you got acclimatized. There is not much money abroad for a professional. They have only about two great professional handicaps, one at Sheffield and one at Powderhall, Scotland. As your expenses are to be paid it would not harm you to take a chance. Still your chances of making money are better in the west and Canada. In England, Day and Keane would gladly give you a match race.

A Legal Discussion of the Obscenity Laws

By Charles Turner Brown

This white-haired old man, whose benign features prove the possession of characteristics the reverse of criminal, has been sentenced to the penitentiary because of certain statements made in the publication which he edits. For twenty-five years his paper "Lucifer" has been devoted to subjects appertaining to sex. It must be admitted that at times he discussed these subjects too plainly to suit this prudish period. It is nevertheless pitiful to see this old man, who has been working to the best of his ability to benefit his fellow-men, condemned to hard labor within prison walls. A request to him will bring particulars to those who may be interested in his case. Address, Moses Harman, 500 Fulton Street, Chicago, Ill.

THE narrow and bigoted views of the Puritans have left no other impress so permanent and so disastrous in effect on the rights of the common people as that which is contained and so manifestly unjust as in the indictments which are drawn to this charge of obscenity, wherein the rule is that the words, or other matter, complained of are too obscene to be spread



Moses Harman and his grandson at four months. This infant had the advantage of intelligent pre-natal culture. For advocating this and other reforms that make the race cleaner and nobler Mr. Harman has been sentenced to serve a term in the penitentiary. (See note above.)

in the practice now interwoven in the decisions of the Federal and State courts, in the series of cases in which obscenity is charged.

In no other criminal charge is the prudish and pharasaic contents of the Puritan character so offensively evident

upon the record of the court, and that by reason thereof the necessity of setting out the words complained of is obviated.

It is the rule of the common law, to which the English courts have consistently adhered, that an indictment

should not only *state* but should also *show* that an offense has been committed; or, in other words, the indictment should not only aver that an offense has been committed, but should show how it has been committed.

And the rule is the same in the United States in all indictments excepting those for depositing matter alleged to be obscene in the mails, or for publishing such matter and the indictment is under a State statute or the common law.

To the credit of the State of Missouri its supreme court has said "show me" in cases of this character, as well as in other indictments.

One of the results of the rule which has been adopted is that the decisions of the Federal courts are replete with "tests" of obscenity, but are barren as to examples; and no person knows what is or is not obscene until the verdict of the jury is returned.

Many State supreme courts have held that obscenity is a question of law; and it is for the judge to say whether certain words can be obscene, and for the jury to say whether, under the circumstances of the particular case before it, the words are obscene.

Many indictments returned charging obscenity have contained no description, even of the offending words, so that the defendant was in no way apprised of what he was accused.

A very cursory reading of the decisions in the case of *Bradlaugh vs. The Queen*, 3 Am. Crim. Rep. 470, discloses that our courts are justly held up to ridicule by the highest court of Great Britain.

In this case the court had already said, "When words constitute the alleged crime, if the words complained of are not set out, the defendant is precluded from raising, either by demurrer or by proceedings in the court of error, the question whether or not the circumstances charged are, in fact, according to the laws of England, criminal."

In the recent case of the *U. S. vs. Moses Harman*, where a sentence has been imposed, an appeal taken and the sentence affirmed, the circuit court of appeals declared that subsequent to the verdict of the jury it was powerless to

consider whether the words complained of were obscene or not.

In support of the proposition that the rule is of Puritan origin, in fact as well as in spirit, attention is called to the first case announcing it, (*Commonwealth vs. Holmes*, 17 Mass. 336, decided in 1821). The court says: "The second and fifth counts in this indictment are certainly good. For it can never be required that an obscene book and picture can be displayed upon the records of this court; which must be done if the description in these counts be insufficient. This would be to require that the public itself should give permanency and notoriety to indecency in order to punish it." Of this contention the court of Queen's Bench says: "our records are not read for amusement."

It has been held by many Federal courts that it is immaterial whether an article coming within the "test" which the courts have applied to determine obscenity is deposited in the mails in the real or supposed interest of science, philosophy or morals. And this rule is so universally applied that it is practically the law. In the case of *People vs. Harman* cited, the judge of the district court charged the jury at the trial "I charge you as a matter of law that the motive of this defendant is not to be considered by you." And again, "If you are satisfied beyond a reasonable doubt that the pamphlet and papers in question in this case contain such immodest, indecent, or filthy matter that the reading thereof would tend to deprave and corrupt the minds of those into whose hands the same might fall whose minds are open to such influences, then you should find the defendant guilty."

This rendering of a law which was primarily intended only to prevent the sending through the mails of matter admitted, even by the sender, to be demoralizing to old and young, prohibits all physiological treatises, all illustrations of diseased parts, and all health journals from the mails.

The "test" created by the courts has been variously given. In one case it reads thus "The word obscene means a book, pamphlet or paper containing immodest and indecent matter, and read-

ing whereof would have a tendency to deprave or corrupt the minds of those into whose hands the publication might fall whose minds are open to such immoral influences."

This judicial decision that immodesty and immorality are synonymous terms does not outrage common sense so much as does the statement that the conviction depends upon the effect of immodesty upon one whose mind is open, in other words, its effect upon a sex maniac.

In nearly every prosecution under this obscenity law, the jury is told, in substance, that it must consider the contents of the papers in the first instance and the effect that the reading of such contents would naturally have on those persons into whose hands such publication would be likely to fall. In using this language it is avowedly the

intent of the Court to permit discussion of physiological, mental and psychological subjects between physicians and surgeons in a class paper or magazine that will not be permitted between the common people in a paper edited either by one of the common people or by a physician.

The proposition as stated, is dangerously near class legislation—by the judiciary—and as it is understood and enforced by the jury it is nothing else than class legislation by the courts, having for its purpose the suppression of all information to the people relative to a subject which is and must be of as much concern to the masses as to the favored classes; that is, the relation of men and women to each other and to posterity; self-ownership of man and woman; and the preservation of health.

PHYSICAL CULTURE SOCIETIES

The Physical Culture Society of Detroit is now on a more firm foundation than ever, and their meetings are growing in interest. The program is made out for the entire season in advance, one topic being assigned for discussion at each meeting. The meeting opens with a lecture upon the subject by some well versed authority, which is followed by a general discussion of the topic by the members of the society, and the evening ends with class work under a capable director. The discussion among the members after the lecture is a particularly commendable feature of the program, and altogether the meetings of the Society are filled with interest. Outings, entertainments and social gatherings add to the pleasures and benefits derived by the members.

At Chicago the members of the Physical Culture Society now number in the hundreds, and they are making great endeavors to increase the number to one thousand. Some attraction is provided for every day in the

week, and the Chicago physical culturist is richly provided for. Splendid circulars and programs are printed and distributed, and it might not be a bad plan for the officers of other societies to write to the secretary (name and address given below) for a specimen program, for the sake of suggestions that might be found in same.

The Cleveland Society also report splendid progress. Aside from the usual class drill, an excellent feature of their program is a question box, the questions being discussed generally by the members. At each meeting there is also a short lecture by some prominent well informed individual. There are also occasional social and card parties and special entertainments.

The Pittsburg Physical Culture Society have finally secured a permanent home, and are getting together a physical culture library.

Likewise the Philadelphia Society, which is now on a firm foundation and will probably grow to big proportions in time.

BRANCHES OF PHYSICAL CULTURE SOCIETIES

W. Hoboken, N. J.—Garabed Sabonjohn, 410 West St.
 Brooklyn, N. Y.—Mr. John I. Costello, 117 Carlton Ave.
 Philadelphia, Pa.—Mr. J. C. Edwards, Bryn Mawr, Pa.
 Trinidad, Col.—Mr. Daniel Sandoval, P. O. Box 354.
 Detroit, Mich.—Miss Josephine P. Scott, 57 Hancock Av.
 Denver, Col.—Miss A. Reed, 1648 St. Paul St.
 Hew Haven, Conn.—Miss M. E. Andrus, Cor. Sec., 14 Center St.
 Colorado Springs, Col.—Thomas Brazil, 1513 Grant Ave.
 Minneapolis, Minn.—Mrs. Lora C. Little, 1114 12th St., N.
 Buffalo, N. Y.—Mr. Alfred F. Borschel, 241 Bristol St.

Manhattan, N. Y.—Max Berkowitz, secretary, 134 Carlton Ave.
 Toronto, Can.—Mr. A. M. Kennedy, 9 Adelaide St.
 Pittsburg, Pa.—Miss May McCausland, 1704 Buena Vista St., Allegheny, Pa.
 Montreal, Quebec, Can.—Miss B. Allen, 438 Dorchester St.
 Cleveland, O.—Miss C. J. Lowrie, 229 Arcade.
 Chicago, Ill.—Mr. A. G. Gobrecht, 3541 Cottage Grove Ave.

Athletic Training for Boys and Girls

By Harry Wellington

THROWING THE HAMMER



I AM giving this month a second lesson in weight throwing, namely, throwing the hammer. The standard weight for men is sixteen pounds, but many use a twelve-pound hammer. For boys I would recommend an eight pound hammer, such as can be pur-

chased in athletic supply stores. If you do not care to buy one, I would suggest that you secure a rock weighing six or eight pounds, or fill a large tin can with sand, and construct a handle similar to the one illustrated at the bottom of this page, either of wire or rope, as most convenient, with two loops or handles, one for each hand. The total length of the sixteen-pound hammer for men is four feet. For boys it should be about three feet or a little less.

Hammer throwing is an exceedingly interesting and fascinating sport when you have learned to do it properly, and one of the best of exercises for nearly all the muscles of the body.

You should throw the hammer from the same kind of a ring as that which you used for putting the shot. At first it would be better to do it without the ring, until you have thoroughly learned the art of throwing. And you should practice in an open field in which there is no one near enough to get hurt by the flying missile, for you cannot

always be sure as to where it will go. Success in throwing the hammer depends upon the momentum or force it gets in the swing you give it. The act of so doing consists in brief, of standing with your back to the direction in which you wish to throw, and, after making your turns, of throwing the hammer directly behind you. The details of the throw itself are as follows: plant the feet firmly on the ground and let the hammer rest on the ground far out to your right side, exactly as illustrated in the first figure. You are then ready to begin. Now swing the hammer around your head once or twice with a good swift swing, as shown in the second figure. If you find it hard to keep your balance when doing this, you should practice swinging it around your head

this way dozens of times, until you learn the knack of balancing while so doing; this in itself is splendid exercise. When you can do this with ease, you should next learn to make first one turn, and later, two complete turns with the entire body, turning with the swing of the hammer, before you throw it. You will then have learned the science or the "trick" of throwing the hammer.

You will assuredly

not be able to do it the first time, but patience and practice will be duly rewarded.

After swinging the hammer around the head once or twice, thus giving the weight considerable momentum, you are ready to turn with it, and you should turn



completely around with a little jump in the air, and alight facing in the same direction, but perhaps a foot or two back of the first position. How to do this will puzzle you at first but will seem quite natural after you have mastered the trick by practice. The hammer swings in front of you from right to left, and you should not attempt to turn with it until it gets around to your left and pretty well behind you. At this point you will find that it has a tendency to pull you around after it, and if you turn at the right moment and jump straight upwards, just high enough to get both feet off the ground, it will seem to pull you around. Don't jump too high. You will get around quicker than the hammer, so that when you alight the hammer will be

following around at your right, but with greater force than ever. You can then give it a swift, hard pull and throw it, or better still, make another turn, finally throwing it in the direction to which your back is turned. The third illustration shows the position the instant after making one turn with the body. As the weight swings behind your head it is high in the air, and as it swings in front of the body it swings low near the ground, swinging upwards again as you finally throw it to the rear. After you can accomplish this you should learn to do it all within a seven foot circle. If you step outside the circle, it is not a fair throw. You can throw it twenty-five per cent farther with two turns of the body.

Boys' and Girls' Question Department

Q. Kindly tell me why one of my teeth begins to ache whenever I eat certain things, or when anything very cold comes in contact with it.

A. The tooth may be partially decayed, or the nerve exposed. Such symptoms call for the prompt attention of a dentist, though as a rule if your general health is good, your teeth will not decay. It is highly important that the teeth should be kept very clean and the best plan is to brush them thoroughly after each meal, or at least once each day.

Q. Is it very harmful to eat between meals?

A. I would certainly advise you not to eat between meals. There is no doubt that you eat all that your body requires to keep up its strength at your regular meal times. You do not need to eat any more. If you take any additional food between meals it will only be that much more of a burden to you, and it will use up in a harmful way some of your strength to dispose of it. If you make a practice of thus eating every day, you will be in danger of falling sick, either with a bad cold or some other ailment, simply because your body is stuffed full of material that it does not need. If you do eat between meals, it should be nothing but light, fresh fruit, which will do you good. Two hearty meals a day would in most cases, be enough, but a healthy, active, growing boy or girl might be able to digest three moderate meals in a satisfactory manner. Drink water freely between meals.

Q. There are a great many small pimples on my face. I am thirteen

years old and eat a great deal of candy. Kindly give me a remedy.

A. It is necessary for you to improve your general health and try to purify your blood by Nature's methods. Drink water freely between meals and do not eat so much. You should especially avoid meat and greasy foods. Get all the out of door play you can. Don't wear any more clothing than you positively have to in order to keep warm. Take cold water baths every day, and air baths and sun baths at every opportunity. Rub the skin briskly with a rough towel, but do not pinch or irritate the pimples. If you will do these things, and stop eating candy, I believe you will quickly see an improvement in yourself.

Q. Is it harmful for a boy of fifteen years to ride a wheel fifty or seventy miles every Sunday? What should he rub down with after a ride of this sort?

A. Some boys might be able to take such a ride provided that they do not try to ride fast, have very good roads, and not much wind to contend against. For other boys it might be too much of a strain. As a general thing, however, I would not advise it, for in most cases such a ride would be too exhausting. The bicycle tends to make one stoop and cramp his chest and for that reason I consider walking and running far better exercises. A ride for a moderate distance, however, would be beneficial if your handle bars are so raised that you can sit erect instead of doubling over forward. It does not matter much what you use for a rub-down. Even water would be satisfactory. The important part of it is the massage and kneading of the muscles which you receive during the rubbing.

Stretching Exercises for Boys and Girls

By *Bernarr Macfadden*



Exercise No. 4.—Stand facing away from the back of a chair and lean against the latter until the small of your back is resting upon it in the manner illustrated. Then raise the arms high above and back of the head and stretch. Stretch every part of your body. Stretch your stomach, chest, arms and even fingers. After stretching good and hard come again to an erect position and rest a moment. Then do the exercise again, repeating it a number of times until you are tired. It would be just as well, perhaps better, to use the edge of a table instead of a chair, for a table is more solid. As soon as you learn to do this well, you can try it without a chair or table, simply balancing yourself on your feet.

HERE are some more stretching exercises, to be added to those which were illustrated last month for my boys and girls.

In my remarks a month ago I referred to the many benefits of these exercises, but forgot to mention that they are likely to help you grow to the height that Nature intended you to have. Of course if you take other exercises, play active games in the open air, and enjoy good health during your youth, you will probably grow to your full size anyway. You must remember that people are built in different ways. There are many who never can become very tall, while others will become so in spite of many harmful habits or surroundings. You cannot alter the height which Nature intended you to have to a very great extent, any more than a Scotch Terrier can grow up to the size of a big St. Bernard dog. Nevertheless, you may form habits or neglect yourself in such a way that you may stunt your growth. On the other hand you can do much to assist yourself in becoming what you ought to be. If anything will help you to grow, good stretching exercises will. It is such exercises that I am giving you in this series. More will follow next month.

Exercise No. 5.—Stand squarely on both feet. Then with arms and knees straight, bend forward and try to touch the floor with the tips of the fingers at a point a little in front of your feet. This is one of the best stretching exercises you can find. After you have touched the floor in this way, stand up straight for a moment, take a full fresh breath, and then try it again, this time trying to touch the floor still a little farther in front of you than at first. Continue until tired. After a little practice you will find that you can reach much farther than when you first tried it. And after you have practiced it every day for several weeks you will be surprised to see how much farther you can stretch and reach in this way than you could the first day you tried it. If you cannot reach the floor at all at the first attempt place the feet a few inches apart, which will make it much easier, but after you improve a little, practice it with the heels together. Show the exercise to your boy and girl friends and let them try it.



Exercise No. 6.—Stand squarely on both feet, bend downward and clasp the hands behind the knees, or better yet, grasp one wrist with the other hand, exactly as shown in this illustration. Then pull upwards vigorously for a few moments, without letting go of your hold; rest a moment, and repeat, continuing until tired. This is somewhat different from the other stretching exercises, for while it stretches the arms, it is more like a lifting exercise for the muscles of the back. It is also one of the best exercises you could take for strengthening the back. If you approach these exercises with the right spirit you will find that you can use a great deal of determination in executing them. And if you work hard at them, you will breathe more rapidly and so use up more air. For this reason I would advise that you always have a window wide open when you do these exercises if you are in a room, so that you may have plenty of pure fresh air to breathe. Air that has once been in your lungs and exhaled, is foul and poisonous, and should not be breathed a second time. You should have new, pure air for each deep-drawn breath.

CRUELTY TO ANIMALS

Refuse to ride in any cab, herdic or carriage drawn by a docked horse, and tell the driver why.

Is it cruel to keep a horse locked up in a stable without exercise? Answer: Just as cruel as it would be to keep a boy or girl or man or woman in the same condition. If to this is added *solitary confinement* without the company of other animals, then the cruelty is still greater.

GEO. T. ANGELL.

Boxing Lessons for Boys

FOR the sake of emphasis I would like to repeat my warning of some time ago that you should not attempt to do any real boxing until you have learned considerable about it. You should learn each of these movements thoroughly, so that you can perform them without thinking, or with your eyes shut. Learn to execute each blow and parry with a quick, snappy, lightning-like movement. You can practice each movement over and over again by yourself, after you have practiced long enough with your partner to

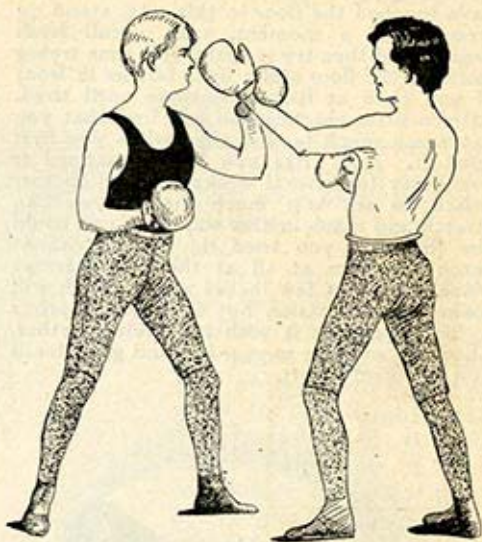


Illustration No. 9.—Boy on the right hand side first leads out to the other's head with his left. The boy on the left parries the blow with the palm of his left hand, striking the other's wrist or forearm and thus turning the blow aside. You will notice that his right hand is free and in a good position to deliver a blow on the other's body just above the belt. Therefore he should strike out quickly with his right to the other's body as a counter to the blow just parried, and at the same time should bring his left hand quickly back in front of his face to guard it from the other's right.



Illustration No. 10.—As the boy to the right makes some attempt to lead with his left, the other boy side-steps quickly to the left with his left foot, getting inside of his opponent's left arm and bringing his right to the chin or side of the head. At the same time he blocks his opponent's right hand with his open left hand.

be sure that you are doing it right. Remember that boxing is a science, and that you can never learn without first schooling yourself in the proper blows and parries. Even if you have considerable natural ability, you will find that with the advantage of science and accurate knowledge, you will be able to box far better than by simply "going it blind."

Discard the Hat

IT IS RESPONSIBLE FOR BALDNESS, THIN HAIR AND SCALP DISEASES—HAIR REMEDIES OF ALL KINDS ARE MOST HARMFUL—MEN AND WOMEN SUFFER BY REASON OF THE FOLLY OF FASHION IN THE MATTER OF HEADGEAR.

By Clarence Vliet



THE hair, although, next to the bones, the most indestructible of all our bodily constituents is seldom found in a healthy condition. This for the reason that Nature is given less chance to perform its functions on the hair than on any other part of the body. There are no reasons why

man should have a shining, glistening pate to excite the laughter of the small boys, the amusement of older persons and the anxiety of the man himself. Baldness is abnormal. There are no reasons why that young woman whose hair but a short time ago claimed the admiration of all observers should to-day be lamenting the fact that her hair is short and straggly and has lost all its former lustre. With Saint James, Nature cries out, "My brethren, these things ought not to be."

How few of us have a really healthy growth of hair! A profuse growth does not always denote health. On the contrary, I have seen a heavy growth in which Nature's work had been so thwarted that the hair was either in a dead or dying condition. Never did hair grow lifeless and fall out but that we may trace its so doing back to some breaking of natural laws. In such cases, it will be found that the hair demanded sunlight and ventilation, and both had been excluded by the wearing of a hat that fitted too closely or from some other cause.

The moral is, discard the hat. It is an unnecessary piece of clothing, thor-

oughly unhygienic in its nature. Men, if you wish a beautiful growth of hair, dispense with the hat. Women, you that are married, if you want to make your husband happy and yourself attractive, dispense with the hat. Easter, which should be the happiest time of the year, means to the struggling husband that a couple of week's hard earned money goes for a piece of feathered frivolity. And every time his wife comes in after wearing the hat, he hears, "O, let me get this off! My head aches and I am so tired." Is it natural for us to wear those things which, as soon as we get away from a conventional public, we haste to lay aside.

Why do we wear hats? To keep the head warm in cold weather and protect us from the sun in summer? No! we wear them simply because our fathers did so. But did not Mother Nature give us the hair to keep the head warm in cold weather and protect the head from the scorching sun of a summer's day? How conceited, I sometimes think we are, to entertain the thought for an instant that we know so much more than Nature, who is never known to err.

Where do we first note the hair dying and dropping out? Is it not where the hat has deprived it of sunlight and ventilation? Sunlight is one of the strongest destroying agents of harmful germs in Nature. Why not let it do its work? Some one says: "Well, if sunlight is so beneficial to my hair, why not to my whole body? My entire body is covered with sebaceous and sudoriferous glands, why would the sunlight not have the same cleansing and strengthening properties for my body as for my head?" In answer I would say that it would be

of inestimable value to us if we could discard all clothing. Of course under existing conditions, while we look upon the human form as a shameful thing instead of the most glorious of God's creations, it would be folly to advocate nudity. Personally, I take every opportunity possible to give my nude body a bath in Nature's "elixir of life"—sunlight.

"But I am so situated that I cannot discard my hat," you say. Well, I never yet knew of a condition that demanded the wearing of a hat. Let me say that a bald head, (for even the person with a bald head cannot wear a hat at all times) will draw more attention than a hatless head with a beautiful growth of hair. The first attracts attention, often followed by a smile; the latter attracts attention which fast becomes admiration, for there is no one but that admires a healthy growth of hair.

I live in a city of over six hundred thousand inhabitants, but I never wear a hat. Twenty-four hours in the day and seven days in the week, Nature is allowed to do its best work with my hair. I have gone out on very cold and stormy days, even though I was advised by friends that I was running a great risk in so doing. But I have yet to catch my first cold as a result of having discarded my hat. I have a good circulation of blood in the scalp, and on the coldest day of winter, my head is warm, and I am sure feels clearer than do the heads of those who have them bound up in furs or felt or feathers.

I do not, of course, maintain that a person can wear a hat all the year round, and then on a cold, disagreeable day dispense with it and not take cold. On the contrary, great care must be taken in establishing the new order of things, which after all, is simply the natural order. You who have been disregarding Nature all your lives cannot expect in a

day to step out of a rut made by years of custom.

We see men wearing hats, but that is no proof that Nature intended them to do so, any more than because we see canaries in cages is a proof that cages are their natural homes. And because after wearing a hat all your life, you lay it aside and take cold, is this a proof that a hat should be worn? No more than because the caged canary when given freedom dies proves that Nature intended the cage for its habitation.

Begin to discard your hat on a warm day. Massage the scalp frequently to keep up a good circulation. Do not get discouraged if results are not in evidence immediately. Remember that for years you have been abusing Nature, and you must give her time to heal the wrong. The growth of the hair can be promoted by daily massaging with the tips of the fingers dipped in cool, soft water better than by any so called "Hair Renewers."

We often find forked hairs, slender and split at their extremities. These are the result of defective nutrition in the bulb or root. Daily massaging will do much for this condition, as it will bring the blood into circulation and thus supply proper nutrition to the hair.

Relative to baldness, I don't want to be understood as claiming that hat-wearing is the only cause. But I believe it is the consensus of opinion among specialists on the hair that skin diseases are the most potent causes of baldness; and what in the world is more conducive to such diseases than a whole lot of dirt and bacteria collected on the scalp under a hat excluding all air and sunlight?

Two other causes for baldness remain. Heredity often has a great deal to do with the growth of one's hair. We find baldness hereditary in some families. But even in these cases, phenomenal results can be obtained by taking proper care of the hair.

A man may as well expect to grow stronger by always eating as wiser by always reading. Too much overcharges Nature and turns more into disease than nourishment.—*Collier*.

"In all acute attacks there is more in prescribing food than there is in prescribing medicine. Adding to an oppressed system is like adding fuel to a clogged fire; it increases the burden because it cannot be digested."

Physical Training for the Baby

PLAY EXERCISES THE ONLY KIND THAT CAN BE RECOMMENDED.

By *Bernarr Macfadden*

THIS is the third instalment of my series of play exercises. All the movements of this character will be greatly enjoyed by every healthy infant, being accepted as the greatest of sport, and after you have been giving these exercises regularly for some time, the child will begin to look for them daily. It is true that a baby will usually take some voluntary exercises of its own and in the case of a very active and vigorous child, these may be amply sufficient for its development. That is, provided that the child is not so bound and fettered with clothing as to make its movements almost impossible.

However, there are a great many children who are not naturally very active and

who would develop more satisfactorily if systematic exercises were given them. Moreover, the voluntary actions of the untrained child are not guided by much intelligence, and consequently the little ones learn to do things very slowly. On the other hand, systematic exercises

given by the parent will accustom him to moving and using his muscles in a definite and coherent manner. Baby will also be more interested in the exercises when his parents take part in them than in playing by himself, just as an older child enjoys his play more when he was a playmate. The instinct of companionship is well developed in a baby and it should be gratified by his parents, especially at play. A lonely child is usually unhappy.



Photo No. 7.—Take hold of the baby around the waist in the manner illustrated above, placing one hand on each side of its body, spreading your fingers meanwhile and holding the child very gently yet firmly so that you will not pinch it or otherwise make it uncomfortable. It is very likely that the child will find much amusement in taking hold of your thumbs, which are held across the front of its body. Now when you feel that you have a satisfactory hold on the little body and that the latter is well-balanced, lift it up in the air and turn it from a vertical position to a horizontal one as illustrated. Then turn back and over to a similar horizontal position on the right hand side. Continue turning the baby back and forth from right to left in this manner a number of times, until it gives evidence of getting tired, at which point you should immediately stop.

Photo No. 8. — With the baby standing on your knee, take hold of and hold up one of its arms, partially supporting the child's weight in the manner illustrated. Then, taking care that its feet do not slip or lose their hold, let its little body swing gently from side to side, but only a very few inches in any direction. After a few moments, do the same thing with the aid of the other arm, alternating frequently and continuing the exercise until the child tires of it. When the baby gets stronger you can vary the movement by lowering its body outward and downward as far as seems consistent with comfort. It will usually help matters if you talk or sing to the baby while going through these movements, and the greater the rhythm and harmony with which they are executed—that is—the more smoothly and evenly, the better.



Photo No. 9.—First lay the child down on its back. Then take hold of both its hands with your left hand and grasp one of its feet or ankles with your right hand, lifting it clear from the floor as illustrated in this photograph. In this position you can swing the baby back and forth and, if it is strong enough, you can swing it up nearly as high as each of your shoulders. Take hold of the other leg and repeat, alternating frequently and continuing until the child manifests an inclination to stop. This exercise is usually so fascinating to a child that one of a nervous temperament may continue to enjoy it after it has already been carried too far in a physical sense. One must guard against going to the extreme limit of a child's physical endurance with any of these exercises.

The Development of a Beautiful Bust

THE SECOND OF TWO ARTICLES ON SPECIAL EXERCISES AND OTHER NATURAL MEANS FOR FILLING OUT, MAKING FIRM AND IMPROVING THE CONTOUR OF THE BUST.

By *Bernarr Macfadden*

I AM presenting herewith further exercises for the improvement of the bust. Other exercises were illustrated last month. If you are interested in the development of this part of the body I would advise that you carefully read the article published last month, that is, of course, if you have not already done so.

Of course, all exercises that develop the entire body will be of indirect benefit to the bust. Such general exercises promote a better constitutional condition, strengthen the nervous system, and build up functional vigor. No one part of the human anatomy can be considered as entirely independent of its fellow parts. The body must be considered as a complete whole. What affects one part will to some extent affect all the parts, and a general improvement of the entire frame will also benefit each individual part. But while all exercises are beneficial in this manner, yet the special exercises given here will directly affect the parts for

which they are intended, strengthen the muscles lying under and about them and bring about a more vigorous condition of all the tissues concerned.

I laid special emphasis last month upon the necessity for a superior constitutional condition as the prime essential in the development of a beautiful bust. One should strive to attain the most perfect degree of health and all-round development that is within her reach, and this requires the perfect nutrition of the body through properly selected foods, a good digestion and other satisfactory conditions of life. The manner in which the average individual lives is far from satisfactory, and it is even impossible for children to grow up under such circumstances and attain to the full all the mental and physical powers which rightfully belong to them.

One reason why many never seem to acquire a good bust



Exercise No. 5.—This exercise will require the use of either a horizontal bar or some substitute that will answer the same purpose. A curtain pole firmly fastened at a convenient height will suffice. Or perhaps you can use the ledge over a doorway, if large enough to take hold of. The exercise consists in taking hold of the bar and hanging with the feet unsupported, as shown, the bar being placed a little higher than you can reach by standing on the floor. Hang in this way as long as you can do so without positive discomfort, then drop to the floor and rest a few moments, repeating the exercise until tired. This exercise is a most valuable method of raising and expanding the chest, an important feature in the total plan of improving the appearance of the bust as set forth in this series of exercises.

development is because they do not actually reach full maturity. They really attain only what may be called a childish development. Married women frequently lose the contour and shapeliness of the bust, not so much because of the bearing and nursing of children as of the general physical deterioration in health and exhaustion of body due to an unsatisfactory mode of living, including, among other things, the abuses of so-called marriage "privileges." With strictly right habits of living in every respect, married life with its attendant cares and the bearing of children, would not necessarily result in loss of beauty of bust contour. This has been proven in some cases by actual experience.

Therefore do not think that these exercises are in themselves sufficient for your purposes. They will help you provided that other conditions are satisfactory. The really important matter is to acquire a general

condition of health as nearly right as possible. The peasant women of some foreign countries labor as the men do, and yet bear and rear anywhere from one to two dozen children, without seeming to suffer any marked inconvenience. They live principally on what is known as "black bread" (a genuine whole wheat or whole rye product) and onions, with a few other vegetables, abstaining from meat almost altogether because they cannot afford it. People will say that they accomplish the work that they do because they are so strong and vigorous. However, I would just reverse the proposition, and say that they are so strong and vigorous because of the open air work they do, and because of their active and abstemious habits of life. And no one ever heard them complain of lack of bust development. This in spite of the poor ventilation of their rooms during sleep, unhygienic clothing, their ignoring of proper bathing habits and of other laws of health.

But if the more intelligent women of the



Exercise No. 6.—Place two chairs in the positions illustrated above, with one hand on the back of each. Then step back perhaps two feet, and raising high on your toes, lean far forward in the manner shown, supporting as much as possible the weight of the body on the hands. Sustain this position for a few moments or until tired, then push back until you stand again with your weight on the feet. Repeat several times. See how far back you can stand and still accomplish it. This is a splendid exercise for the muscles across the chest and under the arms and will directly benefit the bust. If you place the chairs a little farther apart, and hold the position illustrated a little longer than suggested above, you will find it especially effective.

United States, Canada and England could once accustom themselves to living out of doors almost entirely, spending a suitable part of their time in the fields or playgrounds, breathing the fresh air and imbibing the sunshine, and so gaining greater and greater strength, then, with our superior knowledge of hygienic laws, we may well expect our women to excel the peasant women referred to in beauty, strength, vitality and longevity.

Such a condition of physical perfection for women, as well as for men, is what this magazine is working for. It is intended that the conditions of life in Physical Culture City shall give women every opportunity to live an open air life and realize this ideal as just set forth. Women will never be able

to do themselves justice, either as mothers or in any other capacity, as long as they are unable to reach full maturity and realize perfect health. And when a woman attains or closely approximates a condition of health and splendid womanhood, she will be certain to possess a fully developed, firm and beautiful bust.

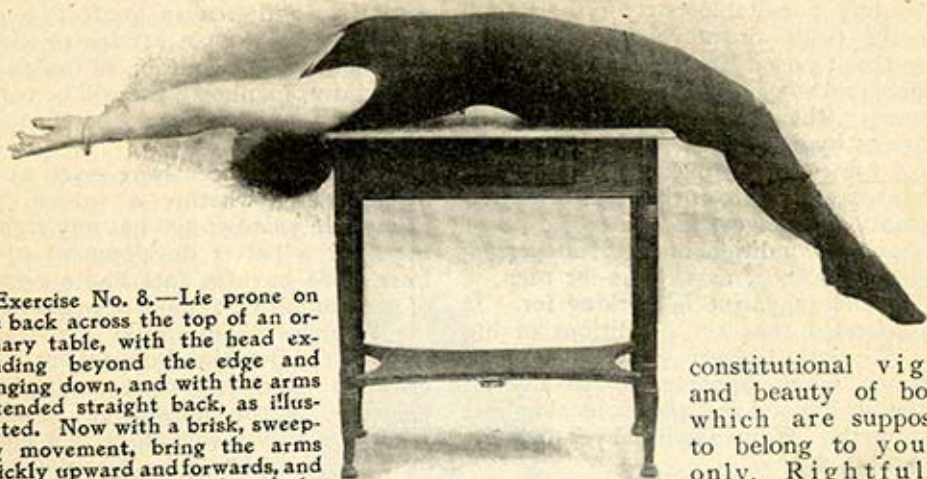
A letter was recently received at this office asking whether a woman past thirty-five years of age has any right to hope for a better development of the bust. We have in fact had a number of such inquiries, though it was impossible to more than briefly touch upon them in the Question Department. The question cited can most certainly be answered in the affirmative. There is no reason why a woman of that age, or even considerably older, should not be able to improve her bust through the simple methods which I have suggested. A woman at the age mentioned should be in the prime of life and her physical beauty and charm should be at its very best. If this is not so, then there is something wrong somewhere, and it may be necessary for her to make some very radical changes in her habits in order to bring about the desired improvement.

However, while some improvement is possible to every one, yet I do not wish to be under-



Exercise No. 7.—Standing squarely on both feet erect and with heels together, grasp a chair with the right hand in the manner illustrated herewith. Then gently bring the chair as far out to the right side and behind you as you conveniently can. Next, with a vigorous movement, bring the chair quickly to the left, forward and in front of the body to the position shown, with the arm brought across in front

of the chest, the entire body being turned far to the left. The feet should be kept firmly on the floor in one position. Repeat the movement until tired, then do the same thing with the chair in the other hand. If more convenient, some other suitable object may be substituted for the chair, and in some cases either a lighter or a heavier weight might be used with benefit.



Exercise No. 8.—Lie prone on the back across the top of an ordinary table, with the head extending beyond the edge and hanging down, and with the arms extended straight back, as illustrated. Now with a brisk, sweeping movement, bring the arms quickly upward and forwards, and finally down to the sides of the body, raising the head as high as possible without raising the shoulders from the table. Quietly return the hands to the first position and repeat the movement, continuing until tired. This is not only very valuable for raising and expanding the chest, but has a direct influence upon the bust itself.

stood as maintaining that every woman, no matter in what bodily condition or at what age can develop a perfect bust by these methods. As my readers are well aware, there are a hundred ways in which human beings constantly fritter away their strength and consume their nervous energies. It is possible, by persistent wrong living, to undermine the constitution to such an extent that it is impossible by any means under the sun to restore perfect health. Without a doubt, there are some who have done themselves so much harm through their mistaken habits that the damage cannot be completely repaired. But by reforming their method of living they may in time greatly improve and even develop a fair degree of physical vigor. Still they cannot expect to attain the same degree of development as though they had never wasted their vitality in previous years.

For this reason it would be absurd for me or any one else to promise, in all cases, a complete restoration of that

constitutional vigor and beauty of body which are supposed to belong to youth only. Rightfully, they should belong to

all the best years of one's life, instead of only to the fresh, young years of ripening manhood and womanhood. But, unfortunately, in the present age of unnatural living and thinking, they are in many instances not developed even in youth.

However, as a result of close adherence to physical culture principles, something at least can be promised to everyone, no matter how lamentable her physical condition. For if you have been able to survive the unfavorable conditions of your past life, then, with the adoption of a more rational mode of living, you are bound to improve to a greater or less extent. Some results at least are absolutely certain, and even though you may not be able to develop what you would consider a perfect bust, you can at least greatly improve it, strengthen and harden all its tissues, and make it more round, full and symmetrical. But in the case of one who is yet in the bloom of youth, or in fact anyone who has not gone past middle life, and has never suffered any notable loss of vitality, there is no reason whatever why, with proper care of herself and persistent efforts in the right direction, she should not be able to acquire a development of this part that is little if anything short of perfect.

Ideal Babyhood

By Marguerite Macjadden

Clear and cool, clear and cool,
By laughing shallow, and dreaming pool;
Undefined for the undefiled—
Play by me, bathe in me, mother and child.
—CHARLES KINGSLEY.

NO attempt should be made by an over zealous nurse or attendant to bathe baby immediately upon its arrival, but instead, wrap "this precious bundle of pink and white" in a soft, warm blanket, and lay him aside to rest. He will probably promptly fall asleep and should not be disturbed for at least three or four hours, when if the little body has upon it the cheesy deposit known as "vernix caseosa," there should be a free anointing with pure olive oil, to be followed by a warm bath, the combination entirely cleansing the little one. I might mention, however, for the benefit of any young mother who has not read the "Perfect Motherhood" series that the cleansing of the eyes and mouth immediately after birth is of the greatest importance, a solution of boracic being provided for the purpose in advance, and kept in baby's basket for daily use for some weeks following.

Water for baby's first bath should be about ninety-five degrees Fahrenheit, and the best castile soap must be used, with soft old towels for drying purposes. It is wise to save all the old linen for such purpose before baby's advent, as nothing is too old or too soft for the newborn's delicate skin, harsh towels and friction not being in order for some time.

This first bath should not be of long duration, as the small stranger is easily fatigued, and hasn't any vitality to expend uselessly. A soft old blanket, or cotton flannel square, makes the very best of bathing aprons for the mother by rapidly absorbing the moisture, besides being of infinite comfort to baby, yielding him as they do both ease and warmth.

A warm room for this first bath is of course a necessity, and baby must be well protected from undue currents of air during its performance. Lay him on his back on your lap, and bathe him,

in sections, one member at a time, never exposing any more skin surface than is necessary, bearing in mind that he has recently come from very warm quarters.

The crocheted or knit wash clothes for infant's use, are always preferable to sponges, unless scrupulous care be given to the latter, which should be frequently renewed. Old sponges are a most unsanitary item of the baby's bath indeed. Wash-cloth or sponge, whichever it may be, should have a permanent hook outside the window, where it may hang in the air when not in use.

Baby's eyes and mouth call for the most persistent and exquisite care, the former especially being so marvelously delicate, for any carelessness in regard to their proper bathing and cleansing in earliest infancy, by mother, nurse, or attendant, may result in permanent injury to the eyesight, but of this, more anon. Nothing should be permitted to interfere with baby's daily bath, and although the morning is the better time for it, if the busy mother cannot so arrange it, an evening hour may be substituted. But whether it be morning, or evening that is decided upon, let nothing interfere with its regular daily performance. If judiciously given, it will not be long before it is anticipated by him almost as eagerly as his food. But judgment is required in this as in all other things pertaining to baby's welfare. For instance, it would be decidedly unwise to immerse him, in the first instance, in a cold bath, although such a bath will probably be one of his greatest luxuries and benefits in later life. But in earliest infancy we must exercise our judgment, and observe moderation in this matter of bathing as in everything else pertaining to him. Not only do we require to gauge the temperature of the water used, but also that of the room in which the bath is

given. The temperature of the latter should be from seventy-five to eighty degrees Fahrenheit. Everything should be in readiness before beginning bathing operations. Baby will have had breakfast, with a nap following (if the morning hour for the bath can possibly be arranged) which will probably bring the time for the morning ablution to about ten o'clock. To recapitulate, the necessary preparations include bath, with water at a temperature of ninety degrees, a piece of best white castile soap, wash cloths or sponge, and towels, these last being preferably old ones, soft and worn. Then, too, you will require boracic solution, with which to wash baby's mouth and eyes, using a small bowl for this purpose and tiny squares of soft, old linen. These last will serve also for the dressing of the navel, an operation which will be required for a day or two until the remnant of the cord detaches itself. A little olive oil should be applied to prevent the linen adhering. When about to begin the bath proper, pour a little of your solution into the bowl and wash baby's eyes, for which purpose you use the linen scraps, always bathing the eyes *from* the outer angle *inward*, being careful never to use the same piece of linen for both eyes. The little mouth should also be washed out with the same solution. But in a future article I will give detailed directions for the care of both eyes and mouth. The head should be washed daily, just as any other part of the body, and the neglecting to do so is the frequent cause of an accumulation of dandruff, unsightly, unclean and uncomfortable.

After washing the face and head, proceed to bathe the entire body, keeping baby protected from draughts and avoiding needless exposure. Finally immerse him gently in his bath for a second, so as to accustom him to the sensation. After a few days, when the remnant of the cord has disappeared, etc., baby should be washed daily in this tub, rather than upon his mother's or nurse's knee.

By lowering the temperature of the bath daily, almost imperceptibly baby will in an amazingly short time evidence his enjoyment of his practically cold tub, by kicking, crowing, and splashing

as soon as he is placed in it. If baby's bath be given him in a comfortable room as regards temperature, his friction bath, in other words a rub, gently at first, but as weeks go by let it be of a good brisk nature, will be welcomed and delighted in almost as much as his tub. This friction serves to accelerate the circulation and provides a form of exercise of about the only type that baby is ready for. His sun and air baths, should be, as he grows older, quite as much a part of the daily regime as the water bath, and are quite as important in every respect to his well being. What mother has not remarked her infant's unbounded delight when, freed from clothing, he is permitted to revel in the sun, to stretch his unhampered limbs, while he kicks and crows with sheer joy?

No better place for this air and sun bath can be found for the very young infant than mother's bed, if it be a double one, with a good spring and mattress, while later a soft rug placed upon the nursery floor, or better still, the grassy sward, will provide ideal places for these air and sunshine revels. Provided that mother's bed be the place chosen, have it drawn over to the window where the sunshine can flood it, having had the room thoroughly ventilated and the temperature for a very young infant brought to not lower than eighty degrees. Have baby entirely nude, and let the first bath be but a few minutes in duration. Increase the time daily. If the weather be mild, open the windows a trifle, and still wider as the time goes on, until baby has unconsciously acquired the fresh air habit, to which we sincerely hope he is to be an ardent devotee throughout his entire life. To outline any regular system of exercise or movements in connection with these morning airings would scarcely be necessary, since kicking and squirming and tossing, absolutely unhampered by clothing, following his own impulses, is at once the baby's delight and benefit.

Froebel, the father of the kindergarten, tells us that the first movement that should be taught a baby is that one that suggests to him a freedom of action, in much the same way that the mother bird teaches her young to fly, that is, by

gently thrusting it off at some safe height, to fall unharmed through space. So does it experience the joyous sensation of independence which is to be such a delight through life, and which is the source from which manhood and self-reliance spring. This may be effected by taking hold of baby's thumbs and raising him from lying on his back to a sitting posture, then gently releasing your hold. He will then drop back upon the bed. At first he exhibits astonishment, or it may be alarm, even fear,—yet if the action be repeated several times, he will begin to beam with delight. If the bed has a good spring to it, he rebounds somewhat at each drop, and the sensation affords him pleasure, as well as healthful exercise. In addition, his little arms, back and neck are receiving individual benefit. Be careful, however, never to allow him to become wearied. Give him only a few moments of the exercise to begin with. Later he will learn to anticipate and long for it, and in an amazingly short time he will, when lying unattended on his bed, exercise himself in an interesting and indeed surprising way. Baby will undoubtedly warm up with this play-work, but should he chance to become chilly, give him a good brisk rub for a few minutes before you don his clothes again, or he is tucked in bed, as the case may be. The only time at which these exercises should not be given is just after he has been fed. The best time is, the mid-morning and following his tub, with the sunshine abundant. However, if one cannot so plan it, the hour does not make so much difference, provided it is not entirely crowded out. Remember that baby's future welfare is largely, oh, so largely! controlled in early infancy, which training should, however, be merely the following out of those beneficent prenatal influences under which he ought to be born. There is no question but that these likes and dislikes regarding bathing and exercise, yes, even food, are to a very great extent transmitted through the medium of parents. A case in point comes to me as I write of a little girl, now six years of age, whose mother never cared for cold water bathing, swimming and such like, but being en-

lightened as to their benefits she decided that baby should be trained to enjoy them. She has used unerring patience, judgment, and wisdom, and yet for a reason, which she lays at her own door, her little girl shrinks from her cold bath with apparent dislike and distress, almost as strongly as she did in infancy. The benefits of the bath, etc., are reflected in the clear, healthful glow of the child's skin, firm, smooth flesh, etc., and her mother hopes that as she gets older, the feeling of dislike will be overcome. Yet she attributes the child's peculiarities entirely to prenatal influence, having been strongly urged by her friends to depart from the enervating effects of her warm baths, during baby's embryonic period, she still persisted in them, and is now endeavoring by every means in her power to overcome any baneful influence that may result to her child.

Of course there is another view to take of the cold bath, which only wisdom's dictates can outline, and that is, the power of each individual, be they baby or adult, to react satisfactorily from such. The friction bath following is almost invariably all that is required to stimulate the circulation satisfactorily if it be sluggish, and to exercise further enhances this method. With baby, the gradually reducing of the temperature, day by day, leads him unconsciously to his cold bath, preparing him step by step for it. The hot bath occasionally for the purpose of cleansing, say once a week, at least, has also its merits, which I do not for a moment gainsay, it is in itself also a comfort and a luxury, but if indulged in frequently has an enervating effect on the system. As a remedial agency it certainly cannot be overestimated. If through indiscretion in diet, or through a cold, or any other cause, baby have pain or cramp, nothing will act as a relieving or soothing agent more promptly or satisfactorily than the hot bath, bringing as it does relief from suffering, soothing the nerves, and inducing sleep. Just here the internal bath or injection might come in for its meed of attention. However, I will write more fully in a future article regarding its need and proper use.

Women's Question Column

By *Bernarr Macfadden*

Disease of the Gums

Q. Please outline a treatment for diseased gums where the teeth get loose and the gums are very red.

A. Constitutional conditions are responsible for your trouble and constitutional treatment will be necessary to remedy same. Such symptoms, however, are often the direct result of the use of drugs, and while the harm thus done cannot always be undone entirely, yet with proper care you can prevent any further developments of gum disease, arrest decay, and keep the teeth in good condition. Remember that, aside from perfect cleanliness of the parts themselves, the condition of the teeth and gums depends absolutely upon the condition of the general health and the quality of blood by which the tissues involved are nourished. The remedy, then, is obvious to intelligent students of physical culture and health. Massage of the gums with the fingers and exercise for the teeth can also be recommended. Eat chiefly of solid food and chew thoroughly. A splendid form of exercise for these parts can be secured by biting gently on small sticks of moderately soft wood.

Same Pre-Natal Influences for Both Sexes

Q. Should a male child be influenced by its mother, before birth, in the same manner as a female child? If not, and if the mother would or should act and think differently in endeavoring to influence a male child than she would for a female child, then, since the sex of the coming child cannot be foreseen, would not this fact be quite an obstacle to prenatal influence?

A. This is a disputed question, but I would say that, in general, the same influences should be brought to bear upon the unborn child irrespective of its anticipated sex. You should not try to anticipate the sex of the coming child, for indeed the effort is useless. Hence your thoughts and actions should be the same no matter whether you hope that the little one will be either a boy or a girl. The child should be anticipated as an individual, as a human unit rather than as simply a member of either sex, and you should remember that persons of both sexes can possess in practically an equal degree the same talents and capabilities. Aside from those peculiarities inherent to each sex, identically the same characteristics of human nature are to be found in both. For the most part, the world makes altogether too much distinction between the two sexes. Were this not the case, many of the marked and unjust inequalities from which women suffer at present, would not exist.

Trembling After Exercise

Q. After taking vigorous physical exercise I often experience a trembling sensation of the body, especially in the lower limbs. Does this denote an excess of exercise, or is it a natural result of the increased circulation of the blood?

A. The symptom you mention indicates that you have been over-exerting yourself. Exercise cannot benefit you if you go beyond your natural strength, but will only exhaust your nervous energies and weaken you. Your exercises should be kept within such a limit that you will be comfortable afterwards, even though tired.

Cancer of the Stomach

Q. Can a cancer of the stomach be cured? Kindly suggest treatment.

A. This complaint can sometimes be cured, by natural methods, unless it has gone too far. In any event it will depend largely upon the individual and the earnestness with which he adheres to these same methods. Of course a cure is out of the question when one has practically both feet in the grave. Cancer is due to poisons in the blood, and constitutional treatment is required. Adopt a rigid physical culture regime and adhere to it persistently, make the most of the fasting cure, hydro-pathy, and every natural means of purifying the blood and thoroughly cleansing the system. Medical treatment can do nothing for you. You are suffering now the consequences of your wrong habits of living in the past. A cure cannot be promised, but your only hope lies in strict right living. Read carefully my special Physical Culture Treatment for Cancer. The trouble may not be a cancer after all.

Wrinkles on the Face

Q. I intend to grow younger, which I know I can do if I follow the rules laid down in PHYSICAL CULTURE. I am badly wrinkled. Can you inform me how to remove wrinkles from the forehead and under and around the eyes?

A. It is a comparatively easy thing to avoid the coming of wrinkles, but much more difficult to get rid of them after they have come. For one thing, the general health should be improved. Massage with the finger tips and washing the face in cold water can be recommended, and use of a high grade cold cream, or, better, pure olive oil from which the coloring matter has been removed, will help. The most important thing, however, is to avoid the main cause of wrinkles, namely, squinting and frowning. Cultivate a serene expression of countenance and avoid worry.

Use of Cotton Seed Oil

Q. Kindly advise as to the healthfulness of a refined grade of cotton seed oil for use in cooking. How does it compare with olive oil.

A. Cotton-seed oil would be fairly satisfactory for use in cooking, provided you are able to get it pure. Some of the products commonly sold under its name are extensively adulterated, containing beef suet and other animal fats. Pure cotton seed oil is certainly to be preferred to lard. A great deal is sold as olive oil. The latter is, however, much superior.

Sleeplessness and the Blues

Q. I am very nervous and everything seems to worry me. My main trouble, however, is sleeplessness. When I retire I seem to have so many things on my mind to ponder over and worry about, though I am only a school girl in my seventeenth year. What will make me sleep and cure the blues?

A. Perfect health is the most complete cure for nervousness, and a good wholesome bodily fatigue is the best thing to induce sleep. Use every possible means to build up your general health and improve the condition of your nervous system. You are without doubt studying too hard. Try to spend all of the time not consumed in school in the open air, take air baths, sun baths, friction baths, cold water baths, long walks and other exercise out of doors, and when bedtime comes, you will enjoy the privilege of lying down. One thing you must clearly understand is, that you must make a radical change in your present habits or you will continue to suffer from sleeplessness and the "blues." Avoid absolutely tea, coffee and stimulants of every kind. It is best to retire with an empty stomach, though sometimes a glass of warm milk on going to bed will have a good effect. However, I would consider fresh air and general constitutional building up to be the most necessary factors in your case.

Muscular Rheumatism

Q. I suffer terribly from muscular rheumatism. I have tried some exercises and drinking of water freely. Eat

very little meat. I am only five feet tall, but weigh one hundred and eighty-five pounds. Can you advise treatment?

A. Judging from your weight as compared with your height, I would consider you as being rather a half-hearted physical culturist, and hardly a good representative of our teachings. If you would adopt physical culture principles in earnest I believe you would soon note a change for the better in your condition. I would strongly advise you to immediately undertake a complete fast and continue same until you have reduced your weight from thirty to sixty pounds. At the end of that time I am confident that your rheumatism will have disappeared and that you will be much stronger in every way. Keep on with the exercises and water drinking and drop the meat entirely. Read my Special Treatment for Rheumatism.

Oleomargarine

Q. Of what is oleomargarine composed? Do you consider it healthful?

A. Oleomargarine is an imitation of butter composed chiefly of animal fats. After the fibre is removed from these they are churned with milk and cream, and a little real butter mixed in. Knowing the tendency of food manufacturers to adulterate, one can readily imagine that other ingredients of a still more doubtful character may be used. On the whole, I would not consider it a wholesome or satisfactory article of food.

Use of Gluten Bread

Q. Would you advise the use of gluten bread as constituting a good diet? Kindly give your opinion of its value.

A. Gluten bread can be recommended, especially if the other foods that you use are such that the elements contained in gluten meal are necessary to complete a well balanced and perfectly proportioned diet. Of course you should be sure that you obtain an honest gluten flour. It could with advantage be used entirely as a substitute for white bread, but at the same time I would recommend a genuine whole wheat flour, such as is used by the Physical Culture Restaurant Company, this being by far the most satisfactory of all. The entire wheat grain is a perfect food, and one can live upon it alone.

PERCUSSION AS A NERVE TONIC.

One of our readers sends us a communication in which he states that percussion applied to the ganglion, located at the base of the brain, the nape of

the neck, is a powerful stimulant to the nervous organism. We would be pleased to hear from any of our readers as to the accuracy of this conclusion.

Detailed Menus for One Week

By Marguerite Macfadden

Breakfast. MONDAY.
Oranges,
Egg-o-see with cream,
Pea Omelet,
Brown Bread,
Postum.

Dinner.
Lima-Rice Soup,
Corn Macaroni,
Baked Potatoes,
Peas,
Cold Slaw,
Fig Pudding,
Cider.

Supper.
Hot Bean Sandwich,
Prunes with Whipped Cream,
Rye Bread,
Chocolate.

Breakfast. TUESDAY.
Bananas,
Egg Triscuit,
Salsify Cakes,
Corn Gems,
Cocoa.

Dinner.
Mock Oyster Soup,
April Nut Loaf,
Creamed Onions,
Eggs and Mushrooms,
Nut Jelly,
Grape Juice

Supper.
Date Rice Cakes,
Cabbage and Beet Salad,
Cream Toast
Postum.

Breakfast. WEDNESDAY.
Apples,
Egg-o-see with Figs,
Boiled Eggs,
Brown Toast,
Hot Milk.

Dinner.
Chicken Soup with Rice,
Lentils with Peanuts,
Creamed Parsnips,
Rice and Raisins with Hot Sauce,
Postum.

Supper.
Jellied Chicken,
Corn Muffins,

Baked Dried Apples,
Cocoa.

Breakfast. THURSDAY.
Prunes,
Price's Wheat Flake Celery Food with
Cream,
Nut Hash,
Rye Bread,
Cereal Coffee.

Dinner.
Split Pea Soup,
Potato-Bean Surprise,
Egg Salad,
Cream Tapioca,
Grape Juice

Supper.
Date and Nut Sandwiches,
Lettuce and Orange Salad,
Escalloped Tomatoes,
Cocoa.

Breakfast FRIDAY.
Grape Fruit,
Strengthfude with Dates,
Boiled Eggs,
Brown Bread,
Postum

Dinner
Lentil Soup,
Baked Halibut Steak,
Plain Boiled Potatoes,
Cabbage and Apple Salad,
Chocolate Blanc Mange,
Milk.

Supper.
Stuffed Eggs,
Toast,
Bananas with Custard,
Cocoa.

Breakfast. SATURDAY.
Oranges,
Puffed Rice with Cream,
Picked-up Fish on Toast,
Cereal Coffee.

Dinner.
Vegetable Soup,
Parsnip Nut Rolls,
Rice Stewed Tomatoes,
Baked Custard.

Supper.
Creamed Macaroni,
Hot Kusks,
Prunes,
Chocolate.

SUNDAY.

Breakfast.

Bananas,
Mother's Rolled Oats and Cream
Scrambled Eggs,
Toast,
Postum.

Dinner.

Cream of Corn Soup,
Baked Chicken,

Nut Bean Stuffing,
Potato Souffle,
Mashed Turnips,
Tapioca Pudding,
Grape Juice.

Supper

Chicken Salad,
Cream Toast,
Oatmeal Jumbles,
Chocolate.

Pea-Omelet. A can of peas will make omelets sufficient for six persons. If, however, all are not required, they will warm over nicely for dinner. To every yolk and white of egg beaten lightly together, not separately, add a pinch of salt and two tablespoonfuls of milk. Open a tin of peas and place over the fire in their own liquor. When boiling, add salt to taste and one tablespoonful of corn starch, blended smooth with a little cold water, and a tiny piece of butter. Boil for three minutes. Have your omelet pan hot, with a liberal piece of butter or olive oil in it, and pour in your egg and milk ingredients. Do not have the fire too hot, and as soon as your omelet is firm, place in it a heaping tablespoonful of peas, fold over and serve. If making omelets for a number of persons, have your platter placed over a pot of boiling water, when the first ones will keep nice and hot until all are made. An omelet should never be served cold, but one of this kind does not toughen if kept warm for a short time. Garnish with peas and serve.

Lima Rice Soup.

Soak one cup of lima beans over night in two quarts of water. Place over the fire early in the morning, adding one large or two small onions, and boil until thoroughly tender. Now remove from the stove and strain off the liquor through your colander. Return the beans that remain to the pot and mash with potato-pounder. Then pour back the strained liquor over the beans and stir thoroughly. Put again through the colander, pressing the thicker portions through with a spoon. In a separate vessel boil two tablespoonfuls of rice in one pint of water until tender. Do not strain, but pour all into the bean stock, salt to taste and serve. This soup is highly nutritious as well as delicious.

Corn Macaroni.

Is prepared by boiling the macaroni in the usual way, and after straining, turning into a can of heated corn to which has been added salt and butter to season, and one tablespoonful of cream. This dish pleasantly varies the daily menu.

Hot Bean Sandwich.

Save from your lima beans when boiled for the soup, some of the hot beans, rub them to a smooth paste with a tablespoon, season to taste and stand aside until supper time. Toast thin slices of whole wheat bread and over these pour just enough hot milk to moisten slightly; spread with a liberal layer of the bean puree and cover with another slice of toast and serve.

Egg Triscuit.

Heat a pint of milk, into which has been stirred two eggs well beaten, and a little salt, but do not boil. Place your triscuits in a buttered skillet, and over them pour the warm milk and egg. Allow to boil, when it will promptly thicken. Serve piping hot.

Salsify Cakes.

Scrape your salsify root, (commonly called oyster plant) thoroughly, and lay it in cold water for one-half hour. Boil until tender in salted water and drain. Beat with wooden spoon to a smooth paste, free of fibre, moisten with milk. Add a teaspoonful of butter and a lightly beaten egg to each cupful of salsify. Shape into balls, and fry.

Mock Oyster Soup.

Take one bunch of salsify or oyster plant, scrape well, cut into one-half inch pieces and put in cold water for one-half hour, then drain. Add hot water and

stew until tender, using only water enough to keep it covered, then add one pint of milk and when all reaches boiling point, season with butter, salt, a little white pepper and serve with oyster crackers.

April Nut Loaf.

Put one cup of Brazil nuts through the mill. To this add one cup of hot boiled rice, one cup of potatoes, two eggs beaten lightly, the grated rind of one lemon, one onion chopped fine, a small piece of butter, sprig of parsley chopped fine, and two tablespoonfuls of cracker crumbs. Mould into a loaf, pour over all two tablespoonfuls of olive oil, and bake in a slow oven.

Date Rice Cakes.

Take of boiled rice two cups, dates one cup, put latter through your nut mill; one egg, and two tablespoons of milk, mix thoroughly, mould in cakes and fry.

Lentils with Peanuts.

Make a puree of lentils and to each cup of lentils add one tablespoonful of peanuts, put the whole through your nut mill, season with salt.

Baked Dried Apples.

Few people know that if dried or evaporated apples be soaked for twelve hours in water, and baked in a moderate oven with sweet cider, they are a most appetizing relish.

Lentil Soup.

Soak your lentils over night in cold water. Then in the proportion of one cup of lentils to one quart of water add one large onion, one bay leaf, and in the morning place over the fire and boil for three hours. Remove from the fire, and press through your wire sieve or colander. If too thick, add boiling water to make the soup of proper consistency; salt to taste and add a piece of butter the size of a walnut. When ready to serve, slice in three or four thin pieces of lemon, or one teaspoonful of vinegar if preferred.

Baked Halibut Steak.

Have your steaks cut thick, as halibut is a dry fish, and dip them in beaten egg and cracker crumbs or whole wheat

bread crumbs. Place in a baking pan with a good sized piece of butter and a sliced onion. Bake in a moderate oven for three hours, basting frequently. Garnish with parsley and lemon to serve.

Chocolate Blanc Mange.

Dissolve four squares of first-class chocolate in one quart of milk, add two eggs beaten light, and five tablespoonfuls of corn starch, first blending the latter smooth with a little cold milk and three tablespoonfuls of granulated sugar. Boil for ten minutes, and pour into moulds to cool. A double boiler is preferable for making all milk puddings, as there is then no possible danger of scorching the milk; an accident which renders the pudding unfit to be served. Eat with sweetened cream.

Stuffed Eggs.

Boil your eggs hard, which will require your boiling them for ten minutes. Then toss into cold water, let stand a few minutes, and peel, cut off the tops, and remove the yelk with a small coffee spoon. To the smoothly blended yelks of six eggs, add two tablespoonfuls of lima bean puree one tablespoonful of minced hickory nuts, and a sprig of parsley chopped fine, with salt to taste. Mix thoroughly and fill the yelk centres with the mixture. Garnish with parsley and serve cold on tiny dishes of Egg-o-see, moistened with cream.

Picked-up Fish on Toast.

Pick to shreds with a fork the cold halibut left over from dinner. Heat in a skillet a little milk or cream, sufficient to cover your fish, with a dash of salt, white pepper and small piece of butter and a little chopped parsley. Serve on hot buttered whole wheat toast.

Vegetable Soup (No. 2)

Boil six large potatoes with one onion until tender, drain and mash. Put through your nut mill one half a large turnip, three carrots, one parsnip. Moisten all with a little milk, and stir into your mashed potato; over all pour one pint of milk and one of water with a little salt. Allow to boil for three minutes. Strain through your wire sieve, and serve with crotons.

The Comstock Controversy

We have received hundreds of letters commending us for our stand in the Comstock controversy. There were two or three exceptions to the rule, however.

One writer states that we have misrepresented Mr. Comstock; that his theories are not as we have pictured them, and that we would not dare to accurately publish Mr. Comstock's views. In reply to this I may say that if Mr. Comstock's views are any different from those that have been set forth in previous issues of this magazine, I will be pleased to give him whatever space he may desire to accurately state them.

Another letter which we publish herewith seems to indicate that the writer is also in need of a more clear insight into the sacredness of the human body. He is a striking example of one product of Comstockery.

TO THE EDITOR:

I was greatly surprised to read in the last two issues of PHYSICAL CULTURE your attack on Anthony Comstock. What is the matter? Have you lost your head because of your arrest? You make statements you know you cannot prove and you seem to think the people will swallow them whole because you say so.

Oh no! don't fool yourself that way, but the most of right thinking people will not condescend to notice them. But I thought I would write just to let you know that such a weak, contemptible attack on so brave and noble, and as you admit "conscientious" a gentleman don't go here. Some time ago a friend was talking to me about subscribing, but I would no more support such a magazine than I would a saloon.

What do you expect to accomplish by your nude pictures and that ridiculous Jupiter story of a man and woman running about naked?

Do you expect us all to lose our shame and run about the streets naked? Why don't you set the pace and try it, and then write up your exploits and how you attracted attention in that pure (?) magazine of yours. It would surely be a dollar catcher and that seems to be your motive.

It is needless for me to inform you that the theater that has the reputation of showing the most legs attracts a low class of people.

Notwithstanding what you say in your editorial, I think you believe that Mr. Comstock and every parent who is thoughtful and has right moral principles should teach their children about the use and abuse of the sex

relation, but you know very well that a parent wouldn't begin by showing them a lot of nude pictures or undressing before them—that wouldn't teach them anything.

I see you refer to Mr. Comstock in the December number as mentally enfeebled and befogged, but after you have cooled off a little in your January number you call him a man of courage; contradictory, isn't it? Then you call him the King of Prudes, and that prudery is the great crime of the country, etc., etc. Oh, what rotten nonsense! If, Mr. Comstock is a prude let's all be prudes; it would be far better than Macfadden's fad and his disgusting wail. I feel sure that Mr. Comstock is a man of too good sense to lower himself by either debating with you or noticing you in any way except to see that you keep within the laws of decency.

Yours in disgust,
A. B. HURTIN.

Middletown, N. Y.

PRUDERY IS IGNORANCE.

TO THE EDITOR:

I admire you for denouncing so fearlessly the greatest curse the world has ever known—Comstockery. Prudery has been the cause of more misery and heart-aches than any other—yes, all other things on earth. The world is full of silent suffering, caused by prudery.

To be budding into manhood or womanhood, not knowing themselves, is the greatest misfortune that can befall a young man or young woman.

I-g-n-o-r-a-n-c-e, spells purity to Comstock. To know thyself, and what is wrong and right, and do what is right, that spells PURITY, in large plain white letters.

Winona, Minn.

F. W. Q.

A VICTIM OF COMSTOCKERY.

TO THE EDITOR:

Justice to my convictions prompts me to write you a few thoughts on Comstock. I write from experience, for I am sorry to say that I was "Comstocked" when young. That is, I was brought up in ignorance of sex and its vices, the result being that the latter was all I learned. But one day, a sample copy of your publication PHYSICAL CULTURE reached me; it was then as I remember, only five cents per copy. I think I have it yet. Even though it may be gone, the good it did, still lives with me. A few lines in it from yourself woke me up and by the help of our Lord from that day on I have tried to overcome the sins of my early life. I am yet under my majority and that I may win out is my earnest hope. Down with Comstock? Well I reckon so. Say that he is right and the man that awakened me to my sins is wrong? Play the viper with my friend? No! Most emphatically NO. We must learn about sex

ere we reach puberty. I have lived long enough to know that. The PHYSICAL CULTURE theory is right. Why not teach ALL boys and girls the nature and needs of our sexual nature? Remember the lines of the poet "A little learning is a dangerous thing. Drink deep or touch not the Pierian spring." Pope was in the right when he said those words. They are true of sexology. We must be taught in the right way or curiosity and the emotions of budding puberty will tempt us to find out by illegitimate ways. May I never live to see PHYSICAL CULTURE put down and IGNORANCE set up.

A VICTIM.

Poughkeepsie, N. Y.

NUDITY AS A PURIFYING FORCE.

TO THE EDITOR:

Though not a subscriber, I have been for several years a regular purchaser and appreciative reader of your publications which are now merged in PHYSICAL CULTURE. Let me say that I think your magazine is the most useful of its kind published in this country; and the best feature of it is the intelligent effort you are making to bring people to a healthy and rational attitude of mind toward the human body.

Of all the preposterous notions that ever found lodgment in the human brain, the most insane is that the body—the noblest and most beautiful of the works of God—is indecent! The main supporter of this senseless and evil notion is the man Comstock, whom you are now fighting. May you have the success you deserve in your effort to show him up in his true character, and so deprive him of the harmful power now vested in him.

But to suppress one man will not be enough. The mental disease known as "Comstockery"—that of imagining indecency where none exists—is widespread. How else can we account for the fact that not only in New York, where Comstock plays the tyrant, but in other cities also, pictures of the undraped figure are rarely displayed in the best picture stores, where one would naturally expect to find them? This is an indication of the fact that so many people consider the body something to be ashamed of, and the display of it in pictures indecent. How can it be otherwise when they are trained to this view from earliest childhood?

Excellent men and women with good intentions but weak brains are apt to be the worst offenders in this respect. They believe that the sight of the human body awakens impure desire. Very likely. People are apt to find in a thing what they are told to look for. But the remedy is, not to keep on telling the same old lie as these good (!) people do, but to tell the truth as PHYSICAL CULTURE is doing. Not to forbid the sight of the body and thus give play to the imagination, but to display it freely in pictures and statues, and allow its chaste beauty to make the impression of purity which it naturally

makes on every healthy mind. And for diseased minds the best possible cure is the removal of the cause of the disease, which in this case is concealment, secrecy, mystery—all strongly suggestive of indecency, and hence promotive of the very thing it is sought to prevent.

In my house are many superb photographic studies of nude figures of strong men and beautiful women. They are taken in many poses, displaying all the exquisite harmonies and incomparable beauties of the human body. In not a single one of them is there anything in attitude or gesture or look which indicates consciousness of nudity in the model, or appeals to impure emotion in the spectator.

The effect on me of familiarity with the human figure, commenced in an exceptionally fortunate childhood and continued in the study of such pictures as I have described, has been to make me a stranger to impure desires such as might arise at the sight or thought of the nude figure in one not accustomed to it. The ladies also of my family look at the pictures and admire them, or criticize them from the artistic point of view, without a thought of immodesty. Their effect is in every way healthful and beneficial. And why should it not be? Can we believe that God implanted the least element of indecency in the crowning work of his creation? No. It is Comstock and his like who placed the element of indecency there.

Familiarity with the sight of the healthy human body is the natural and best possible corrective of lewd thoughts. It is also very useful in an educational way. Owing to the general suppression of pictures of the undraped figure in this country, multitudes of people grow up with no proper conception of what a normal, well-shaped body is. They also get distorted views of the proper relation of clothing to the body. Hence the large number of these who care more for their dress than for their persons. Most American women shape their feet to their shoes, instead of the shoes to their feet—a complete reversal of the proper relation of the two. In as much as the foot is never displayed in public and the shoe is, they are willing to deform their feet for the sake of appearing "well-shod." So with other parts of the person. It is a certain conventional form of the body *clothed* that is cultivated rather than the correct and natural body itself.

I am hoping for the appearance of a true (not sham) reformer, preferably some noble woman with courage for the task, who will start a movement for adorning the walls of school rooms with pictures of the undraped figures of the best proportioned men and women, so that children may grow up accustomed to and desirous of copying such ideals.

Think it over, all you who have at heart a genuine desire to promote purity in American life. Will you not gain your end in the way suggested better than by the present system of repression and suppression?

D. C. L.

Comment, Counsel and Criticism by Our Readers

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

WHAT WILL HUMANE VEGETARIANS DO FOR FOOTGEAR.

TO THE EDITOR:

Will you kindly inform me, and many other humanitarians, through the columns of your magazine, whether there has yet been devised a workable substitute for leather shoes; which is at the same time sightly, and not either canvas or the unhealthy rubber shoes?

Ever since being converted to the practice of the humane diet, I have felt keenly that we vegetarians seem compelled in a way to daily and hourly stultify our faith by our practice of wearing leather shoes, the same as the "lesser breeds without the law," the flesh-eaters.

To wear rubber is decidedly unhealthy and uncomfortable; canvas shoes can hardly be worn in wet or intensely cold weather; we must wear something, Kneipp to the contrary notwithstanding; and yet we are naturally loath to make spectacles of ourselves.

Surely the collective wits of our vegetarian brethren are capable of devising a working substitute, though one must assume that such has not yet been invented, or your columns and those of other magazines of the physical culture faith would not have remained silent on this vital matter.

The strength of a chain is the strength of its weakest link, and as long as we Vegetarians, Theosophists, Buddhists go on wearing shoes made from the hides of our murdered fellow-creatures, just so long must we submit to the humiliating necessity of being twitted by the "eaters-of-unclean-things," with this obvious inconsistency. Then let us bestir our vegetarian selves, and do something to end this most unpleasant state of affairs.

Thanking you in anticipation for the use of your columns, and for your editorial comment thereon,

CLARENCE CLOWE

Tientsin, China.

HELP IN THE FIGHT AGAINST MEDICAL LEGISLATION.

TO THE EDITOR:

In the February number of PHYSICAL CULTURE, we see under caption "Medical Laws, Graft, and Other Things" that which ought to awaken, not only those interested or engaged in the curing business, but the general public also.

Every broad minded man or woman in the land cannot but admit that the non-medicos of to-day are performing more radical cures than the regular doctors, even in the case of

those whom the medical profession have pronounced incurable.

The physicians of to-day are aware of the fact that the public is lacking in faith in the medical theories of the moment and those who practice them, and that, in order to keep their heads above water they (the doctors), must support a corps of political heelers and lobbyists not only at the state capitols, but at Washington also, who, by fair means or foul, attempt to wrench the constitutional rights from every citizen, to choose his physician and the rights of the non-medico to sell his professional services to those who wish them and are willing to pay for them. The proposed Federal law will also fall heavily upon many an "M. D." who is not in the good graces of the medical board.

Measures of this type are railroaded through, under the guise of laws for the protection of the people against the quacks, (which are only medical pretenders) but in reality they are intended to prohibit the non-medico from practicing his profession. Also to bolster up for a time the waning faith in "regulars." "Where do the people get off" if the medical trust succeeds in having their proposed legislation enacted in the guise of protection for the people? What are the people to be protected from? Are they seeking protection at the hands of the medical trust; and would they accept the pretended protection of despoilers as against their own choice, even though such protectors are authorized by law?

Again we ask in all candor: Does the medical fraternity enjoy a monopoly of the cardinal virtues to such an extent that it is unsafe to entrust the guidance of the curative properties of nature to others? It is natural and right that the use of drugs as remedies for disease should be restricted to those educated in their use, but the use of the laws of Nature as a remedy rests upon an entirely different basis. The demand of the drug doctors for legislation giving them the right to usurp the uses of that which an allwise Creator equally bestowed and Christ later proclaimed as "free to all," seems to rest upon their wilful ignorance of the fundamental principles thereof.

Let us for a moment give the floor to some of the representative men of medicine.

Prof. Mott, the great surgeon says: "I grant you people are cured, but how are they cured? Imagination does a great deal, Nature does a great deal, doctors do devilish little when they don't do harm." Doctor

Abernathy, of London, says: "There has been a great increase of medical men of late, but upon my word, diseases have increased in proportion and likewise their fatality."

Sir William Ramsey, the great English chemist and scientist, says: "The decreasing valuation of the college diploma as assurance of personal ability is obvious."

Dr. Talkwell—(C. S. Carr, M. D.) Columbus, Ohio says to those who swell with pride when someone notices their diploma hanging on the wall: "Doctor, can you read your diploma? does it make you out an ass or a fool? Now come, doctor, *can you read your diploma.*" To enact such medical laws as the medical trust are demanding will be class legislation of the rankest kind, simply for maliciousness and to the great detriment of the public.

Let every non-medical adherent awaken, and when such bills are before congress or senate let each man write a letter to the congressman and senator from his section. Such methods gave the Indiana medical politicians a jolt, last year that they will not soon forget.

There is an organization in the west that is doing good work in the interests of freedom in practice of the healing arts as taught by all schools of healing, and to the efforts of this organization is due much credit for the defeats dealt out to the medical politicians in Indiana and Illinois in the past year or two. The Sec. of the A. M. U. is an untiring worker spending much time in Springfield, Ill. and Indianapolis, Ind., during sessions. The Secretary's address is T. A. Bland, M. D., 131 So. Hoyne Ave., Chicago, Ill.

As the objects of P. C. are identical with those of the A. M. U. would it not serve the best interests of the greater number if these forces were to work together?

B. H. JONES, PH. D.

Lawrence, Mass

ONE SUGGESTION FOR IMPROVING THE RACE BY BETTER BIRTH.

TO THE EDITOR:

I see that a commission is likely to be appointed to deal with the question of race suicide. My wife and I have had abundant opportunity to study the question among our intimate, friends as we ourselves were childless for over seven years.

Now we believe that not one-quarter of the children are born that ought to be: and not one-fourth of those born are endowed as they should be: and not one child in one hundred is properly begotten. They are only creatures of accident.

Cannot a new race be founded? I have never heard any definite suggestions on the subject, so I offer this, which I think would solve several difficult problems.

Let a fund of \$10,000 be established with trustees to distribute this to claimants under some such rules as these: Let a gold medal symbolic of purity be given with \$25 to each child born in the same month as its one older brother or sister. If it be an opposite sex i. e. an alternate, let the allowance be double. To the third child in the family, increase the

allowance say to \$35, and if it be an alternate double the award and so continue to increase the awards gradually until say in a family of ten alternates, \$2,000 total should be awarded the family. All must be born in the same month of the year. These children could be known as Children of the Nobility or some other appropriate term, and the medals could be suitably inscribed.

Of course the governing rules must not be too inflexible. I think by this method, the sex question would be fully solved and eventually it would be a disgrace to be born out of due time and be stamped as a creature of accident. I think this would be the entering wedge to a purer, better society; \$10,000 might soon be exhausted but it would do to start the fund. I would like to read a symposium on this matter.

A READER.

FOOTWEAR FOR WINTER AND SUMMER.

TO THE EDITOR:

I have read your various articles about footwear, and will give you my experience on the subject. For several years I noticed that in the winter, my feet would perspire indoors, and when I went out of doors my feet got cold. At this time I was wearing high shoes. My circulation is slow, but my heart beats very strongly. One day a friend, a young man, spoke of his experience, which was similar to mine, and how he remedied it. By his advice I commenced wearing spats or overgaiters with Oxfords or low shoes, removing the spats when indoors. This I commenced to do after the cold weather had set in. Contrary to the predictions of my family, I found that my feet kept pleasantly warm while outdoors, and while indoors, with the spats removed, my feet did not perspire. Also when the weather got warm I found it very easy to leave off wearing spats altogether, both indoors and out, but often carried them with me to town in the morning so as to be protected against any sudden drop in the temperature. My experience proves that spats and Oxfords are the best combination for the Winter. I may mention that I found that there was little bother resulting from wearing spats and rubbers in wet weather.

As regards footwear for summer. In the city it is impossible, on account of conventionalities, to wear sandals or moccasins. But it is a simple matter to wear Oxfords with uppers of canvas, either white, gray or black in color. Several years I wore Oxfords with black canvas uppers strengthened by leather bands at heel, tip and across toes in front of ties. The canvas upper certainly keeps the foot cooler than does leather, however thin.

ARTHUR H. VAIL.

Philadelphia, Pa.

THE QUESTION OF SEPARATE APARTMENTS IN MARRIED LIFE.

TO THE EDITOR:

In reply to the letter of M. J. F. in the February number of PHYSICAL CULTURE, I beg leave to offer my opinion on this most important question.

It seems to me that all married couples should carefully consider this question of whether or not it is advisable for them to occupy one bed or separate beds, and that they should regulate themselves according to their best knowledge of themselves.

In such a case we must consider our powers of self-control, and remember that while some of us may have perfect guidance of our sexual natures and would not be liable to any unwholesome excesses, yet others may be unable under the same conditions to obey the wise and all powerful laws of Nature.

These latter should by all means, sleep in separate beds, and in separate rooms when possible. Nothing is more detrimental to the continuance of conjugal happiness and a healthy wedded life, than the excesses sometimes practiced by married persons, especially young married couples, who do not seem to realize that they are laying the foundation for a life of misery and ill-health by a disregard of natural laws. I hope to see the opinions of many other readers on this subject, for I think it is a very important question to all of us.

WILLIAM FISCHER.

New York City.

A CORSET NOT NECESSARY TO SUPPORT SKIRT.

Much has been said on the necessity of wearing a corset in order to hold one's skirts up, and I desire to say a word in regard to it.

For five years I have worn no corset, and I find that it is altogether unnecessary. In my underskirts I wear a skirt string and my outside skirt is fastened with a safety pin to my shirt waist.

I find it a saving of expense and my health and complexion are much better than in my corset-wearing days. Since advocating my idea several friends have followed my example.

M. J. M.

HAY FEVER.

TO THE EDITOR:

I have been a victim of hay fever for thirteen years. My family have a tendency to scrofula, and one of my brothers has had hay asthma for many years, two of my brothers have within the last two years been attacked by rose cold, a sister is subject to eczema, which produces eruptions on slight irritation. Some years ago I tried a treatment which included an ice bag applied along the spine to equalize the circulation of the blood. The treatment benefited me, but the annoyance of wearing the ice bag for four or five hours daily was too much, and I gave it up after two years. My doctor was very much interested in uric acid troubles, and traced most diseases to this cause. I then started dieting to reduce the excess of uric acid, and found to my delight that my hay fever has been getting less each season for the last five years. I have come to believe that hay fever is not only a nervous disease, but is also a manifestation of excess of uric acid. I might mention that several of my brothers are troubled with rheumatism, and one of my brothers has been troubled for the last six months with gout of the throat. I believe

that rheumatism, gout, eczema, hay fever and rose cold are similar and allied diseases, all of them being but symptoms of excess of uric acid, and that one may have his rheumatism leave him and eczema take its place, etc. So I have come to believe that the best cure for hay fever is to reduce the uric acid and build up the general health. My brother, who is subject to hay asthma, has not done anything of this kind, and suffers each year from intense attacks, unless he goes to Canada or to a high altitude.

I wish to start a discussion on uric acid poisoning and how to cure it, as I know that it is the cause of many forms of disease.

V.

DISSAPPOINTED WITH PHYSICAL CULTURE METHODS.

(See reply to this letter in Editorial Department.)

TO THE EDITOR:

During the two years that I have read your magazine I turned from a meat eater to a vegetarian, thereby educating myself to eschew meat, tea and coffee, cake and pie (the American tid-bit), and supplanting them with whole wheat and rye breads, raw eggs, cereals, vegetables and fruits, supplemented with grape juice and olive oil. I withstood the banter of my relatives and friends about my physical culture meals and methods; indulged in deep breathing exercises, slept with windows open, and strong in the faith I waited patiently for the time I was to crow over them. But, during all the time I did not gain a pound, the only perceptible change I noticed was that my hair began to get harsh and dry and fall out. As cold hands and feet were the bane of my existence I was going to put myself in such a condition as to have no fear of winter. Although my work is of the strenuous kind, both mental and physical, I began to take fifteen minutes of exercise after arising, then a cold bath and brisk rub down. As the Honorable C. Gilbert Percival, M. D. says in the November issue: "The devotee of cold bathing seldom suffers from cold in the head, provided, of course, he does not violate the ordinary laws of hygiene as regards eating, sleeping and ventilation, and if he does take cold, he is in condition to throw it off before it invades the bronchial tubes or lungs." Why was I an exception?

Going home at night on the train, I would throw up the window to let in the fresh air, and one evening the wind being brisk, created a draft such as one of your correspondents designates "the nectar of the gods." I was for putting the window down again, but secure in my knowledge of physical culture teachings and accepting it as a nectar I refrained from so doing—to my utter undoing and sorrow.

As I felt the cold developing I went at the exercise and cold bath every morning, with hot bath twice a week at night, more assiduously, almost stopped eating entirely, drank copiously of water. But to no avail. Now wouldn't that jar you? It broke out on me and I got sick and weak, thoroughly disap-

pointed and disheartened at the sight of my idol lying broken and shattered at my feet; I now have an aggravated case of catarrh, cough like a consumptive and my hands and feet are like icicles. Kindly explain it.

I now eat and drink whatever and whenever I feel like it, starting in with a good old-fashioned boiled dinner of corned beef and cabbage, topped off with apple or mince pie.

Wherein is health? It is the end to be desired no matter by what means!

If physical culture or vegetarianism fail as the means to the end, then why deny a fair trial of other means, even if it be rye bread and beer, or meat and high-balls.

B. WILDORDE MORTLE.

251 Pensacola Ave., Chicago, Ill.

WOULD FORGIVE A YOUTHFUL SIN.

TO THE EDITOR:

In answer to the query by Truth Seeker in a recent issue of your magazine, I want to say that I, for one, do not think it wrong for a man who in his youth did things in ignorance which he regretted in after years, to marry a pure woman. I am personally acquainted with a man who was led astray in early boyhood days, and up to his eighteenth year led a vicious life. But by a lucky chance, he purchased a copy of "Superb Virility of Manhood." A short time afterwards he went to a strange town, where he was unknown. He was then leading a perfect life, and eventually met his "fate." In course of time he proposed to her but before he would permit her to give an answer, he told her of his youthful folly. Did she accept him? Of course she did, because she loved him. They are very happy now. What more can one ask? If, after hearing a man's confession the young lady refuses to become his bride he ought not to despair, because no true woman would refuse to overlook a mistake made in youth. For do we not all make mistakes?

A BARBER'S WIFE.

Pringhar, Ia.

AS TO MR. LORZEAUX'S LETTER.

TO THE EDITOR:

I wish to express my opinion of Mr. A. S. Lorzeaux and others who look upon the readers of PHYSICAL CULTURE as such a pack of idiots as to entertain for a minute the idea that the serial, "Weird and Wonderful Story of Another World," is or has been intended to be anything but fiction of the highest order.

I am a reader of PHYSICAL CULTURE myself and always supposed I was one of the least of them until Mr. Lorzeaux took occasion to air his opinions on the advisability of placing before the "innocent" public a story containing anything but "FACTS." The letter written by Mr. Lorzeaux which was published in the February number of PHYSICAL CULTURE has the character of the writer written between lines so vividly that before you notice his signature you catch yourself saying, "Why this must be 'Thomas Gradgrind' come back to earth again!"—"Facts, sir; nothing but Facts!"

THEO. H. SEXTON.

Gatdin, Mich.

TO THE EDITOR:

I see that A. S. Lorzeaux takes exception to some of the "writer's statements" in "The Story of Another World." It is so easy to brand a statement as a lie, when you know nothing of the matter. The writer states, "The following I cannot call other than a lie." He gives no reason whatever for stating the information is a lie. I, for one, am greatly interested in the story. My only regret is that you do not publish more of it. Personally I think there is much to learn from it, and I sincerely hope you will publish the whole of it.

Madison, Wis.

DR. W. YATES.

TO AVOID CORNS.

There is no need of people suffering with corns. If they dress the feet properly, they will not do so. I wear common sense shoes, slightly larger than I really need to.

Consequently, I have never had a corn in my life. A shoe that is too small never looks as well on the foot as one that is large enough, to say nothing of the harm done to the member.

M.

PROFESSIONS OF RELIGION AMOUNT TO NOTHING. DEEDS COUNT.

TO THE EDITOR:

I wrote some time ago to you suggesting that you, as Editor, take a stand upon the subject of religion. Since reading about your hopes and plans for Physical Culture City I wish to retract what my former letter seemed to imply. It is not necessary at all for you to make any statement about the religion of Christ; for your work speaks for itself. It would be a waste of breath to ask a man who was laying bricks, and making a good job of it, what his trade was, so I must say that I am ashamed of my short-sightedness in asking you what your aims are.

Another thing; there seems to be a great deal of discussion in your magazine about what we shall do with women who have fallen below the accepted standard of morality, and "Sorraine" in the February number, asks if Truth Seeker would want such a one for a wife? Personally, I am a Christian, and take Christ as an example. And He never made any distinction in the sex of one who was sorry for sin and wanted to lead a new and clean life, I think this matter would be easily settled for all of us, did we but remember that, when we get down to first principles of right and wrong, that there should be no difference whatever in man and woman, morally. And what is morally wrong for one, can't be right for the other.

Another thing, it is not what we have been, but what we are and what we are trying to be that counts. Yours for absolute freedom and equality for both men and women.

F. R. SMITH.

Holdrege, Neb.

General Question Department

By *Bernarr Macfadden*

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

Pimples and Young Men

Q. Why is it that so many young men between the ages of seventeen and twenty have pimples on their faces? Of course I realize in a way that the trouble is due to impure blood, but why does this occur more at the ages named than at any other?

A. Without attempting a complete explanation of the matter I would say that there may be several reasons for the scorbatic tendency that you mention. For one thing, young men at that age are usually rather indulgent at the table and eat heartily and often unwisely, while at the same time they are not always as active in sports and games as before the period of adolescence. In some cases, the symptoms in question are the result of the general constitutional debility which follows the practice of secret vice. Also pimples are one of Nature's means of eliminating impurities in the systems of vigorous youths. The same impurities in later years might be likely to manifest themselves by colds and diseases of a more serious character.

Sun Baths in a Cottage

Q. In building a cottage, what would be the best way to provide a suitable place for taking sun baths?

A. Your forethought in planning for a sun-bath in your home is to be highly commended. Every house should be so built that a sun bath can be taken conveniently during some part of the day. If convenient, a sky-light, such as used in the studios of artists and photographers, is to be recommended, and any carpenter will install one for you. Otherwise, a large window would be satisfactory, with the sill built considerably above the average in order that you may be screened from the view of persons outside of the house.

Preparation of Nuts

Q. Kindly publish receipts for making pecan and almond butter, together with suggestions for preparing nuts in other ways for one whose digestion is weak.

A. The most important thing in making nut butter is to grind the nuts to a paste, and it will be difficult to do this without the aid of suitable machinery. The oil of the nut

should not be removed. It is important that the nuts be carefully selected, so that "bad" ones may be eliminated. Nuts do not require cooking or any other "preparation," being most satisfactory and palatable in their natural state, though when combined with dates, figs or other dried fruit they are very delightful. The best thing for a person of weak digestion, or indeed for any other kind of digestion, is to eat the nuts just as they come to us from Nature, without grinding or other preparation, and to masticate so thoroughly that they are ground to a pulp by the teeth. If eaten only at the regular meal time they will not be found difficult of digestion, but if eaten between meals, as just that much additional food, not required by the wants of the body, they will naturally prove a burden to the digestive organs. Under such circumstances they will be likely to cause distress and make one think that they are "indigestible."

Strain of Heavy Lifting

Q. Whenever I do any heavy lifting I expectorate blood. I do not understand the cause, for I have no cough and am in good health. Kindly advise me.

A. If heavy lifting is attended with such symptoms you had better avoid it. In lifting weights suited to your strength you should not experience this trouble. You probably undertake too much, and in the strain the pressure of blood is sufficient to rupture the fine capillaries in the mucous membrane of the nose and throat, and perhaps also in the lungs. Do not worry about past manifestations of this nature, for they were not serious, but be careful to avoid such violent efforts in the future.

Gain of Weight After Typhoid

Q. Why is it that so many people after having passed through a siege of typhoid fever, put on more flesh and are in a much better condition than before the sickness.

A. The experience mentioned is quite common, and is probably due to the fact that the system has been purified by the disease. The action of the fever itself is to consume and eliminate the accumulated impurities of the body, and the enforced fasting, or at least partial fasting, incidental to it, helps to bring

about this result. The body, hitherto clogged and hampered by the presence of these impurities, is thus relieved of them and left free to recuperate and build up, ultimately attaining a far better health than before. A protracted fast will usually bring about this result when taken voluntarily, and the system in such a case would suffer no such weakening influence as in the event of a disease like typhoid.

Can One Increase His Height?

Q. Is it possible by any means to increase one's height after he has reached his natural growth?

A. It is sometimes possible for one to slightly increase his height after having attained the years of maturity, but if he has reached his "natural" growth it is not to be expected, except to the extent of from a half inch or an inch. Where one's growth has been impeded in some manner before he has arrived at adult years, there may be some chance for his gaining as much as two inches by means of the general practice of physical culture combined with special stretching exercises. Understand, however, that I believe this can be accomplished only in occasional instances. It is known that some military training schools have used artificial "stretching" apparatus by which they often improve the stature of those intended for service in the army. To remedy incorrect positions in standing and walking will often add to one's height.

Nervous Temperament and Athletics

Q. I am of a very nervous temperament, but otherwise am in perfect health and possess a good physical development. Do you think that competitive athletics, such as rowing and paddling, would be harmful in my case, and would it have anything to do with my nervous condition?

A. Certainly your nervous condition should not deter you from engaging in healthful physical exercise, though to what extent you can go in competitive athletics will depend upon your own physical powers. Healthful, out-of-door athletic work should improve your nervous condition. If anyone, however, carries his indulgence in competitive athletics beyond his strength he will only exhaust and weaken himself, no matter whether his nerves are weak or strong. I certainly would advise the exercises mentioned, but you must be guided by your own intelligence to keep safely within the limits of your own strength.

Keep Away from Harlots

Q. I am a young man eighteen years of age. I have been visiting houses of questionable repute quite often recently and would be very thankful for your

advice as to how I can keep away from them.

A. There is nothing to tell about how to keep away from such places. *Simply keep away!* That is all there is to it. There is absolutely no necessity for you to visit such places in the first place, and on the other hand you are not only irreparably besmirching your own character, but there is every other physical reason why you should avoid them. If you are not already aware of the dangers you are subjected to, I would advise that you read carefully my book on DISEASES OF MEN containing descriptions of the vile and most loathsome diseases to which you foolishly expose yourself. You would be much healthier and happier if you lived a clean, chaste life. Get interested in some form of stirring athletic pastime and you will find no difficulty whatever in avoiding such places.

Trembling of the Hand When Writing

Q. My hand shakes whenever I attempt to write. How can I remedy this?

A. You can only remedy the unpleasant symptom you mention by improving your general health, by building up your entire nervous system, as well as improving the entire body in every way. It is all a question of right living. Adopt a strict physical culture regime, avoiding all deleterious habits and influences and taking advantage of every natural means of building up increased vitality and health. You have undoubtedly sedentary work and perhaps spend much of your leisure time indoors. It would be to your advantage if you could simply drop out of your present environment and go to the country where you could live out of doors, breathe, exercise, eat proper food and get nine or ten hours of sleep each night. This without question would restore you, providing the results are to you worth the effort.

Exercise and Overwork

Q. I am troubled with my liver and kidneys. I take dumbbell exercise nearly every day, wrestle, play hand ball, and I am very strong for my weight. Work hard during the day. Do you think my trouble is due to overworking myself?

A. You seem to live a rather strenuous life, but if you continue to feel strong and vigorous, and are not often afflicted with that "tired feeling," you can rest assured that you are not getting too much exercise. At all events, exercise would not cause the complaints you mention, but should be inclined to remedy them. The trouble probably rests with your diet or other habits of life. Eat less, and especially avoid meat. Drink more water. Read my special treatments for these complaints referred to in the note at the head of this department.

Reform in Burials

By A. Wing Brown

From theoretical standpoint, cremation appeals to everyone. But when one applies it to himself, he usually recoils from the thought with a certain feeling of horror. Though, when the slow process of decay is considered, and compared with the identical process, hastened with lightning-like speed by intense heat, the feeling against cremation is considerably abated. Cremation is unquestionably the best method of disposing of the dead, though one must advance considerably beyond the average to accept it.—BERNARR MACFADDEN.

ILLUSTRATIONS follow of widely divergent views upon the time honored and archaic custom of interring the dead in caskets and graveyards and rearing shafts and monuments in their commemoration. It is possible that readers of *PHYSICAL CULTURE* have not had this subject brought to their attention heretofore. However, is it not worthy of discussion? It is perfectly in line with physical culture ideas.

There can be no doubt of the benefit which would accrue to thousands if the heathenish custom of interring in costly caskets and surrounding with expensive ceremonies a useless mass of clay, was abolished. How many are there who spend years in working to pay the costs of a funeral? Who has not heard of the widow who mortgaged the home bequeathed by the husband in order to "properly" bury him, and herself die at last without the mortgage being lifted? Who is not aware of the many deaths due directly to a typhoid or other epidemic caused by pollution of water by graveyards?

The late Alexander R. Thompson of Beaver Falls, Pa., left these express instructions to be carried out after his death: "It has always been my habit to conform to the customs of the community in which I reside, except such as were inconvenient or not in harmony with my views. My injunctions in reference to the disposition of my remains, conform to the habit referred to. I regret that some of my instructions being novel may therefore be thought to be prompted by a desire to be odd, but I affirm that making this departure from custom has caused me many moments of disquietude and mental debate before arriving at this, my final conclusion.

"There are four customs pertaining

to the disposition of the dead, almost universally observed in rural districts, to which I object and which in my opinion demand revision.

"First: The congregating of distant friends and relatives of the deceased, often to their great inconvenience, and not seldom to the annoyance of all parties. A full discharge of duty to the living will well atone for any seeming neglect of the dead.

"Second: The calling in of a clergyman to make a public discourse which is usually made in a crowded and ill-ventilated apartment, often at the risk of both life and health. Moreover the whole ceremony is often void of appositeness.

"Third: The making a public spectacle of the body by an indiscriminate crowd trooping around the casket.

"Fourth: The interment by which decomposition is very protracted and loathsome to contemplate.

"Now I hereby prescribe to my family the following injunctions to be fully executed as soon as conveniently practicable after my decease:

"To deposit my remains soon after my death in a private apartment. To refrain from calling in distant friends and relatives. To dispense with all clerical or other ceremony. To strictly prevent the public gaze. To have my body placed in a respectable but totally unadorned casket (omitting flowers and all other symbols) and then in charge of my sons, or such one or more of them as can conveniently attend, accompanied by four chosen male persons, but no others, to convey it to some suitable crematory, and there have it reduced to its original element by the speedy and purifying agency of fire or electricity should the latter be found to be more effective to that purpose.

"It is not my desire that the indes-

tractible residuum shall be gathered together for preservation, but on the contrary it is my command that it be disposed of secretly without leaving any evidence whatever of its locality. We have read the delusive lessons of monumental commemoration on which early and darkened ages relied to perpetuate their names and deeds, and thus to gain earthly immortality. Alas, vain man! What the tornado has not destroyed nor the oceans engulfed, the drifting sands of the deserts have doomed to oblivion. Then why should this illustrious age all aglow with scientific light persist in chasing the illusory phantom? Why still poison the fountains whence flows man's purest beverage by making charnel of thousands upon thousands of fertile acres which, as I believe, should be dedicated to the use and occupancy of the living alone?

"In conclusion I sincerely request that no portion however small, be appropriated to my commemoration; and that neither marble nor brass shall raise its ephemeral head to tell the world what it cares not to know and would

forget in a day, that I, one of its humble myriads, had lived and died."

James S. McCutcheon of Brownsville, Pa., left a will directing that his entire fortune of about \$30,000 be expended in making imposing his last resting place. A monument 85 feet high and costing \$30,000 has been placed in the Taylor Methodist Episcopal church cemetery near Brownsville to mark the successful culmination of the peculiar ambition of the well known bachelor who died in 1902 aged 78 years. The foundation is 24 feet square and 12 feet deep and in its construction 700 barrels of cement were used. There are five bases, and the whole pile weighs about 500 tons. On top of the bases is the die, which weighs 32 tons and is only 10 feet long. It required 24 horses to haul the die from the railroad to the cemetery. Mr. McCutcheon died in 1902, but six years before he contracted for the erection of the monument, and the foundation was laid in his lifetime. There will be a granite wall built to inclose the monument and grave.

Contrast the desires of the two men!

ANOTHER CORRESPONDENT DISCUSSES OUR "WEIRD AND WONDERFUL STORY OF ANOTHER WORLD."

TO THE EDITOR:

I notice in the February issue of PHYSICAL CULTURE a letter addressed to you signed by one A. S. Lorzeaux, in which the latter takes exception to some statements made in the serial, "Weird and Wonderful Story of Another World." Mr. Lorzeaux's communication is to my mind an illustration of the danger of attempting to criticize anything before you know something about the thing that you propose to criticize. For instance he says, "Any physics text book demonstrates the absolute absence of heat to be 273 degrees below zero, Centigrade. Now I defy Mr. Lorzeaux to produce any text book that so "demonstrates" simply because the absolute absence of heat or as it is known, the "absolute zero" has never yet been "demonstrated." There have been calculations made relative thereto by many scientists, but even these are admittedly empirical. Huxley says that the cold of the inter-planetary spaces is presumably of such a nature as to be practically inconceivable to the human mind. Flammarion, the French astronomer, says likewise. Sir Norman Lockyer is of the same opinion. A number of other authorities hold the same beliefs, so that after all said and done, Mr. Tyman Currio, the author of the serial is not quite so "manifestly absurd" as Mr. Lorzeaux would have us believe.

Note also that Mr. Lorzeaux says that all

heat vanishes at 273 Centigrade, which is equivalent to a fraction over 523 degrees below zero, Fahrenheit. Now J. Dorman Steele, Ph. D., F. G. S., in his work on Physics, and for that matter a number of other distinguished writers on the same subject, states that "It is calculated that absolute zero may possibly be found at 492 degrees Fahrenheit," as against the 523 degrees of Mr. Lorzeaux "text book." Who is correct, Mr. Lorzeaux or Dr. Steele?

Mr. Lorzeaux's righteous indignation at the idea of the writer of the story in question intimating that he intended to communicate with a learned society at London is, to my mind, very funny indeed, especially as Mr. Lorzeaux seems to be taking himself, as well as the story, with the utmost seriousness in this connection.

I would remind him however, that amongst other authors who have been guilty of a similar "lie" are Dean Swift; Jules Verne; Bulwer Lytton; the author of "The War of the Worlds," Flammarion, and many others writers of scientific fiction.

In spite of the Gallic suggestion of Lorzeaux's name, I venture to say that he is of Scotch extraction. A Scotchman, you know, has to have a surgical operation performed before he can get a joke in his head.

JAMES W. MITCHELL

Brooklyn, N. Y.

Some Jiu-Jitsu Jolts

JOTTINGS FROM THE JOURNAL OF A JAPANESE TRAVELER

By O. Y.

A Class Privilege

The average of happiness is said to have been improved, in the centres of civilization, and I may have succeeded in tracing that rumor to its source. Deafness is getting more frequent than formerly, and a yearly increasing number of citizens are now enjoying exemption from the martyrdom of city noises.

Fever Phenomena

The Health Officials of southern seaport-towns of this country have failed to deliver the population from the sanitary superstitions that result in epidemics of yellow fever. But they probably deemed it their duty to banish something or other, and so closed their gates against the steamers that import fruit from the tropics. Schooners, attempting to smuggle in fruit, were heavily fined. As a consequence, lemons and oranges, the best natural fever-remedies, became so scarce that workingmen could not afford the price, but the victims of fever could console themselves with the reflection that the majesty of the law had been vindicated.

Irreverent Mongols

American Chinamen have renounced the custom of wearing their hair in long pigtails. They are adopting Caucasian fashions, much to the regret of their Buddhist priests, and the still greater regret of their American neighbors, who vastly amused themselves by pulling those tails like bell-ropes.

North and South

Our Japanese wanderers are crowding the South-islands of the archipelago; American home-seekers are moving further and further North, and with the apparent approval of their paternal law givers, who possibly realize that in a cheerless climate the passion for outdoor sports can be more easily suppressed.

Suspicious Conduct

A passenger of a metropolitan ferry-boat suddenly mounted the guard-rails and plunged into the flood of the surging river, but was dragged out and turned over to the agents of the police. They marched him off handcuffed, and I wondered how they would formulate a charge against their prisoner: Attempt to evade taxes? or trying to get a free bath in the city limits?

Otherwise Engaged

In the course of one year 216 murders and 18,000 other crimes were traced to the influence of the alcohol habit, and an American philanthropist urged the Government to publish these statistics from year to year. His appeals remained unheeded, but no government officials should be blamed. They are so busy collecting their share in the profits of the liquor traffic that they have really no time to notice such collaterals as its physiological effects.

Counter Gales

Statistics, however, are by no means wholly neglected, in this country. The Government publishes reports on the extent of the Alaska glaciers and the existence of black-tailed lizards on the Arizona tablelands. Remarkable weather-predictions are also published, free of cost. The Czar, I understand, has ordered similar publications for all the principal cities of his empire,—probably to divert attention from the approach of social storms. It would be unjust to deny the thoughtfulness of paternal governments.

Arbor Day Joys

A special holiday has been set aside for the purpose of giving patriots a chance to plant barren hillsides with shade-trees. Waste fields in the neighborhood of human habitations may thus be reclaimed, and a promoter of the

delightful plan stated that half a million trees had been successfully planted since the beginning of the reform, *i. e.*, in less than five years. He forgot to mention that during the same period half a billion trees were successfully felled; but then, it is true, that an orator has to stick to the main points of his theme.

Protected Industries

The leading American physicians denounce tenements as disease factories, where the germs of contagious disorders, and often of deadly epidemics, are developed as systematically as fish in a carp pond. Slum tenements, nevertheless, become more crowded from year to year. The quarantine officers of the same cities exclude immigrants on a mere suspicion of physical disorders—possibly for the protection of home industries.

Post Mortem Honors

The other night I attended the lecture of a moralist who called attention to the large number of great men who were persecuted by their contemporaries, but honored as public benefactors after they had been buried. It is a rule that seems to hold good in other respects: Pigs are rigidly excluded from many American cities, but admitted all the more eagerly when they are dead.

An Ethical Enigma

The young citizens of this Republic are informed that the human body is the masterpiece of the Creator, and that we ought to think twice before criticizing the work of His hands. Yet the moment they are seen in the state God made them, they are rushed off to jail.

Health Boycott

In the course of the last four weeks I visited some twenty different high schools, colleges and seminaries, and found that not one of them thought it worth while to teach the science of health. What problems of greater importance, I wonder, can engross their time? Two especially, I was told: The

grammatical difficulties of one language that has been dead seven hundred years, and the still more intricate grammar of another language that has been dead more than a thousand years. Educators who attach so much importance to graveyard studies, probably consider it beneath their dignity to notice the science of life.

Shattered Ideal

Near one city of high culture, I noticed a group of such magnificent buildings that I fancied I saw the ideal of a metropolitan academy, realized. A grand main structure, with a semi-circle of ten stately edifices, devoted, no doubt, to as many different sciences. My enthusiasm was, however, modified, when I learned that the admired establishment was a brewery.

Freedom

Last Sunday my landlord's son volunteered to show me the way to an old fort in the neighborhood of the city. "Is there free admittance on holidays?" I asked, when we passed a baseball park.—"No, you can't get in even for money," said he. "the gates are closed on Sunday."—"Go to the gymnasium, I suppose?"—"Yes, if they would let us" he muttered, "but on Sunday it's closed, now."—"Go in swimming?"—"That's against the law, too."—"Fishing, perhaps, if you need something to eat?"—"There's a fine of ten dollars if they catch you fishing on Sunday."—"How about the Art Museum, then?"—"I don't know," said my little guide, "but on Sunday it's closed,"—"What can you do," I asked, "get up a wrestling match?"—"They will arrest you."—"Or a foot race?"—"Against the law, too."—"Then you read the newspapers?"—"Yes, but they will not let you call them out on Sunday."—"Play football in a private lot?"—"They jail you, if they see it."—"Why, where are we?" I inquired, "is this Russia?"—"Oh no, sir," said the youngster proudly, "this is a free country."

A poet has remarked that all paths lead to the grave. He undoubtedly referred to the homeopaths, allopaths and all the other M. D. paths.

Foul Air in Washington Government Offices

The article which follows and which is by a woman government employee at Washington, is of peculiar interest inasmuch as it proves that in spite of our boasted civilization how utterly ignorant and regardless of the elementary principles of hygiene are those who occupy high offices in this, our country. Washington, D. C. is theoretically supposed to be the home of the collective wisdom of the land. Also within its boundaries are centred those government departments which, upon application, will supply you with any amount of printed information that has to do with the welfare of poultry, of domestic animals, of crops, of silos, etc. If you apply to the proper department, you may further obtain all details as to the ideal housing of cattle, of perfected chicken coops and incubators, and of scientifically constructed stables. Pamphlets on drainage, ventilation, sanitary arrangements, etc., based on exhaustive experiments which represent the labors of extensive staffs, may be had for the asking. In other words, everything which has to do with the health and well being of winged creatures and four-footed creatures can be obtained by you if you will notify the Washington authorities of your desires in this respect. Nevertheless, official Washington is woefully and scandalously neglectful of the physical welfare of its employees, as this article proves. It is certain that the responsibility for this shocking state of affairs must lie with some individual or individuals. Just who these persons are, we are not prepared to say, but the fact remains that selfish, nay even criminal neglect on the part of these, calls for not only a remedy of the evils which are so graphically related by the writer of this article, but for the condemnation, if not the prosecution of those who are responsible for them.

President Roosevelt is above all things, a lover of fresh air, and we believe that if he was cognizant of the foul and poisonous atmosphere in which so many of the government employees have to live, he would be the first to see that the conditions were forthwith changed for the better. We suggest to those employees whose lives are endangered through disgusting sanitary arrangements and putrid air, that they address their complaints directly to the President.

—BERNARD MACPADDEN.

WISH it were possible to have a Physical Culture movement started here in Washington, for there is great need of it. Many of the people here in the Government departments are in a most deplorable state of ignorance in regard to ventilation and general right living. They have become so accustomed to living and working in bad air that they really seem to like it, although, at the same time they bewail their physical ills, regarding them as inevitable.

Being lately from Seattle, Washington, where people take readily and kindly to all the physical culture ideas, and read the PHYSICAL CULTURE magazine as a matter of course and a part of their education, it is very hard for me to become reconciled to the unhygienic state of things that I find at the Capitol.

The condition of the air here in the Pension Office in which I am employed is something dreadful all the time. There are too many people for the space anyway, and because the rooms all open into one another with great archways, and there is a large central court, most people think the ventilation perfect. But I have never yet been able to find any means by which the bad air is drawn off, and we are obliged to live in a vitiated atmosphere most of the time. My idea is that bad air is heavier than fresh air, and sinks toward the earth, where if it is allowed to escape properly

it is soon absorbed by the earth and vegetation, being then in its proper place. But that if a house or room has no opening or means of ventilation near the floor, the foul air rises higher and higher until it gets to the level of people's faces, and they are obliged to breathe bad air, no matter if there is a so-called "ventilator" high up near the ceiling somewhere. Most of the people in the office are old, some of them sick with consumption and all kinds of loathsome diseases. But they have become so accustomed to bad air that they cannot detect it by smell, and if anyone does open a window or ventilator, and they get a whiff of good air, they think they have got a "death-dealing draft" and are terribly frightened about it. So they won't allow an opening to the outside atmosphere to be made if they can help it.

The unwritten law among the "oldest inhabitants" is not to allow a breath of fresh air to enter, and if any young and thinking people protest against the foulness, they are promptly told that they have nothing to say in the matter at all. The result is that such a wretched looking set of "cellar-grown," prematurely aged, sickly and broken-down people as the majority of the old employees are, cannot be found anywhere else. They spend their time complaining and talking over their ailments, laying them all at the door of the Almighty. It seems impossible for them to grasp the idea

which is quite apparent to a healthy-minded person, that they themselves are responsible for their ill health by shutting out the pure air, together with those officials who ignore the obvious lack of ventilation in these offices.

They have recently given me a seat next a window, because no one else wanted it, being afraid of a "draft;" while I can't get half "draft" enough. There are "ventilators" in the window sills which open out on a hinge, giving an open space of about 48 square inches. These certainly ought to be open all the time, even in cold weather, for the building is sufficiently heated to allow it; but there is such a fear of drafts prevalent that they won't allow it except in the very warmest weather.

At times when I first came here it seemed as if I couldn't endure it, so I used to go to the ladies' retiring room, thinking of course they must keep a window open in there. But what was my astonishment to find that there was not the slightest means of ventilation there except the window, which the woman in charge keeps closed and even calked with rags, because she has to stay in there most of the time and was "afraid of a draft." Imagine the state of the atmosphere in there, with seven closets in almost constant use. I insisted upon opening the window and getting a breath of fresh air, although at the risk of getting myself disliked.

There are a few employed in this office who feel just as I do. But we are powerless to change conditions, as our places are arranged according to the work we do, rather than to our like-mindedness in regard to ventilation. So it is that the very ones who wish to keep all the ventilators closed, are the ones who sit nearest the windows in the best light, these being the elderly employees, who take precedence of the younger. So it comes about that "the innocent suffer with the guilty."

I am told that similar conditions are to be found in pretty nearly all the other departments in Washington. It is a crying shame and a disgrace to the nation that we are herded in quarters which rob us of our health, and many years of our lives. But we know the

uselessness of appealing to our Heads. Such an appeal would probably result in our being "dropped" forthwith.

My reason for writing all this is in the hope that you will take pity on those in the departments who would like to see better things—and there are a few—and suggest some way by which we can better conditions, through the columns of your magazine.

Prudery and a disregard for the first principles of hygiene not infrequently go hand-in-hand, which probably explains why they keep all Mr. Macfadden's books under lock and key at the Congressional Library, and anyone who has the "sand" to ask for them has to wait an unconscionable length of time for sufficient "red tape" to be gone through in order to get them; and they will not be reserved for a reader, as is done with other books, but are again placed under lock and key as soon as they are delivered up. The same is true of PHYSICAL CULTURE Magazine, which is not allowed on the general reading tables like the other magazines, but is locked up and only given up when a special slip is made out. I understand that if the person who asks for the books is rather young, they will refuse to let him or her have them. But as they do not allow readers in the reading-room under sixteen years of age, I cannot see why they shouldn't be allowed to read them. We were always encouraged to read them at home.

Another thing is that at the Congressional Library it is impossible to get some of the books along the lines of New Thought and Physical Culture, recently published. I have sent in requests for as many as seven in one evening, the cards all returning to me marked "Out." When I inquired further whether they were there and being read that evening, was told that they had "disappeared" and could not be found. I can give the names of the books if desired. The Librarian at the desk told me that those books seemed fated, and were constantly disappearing from the library.

I wish we could have a good gymnasium here, a physical culture restaurant, and some good live lectures that would stir people up and set them to thinking.

Cycling on Uncooked Food

CLERGYMAN EXPLAINS GREAT ADVANTAGES OF NATURAL FOOD
WHILE ON CYCLE JOURNEYS

By Rev. H. Walker Blott

WHILE cycling may not be regarded as an ideal exercise by all, yet there is much to be said in its favor. It is true that it does not bring into play all the muscles of the body but, inasmuch as it is a propulsive exercise and therefore induces deep breathing, it develops lung power that to a large extent robs of its ill effects the stoop of the shoulders that so many cyclists contract because they do not supplement their pastime with systematic chest and shoulder exercises.

Cycling is of greatest value to city dwellers, to whom it gives unparalleled opportunity of breathing pure country air at intervals so short as but for the wheel would be possible only to those possessed of ample means or leisure or both. The cyclist, working or living seven or eight miles within the boundaries of a great city can, in an hour, be in the heart of the country with no expenditure except the beneficial one of muscular force which grows in the spending. Without the cycle, the longest summer evening would scarce suffice to liberate him from the bonds of bricks and mortar except at the expense, discomfort, and worry of a railroad journey.

The commissariat is always an important matter to the cyclist, for his pastime takes him far away from home and gives him a big appetite on the way, so that at his journey's end or sooner, he wants food. There can be no doubt that greater physical benefit would arise from cycling than is now obtained from it if the cyclist could always be sure of obtaining suitable food of a physical culture kind.

The suggestions here offered will not interest those who always plan their cycling trips with an eye to hotels, that are both willing and able to cater for cyclists in a manner that leaves little to be desired, and in many of which cyclists can obtain fruit, milk, puddings, and such foods. But such houses are not to be

found everywhere, and if one extends one's trip into some of the prettiest parts of the country, to which, lying as they often do off the beaten track, the cycle alone gives ready access, one is likely to find one's self at meal times in a village where the inn can afford nothing better than cold fat bacon, white bread, cheese, and beer, and where demands for anything more eatable and nutritious are considered unreasonable and are generally met with flat refusal.

I write then first for the cyclist who cares for physical culture value in his food and yet loves to leave the hard high road and revel in the country in glorious independence. And I think that my suggestions will appeal, further, to the economist who may be glad to know how to travel from a hundred to a hundred and fifty miles in a day at a cost of less than two shillings for food, and with great gain to health and strength, and also to the man in a hurry, racer, or traveler who does not want to stop for a meal that takes time to prepare, yet must have food if he is to get on. I know a man who figures well in road races up to fifty miles, but whenever he tries for a hundred, he is stopped by hunger and complains that he "has not a long-distance stomach," by which he means that he cannot eat at a meal enough food to last him for a hundred miles. Now I have no doubt that his difficulty would be met if he trained his stomach by occasional fasting; but even without that, heavy meat eater as he is, I believe he might carry with him uncooked food that would get him through his hundred miles races successfully.

Well, now, if you mean to try uncooked food on your cycle trip, we will suppose that you do not carry anything at all with you and that you arrive at an ordinary little village. There you will find the village shop that sells all sorts of things. Nowadays, so popular have cereals be-

come, that you are almost sure to find that there are rolled oats for sale, one famous brand being put up in penny packets which are just the size for a meal. Then, if they have no nuts in the shell they are almost certain to have almond kernels, and two ounces of these will prove a valuable item. If it is summer or autumn, you will find some fresh fruit in some of the gardens or orchards, and if it is winter or spring there will be dates, figs, or raisins.

You make your purchases and carry them off to a farm or dairy where they will sell you milk or cream and lend you a cup and spoon, and probably a seat unless, as is likely, you prefer some grassy bank. You sit down, take a spoonful of oats, dip it into your cream or milk and eat it, taking nuts and fruit between the spoonfuls as flavoring. In a very few minutes you have appropriated a tasty and satisfying meal which will digest so readily that, if there is need, you may ride away directly, although it is of course much better to rest a while. Such a meal will provide you with driving power for forty or fifty miles.

If you do not like the grain, you can do very well with nuts and fruit, and if milk is not to be had, a larger quantity of juicy fruit will make up for its absence.

A plan that I adopt makes one even more independent of the resources of the countryside: I carry with me in pocket or bag, a small linen bag filled with rolled

oats and a small spoon, so that I am quite sure of a meal anywhere or at any time. If all else failed I could satisfy my hunger by the brook side with cold brose and I have, failing to get milk, made a meal of my oats and a few oranges. But I like best an egg beaten up in half a pint of milk and half a pound of fruit, these, with my oats, make an ideal traveler's meal and on such meals I did my hardest day's ride of a hundred and seven miles of road thick with mud all the way. During four hours of the day it poured with rain and I had to ride in a mackintosh cape which only shielded me above my knees. That is not the longest day's ride I have done, but I think these circumstances made it the hardest. I did it on uncooked food except for a cup of hot cocoa and some bread and butter just when the rain had chilled me a little. It was in April, early in the riding season, so I was not in particularly good training, but I finished that evening with a good thirty miles up my sleeve and felt next day as fit as a fiddle.

I cannot speak from experience of the various nut and fruit cakes which are put up by health food specialists, but I should think that they would work in very well with such food as I have recommended and would be especially valuable if no fresh fruit were available.

I have so thoroughly proved the value of uncooked food that I do all my long cycle journeys on it.

The chance of two finger prints being alike is not one in 64,000,000,000.

It is said that a horse can live twenty-five days without solid food, merely drinking water, seventeen days without either eating or drinking, but only five days when eating solid food without drinking.

An ingenious woman has given the following directions for a home-made substitute for linoleum on the kitchen floor: Take any old carpet that is whole, but too

shabby for use, clean thoroughly, and tack it down smoothly on the kitchen floor. Then make a good, thick boiled starch of flour and water. Rub a coat of the starch on the carpet with a white washbrush, and in about twenty-four hours, or when the starch is thoroughly dry, give it a coat of paint—any color desired. Dark red is a desirable color for the kitchen. When the paint is dry, give a second coat, and you will have a cheap and durable floor covering, equal to linoleum, at about one-fourth the cost. By giving it a coat of paint once a year it will last for years.

Notable Feats of Vegetarian Athletes

BOTH ON THIS AND THE OTHER SIDE OF THE WATER THE ADVANTAGES OF A NON-MEAT DIET FOR THE ATHLETE HAVE BEEN EXEMPLIFIED AGAIN AND AGAIN—ENGLAND SEEMS TO LEAD, HOWEVER, IN THIS FORM OF TRAINING REFORM—AUTHORITIES GIVE REASONS WHY PLANT FOOD IS MORE SUITABLE FOR THE ATHLETE THAN IS THE FLESH OF ANIMALS

By William J. Redding

IT is somewhat curious, in view of the authentic records of remarkable performances of non-meat-eating athletes, that athletes in general do not experiment with a vegetarian diet. It is true that within the past few years, intelligent trainers are gradually reducing the percentage of flesh food in the dietary of their charges, and that the days of the raw beef regime are over. Nevertheless, the vegetarian athlete pure and proper is very much in the minority.

In speaking of athletes who have performed notable feats on a diet from which meat is excluded, a writer on the subject remarks that the feats "appear to prove by themselves alone the very decided increase of physical power by the mere substitution of several kinds of nutriment from plant for animal products which are so much relied on in the greater part of Europe and Australia. The result seems to be owing, first, to the elimination from the diet that matter contained in animal flesh which has the qualities of a continual poisonous or an irritating ingredient foreign to the healthy constitution; and secondly, to the actual fitness and strengthening qualities of the plant products for the human body." Coming from an authority, these words are well worth pondering.

The success of vegetarians in the field of athletics is more remarkable for the reason that several of the winners were, before their change of diet, either ill or far from strong, and would not even have been considered "in the running" if they had lived in the ordinary way.

Some of the instances to which the foregoing remarks apply more particularly are as follows:

In the spring of 1902 there was a walking match from Dresden to Berlin, a distance of 124½ miles, in which thirty-two competitors were entered. The first six to arrive were vegetarians. Karl Mann, whose diet was biscuit, bread, marmalade, fruit juice, nut butter, prepared oats, and pure water, was the winner, covering the distance in twenty-six hours and fifty-eight minutes.

In 1898 there was a seven days walking match from Berlin to Vienna, which was easily won by Herr Elsasser and Herr Pietz, respectively first and second, who were vegetarians, and who beat the fastest flesh eater by no less than twenty-two hours.

Mr. C. Allen, the well known amateur pedestrian of England, walked from Leicester to London, about one hundred miles, in twenty hours and twenty-two minutes, finishing in a singularly fresh condition, and without any blisters on his feet. His fare was vegetables, bread, oatmeal, and a little fruit.

Some years ago a Miss Rosa Symonds rode a bicycle for ninety-eight miles a day for eighteen and a half consecutive days on a non-flesh dietary.

It is stated on excellent authority that the Vegetarian Cycling Club of England has not only a larger numerical racing strength, but more brilliant achievements to its credit than any other similar body in Great Britain.

Geo. A. Olley, the famous bicyclist, at eighteen had gained thirty-two prizes. He is as fast at a mile as he is on a twenty-four hours record, and is a vegetarian. It is worthy of note that when he was a flesh eater he was only an ordinary speed rider, but became a record breaker on discarding meat.

Mr. E. P. Walker, another bicyclist,

who in 1899 won the one hundred miles championship and a challenge shield of the Yorkshire Road Club, is a life vegetarian. He is also a record holder and has won twenty prominent prizes.

Two youngsters, Kurt Pfeiderer and Erich Newman, fourteen and fifteen years of age respectively, neither of whom have ever tasted meat, covered a distance of one hundred miles on their wheels in England in 6 hours, 17½ minutes and 6 hours, 40 minutes respectively. Other remarkable performances by vegetarians on the bicycle include those of J. E. Newman, 175¼ miles in twelve hours; T. H. S. Younge, 100 miles in 5 hours and 23 minutes. Chas. Miller, the well known ex-cycling champion, never touched flesh food during training, his trainer being a strict vegetarian.

Yet other athletes who religiously endorse a vegetarian diet are Eustace Miles, the ex-amateur tennis and racket champion; Miss M. A. Scott, until recently the holder of the swimming record for 100 yards and 66 yards; W. de Creux Hitchison; H. E. Bryning, the champion pedestrian; and a number of equally prominent British athletes.

C. B. Fry, who according to Arthur F. Duffey, and other authorities, is the greatest all round athlete that England ever produced, asserts that a vegetarian diet consisting of cheese, nuts, grain foods, fruits, and salads is of an ideal sort for athletes, and if it was generally adopted, the fatigue from which the average athlete suffers would be unknown.

In April, 1904, the members of the London Trade Organization of Outfitters had their annual walk from the English Metropolis to Brighton, 52¼ miles. The winner covered the distance in 9 hours and 24 minutes, doing the last five miles in 51 minutes, 45 seconds. He was a vegetarian and through a misunderstanding walked the first twenty-five miles of the journey without food:

The French long distance bicyclist, Huret, a few years since rode 545 miles in twenty-four hours on the Paris winter track. His speed averaged 22 miles an hour from the start to finish. During the contest, his food consisted of thirty eggs, three quarts of boiled rice, milk,

some tapioca, chocolate, fruit, and Vichy water.

Marcus Hurley, of New York, ex-one-mile bicycle champion of the world, has been a strict vegetarian for a number of years. He won the title in question in a contest which took place at Crystal Palace, Sydenham, London, his opponents being J. S. Benyon and L. B. D. Reid, both meat eaters. Mr. Hurley is also captain of the Columbia Basket Ball Club.

One of the most remarkable pedestrian performances was of a vegetarian athlete; that of Mr. Allen, to whom allusion has already been made. In the fall of 1904, he started from Land's End Hotel in Cornwall, England and walked to John O'Groat's, Scotland, a distance of 908½ miles, which he covered in sixteen days, twenty-one hours, and thirty-three minutes. The average mileage was fifty-three miles a day. In the last five days the enormous average of sixty-three miles a day was attained, and in the final two days, 140 miles were covered. Mr. Allen beat the best previous record for the distance by seven days, finishing in splendid physical condition. He is, as already said, a consistent vegetarian. It should be added that up to the age of sixteen years he was extremely weak and sickly. Having overheard the doctors say that he would never be strong, he determined to confute the assertion, which he did by becoming a vegetarian and a physical culturist. With the adoption of a non-meat diet, he began to improve until he became the athlete which he now is.

Another English athlete, J. E. Newman, who has been a vegetarian all his life, at his first attempt at long distance bicycling covered 175¼ miles in 12 hours over a somewhat rough road.

A well known Scotch amateur athlete, J. Barclay by name, a strict vegetarian, won during one year 11 firsts, 7 seconds, and five thirds in running races which included distances from 200 yards to 10 miles. His fastest mile was done in 4 minutes, 24-25 seconds. He is the ex-holder of the half mile running Scottish championship.

Another enthusiastic vegetarian athlete, J. Miller, of Larkhall, Scotland, has walked ninety-five miles in 22 hours.

Short Talk on Pepper

STOMACH TROUBLES appear to be more rife than formerly, and we hear on every hand: "Oh, I am dieting;" or "I can't eat so and so, it does not agree with me" or again "I love such and such dishes, but they do not agree with me." Let us, therefore, look at some of the causes, or rather at one of the great reasons, why people are so constantly reminded that they have "stomachs." First.—The excessive use of condiments. Through the use of such, unquestionably much of the delicacy of the flavor of one's food is lost. Let us to-day consider one of such that, is seen upon almost every table in the land, and that is pepper. We have the white, black and red varieties. By many people red or cayenne is considered highly injurious, while they nevertheless use white or black when, if they but knew the truth of the matter the cayenne is decidedly the least injurious, for it is made by grinding the pod of the capsicum, which is a plant belonging to the deadly nightshade family, that, however, includes the tomato and eggplant. But the black and white pepper, which are virtually one and the same, are the ground immature fruit of a plant, found in Ceylon, India, and other warm climates. The only difference between the white and black pepper is that the former is the kernel of the seed of the plant, while the black is the fruit and seed ground together. No peppers are considered by good authorities as wholesome and some contend that they are much less harmful when cooked with the food and thoroughly incorporated with it, than when sprinkled upon it when served. It is alleged that taken dry, the pepper fastens itself to the mucous membrane, frequently setting up a distressing irritation, in either throat, œsophagus or stomach. Indeed we do not require to eat it to have the irritating action of it clearly demonstrated. One only has to get an accidental whiff through the nose to realize to the full its irritating properties.

Many will be heard to say: "Oh, but pepper adds such a relish to one's food." True, it seems as though such were the

case, but why? Simply by causing the irritation that it does, it excites an abnormal flow of gastric juice, with an accompanying craving for both food and drink. Such a condition, if too frequently induced, brings in its train indigestion of a serious nature.

Then again, the excessive use of condiments creates an unnatural thirst. The fact of one drinking while eating is acknowledged to be a pernicious habit, weakening, as it does, the action of the digestive juices. Highly seasoned and spiced dishes are largely answerable also for the excessive use of alcohol. This trouble begins in infancy, almost when the mother sprinkles "just a taste" of salt and pepper, on the little one's food, as suggested in the "Nursery Rhyme."

"What are little girls made of?

Sugar and spice and everything nice?

That is what they are made of."

Then as they grow older the desire comes for more highly seasoned food, something stronger to "tickle the palate" and thus we see the results of the seeds sown in infancy. For as a natural consequence, the early use of condiments has destroyed somewhat of the power to distinguish and appreciate a delicate flavor. Foods that are normally delicious are to such, "tame" or "flat" unless thoroughly peppered.

Someone has said, "Distrust the condiments that bite too soon; they are deceivers." Such is most surely the case. If we are wedded to the use of such, we older ones, at least let us keep them from the little ones as long as we may. Such advice indeed might apply to the too liberal use of sugar and sweetening of all kinds, but of this, more later. Teach the little ones to enjoy simple, plain, well cooked or uncooked food, and when they are older they will be saved from the insatiable craving for stimulants of all kinds, alcoholic and otherwise. If black pepper or red pepper must be used, however, it is well to grind one's own; for which purpose small mills may be bought for a few cents.

Anti-Vaccination Department

PERHAPS there has never been such determined resistance to the monumental curse of vaccination as during recent months, and on the part of such a large number of people. The world is waking up, slowly perhaps, but none the less surely, to a realization of what vaccination really means. Instead of submitting tamely like sheep to the barbarous practice of injecting poisonous animal pus into the blood of healthy children, people are beginning to inquire into the subject and to assert their rights as human beings against being made the victims of a hideous and filthy medical superstition which exists only to satisfy the greed of a class of grafters who do not hesitate to sacrifice the health or in some cases even the lives of others for the sake of contingent fees. Whole cities are rising up, almost in mass, against this form of tyranny. It is likely that before long our entire population will rouse itself to a realization of the truth in regard to vaccination and refuse to longer tolerate the brutal imposition and its menace to health and life.

Vaccination Must Go!

The vaccination theory is doomed! It must away! It can no longer be endured in a sane and civilized community. The fight against it is being waged courageously and matters are coming to a crisis. Just at present the authorities in different parts of the United States are trying more desperately than ever to enforce the odious compulsory vaccination laws. And it is this very attempt to force this evil upon the people that has precipitated the struggle against it which is now in progress. We hope that the authorities will continue to try to enforce these laws, for the more they do so, the greater the resistance will be, the sooner the conflict will be over and the matter finally settled. The question can only be settled in one way and that is the right way. Superstition, medical or otherwise, can not live in the light of modern intelligence. As long as the masses of the people were

willing to shut their eyes to the facts of vaccination it was an easy matter to hoodwink them, but they when have once began to think and investigate, they can no longer be fooled.

California Anti-Compulsory Vaccination Directory

The people of the state of California have shown themselves particularly wide awake and abreast of the times in fighting the vaccination laws of that state, and six months ago opened an anti-vaccination school at Berkeley, Cal., from which one class of pupils has already graduated. Their most recent undertaking, however, and one which deserves the highest commendation and support, is the compilation of a state directory giving alphabetically the names of every citizen in California opposed to compulsory vaccination. This is a step that might be followed with the greatest advantage by Anti-Vaccination Societies in other States. The Berkeley Anti-Compulsory Vaccination League has also done a great deal of good work in printing and distributing tracts and pamphlets upon the subject. Any one wishing to lend his support to the movement in that State can address the League at 2109 Allston Way, Berkeley, Cal.

The Fight in Pennsylvania

But in the State of Pennsylvania the fight against compulsory vaccination is, if anything, even more furious. In our January issue we referred to the resistance of the people of Summerhill and Windber in that State, but since that time, the people of Waynesboro and Beaver Falls have bid open defiance to the compulsory vaccination laws. Even the school board at Waynesboro finally concluded to take sides with the anti-vaccinationists and opened the doors of the schools to the children of the latter. Dr. Samuel G. Dixon, State Commissioner of Health, and Dr. Nathan C. Schaeffer, Superintendent of Public Instruction, promptly threatened mandamus proceedings against the Waynes-

boro Board of Education to compel it to obey the law, and stated that failing in this they would proceed against it under the penal clause of the law. Up to the time of writing, we have not learned the outcome of the controversy.

One Courageous Newspaper

The people of Waynesboro are especially to be congratulated upon having one newspaper in their city that has courage enough to take up arms in behalf of the anti-vaccination agitation. Indeed, the paper in question, the *Waynesboro Herald*, has been the backbone of the resistance in that community and has spared no pains to let the people know what it was fighting for. The average newspaper does not dare to utter one word that is in opposition to the commonly accepted order of things, and in that way the power of the press lies dormant throughout the entire country. There is no more powerful educational influence in the world than the daily newspaper, but it is only too seldom that its power is used in the right direction. The *Waynesboro Herald* is a most commendable exception to the rule. Those who are particularly interested in the outcome of events in Waynesboro can no doubt keep in touch with them by subscribing to this publication.

Our readers may be interested to know, that the cause of anti-vaccination is represented by a monthly magazine published for the Anti-Vaccination Society of America, under the name of "*Vaccination*," the price of which is twenty-five cents a year. Address Mr. Frank D. Blue, Kokomo, Indiana. Almost any desired information pertaining to the subject could probably be obtained from him. The *Liberator*, pub-

lished monthly at the Northwestern Building, Minneapolis, Minn., also is devoting a great deal of energy to the fight against vaccination.

Promise of One Good Law in New York State

There is a possibility of New York State finally getting one decent and equitable law upon the subject of vaccination, provided that Assemblyman Patton, of Erie, can persuade his fellow legislators at Albany that his view of the subject is a good one. He has introduced a bill providing that no child shall be debarred from attending school because it has not been vaccinated if the parents or guardians shall make a statement that they are of the belief that vaccination would be prejudicial to the health of the child.

What chance this bill will have of being enacted as a law cannot be stated at this writing. It is certain that it will have to encounter much resistance, for the medical profession is very powerfully represented in the lobby at Albany. Furthermore, as long as legislators are of the opinion that vaccination is popular among the unthinking masses they may hesitate to declare themselves, even to the limited extent of favoring the bill introduced by Assemblyman Patton. It is, however, gratifying to know that there is even one assemblyman in New York State who has the courage to declare just where he stands.

The practical working of this law will annul all compulsory vaccination legislation, for under its terms, no one can be vaccinated against his will or against the wishes of his parents, and cannot be denied the privileges of the public schools if unvaccinated. Every voter in New York State can use his influence to good advantage with his assemblyman.

A REMARKABLE CANOEING FEAT.

Gustave Jordin, a Swede, recently paddled a canoe from Stockholm to Paris, reaching the latter city in robust health. During the voyage he lived on apples, milk, water, and bread. To a physical culturist, the feat, while admirable, is hardly of an extraordinary nature, inasmuch as a diet of the nature in question, tends to hardihood and endurance. Nevertheless, Jordin has attracted much attention from the medical men in the French capital, who seem to consider the voyage a remarka-

ble illustration of the physiological value of a physical culture diet. The Swede himself says that he undertook the voyage in order to show what could be done by a man who used no stimulants nor narcotics, and who is a vegetarian, or as he prefers to put it, a natural diet man. Once upon a time, he lived in America, but the food served at the everyday boarding house in this country so affected his digestion that he became a physical wreck. Thereupon he evolved a regime of his own.

could withhold this weapon from his son and face his own conscience afterward with anything but a consciousness of guilt?

How to impart the vital information in question to the boy, must remain a matter for individual decision, but the time and place should be wholly instinctive and tactful. Watch for the "psychological moment" and "put yourself in his place." The remembrance of a man's own youth is often the best guide that he can have in dealing with his son. How did he, the father, feel, what did he need at that time? For, greatly as boys differ in temperament and in character, their physical characteristics are the same and their requirements therefore are always repetitions. A safe rule to go by is the fact of the development of the individual boy. Some boys mature much earlier than others and their developing minds are prematurely open for information of any and every kind.

Close watchfulness, and an interest in a boy's affairs that are removed far from mere prying, will do much to aid and direct the thoughtful parent in this respect, and the intelligent, manly,

sympathetic discussion of the subject that will ensue will do more to bind parent and son in a close unity of love and understanding than anything else. The boy will then see that in all essentials, they, the father whom for so long he has secretly admired, perhaps idealized, and himself—are one and the same and the consciousness of this truth will bring to his boyish soul a true knowledge of his own responsibilities as an embryo man.

The days glide by bringing the dawn of manhood ever nearer to the lad who looks up into our face to-day with much of the expression of his babyhood still in his frank and innocent eyes. To-day that gaze is unshrinking. To-morrow, it may not meet ours squarely and by this we shall know that his childhood has been startled by covert suspicions of greater things to be known, hinted at by a distorted ignorance even greater than his own. This is the critical, the precious hour for us. Shall we lose it through mistaken scruples, or grasp and hold it against any force that threatens to wrest it from us, even if that force is the boy himself?

ADVISES THE USE OF BOTH SALT AND DISTILLED WATER.

TO THE EDITOR:

In the January number of your interesting magazine, I noticed a discussion of the water question and, also, regarding the use of salt or sodium chloride in food.

Absolutely or chemically pure water, cannot be used by the individual, as it would irritate and destroy the mucous membrane of the stomach. It could probably be taken immediately after a full meal without damage. It is also a non-conductor of electricity and is really unfit for ingestion. Distilled water is not chemically pure but contains a slight amount of mineral salts, which renders it a conductor of electricity and does away with its irritating properties.

It would seem that except in certain cases of abnormal metabolism, as in the uric acid diathesis where mineral waters help to eliminate the excess of uric acid through the kidneys, distilled water would be the ideal drink.

In regard to the place of common or table salt in our diet, all authorities agree that it serves a useful purpose in the animal economy and should remain there and be used in moderation. This also agrees with common experience and common sense.

Salt is found in all tissues and liquids of the body, especially in the blood. In the tissues it tends to promote cell nutrition by conducting the osmotic process; that is, it aids the cells in absorbing the food pabulum through their walls. Likewise the waste products of the cells are carried into the blood stream and eliminated by the kidneys with the excess of salt. Salt appears in all the excretions but chiefly in the urine. The average amount of salt eliminated by the kidneys in twenty-four hours is 180 to 200 grains. The solution of the sodium compounds are inert as muscle or tissue poisons, but act as slight stimulants. The heart of the turtle or frog, after removal from the body, will commence to beat if put in a salt solution, and persons apparently dead have been brought back to life by its injection. Carnivorous animals get salt in the flesh they eat but the herbivora will travel a hundred miles to get to a salt lick. All stockmen find it necessary to furnish salt to their flocks and herds.

CHARLES HUDGEL,

Boise, Idaho

The Athletic World

By Arthur F. Duffey

I BEG to inform the many readers of PHYSICAL CULTURE magazine that, with my becoming affiliated with the editorial department of this publication, it is my purpose to write and comment on the various branches of sport from an unbiased standpoint, treating the exponents of such with due criticism, with malice to none, and fair play to all. In the past this magazine has been characterized by its uprightness and integrity of purpose, and its fearlessness in exposing the crookedness which at present seems to be so prevalent in very many walks of life. In the pages of the "Athletic World" I shall strive to continue this policy. It is not my intention to convert those pages of PHYSICAL CULTURE under my control into a "knocking machine," which seems to be the object of many of the sporting writers of the present day. But if in the course of my criticisms I should at any time appear to severely attack any athletes or organizations, I do so for the benefit of sport and for the good of the athletes themselves. In the course of my athletic career, which extended over a period of more than nine years, it was my good fortune to compete in nearly every quarter of the globe. During that time I became associated with the majority of athletic organizations of prominence and came in contact with practically all the amateur athletic champions representing various branches of sport. Also I became acquainted with many of the foremost professional champions. Hence I shall not confine my remarks exclusively to amateur but to professional athletic contests also. In a word, any branch of physical culture which makes for the promotion of clean and honorable sport, I shall treat in as fair and as thorough a manner as possible. Should my readers at any time desire any information on the subject of athletics in general or training for special events of any information relative to the athletics of foreign countries, I shall be pleased to

answer these as intelligently as I know how through the medium of PHYSICAL CULTURE.

The announcement that President Johnson would not open the Base Ball championship season of Opening the American League until April 17th in spite of the fact that the National League has decided in favor of April 12th seems to



J. W. Morton, British Champion, who will represent Great Britain in the Sprints at Athens.

be a most sensible move on his part. The month of April is usually too cold for the comfort of patrons of the game, and the well being of the players. In many previous years the League opening on April 15th was characterized by unfavorable weather, last year, however being an exception. So that it is to be hoped that the National League will change its opening date and start on even terms with the Johnson circuit.

This year the first championship game

of the American League will be played in New York City, unless the National League recedes from the plan to open before it. It may be however, that the Champion Giants will open on April 12th at the Polo Grounds instead of some other city, as would be the case if Johnson began the campaign on the same day.

Nowadays, and thanks to the professional coach, the Varsity baseball player is rapidly approaching the perfection of his professional confrere. The aftermath of which is that the college man not infrequently matriculates with the professional leagues. In the past the professional baseball world was made up principally of men who had received but little education, many of them not knowing what the term "education" even meant. Nowadays it is otherwise, however. Still even now there is a vast difference between the college-bred baseball player and one who has not had the advantage of a college education. One would naturally think, when seeing the star college player performing some miraculous plays, that his ability would rank him with the professional league players. But when the college man enters the professional ranks, it becomes perfectly evident that there is a great difference between college baseball and professional playing. Generally when the player has completed his college course, he continues his practice on some summer nine or minor league, with the intention of developing into a player fit to enter the big leagues. This, too, in spite of the fact that everybody is at present denouncing professionalism in sport. In view of all of this it is reasonable to presume that in the near future the educated ball player will gradually usurp the non-educated player's position.

A rumor is current that Mackay, the star pitcher of two years ago, who is now claimed to be ineligible, may like Coburn of Harvard, be declared eligible. Mackay was declared eligible to play football last fall, and the same rule, it is thought, may apply to him in the case of baseball. In view of the fact that Mackay already has played for two years on the Georgetown team, it will take a very peculiar manipulation of the

rule to render Mackay eligible. It would be a much wiser move on the part of the ex-Georgetown star to follow Coburn's action at Harvard and so avoid the inevitable criticism.

At Harvard, indications point to a very favorable showing, all the positions being well-trying for, with the exception of candidates for the pitching staff. Harvard heretofore has always been formidable in the matter of her pitchers, but with the decision of Coburn not to again represent her in the box, the Crimson is at a loss to find a man who will successfully uphold its reputation on the diamond. This year the team will depart somewhat from their usual practice, and instead of resorting to the method of having professional coaches from a major league, the team will be coached by Coburn. It will be interesting to watch the development of the Harvard team under the college representative system.

One of the most commendable developments in the world of sports is the current tendency to interest the masses in athletic games instead of confining the latter to the comparative few. The increase of municipal playgrounds and athletic fields in our various cities has been a noteworthy move in the right direction. In addition, schools and universities in many sections of this country are beginning to encourage the entire student body in the practice of athletic pastimes. It is claimed that of the 2,500 students at Cornell, 1,500 take part daily in some form of athletic recreation. Other colleges will probably soon follow the example of the University of Pennsylvania in providing a compulsory course in scientific physical training. But wherever possible, participation in some out of door sport that takes the form of entertaining play is to my mind to be preferred, except where there are marked physical defects that are to be overcome only by the persistent practice of special movements invented for the purpose. Columbia University is taking steps to secure a plot of land on Morningside Heights conveniently adjacent to the college buildings to be used as an athletic field and recreation grounds. This is a movement that

could be advantageously followed by every educational institution in the country. A little plot of land containing only a football or baseball field with a quarter mile running track around it, is not sufficient to accommodate the needs of an entire university.

Western universities are also moving in the same direction, in an endeavor to interest the student body. There is much talk throughout the country about the advisability of abolishing gate receipts and even discontinuing intercollegiate competitions, to the end that more attention may be given to educational work and also to induce the mass of students to actively participate in the games rather than to remain idle and passive spectators thereof.

It would, however, detract from the interest in sports to eliminate intercollegiate competition, and to my mind it would be a great mistake to abolish gate receipts. There are well founded objections to the present system of high gate receipts, but if the money so secured can be used to buy and lay out new and larger athletic fields, then it would be very unwise to abolish them. At the same time it appears to me that a nominal admission fee of fifty cents would place athletic competitions within the possibilities of all students, and would yield a very satisfactory income because of the increased attendance.

The question of professional coaching has also been agitated, but while many of our colleges claim to disapprove of the services of such coaches, yet they all continue to avail themselves of the benefits secured in this way. There is really no danger that the professional coach will be done away with. In justice to those students who aspire to become athletes, the very best coaching that can be procured is none too good, particularly as the question of the health of students hinges to some extent upon the wisdom of those who supervise the training. Inexperienced coaches may sometimes permit an immature athlete to over-exert himself if not actually induce him to do so in some instances. If an athlete ever injures himself, it is only because of his ignorance or that of his coach. It is impossible to be too careful in this regard.

There is a commonly accepted notion that athletes as a class die young. That they occasionally do so, there can be no doubt, but why assume that an early demise distinguishes the athlete from his non-athletic fellows? If it could be shown that other men do not die young there might be some foundation for the idea. As a matter of fact, the average length of life among non-athletic individuals is not very high. On the other hand one might reasonably expect more vigor and better health from the athlete than from one who lives a stagnant life. In the case of an athlete who meets with a premature death, may we not rightly conclude that he died from causes similar to those which are responsible for early deaths among non-athletic persons, instead of rashly jumping at the conclusion that he died simply because he was an athlete? We might as well say that a doctor died because he was a doctor, or that a lawyer fell a prey to disease because he was a lawyer. Furthermore, much notice is given to the death of athletes because of the popular prejudice on the subject, while nothing unusual is said or printed about the death of average persons.

Bearing upon this subject, Dr. William G. Anderson, of Yale, recently undertook to show that athletes are not necessarily more shortlived than the average man, but that on the contrary they may hope for an even greater longevity. He said in part:

'Prof Franklin B. Dexter, librarian of Yale, has submitted to me the records of 761 athletes who competed in intercollegiate events and won their "Y's" at Yale on the baseball, football and track athletic teams and the crews between 1855 and 1904. Of these 761 athletes 51 have died since graduation. The causes were: Consumption, 12; pneumonia, 4; drowning, 6; heart disease, 2; suicide, 2; war and accident, 3; died from unknown causes or disappeared, 10; from various diseases, 12. Of these 51 men, 18 rowed, 16 played football, 11 were track athletes and 6 played baseball. If four who were drowned while young be eliminated from the crew table the average age is raised to 47.1 years.

"It is a widespread opinion that athletes are liable to heart trouble, but only two Yale men of this sturdy little army have died from this cause. It would seem more significant that of the 51 deaths 16 were due to lung affections, the sports engaged in being football, 6; rowing, 4; baseball, 2, track athletics, 4.

It would be unwise to state that athletic training is a predisposing cause of lung trouble, for they may be only coincident.

"The criticism, therefore, that athletes die young is thus refuted. I have been told by a life insurance expert that college athletes, barring the track men, show a better average expectation of life than their non-athletic class-mates, and much better than the general average of insured lives."

Although not personally believing that athletes die younger than do non-athletic men yet in this connection I would call attention to the recent death of Barney Kieran, the Australian cham-



H. W. Wadsley, Ex-British Champion Sprinter.
One of the Leading Coaches of the West.
Trainer of C. L. Parsons, Present
American Champion Sprinter.

pion swimmer. This young athlete it is to be feared exerted himself out of proportion to his strength. I would point out to young athletes that fame and glory do not make up for one's loss of health or life. Kieran was probably one of the youngest champions that ever lived, only eighteen years old, he was making world's records. But it stands to reason a lad at that age is not constituted for such exertions as he made. Nowadays, young athletes are too ambitious. Kieran's death should

be a warning to them. Let me urge upon young men the wisdom of exercising patience and wait until they have done growing before undertaking serious training and especially hard racing. Moderate and scientific exercise is beneficial and helps a youth to build up a sound constitution, but it can be overdone. Kieran unquestionably taxed his constitution. From a good authority it is stated that in the one mile championship at Highgate, he had a hemorrhage which ought to have been a warning to him to abstain from such a race as the long distance championship of England. At Copenhagen he had another such warning, where he collapsed while taking part in a long distance race; yet he turned out soon after in the 220-yard championship.

Had Kieran elected to refrain from racing in big events until he reached manhood he would very likely have been alive to-day. It also stands to reason that if a youth of eighteen can break records, he could do even greater things if he saved himself for a couple of years and then went into training. I know of several instances where young athletes have done no better at 21 or 22 than on their debut at 17, yet have improved considerably after an enforced rest. Nature will take its payment and youngsters should refrain from big exertions until they have reached their maturity.

A strange fact about swimming champions is the tender age at which they display their finest form. All the notable swimmers of the day, including the late Kieran, together with Daniels, Hardy, Schwartz and Billington, the Englishman, are practically boys. Yet they are astonishing the world by their remarkable aquatic feats.

As one evidence of the growing interest in things athletic, the attitude of our Public School Athletics school boys is significant. Not only are there a large number of High School boys strenuously engaged in the effort to rival their older brothers of the college world, but even the members of the primary and grade schools are entering into track and field games with a keen enthusiasm. During the course of the present winter, hundreds of boys

from the public schools of the city of New York, organized themselves into a Public School Athletic League, and competed in events arranged specially for them, principally short relay races, held in connection with the other big meets of the season, in addition to the special tournaments held for the boys alone.

It is doubtful, however, if these youngsters should be allowed to enter into severe competition. Considerable care is, of course, taken to enter them only in races that are sufficiently short to avoid undue strain upon their immature powers, and under these circumstances they are not likely to injure themselves in any way. At the same time, the attempt to go into hard training for a prolonged period, in the same way as fully matured athletes, is likely to exhaust their vitality to a greater or less extent, and ultimately defeat the very end for which they are working, namely, to make themselves great athletes and perfect specimens of manhood when they have reached maturity.

There is, of course, nothing to fear, and much to be gained, if these youngsters do not force themselves too far in their training and competition. But even if there seems to be some little danger in the idea of strenuous athletics at an early age, still the question can well be asked if the results could be any worse, or even as bad, as the almost entire lack of exercise which has formerly been the experience of boys and girls at school? The one-sided educational system of the past has allowed them to grow up weak, stunted, nervous, anæmic, and altogether lacking that vigor and health which might have been developed by a wholesome degree of physical activity.

The decision of Cornell's athletic council to bar undergraduates from becoming members of athletic clubs and that no Cornell

crew shall be permitted to compete against any rowing organization other than that of another college, is a radical advance on the western idea. The western colleges simply barred their students while undergraduates from taking part in contests under the colors

of outside athletic clubs. The action of Cornell's council in ordering that its students refrain from competing for clubs while members of the university at least is indeed a wise one, and it would be well for other of our great educational institutions to follow her wise decision. The views of the colleges in regard to athletic club competitors have been stated fully from time to time by athletic councils, but just what the athletic club people think about it has not been given publicity, but it is needless to say that their views are not absolutely in accord with those of Cornell's on the matter. As I have already stated in the pages of this magazine, athletes as soon as they leave college or even while in college do not compete as a rule with the same amount of enthusiasm for an athletic organization as they do while competing for their Alma Mater. Consequently they become lax in their training, and as a result do not make the showing in general that they would in an intercollegiate contest.

The Cornell men who will be affected by the athletic rule are Ashburner, the hurdler; Willgoose and Munson, distance runners; Phillips and Jackson, pole handlers; and Cook and Porter, weight throwers. These men have been in active competition for the N. Y. A. C., besides several others. But even conceding that many Cornell men were members of the N. Y. A. C., Yale seems to be by far the greatest offender in this respect. In fact any Yale man who can make a creditable showing is usually drafted into the N. Y. A. C. In the past, the N. Y. A. C. has been practically composed of college men, many of whom won fame and trophies in intercollegiate contests as well as club meets. But of late, the college men seem to have fallen off considerably in their showing and as a result have been defeated by mediocre ability. Capt. Sherrill, one of the most enthusiastic sportsmen ever known on the athletic field and a most ardent Yale man, is more or less responsible for the wholesale annexation of Yale men by the N. Y. A. C. Should Yale follow Cornell's action in refusing to allow Yale men to compete for the N. Y. A. C., what a sledge-hammer blow the

latter would receive. It would be a good thing for home talent, especially New Yorkers, and in the near future we may hope to see Yale follow Cornell. College athletes, and athletes in the Metropolitan Association naturally seek N. Y. A. C. membership owing to its popularity and winning traditions. Still the "winged foot" on the jersey is not all that it stood for in the past. Then it meant something to be able to wear the emblem, owing to the reputation of the athletes that composed the club. But nowadays a distinctly different type of athlete predominates in the N. Y. A. C. In past years the N. Y. A. C. would hardly notice an athlete unless he was of top notch calibre, but to-day the club is gradually departing from its former method; principally, I believe, because of the current scarcity of high class athletic material.

In direct contrast to the N. Y. A. C. in the respect in question is the I. A. A. C. This organization is composed principally of non-college men, or men who are working daily. The performances of these are at times very creditable, especially when one considers how they have to labor through the day. The I. A. A. C. represents, so to speak, the English make-up of athlete. The athletes abroad are mostly of the working classes. Yet the performances of the athletes abroad are superior to our athletes in spite of the fact that the Englishman does not use the strenuous system of training which our athletes do.

Although it is expected that the entire world will be pretty well represented at the Olympic Games this year, and that the competition will be of the very keenest nature, yet it is quite certain that Americans will win a good percentage of the track and field championships. Without doubt many of our best representative athletes who might otherwise compete in these games will be unable to do so because of their college work or business associations. So that it is quite likely that in some events we will not be represented by our best men.

The personnel of the team as completed is as follows:

100 Meters—G. H. Queyrouze, New

Orleans Y. M. C. A.; W. A. Schick, Harvard University; Archie Hahn, Milwaukee A. C.; W. D. Eaton, Cambridgeport Gymnasium.

400 Meters—Harry L. Hillman, N. Y. A. C.; W. A. Schick, Harvard University, and F. R. Moulton, Kansas City A. C.

800 Meters—H. V. Valentine, N. Y. A. C. and Charles J. Bacon, I. A. A. C.

1,500 Meters—James P. Sullivan and G. V. Bonhag, I. A. A. C.

Marathon Race—J. J. Forshaw, Missouri A. C., St. Louis; J. Fowler, Cambridgeport Gymnasium; W. G. Frank and Harvey Cohn, I. A. A. C. and



The Powerful Back and Arm Development of Mr. Fred W. Porter, of Melbourne, Australia.

Mike Spring, Pastime Athletic Club. Hurdles, 100 Meters—Hugo Friend, Chicago A. A., and R. G. Leavitt, Williams College.

Five Mile Run—G. V. Bonhag, I. A. A. C.

Stone Throwing and Discus—Richard Sheldon and James S. Mitchell, N. Y. A. C.

Standing Broad Jump—Ray Ewry, N. Y. A. C.

Running Broad Jump—Hugo Friend, Chicago A. A. and M. Prinstein, I. A. A. C.

Running Hop, Step and Jump—M. Prinstein, I. A. A. C.

Swimming—C. M. Daniels and J. W. Spencer, N. Y. A. C.; Marquand Schwartz, Missouri A. C., and H. A. Birnamann, Chicago A. A.

High Jump—H. W. Kerrigan, Mullinomal A. C., Portland, Ore.

Pole Vault—F. B. Glover, Chicago A. A.

Pentathlon—Martin J. Sheridan, I. A. A. C., and Ellery H. Clark, Boston Athletic Association.

With the Olympian Games at Athens the last of April, the relay games at Philadelphia and the Intercollegiate Championships—which will take place at Harvard late in May—will alike receive a serious setback unless the Olympic Games will not have for competitors some of our foremost American athletes. The dates of the Olympic games are at a rather awkward time of the year, especially for college men, coming at the time which they do, April 22d to May 2d. At this period the college athletes are usually busy with their final studies, or else are preparing for commencement, which will necessitate their remaining at home, thus being deprived of the honor of competing in the world's classic event.

Still, the date of the University of Pennsylvania relay carnival has been fixed and it is expected by the officials, of the sports that the contests will be characterized by their usual keen competition.

Three new records were established at the indoor games of the Irish American Athletic Club in New York. M. W. Sheppard, the Philadelphia schoolboy who recently lowered the indoor mile record to 4.25 m. 1-5 secs., running in a four mile relay race, clipped considerable off his previous effort, doing the last mile in 4.22 4-5 seconds. In the same race, the I. A. A. C. relay team, comprising Sullivan, Cohn, Sheppard, and Bonhag, ran the 4 miles in 17.58 seconds, breaking the previous record of 18.21 seconds held by Cornell University.

John Flanagan, holder of many weight-throwing records, smashed the American record at throwing the 28-pound weight, sending it 34 feet 4½ inches. W. G. Frank of the I. A. A. C. won the ten mile race in 56 minutes, 5 seconds.

Castleman and Joyce, who have been the bone of contention in A. A. U. circles of late, made their initial indoor appearance since the settling of the controversy by the apparent backing down of the A. A. U. but were unplaced.

In the recent Australian Athletic championships held in Sydney, N. S. W., Nigel Barker, of Sydney University, won the 100-yards

Championship in 10 1-10 seconds, defeating G. A. Widmer, the former Australasian Champion. G. A. Wheatley, Victorian Association, won the mile in 4 m. 23 secs., defeating Hector Burke the New Zealand champion. At a first glance at the performance of these two champions, Athletic World readers will doubtless think that no great amount of attention is due them. But I desire to particularly call attention to these athletes, for they represent the cream of athletic talent in the Antipodes, and I might add of the world. In America, star athletes are inclined to belittle the performances of foreign champions, especially when the time recorded does not equal their own. But let me inform my readers that time is no criterion by which to judge of the respective abilities of Australian and American champions, because of the vast difference between climates, tracks, etc.

When I undertook the trip to Australia upon looking up the times of the previous performances of their champions, I thought I would have no difficulty in winning every event. When I competed, however, I found to my dismay that such was not the case and for the reasons given.

Barker, the present Australian champion sprinter, is the equal of any of our foremost American sprinters of to-day. He is of short, sturdy stature, and the manner in which he gets over the ground is startling. When I ran him at Sydney what impressed me the most was his terrific finish, and although in our match race with but a few yards to go,

I had a comfortable lead, it was not sufficient to shake off his finish and as a result I was defeated.

Barker's 10 1-10 seconds on the spongy tracks which one encounters in Australia is fully the equivalent of 9 4-5 seconds on our American paths.

Australian runners never compete on cinders, which is the explanation of what seems to us to be their slow time. In one afternoon I had the pleasure of seeing Barker accomplish 10 1-10 seconds for 100 yards; 220 yards in 21 4-5 seconds around a curve on grass, besides doing 50 1-5 for the quarter.

G. A. Wheatley, the Australasian mile and half mile champion, has gradually won his way to the front by careful and persistent training. This wonderful runner is six foot tall and runs very similar to the American runner. In his races with Shrubbs, although not the runner that the Englishman is, he on many occasions made the latter hustle. Wheatley is a good all round man, a fair sprinter and quarter miler, but shines in particular in all distances from the half to two miles. The Australian's best time is 1.57 for the half and 4.23 for the mile, which is one second from Shrubbs' Australian record time. In defeating Hector Burke, the New Zealand champion, Wheatley has accomplished what the New Zealanders would practically term an impossible task. Burke was the only athlete in the Antipodes who succeeded in defeating the hitherto invincible Shrubbs.

The new Sculler's Club is pondering the question as to whether its membership shall or shall not be confined to oarsmen who have

Sculling demonstrated their ability by rowing the regulation distance of one and one-half miles within eleven or ten and one-half minutes. As a matter of fact, there are many scullers who consider themselves first class artists with the oars who are unable to go the distance in eleven minutes or better. However, since one of the principal objects of the organization, is to hold a series of races each year through which a sculler is to be selected to go to Henley to compete for the Diamond Sculls, it seems that the fixing of the maximum time of ten and one-half minutes is

most commendable. English oarsmen as a general rule have a poor opinion of our oarsmen, and look with disfavor on the American entries in their great national regatta. Time and time again have men from Canada and America competed at the Henley meeting, but with poor results. Just why our rowing representatives persist in competing when their entry is not welcome is unexplainable. Our oarsmen generally believe that aquatic honors abroad are to be had for the asking, so to speak, but when they compete in a foreign land are much surprised to see what a difference there is between rowing at home and abroad, owing chiefly to climatic conditions. For the past year or so the interest born of sending competitors to Henley has fallen off considerably, but the coming year promises American entries at the regatta. Yet there can be no doubt but that the Sculler's Club will prove a great benefit to rowing, for not only will it create a keener interest among the oarsmen who are likely to be chosen as the Henley representatives, but in addition, it will help to arrange a series of international races.

The persistency with which the Vesper Barge Club of Philadelphia strives to win at Henley deserves considerable commendation; it is to be hoped that these sturdy oarsmen will finally succeed in bringing the much coveted trophy to the shores of America.

Why can't we win at Henley? seems to be a perennial question on the part of all followers of rowing. Time and time again has an American crew journeyed to England but unavailingly. Yale, Harvard, Cornell, Pennsylvania, have competed, but their showing was rather unsatisfactory, and as a result the Englishmen have but little in the way of praise for American oarsmanship.

In rowing as in the other branches of sport it would be well for us to copy the Englishmen. In the first place the Englishmen have a much longer season. The Leander crew, for instance, which has defended the cup for the last twenty years, has every seat in its boat filled by men who have had from fully six to twenty years experience both with a sweep and at sculling. They were practically brought up on the water

from boys, for every school of any size in England has a crew. So it is that when the Leander man learned to row he learned the identical stroke which he uses at Henley. Hence when there is a call to form a Leander crew, they row as one man, and do not have to spend months in developing team work, as is the case of our college crews. Oarsmen are not made in months or a year or so, but the process of development is gradual. How then can we expect a crew of Americans who have rowed together at the very most for say, a period of four years, to compete against men who have worked together for practically all their lives with one identical stroke? Still, now that the Vesper crew has decided to try again we feel that if any American crew is to win at Henley the Vesper Club is the one to do it.

Success in rowing as in any other sport is due to perseverance in trying to get there in spite of the apparent disadvantages and obstacles.

The World's Champion Footballers, from New Zealand, visited New York on their way homeward and gave American

football followers an opportunity of seeing the game as it is played in the Antipodes. A picked team was gathered in the metropolis, so as to give the New Zealanders an opportunity to display their form and game, and the latter was received with more favor than had been anticipated. Although the game will never outrival the American Rugby game, still it gave the authorities of the present college games a chance to obtain hints which may prove of much value in the reorganization of the present varsity game. What especially appealed to the spectators was the lack of vicious scrimmages and the freedom of movement of the players.

The champions won easily, 46-13.

The men who compose the team were selected by a committee who picked



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out the fastest players that could be found in the clubs that form the Football Association of New Zealand.

Most of them are versatile athletes and many have established a reputation in other branches of sport. For instance, one of the forwards on the team is G. W. Smith, ex-British Australian champion hurdler. Smith has played for New Zealand for three years, and is considered the fastest forward that the Association ever had. In 1900 he won the British Hurdle Championship in London, winning the 120 yards in 15 3-5 seconds, and although he was not pushed, critics who saw him perform claim he was quite the equal of Alvin Kraenzlein, the world's champion.

The recent Church Athletic League wrestling tournament furnished some interesting bouts on the mat, the star event being the contest between I. Niflot, American amateur 125-pound champion, and A. S. Rubin. The former eventually won after 14 m. 28 secs.

The winter which has just closed has proven itself the most remarkable and successful in the history of American swimming. Daniels and Handy especially have startled even their own admirers and clubmates by their brilliant achievements in the tank.

Although C. M. Daniels, of the N. Y. A. C., continues to win American championships and establish records, still the British and Australian Aquatic Associations do not look with favor upon his recent exploits. The British Association no doubt is basing its opinions on the fact that when Daniels was abroad competing in the British Isles, his showing was only of a mediocre kind, and since the American crack was not able to make as good a showing against the British and foreign swimmers as was expected, it cannot understand how it is possible for such a swimmer to accomplish the wonderful feats which he has. They do not take into consideration that Daniels has developed and is a much faster swimmer than previously. The English swimming authorities claim that Daniels was not attired in a manner that met the requirements of the British rules. They continue to credit Cecil

Healey, of Australia, with the world's amateur record, viz., 58 seconds. In the recent championship held in the N. Y. A. C. tank, Daniels wore the regulation swimming costume and not only equalled Healey's time, but incidentally clipped one second from the English record and five seconds from the American. The records which Daniels established are as follows: the seventy-five yards in 41 3-5 seconds, a world's record, the former time being 42 seconds. Three American records were also lowered in the 220-yards championship. His time for the distance was 2.33 1-5, which is 3 1-5 seconds faster than that of the former record. The intermediate records for 150 and 200 yards were cut.

In the 100 and 220 yards championship it was a typical meeting of champions. The east was represented by Daniels, the middle west by M. Schwartz, and the Pacific coast by J. Scott Leary. The struggle for first honors was a desperate one up to the last few yards, when Daniels won, with Schwartz second and Leary third. In the mile American championship, J. W. Spencer won from C. D. Truberbach, both of N. Y. A. C.

NEW SWIMMING RECORDS

C. M. DANIELS.

	Old Record	New Record
*50-yard championship	0.26 3-5	0.25 2-5
†60 yards	0.35 1-5	0.31 1-5
*40 yards	0.20 3-5	0.19 3-5
*25 yards	0.12 1-5	0.12
†100-yard championship	0.58	0.58
†75 yards	0.42	0.41 3-5
†80 yards	0.49 2-5	0.44
*220-yard championship	2.36 3-5	2.33 1-5
*220 yards	2.26 1-5	2.20
*150 yards	1.46 1-5	1.43
*440-yard championship	5.54 3-5	5.20 3-5
*880-yard champ.	12.39 1-5	12.29 2-5
*1,000 yards	15.23	14.08 3-5

CHARLES RUBERL.

*150-yard back stroke championship	2.06 4-5	2.05 3-5
*75 yards	0.57 3-5	0.56 4-5
*100 yards		1.19 2-5
*125 yards	1.43 4-5	1.43 3-5

A. M. GOERSLING.

200 yard breast-stroke championship		2.52 3-5
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NEW YORK A. C. RELAY TEAM.

200 yards	2.00 4-5	1.18 1-5
*American record. †World's record.		

No Punishment for this Medical Murderer

NO small percentage of criminals are out of prison by reason of a mawkish sentimentality on the part of well meaning but mistaken citizens. The man who has an opportunity to shoot a wolf and does not do so because he thinks that the wolf has a litter of young ones, is practically if not legally, responsible for such loss as his neighbor with a flock of sheep may incur by reason of the wolf's appetite. And what stands good of the wolf of the wilds is equally true of the wolf of civilization—the criminal. Under the law it is an offence to compromise a felony. Yet every day we hear or read of people who are guilty of this act, if not in court at least in private life.

The foregoing remarks are the outcome of the perusal of a communication which recently appeared in a New York morning newspaper. It had to do with the death of one Edward Germann, who as will be seen, was practically murdered by a physician. The letter is in part as follows:

"Under the caption 'Another Needed Warning,' you state, among other things: 'Only yesterday we told of the death within a few hours of a school teacher who had resorted to one of the new sedatives, bought by the box, not prescribed by a physician.' This statement is substantially true, provided you except the phrase 'not prescribed by a physician' for the sedative was prescribed by a physician. Yet I deem it worth while to indicate the manner of the prescribing, in order that the Topics writer may, perchance, agree with me that my statement will furnish him with a text for writing 'Another Needed Warning for Physicians.'

"My brother called at the office of a physician on Friday evening last with the request that the doctor prescribe for him a soporific. He also requested that the new synthetic drug veronal be prescribed. The doctor told my brother that he had never heard of the drug. Nevertheless he wrote a prescription as requested, even asking my brother to spell the name of the drug. All this the doctor told the family, in the presence of two of his colleagues, on Sunday last. Furthermore, so far as we know from evidence at hand, the doctor prescribed ten-grain doses instead of the regulation five-grain doses. It is bad

enough when people dose themselves with cure-quick nostrums. But what shall we say of a physician who prescribes a drug concerning the composition and therapeutic value of which he stands self-confessed as grossly ignorant—not to mention his ignorance of its very name?

"We wish no injury to such a man. Yet him must we regard as a cause of the sorrow, the heartaches, the anguished spirits, the dark despair that his carelessness has caused in us. A young life aglow with the promise of achievement has been taken from us. May a merciful Providence permit such a physician, and others similarly constituted, to derive wisdom from this so unnecessary experience!

"GEORGE B. GERMANN."

While extending our sincere sympathy to Mr. Germann by reason of the blotting out of a young life pregnant with possibilities, we submit that he is lacking in his duty as a citizen, inasmuch as he protects the man who murdered his brother. Under the circumstances, we believe that "murder" is the appropriate term. Mr. Germann says "We wish no injury to such a man" (the physician in question). Neither do we, but we wish justice—sharp, short and decisive justice—to be done to such a man. To again quote Mr. Germann: "What shall we say of a physician who prescribes a drug concerning the composition and therapeutic value of which he stands self-confessed as grossly ignorant." What we do say of such a man is, that he should be arrested forthwith, tried, and sent, if not to the electric chair, at least to that state institution where he will be unable to "practice."

Mr. Germann further says "May a merciful Providence permit such a physician and others similarly constituted to derive wisdom from this so unnecessary experience." Is it possible then that physicians have to kill people in order to "derive wisdom" from such "experiences." According to the Germann theory, doctors should be given a free hand with patients for experimental purposes, and no matter whether they hit, miss, kill or cure, they should not be held responsible for consequences.

An Open Letter to President Roosevelt About Medical Quacks

TO THE HONORABLE THEODORE ROOSEVELT, President,
The White House, Washington, D. C.

Sir:—The American people at the present time are being preyed upon by an unorganized band of quacks and schemers, who are utterly void of all conscience or ideas of honor. The one and only aim of these scoundrels is "to get the money." They prey upon the weak, the ailing and the suffering. They come to you in the guise of friends through the medium of sympathetically worded letters and advertisements. They promise health and strength of the highest degree. All you have to do, so they say, is to send them their fee, and almost immediately you will begin to feel the exhilaration that comes to one in the supreme enjoyment of God's great gift, "health." The burglar who sneaks into your house, and steals whatever he can lay his hands on, is in a respectable business as compared to these schemers and quacks. They approach you with their hand held out in good fellowship. They come with plausible words and phrases. You are sick, downcast, hopeless. They declare they have exactly what you need. They promise everything. You simply forward a few dollars, and health is yours.

These vampires, these infamous birds of prey are allowed, Mr. President, to do business of this kind without let or hindrance. Not only do they forward their circulars everywhere—not only do they use the United States mails for the purpose of distributing their millions of circulars in every large city, but their claims and nostrums are blazoned, sometimes to the extent of whole pages, in some of our best known newspapers. Why cannot you, Mr. President, step down from your high office, and take a hand in annihilating these monstrous frauds? Their existence is possible almost entirely because of the newspapers who sell them their advertising space. You, Mr. President, with one blow, could take away the ammunition with which these quacks secure their victims. You could say to the newspaper proprietors, whose conscience has been so hardened as to accept business from these schemers, "Your newspaper will not be accepted in the United States mail as long as these quacks are allowed to advertise in your columns." This one sentence from you would save the poor frail weaklings of this country millions of dollars, and what is better still, would save them from the devitalizing effect of the so-called "treatments" given by these quacks. It would do more than that. It would stop the debasing influence on the public morals and health now exerted by these conscienceless schemers. The entire press of the country is under their thumbs. They are afraid to publish information on health subjects for fear that they will lose the advertisements of the patent medicine schemers. The political boodlers are being shoved into the background everywhere. The commercial grafters are meeting their just reward. It is time for the medical quacks and patent medicine schemers to meet their just reward also, and if you, Mr. President, would use the influence of your high office to bring about this reform, your so doing would go down in history as one of your noblest deeds.

Bernarr Macfadden

EDITORIAL DEPARTMENT

We are leading a reform that aims for a cleaner, stronger and nobler manhood and womanhood. We are trying to annihilate the greatest curses that are now degrading humanity: PRUDISHNESS, CORSETS, MUSCULAR INACTIVITY, GLUTTONY, DRUGS, ALCOHOL and TOBACCO.

IN the Department which we have devoted to the expression of the views of our various readers, there appears a letter in this issue, which shows the result of what one might term "misguided enthusiasm." The ability to become intensely interested in whatever one attempts to accomplish is of great value, but the ability to also clearly comprehend the best method of bringing about desired results, is of equal importance. Too much enthusiasm often means misguided efforts. On many occasions, I have warned the readers of this publication against sudden and radical

changes in their general and usual habits of life. You cannot pick up one issue of this magazine and learn within its pages, all that is necessary to know in order to attempt a radical dietetic or other change in your accustomed mode of life. In fact, before attempting any very important change, it would be well to read many issues, and in addition to that, acquire all information from any source that will enable you to form an intelligent conclusion as to what is best for you. The human body, notwithstanding its ability to withstand much abuse, is a very delicately constructed apparatus. If you owned a machine, the construction of which was one hundredth part as complicated as the body, you would not dare experiment with it, unless you were familiar with the working of all its parts. Then why experiment with the human body, knowing as little as you do of its wonderful and intricate details?

Of course, I realize that by carrying on this same process of reasoning to a logical conclusion, one might finally conclude that it would be foolish to attempt any change in one's habits of life. But I have simply presented this side of the subject to show the importance of thoroughly familiarizing yourself with physical culture theories before adopting them in their entirety, unless you experiment with them in such a limited way that there is little or no possibility of harm resulting. Within the pages of this publication you will find various theories advanced. We speak of the value of certain kinds of food. Do not attempt to make in one day or one week a radical adoption of the theories that we advance, in their entirety. Try one or two of the articles of food which we recommend. If the effects are good, try them again. Continue experimenting in this way, taking that which is good for you, and leaving out that which has not proven beneficial. In this way, you can get all the good from physical culture, and you can avoid the unwise enthusiasm which might work possible harm. The menus which we advocate can be tried occasionally, but if the results are not satisfactory, continue your old diet. We condemn the use of meat, though our so doing does not by any means settle the question as to whether a grown person who has lived all his life on a partial meat diet, can immediately discard all meat and secure results that will be satisfactory from every standpoint. There is a great deal to learn about diet. I know beyond all question, that even hearty meat eaters can maintain better health by lessening the quantity of meat. On the other hand even enthusiastic physical culturists who would like to eliminate meat entirely from their diet, find at times that they have a strong craving for animal food, and my advice under such circumstances, has always been that they satisfy the craving. I am a great believer in following the promptings of the appetite. I always eat what I like best. I believe one's normal instinct is capable of guiding one accurately, as to what is best needed to feed the body at a particular time. I realize that those who advocate that one should avoid meat under any and all circumstances, would say that the appetite for flesh-food is not unlik

the appetite for alcohol, and should be resisted, and I am not in a position to absolutely deny the accuracy of this conclusion. I simply realize how much there is to be learned on the subject of diet, and that for sometime to come, we will be groping along in the dark when it comes to some aspects of the subject.



THE science of medicine moves slowly, but there is some satisfaction in knowing that it does actually move. Several years ago, in referring to the discovery just made by medical men that open air treatment was of value in the cure of consumption, I stated that this treatment was of equal value in all diseases of the lungs, and perhaps would be found to be equally so in all other diseases. In recovering from a disease of any kind, the functional processes of the body are required to do the most strenuous kind of work. They have to struggle

NEW DISCOVERY IN MEDICAL SCIENCE

for their very life, and it does not need a physician to realize the importance of oxygen, which can be obtained pure and in proper proportions in fresh outdoor air only, in promoting the activities of the functional organism. A recent experiment made at the Fordham and Presbyterian Hospitals in New York, shows a rather remarkable proof of the theories we have advanced in this publication on several occasions. As the result of the investigation of the New York World, it is stated that at the Presbyterian Hospital the roof has been used for nearly a year in the application of the open-air cure, and the pneumonia death-rate has been reduced to an astonishing minimum. Out of all the child patients subjected to the new treatment only one died. A little boy taken to the roof apparently at the point of death fully recovered. It has been noticed that improvement takes place immediately under the open sky. Patients begin really to breathe. There is a fall from fever temperatures. A period of calm and helpful contentment sets in, with apparent freedom from pain. When child patients become convalescent they are permitted to romp in the open and the process of recovery is greatly promoted. The importance of the medical advance thus certified by practical experience in two city hospitals cannot easily be overstated.

I can hardly agree with the New York World that this treatment can be credited to medical advance. It can more readily be credited to physical culture compulsions. Yet even now, and with the accuracy of our theories so strikingly proven, you can go all over this country, and find patients of the diseases named being killed by the thousands, and they will continue to be killed for years to come—simply because of the need of fresh, pure air. The only way that medical science can be made to see anything so simple as this, is to bring about a public demand of so compelling a nature that it is impossible for the medical authorities to avoid giving it consideration.



IF there is any one thing that I detest more than ten others, it is what is termed "hero worship." It is a species of insanity, mild and usually harmless. There is no such a thing as a living hero. The heroes are all dead, or if not, they should be. The individual who imagines that he is a hero is an egotistical fool. Those who imagine anyone to be a hero, are themselves foolish. One might be a hero for a few minutes once during a life-time, but no longer than that, and anyone who tries to be heroic at all times, simply makes himself ridiculous. Hero worshipers expect their ideal

SOMETHING ABOUT HEROES

to live up to the heroic standard at all times. It is well to note also, that hero worshipers are exacting. They fall down and worship one for his great deeds, but, if by any chance, their hero has opinions different from their own, or does that which they consider unheroic, they are wont to furiously turn upon him, and figuratively rend him into bits. This is a sad fault of hero worshipers. Their hero is supposed to act in accordance with their dictates. He is not supposed to have a mind of his own. A very few of my readers have been inclined to look upon me as a sort of a hero because I have followed out the promptings of my conscience and in my own way. Because of results

I have accomplished through intense interest in my life work, they have given me credit for far more than I deserve. I want to say right now, that I deserve no more credit for what I have accomplished than does anyone who carries on a work that is the most enjoyable to him. The professional gambler plays poker because he is intensely interested in the game. But there is no credit due to him for being a successful player. I have carried on this physical culture reform work because I am intensely interested in the work itself, and in the results that are to be accomplished. Perhaps I deserve more credit than the gambler, though we are each doing what we best like to do, but I never was a hero, and never expect to be heroic. It makes me feel ridiculous whenever I am considered in that light. I have my faults and failings, just as any other human being. I am not the goody-good kind that will turn one cheek when the other is smarting from a blow. I have had subscribers come in my office, and expect to find a man eight feet tall and four feet broad, but that there may never again be a similar mistake, I want to say that I am only five feet, seven inches in height, and weigh from one hundred and fifty-five to one hundred and sixty pounds in my street clothes. These are not heroic proportions, but I am nevertheless content with them. And I am content also with my life in general and my work in particular and have not the slightest craving to be considered a hero mentally, morally or physically.



A GREAT deal has been written about the value of sour milk as a means of prolonging life and building increased functional health. Professor Melchinkoff, Sub-Director of the Pasteur Institute, makes some rather startling statements as to the value of this article of food. Not only does he consider

**ABOUT THE THEORIES
OF SOUR MILK AS AN
AID TO LONGEVITY**

it especially valuable as the means of nourishment, but he maintains that in addition, it contains elements which will destroy or drive out what might be termed the "old age microbe." This is perhaps simply another name for the influences which tend towards the decay of the functional organs and the consequent weakening of the functional processes of the body. This author refers to a number of semi-civilized tribes whose food consists partly or wholly of sour milk and who usually live to extreme old age. Have any of our readers tested the sour milk theory? I think information of this subject would be of value, and any communications containing actual experience with this article of food, from which definite conclusions can be deduced, will be gratefully received and published by me.



IF the statements made by Dr. Wm. L. Felter, Principal of the Girls' High School in Brooklyn, in an address before the Adelphi College of Convocation are true, native born Americans are undoubtedly furnishing a remarkable exemplification of a degenerate race. If it were not for the immigrants, America would be decreasing in population faster than France or any other European nation. The old-time Americans are dying out. Most of them are already dead. This is a subject which is of more importance than high or low tariff, or any other of

**ARE AMERICANS A DE-
GENERATE RACE?**

the great political questions now so prominently before the public. When will those in authority awaken to the necessity of some action to preserve the national physical vigor of the American people? Surely something should be done with a view to checking the downward tendencies of our race or else we will before long furnish an example of a degenerate nation more appalling than even that of Spain. I quote herewith some of the statements of Dr. Felter:

"Dr. John Dewey found that twenty-three per cent. of the graduates of women's colleges marry and that the percentage among co-education girls is twenty-eight per cent," he said. "Miss Shinn concludes, after an examination of 1,805 cases, that only twenty-eight per cent. married and that under twenty-five college women rarely marry.

"Birth rates are the indication of national growth or decay, and only the constant immigration of foreigners prevents us from occupying the position in which France find herself.

"In New England, where for two centuries the homes were almost models, the birth rate has

steadily declined for a half century at a very rapid rate, until now it is actually lower than that of any European nation, France itself not excepted. Comparing the forty years ending with 1890 native marriages averaged 2.3 children each, while those of foreign born averaged 7.4 each

"It is evident that if the race depended upon the educated classes for replenishment it would be doomed to speedy extinction. Any college that depends upon the children of its graduates for fresh students would be doomed to extinction. An examination of the question thus far inclines one to the view that if higher education became universal posterity would be gradually eliminated, and the schools and teachers would progressively exterminate the race."

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OCCASIONALLY I receive scathing denunciations of the theories advocated in this magazine and after the perusal of some of these, the question has often occurred to me, "what are my theories?" I must admit that my critics seem to know a great deal more about the conclusions that I hold and try to set forth than I do myself.

OUR FUNDAMENTAL THEORIES I strive to give space to every new or old idea, which I believe will advantageously add to the knowledge of my readers, but I am not by any means wedded to any one particular theory, dietetically or otherwise. You cannot call us—that is myself

and associates—"raw food cranks." You cannot refer to us as "vegetarian fanatics." We believe in taking the good that we find in everything, and our every effort is made with a view to bringing our readers to understand:

(1) That a broad and unprejudiced view on all subjects appertaining to the building and maintaining of health and strength is necessary.

(2) That the adoption of those means best suited to the needs of each individual for the purpose of developing and maintaining the highest degree of health and strength, is of incalculable importance and value.

(3) That there is absolutely nothing in life that is worth more than superb physical vigor.

(4) That a clean wholesome strong body is the foundation for every successful human career.

(5) That each individual must find for himself through experiment and study of physical culture the foods best fitted for his physical upbuilding.

(6) That the normal human instincts are after all, the safest guides in most things and hence should never be ignored, regardless of any information that you may have acquired on health subjects.

(7) That the baneful influence of all evils mentioned at the beginning of the Editorial section, are easily recognized and should in every case be avoided.

Similar statements to the foregoing might follow almost indefinitely. Volumes could be devoted to them, but I think the brief views as just set forth, will give our readers a very clear idea as to what we stand for, and what we are endeavoring to accomplish.

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HEALTH Commissioner Darlington of New York City has begun a crusade against the sale of adulterated food. His example might properly be followed by Health Commissioners of other cities. During his investigations, he analyzed a sample of communion wine and found that it contained wood alcohol, hard cider and aniline coloring. It is to be hoped that his activity in this particular work will know of no let

or hindrance, for this great evil certainly needs to be checked

THE ADULTERATION OF FOOD

Many very important articles of food are now adulterated, and as Health Commissioner Darlington states, these foods are sold in every grocery store to the detriment of the public health and the robbing of the public pocket. Usually it is the poor that suffer more than the rich from food adulteration, a fact which is an additional argument for the crusade against the manufacturers of poisonous foods.

Pernarr Macfadden